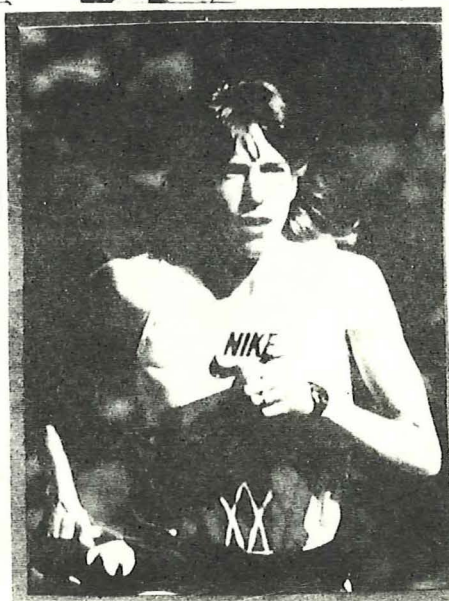
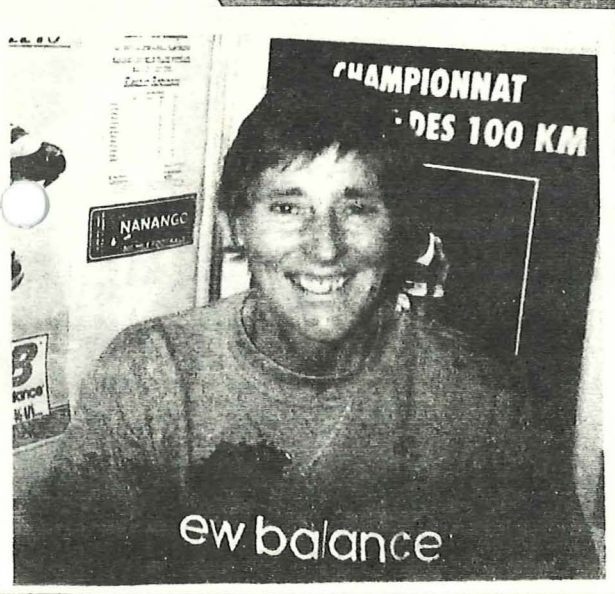


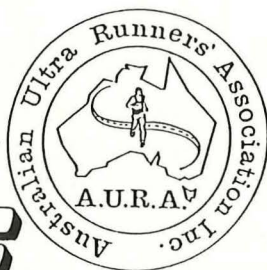
# ULTRAMAG

Vol 15 No.1

March 2000



  
**A.U.R.A.**  
**MAGAZINE**



Official publication of the  
Australian Ultra Runners'  
Association Incorporated.  
Registered office:  
4 Victory Street, Mitcham  
3132 Victoria Australia  
Ph: (03) 9874 2501  
Fax: (03) 9873 3223  
e-mail: cf.browne@ozramp.net.au



## Front Cover

The upper picture shows Yiannis Kouros (GRE) with Don Ritchie (GBR) and was taken shortly after the IAU 100km European 24 Hour Track Challenge at Verona, Italy on September 25th 1999. They have set standards that others must work hard to challenge.

On the left we show Eleanor Robinson(GBR) and on the right Ann Trason (USA). Both ladies have been World 100km Champions on two occasions and the standards they have set ensure their place in ultradistance history.

With acknowledgement to Malcolm Campbell and the IAU Newsletter for the use of these photographs of current champion ultra runners.

\*\*\*\*\*



## **Hey! Wanna get in on the AURA act ???**

Dot, Hookie and Tony Raff. are resigning from the AURA committee at the AGM in May and here's your big chance to take over! They're old and stale and sick of it after 15 years and they are OUT! Now e-mail is in, they'll be changing the Constitution so that interstaters can be executive committee members, so now's the time to make a move! If you're NOT happy with the way the OZ ultra scene is progressing, GO FOR IT and get your ideas heppening!. Fill out your nomination for committee NOW! ( on page 9)

# CONTENTS

Front cover details	2
ULTRA CALENDAR (including New Zealand)	5 - 8
AURA ANNUAL GENERAL MEETING Notice	9 - 10
Proposed Rule Changes to Constitution	11 - 13
LETTERS TO THE EDITOR	14 - 15
RACE ADVERTISEMENTS:	
IAU Nanango Shire International 1000 Miles Track Championships, Q'ld	16 - 17
Red Rock to Coffs Jetty - Water World Great Ocean Run - 45km, NSW	18
Coburg 24 Hour Carnival 2000, Vic	19
Cliffy's Dream 1000 Miles, Vic	20
King & Queen of Mt. Mee 50km Road race, Q'ld	21 - 22
AURA 50 Mile Australian Championship Track Race, East Burwood, Vic	23 - 24
Banana coast 85km Ultramarathon, NSW	25
Nanango Pioneer Ultra & Fun Run 51kms / Walk 45kms, Q'ld	26 - 27
Australian Centurion 24 Hour Track Race Walk, Vic	27 - 29
RACE REPORTS & RESULTS:	
Glasshouse 100 Mile Trail Run, Q'ld	30 - 35
Rainbow Beach 52km Trail Run & 45km Walk	36
13th Brindabella Classic	37 - 38
Victorian 6 Hour & 50km, Moe, Vic	39 - 40
1999 Kurrawa to Point Danger & Return - 50km Ultramarathon, Q'ld	41 - 42
Coastal Classic 12 Hour Run / Walk, Gosford, NSW	43
AURA Bogong to Hotham Trail Run, Vic	44 - 48
Wy Worry Walk, Q'ld	48 - 50
10th Annual Mansfield to Mt. Buller 50km Road Race. Vic	51 - 54
Six Foot Track 2000 Trail Run, NSW	55 - 58
ARTICLES:	
New Zealand Ultrarunner of the Century - Sandy Barwick	36
"French Forest Gump" - Perth to Sydney run	89
Rescue Plan for Colac Six-Day Race	59
Percy Cerutti on Training & Character 1970, reprinted from Canberra Runner	60
"I Have Finally Found my Hero" : Book Synopsis by Phil Essam	61 - 62
Review of "I Have Finally Found my Hero" by Nick Drayton	63
"Distance No Object for Kate" interview of Kate Condon by Tony Rafferty	64 - 66
Top Ten Performers in '99 - by Phil Essam	67
Ultra Walkers and Injuries by Michael Gillan	68
A drop of Philosophy for You - Villanova Commencement Address	69 - 70
- Dilbert's Words of Wisdom and Dilbert's Law	70
MEDIA ARTICLES ON MEMBERS:	
Tony Rafferty & Michael Grayling - two AURA committee members	71
INTERNATIONAL NEWS:	
International Results & Commentary - Jan/Feb 2000 by Andy Milroy	72
- March 2000 by Andy Milroy	73
Inside the Science of Ultrarunning by Kevin Setnes, reprinted from "Ultrarunning"	74 - 75
"Why a Trail Running World Championships? - Graeme Carey - IAU Mag.	76
ULTRA RANKINGS & RECORDS:	
All-time International Ultra Bests reprinted from Ultrarunning	77 - 82
Australian 100km Track - men & women	83 - 89
Australian 100km Road - men & women , first 100 only	90 - 91
MEMBERSHIP APPLICATION FORM	92

## EDITORIAL -----

SOLO RUNS and RESIGNATIONS seem to be the order of the day. Pat Farmer recently completed his Round Australia run in the quickest recorded lap of the continent covering approx. 14,000 Kilometres, meanwhile Gary Parsons was doing much the same but continued on with several laps around Tasmania to go on and claim a new world long run best of 19,030 kilometres. No sooner had Gary put his feet up for a well deserved rest when Phil Essam informed us that John Moyle had also been running around our nation and had arrived in Adelaide having clocked up more than 17,000 kilometres and plans to continue running around the old quarter mile Adelaide Harriers track until he surpasses Gary's distance. I am not sure of any of their daily distances and averages but they are certainly mind boggling achievements.

Sadly, I have to report the resignations of three foundation members of the AURA committee, Geoff Hook, Dot Browne and Tony Rafferty. All feel that, after 15 years, their enthusiasm is not what it used to be and some new blood and ideas are required.

Speaking of new enthusiasm, Phil Essam has created his own web site known as ULTRAOZ and it is both interesting and informative. If you have access to the web, Phil's site can be found at

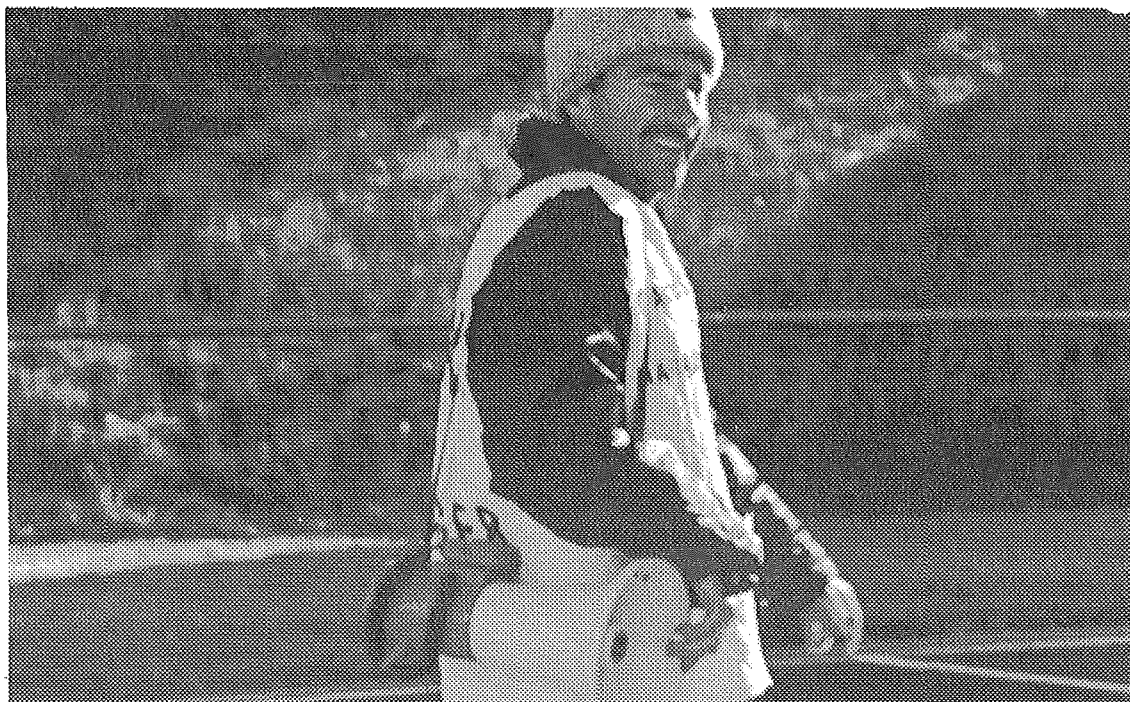
<http://geocities.com/ultraphil> <<http://geocities.com/ultraphil>>

Phil has also provided his top 10 of Australian ultra performances for 1999. By the time this goes to print the Nanango World 1,000 mile Track Championships will be probably be underway and we also have the news that the Colac 6 day race will continue despite reports of its demise last year. Just to prove that th do more than just run, two AURA members have achieved in other areas recently. Tony Rafferty has completed a Batchelor of Arts degree and Brian Bloomer has opened a sports store. Brian has been a very generous benefactor to AURA over the years so make sure you pay him a visit at Cascade Sports, 485 Nepean Highway Chelsea [Vic]

Although not running related, this issue contains a transcript of a moving and educational college graduation speech by Anna Quindlen.

Congratulations, also, to the following members for being selected to carry the Olympic Torch. Gary Parsons, Pat Farmer, John Moyle, George Audley, Kevin Mansell, Jerry Zukowski, Tony Rafferty, Linda Meadows and Merv Lockyer will all have the honour. A special mention must also be made about Dot Browne's mighty effort to win the veterans section of the Swan Hill Ironwoman competition. Swan Hill is a small town on the NSW/VIC border and, when visiting friends recently, Dot got roped into the event by her "friends" who also happened to be the race organisers. Dot showed the locals how it was done by not drowning during the board paddle before storming home in the run to collect a large trophy and a cheque for \$125. My spies tell me that Dot didn't even shout a round of drinks at the pub after the Mansfield to Buller event!!!!!!!!!!!!!!

Kevin Cassidy





# ULTRA CALENDAR FOR THE YEAR 2000

- Note:**
1. Many "Ultras" in Australia are low key with few entrants. Therefore you should contact the race organiser to confirm the details listed here, as they are liable to change.
  2. For races with a month listed but no date, this indicates that the run was on in that month LAST year, and THIS year's date has not been notified by Race Director.

- Mar 26 **WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW.**  
Starts at 5.30am at the northern end of Red Rock Beach. \$10.00 entry or \$10 on race day. Finish Coff's Harbour Jetty. Contact Steel Beveridge on (02) 66 56 2735 or address: 3B Surf Street, Emerald Beach 2456 Thongs to all finishers plus free feed.
- 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
- Mar 19 **AURA DAM TRAIL RUN 50KM & 30KM (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
- 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 8 - 23 **CLIFF'S DREAM 1000 MILE RACE, COLAC, Vic.** Lake Colac Cricket Ground, 12 noon start, Contact John Timms, 54 Skene Street, Colac 3250 Vic, or Phone (03) 52313928. Time limit is 15 days.
- 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.
- 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

## 2000 ULTRA CALENDAR

- May 14 **BANANA COAST ULTRA MARATHON, NSW. 85KM.** From Coffs Harbour to Grafton 6am start at Coffs Harbour. & introducing mini-ultra 56kms from Grafton to Nana Glen. 6am start from Grafton P.O. for both. T-shirt to first time finishers. Entry fees \$10 by 2nd May or \$10 on race day, own support vehicle / driver required, contact Steel Beveridge, 3B Surf Street, Emerald Beach 2456. Phone 02 6656 2735
- May 13 **AURA AUSTRALIAN 50 MILE TRACK CHAMPIONSHIP PLUS 50KM** at Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, \$35 entry for one or both events (AURA members), non-members \$40, contact John Harper (03) 9803 7560 (H) (03) 98542629 (W) or email Harperj@ihug.com.au
- June 16 **COMRADES MARATHON, SOUTH AFRICA.**
- June **HERVEY BAY HIKE 50KM, Q'LD,** Contact Brian Evans Ph. (07) 4121 4200
- June 18 **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 Jan Gibb (002) 4446 0226
- July 16 **PIONEER ULTRA 51KM RUN, 43KM WALK,** Nanango, Q'ld, Pioneer Park, Drayton Street, Nanango, loop course 8.5km loops. Contact Rod Morgan, P.O. Box 2, Nanango 4615, Phone (0741 ) 633044. A QURC event. \$30 entry
- Aug 20 **PERTH 40 MILER,** based on the Perth Marathon route with a couple of extra loops, flat, fast course. (64.4km) Contact John Pettersson (08) 9332 5520 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 2/3 **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 / 65KM TRAIL RUNS,** (Q'ld) Glasshouse Mountains. Loop course,. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, Ph. (07) 5495 4334
- Oct 21 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, S A.** (Australian 24 Hours Championship).P.O. Box 6582. Halifax Street, Adelaide 5000 SA Phone (08) 8332 5797 Sri Chinmoy Marathon Team.



## 2000 ULTRA CALENDAR


- 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 12 **BRINDABELLA CLASSIC, ACT.** 54km 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. Includes Relay Race. "Australia's Toughest Downhill Mountain Race"  
Contact Hugh Jorgensen (02) 6286 1252 or race website.
- Nov **AUSTRALIAN SIX DAY RACE AT COLAC.** Contact Six Day Race  
Committee, P.O. Box 163, Colac 3250 for expressions of interest.
- 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
- Dec **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 **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 **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.
- 2001**  
Jan **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 **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 **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 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$15  
entry, 7am start. Closing date: 14th January, 2000. Entry forms available from Peter

# 2001 ULTRA CALENDAR

- Feb **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 3 **CRADLE MOUNTAIN TRAIL RUN, TAS**, 6am start at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthea Bay at southern end of the park. approx. 85-90km of tough mountain trail running with lots of bog! Contact Richard Pickup, P.O. Box 946, Launceston, Tas 7250, or phone Sue Drake (03) 6239 1468
- Feb **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 **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 3 **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.sixfoot.com>. or email to: bigchris @ sixfoot.com.
- Mar **AURA 6 HOUR RACE + 50KM & 100KM WESTERN AUSTRALIAN CHAMPIONSHIP, WA**, Bunbury, organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis, 27 Snows Place, Bunbury 6230 phone (08) 9721 7507
- May **2000 MILE HAND-CYCLE EVENT**, Redcliffe City, Queensland. Also **24 /48 HOUR & 6 DAY**. Contact Barry Stewart, 19 Greenview Road, Wondai 4606 Q'ld

---

## 2000 New Zealand ultra calendar

 **Auckland, New Zealand (UW)** - New Zealand Ultra Races for the year 2000 - released by the New Zealand Ultrarunners Association.

### March 26 2000

Riverhead Adventures 50KM Forest Run

Gary Regtien 11 Newton Road Riverhead, Auckland New Zealand Ph: (++649) 412 6431 Fax: (++649) 412 6431 [richardt@pacific-ocean.com](mailto:richardt@pacific-ocean.com)

### April 22 2000

Queen Charlotte Explorer Classic 47KM

Maurice Brown RD2, Old Renwick Road, Blenheim, New Zealand Ph: (++643) 578 4661

### July 8/9 2000 Sri Chinmoy 24 Hour Track Race

NZ 24-hour Championship, 6 and 12 hour races Simahin Pierce PO Box 56 415 Dominion Road, Auckland 1030, New Zealand Ph: (++649) 630 8329 [richardt@pacific-ocean.com](mailto:richardt@pacific-ocean.com)

8

**September 2 2000** Quality Hotel 100KM of Rotorua 100KM A. Moustache Ventelou PO Box 408, Rotorua, New Zealand Ph: (++647) 349 6100 Fax: (++647) 349 6100 [richardt@pacific-ocean.com](mailto:richardt@pacific-ocean.com)  
All Year Training Camp Mountain, Trail & Road Training Thomas Whitehead PO Box 89, National Park New Zealand Ph: (++647) 892 2870 [Runner146@hotmail.com](mailto:Runner146@hotmail.com)



# FORTHCOMING 2000 A.G.M.

## CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 14th Annual General Meeting in Saturday 13th May, 2000, in the clubrooms at Bill Sewart Athletic Track, Burwood Highway, East Burwood after the AURA 50 Mile Track Race, at which a new Committee of Management must be elected.

Nominations for elected Committee positions will close on Friday 21st April . Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer. For the first time since the inception of the Association, and due to the invention of electronic mail (e-mail), these positions will be open to all AURA members living anywhere in Australia.

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

Ordinary members (representatives) from other states or territories are appointed by the incoming committee. However, any member may nominate himself/herself for consideration.

Positions available are:

NSW Entitlement	2 Ordinary Members of Committee
QLD Entitlement	2 Ordinary Members of Committee
S.A. Entitlement	2 Ordinary Members of Committee
W.A. Entitlement	2 Ordinary Members of Committee
A.C.T. Entitlement	2 Ordinary Members of Committee
TAS. Entitlement	2 Ordinary Members of Committee

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

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

Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business, please notify the Secretary by the 21st April, 2000.

In summary then, if you are interested, we require from you by the 21st April, 2000, the following:

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

\*\*\*\*\*

Example of Form of Nomination:

I nominate .....being a member of AURA

for the position of .....

to be decided at the Annual General Meeting of the Association to be held on 13th May, 2000

Name of Proposer: .....Signature .....Date .....

Name of Seconder .....Signature.....Date

## FORM OF APPOINTMENT OF PROXY

I, ..... of .....

.....  
being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED  
hereby appoint

.....  
being a member of that Incorporated Association, as my proxy to vote for me on my behalf at  
the general meeting of the Association (annual general meeting or special general meeting,  
as the case may be)

to be held on the thirteenth day of May 2000 and at any adjournment of that meeting. If my  
proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy.

My proxy is authorized to vote for the resolution(s) as follows.

	<u>FOR</u>	AGAINST	AT DISCRETION OF PROXY
Motion 1: That the Rules of the Association be changed as indicated in the "Proposed Changes to Rules" document. (Tick one box)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Signed: .....

Date: ...../...../20.....

This form must be sent to the secretary of Australian Ultra Runners' Association  
Incorporated to be received by the nominated date.

- NOTES:**
1. If you do not know of a person who will be attending the meeting, you may  
appoint the "Chairman of the Meeting" in which case an address is not  
required.
  2. If you fail to specify your intentions clearly, the proxy vote will be informal.
  3. Only members who are not unfinancial are entitled to vote. (A member  
becomes unfinancial if his annual subscription is unpaid after a period of 12  
months has elapsed from its due date.)



# AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

## RULE CHANGES

The following rule changes are presented to the AURA Annual General Meeting scheduled for 13 May 2000. For each clause to be changed, the existing clause is presented first, followed by the proposed new wording. The intent of the changes is to open up the AURA executive to all members in Australia. When AURA was founded 15 years ago, our constitution confined all executive positions (except that of President) to Victorian members living in Melbourne because we didn't have the money to fly interstate members to committee meetings. With modern communications, particularly the Internet, it is now possible to hold effective committee meetings with executive members scattered throughout Australia. It will be up to the new executive to decide how this arrangement is to work in relation to formal voting on important or contentious issues.

### PROPOSED CHANGES TO RULES

#### Existing Clause:

- 21 (5) Only persons normally residing within, or within close proximity to the City of Melbourne may be elected as officers of the Association. Victorian country members may be elected as officers of the Association providing they undertake to travel to all Committee and general meetings.

#### New Clause:

- 21 (5) Deleted.

#### Existing Clause:

- 21 (6) The one exception to clause (5) would be the office of President wherein if sufficient funds exist or a potential candidate can travel to Melbourne at no cost to the Association for all Committee and general meetings, interstate candidates may be nominated and elected.

#### New Clause:

- 21 (6) Deleted.

#### Existing Clause:

- 22 (1) Subject to section 23 of the Act, the Committee shall consist of:

- (a) the officers of the Association; and
- (b) up to 2 ordinary members for the State of Victoria as allowed for in these rules;  
  
each of whom shall be elected at the annual general meeting of the Association in each year; and
- (c) up to 2 ordinary members for each State (other than Victoria) and Territory as allowed for in these rules;  
  
each of whom shall be appointed by the incoming Committee at a special Committee meeting immediately following the annual general meeting.

Interstate or Territorian members may nominate themselves for the position of ordinary member and their nomination shall be duly considered by the incoming Committee.

- (d) Only members who are not unfinancial shall be appointed as ordinary members as allowed for in these rules for each State (other than Victoria) and Territory.

New Clause:

22 (1) Subject to section 23 of the Act, the Committee shall consist of:

- (a) the officers of the Association; and
- (b) up to 2 ordinary members for each State or Territory as allowed for in these rules;  
  
each of whom shall be elected at the annual general meeting of the Association in each year; and
- (c) Only members who are not unfinancial shall be appointed as ordinary members as allowed for in these rules for each State and Territory.

Existing Clause:

23 (3) Nominations of candidates for election as ordinary members of the Committee for the State of Victoria.

- (a) shall be for members residing in Victoria only for its respective entitlement;
- (b) shall be made in writing, signed by 2 members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination) and;
- (c) shall be delivered to the secretary of the Association not less than 21 days before the date fixed for the holding of the annual general meeting.

New Clause:

23 (3) Nominations of candidates for election as ordinary members of the Committee.

- (a) shall be made in writing, signed by 2 members of the Association and accompanied by the written consent of the candidate (which may be endorsed on the form of nomination) and;
- (b) shall be delivered to the secretary of the Association not less than 21 days before the date fixed for the holding of the annual general meeting.

Existing Clause:

23 (7) The ballot for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper manner as the Committee may direct.

New Clause:

23 (7) The ballot for the election of officers and ordinary members of the Committee shall be conducted at the annual general meeting in such usual and proper manner as the Committee may direct.

It is incumbent on the committee to duly consider whether the attendance at the meeting is sufficient to adequately represent the membership at large. Should the committee decide in the negative, those positions requiring a ballot shall be held over subsequent to a postal ballot of members. All members shall be requested to participate in a postal ballot for election of officers and only state or territory members shall be requested to participate in a postal ballot for their respective ordinary members of committee. Such a process shall take place within 35 days of the meeting. The committee shall



decide the process to be followed for the postal vote and successful candidates shall assume office immediately, until the next Annual General Meeting.

In the case of a tied result of more than one person for each position available, the committee shall appoint any one of those persons who tied in the ballot to fill the vacancy.

Existing Clause:

23 (8) A ballot for the election of Interstate or Territorian representative(s) shall be held if requested by a member only for his own state or territory if he feels he should have been appointed by the Committee. Application for such a ballot must be received by the secretary in writing and the ballot shall be held within 21 days of the application being received. The ballot shall be held by postal voting only for the state or territory in question in such usual and proper manner as the committee may direct.

The ballot shall be concluded and a result determined within 35 days of the application being received. From the determination of the ballot result, the state or territory representative(s) shall be:

- (a) in the case of a tied result of more persons than positions available, the committee shall appoint any of those persons who tied in the ballot to fill the number of vacancies; and
- (b) in any other case, the successful person(s) from the ballot become ordinary members of committee for the duration of the current term.

No further ballot for Interstate or Territory representative may be held for the State or Territory in question for the remainder or the current term.

New Clause:

23 (8) Deleted.

Existing Clause:

25 (2) Special meetings of the Committee may be convened by the President or by any 4 of the members of the Committee or when an interstate or Territorian representative is in Melbourne and so requests such a meeting.

New Clause:

25 (2) Special meetings of the Committee may be convened by the President or by any 4 of the members of the Committee.

Existing Clause:

25 (3) Notice shall be given to members of the Committee of any special meeting specifying the general nature of the business to be transacted.

In order to protect the interests of, and involve, interstate and territorian representatives, they are encouraged to submit a proxy voting form to a Victorian Committee member who is intending to attend the forthcoming meeting. Verbal or written communications between these 2 Committee Members is further encouraged to accurately disseminate the views and wishes of all interstate or territorian representatives.

New Clause:

25 (3) Notice shall be given to members of the Committee of any special meeting specifying the general nature of the business to be transacted.

The Internet shall be used as much as practicable to allow all members of committee to participate fully in the proceedings of committee meetings.

## LETTERS TO THE EDITOR

48 year old Adelaide Ultra-Marathon runner, John Moyle today arrived back in Adelaide, after completing 17, 344km and 344 days on the road.

John was looking extremely fit with not an ounce of fat on him, but road worn. Talking from the steps of the State Parliament he thanked his sponsors, Apex and the Fire Brigade for the help he has had on the trip. John Moyle has been raising money for various childrens projects throughout the trip and raising awareness of Apex around the country.

He was very lucky to have completed the journey after some of the injuries he encountered during the journey. This included suffering minor muscle meltdown in the first week of the journey when he left Darwin.

John Moyle now plans to set up camp at the Adelaide Harriers Track in South Terrace and keep running till he brings up the 19 100km mark. This will beat the tentative World Continuous run Record of 19 030km (277 days) currently held by Gary Parsons of Queensland. Gary finished his run on Jan 25th, so it has certainly been a busy month in Ultra Solo running in Australia.

With all the Ultra solo running activity occurring around Australia I dont think it will be too many years before we see the 20 000km mark beaten. Perhaps a race with all the solo runners starting together and going on the same route would be the way to do it!

I will keep everyone updated in the coming weeks on John's progress!

Phil Essam  
pjessam@picknowl.com.au  
<http://geocities.com/ultraphil>

---

On January 25th at 11am, nine months to the day since he started his epic journey, Queensland Ultra Marathon Champion, Gary Parsons will run up to the Brisbane Town Hall having completed a shade over 19 000km. This has included one lap of mainland Australia and four and a half thousand kilometres around Tasmania.

In that time Gary has beaten the Australian and World Long Continuous Run records and several other unofficial marks. All of the paperwork from Gary's run will be going to British running Historian, Andy Milroy for veriifcation as an official new World Long Continuous Run Record, replacing Robert Sweetgall's 17 year standing record of 17 071km.

Gary and his wife, Sharon would like to thank everyone for their help and best wishes in the last nine months and are very much looking forward to resuming a normal life again in their home town of Caboolture. Myself - I have very much enjoyed helping this lovely and sincere couple during the past six months.

Phil Essam  
pjessam@picknowl.com.au  
<http://www.geocities.com/ultraphil>

Hi Dot

When you send a message you open the message menu and click on "New message using" and it gives you all sorts of note paper. You can customise it so you can write above or below.

Would it be possible to have a list of Aura members with e-mail addresses. so contact could be made. Just an Idea or perhaps it could be in the Coolrunning with all athletes involved. I'm going to carry the Torch. I saw Ross Parker's name on the WA listas well. Any idea how many Aura members going to carry the Olympic Torch?. I'm down for July 2nd.

George (Audley)

---

George Audley wrote:

Dear DotGot the cheque- Thanks.Started training on Jan 1st for the Colac, I will be in 65-69 age group by then and the 48hr and 6 Day World Records look well within my capabilities but my wife Christine said I would be a year older.Ran for the paper this morning (19ks) and got bitten by a dog 5ks into the run. 1st time I have been bitten in 106,000 ks of running. Made me run faster.All the best for 2000 and keep fit it keeps you young; George the Road Runner

---

Dear George

Love your graphics. (Can you type above or below them ). Sorry about the dog.

All the best in your runs.

Cheers

Dot

---

## Gary Parsons breaks world mark for longest run

Dear Dot and Kevin,

As you are probably both aware Gary Parsons has finished his record breaking run around mainland Australia and Tasmania. He ended up running a remarkable 19 030km in just over 274 days. This was almost 2 000km further than the previous record in three days less! I have submitted paperwork from this run to Andy Milroy in England to be verified as a World Record by Guinness. This paperwork has included a very comprehensive Log Book, emails, letters from people who crewed and saw Gary on the road and photos etc. By the way, Andy has been very impressed by the standard of record keeping by the Parsons in this run.

One attribute that stands out in this run is the **Guts** and **Determination** that he used for the couple of weeks that he was sick during the Adelaide state and then again for the last 2 100km when he had a fall and his left ankle swelled up to the size of a balloon. For the two days before breaking Sweetgall's old record he was walking non stop for about 44 hours to beat the record at a pre-arranged time in Hobart Mall and keep the media , sponsors(Flight Centre) and Legacy happy. Just a short measure of the man he is! After that , Gary had a couple of easy days before getting back into a rhythm of 16 hour days, 50kms. This he kept up for another month and was finally able to break the 19 000km.

I've enjoyed the experience of helping Gary and Sharon Parsons in the last few months. I had never met or spoken with them prior to their great adventure, but my wife and I are now proud to call them good friends. They are both so honest and determined in their approach to life. Sharon also deserves a medal for looking after her husband so well during the nine months on the road. I've heard of relationship building exercises - but this one certainly took the cake!

Regards

Phil Essam

3rd February 2000

To: Dot Browne  
Honorary Secretary  
AURA Inc

From: Peter Warner  
Race Director

Dear Dot,

Just a brief note to let you know what's happening in Nanango.

The final composition of the field has been determined and it looks like this:

8 from the Ukraine, 4 from Ethiopia, 3 from Russia, 2 from Germany with Martina Hausmann being the sole female entrant, and one each from Belarus, Mexico, Italy, Poland, Lithuania, the Slovak Republic and Tartarsan with 4 entering from Australia viz; Bill Beauchamp and Peter Gray from Victoria, Jevvan McPhee from South Australia and Graeme Watts from Queensland.

It is quite a line-up with the only runners in doubt being the Ethiopians. The entire Ukraine National Team is coming along with individual handlers, a Team Manager, 2 Trainers and 2 Masseurs- in total a contingent of 21 persons. The logistics are just staggering but somehow we'll have to manage.

Best wishes and regards,



26th February 2000

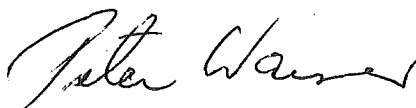
Dear Dot,

This is the final line-up I faxed to Malcolm Campbell - 28 contestants representing 12 countries.

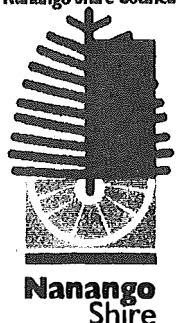
We'll certainly have our work cut out for this, but once again it promises to be an engrossing event.

The little champ, Petras Silkinas quietly informs me through his manager that he intends to lower his own world-record mark.

Regards



Major Sponsor  
Nanango Shire Council



Race organiser: Peter Warner  
Promotions Manager: Shirley Warner  
Qld Ultra Runners Club Inc: Rod Morgan

Phone/Fax: 07 4163 1005  
Postal Address: 43 Carbeen Cr, Nanango 4615  
Phone: 07 4163 3044





14th February 2000

To: Malcolm Campbell  
IAU President  
Fax 44 1476 578822

From: Peter Warner  
Race Director  
Fax: 61 7 4163 1005  
61 7 3284 7440

Dear Malcolm,

This is a list of the entrants:

#### UKRAINE

Volodymyr Vasyutin 22.11.50  
Andriy Solodovnikov 19.05.68  
Andriy Reyner 03.07.72  
Dmytro Tkachuk 19.06.62  
Vitaliy Bereza 04.01.67  
Victor Kirichenko 01.10.52  
Konstantyn Bondaryev 07.01.61

#### RUSSIA

Vladimir Glazkov 13.10.38  
Anatolyi Kruglikov 09.10.57  
Viktor Kuzmin 17.09.40

#### BELARUS

Stepan Shalaev Born '41

#### TATARSTAN

Rustem Ginniatullin 27.10.48

#### LITHUANIA

Petras Silkinas 06.08.41

#### POLAND

Wojciech Pismenko 17.08.63

#### SLOVAK REPUBLIC

Frantisek Gallik

#### International 1000 Miles Track Championships Committee contacts

Race organiser:	Peter Warner	Phone/Fax:	07 4163 1005
Promotions Manager:	Shirley Warner	Postal Address:	43 Carbeen Cr, Nanango 4615
Qld Ultra Runners Club Inc:	Rod Morgan	Phone:	07 4163 3044

#### ETHIOPIA

Tadesse Biru Born '48  
Tadesse Berhanu 19.12.57  
Gemed Balcha Born '55  
Woldetadk Hailu Born '49

#### GERMANY

Martina Hausmann 13.01.60  
Walter Zimmermann 05.01.54

#### MEXICO

José Luis Carrera 08.07.58  
Camilo Gómez Rosas

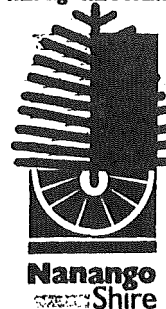
#### ITALY

Aldo Maranzina 15.12.46

#### AUSTRALIA

Graeme Watts 28.08.53  
Peter Gray 04.10.64  
Jevvan McPhee 25.09.65  
Bill Beauchamp 01.06.47

*Major Sponsor*  
Nanango Shire Council



Sunday 26th March, 2000

# **RED ROCK / COFFS JETTY**

## *Water World Great Ocean Run*

45 Kilometres

**START:** Northern End Red Rock Beach 5 . 30 a.m.

**FINISH:** Coffs Harbour Jetty

**PRESENTATIONS:** Coffs Harbour Yacht Club  
(Carbo-reload included for all entrants and officials.)

**ENTRY FEE:** \$10 payable to "Woolgoolga Fun Run"  
(\$15 if entering on the day)

**POST ENTRIES TO:** Steel Beveridge  
3B Surf St, Emerald Beach NSW 2456 (by 24 March)

**ENQUIRIES:** Phone 0266562735 (home), 0266541500 (work)

**COURSE SURVEY:** Saturday 25 March  
(meet at Arrawarra Headland 3 . 00 p.m.)

**CARBO LOAD:** Unofficial, at Woolgoolga Pizza Place  
(from 6 .30 p.m. Saturday 25 March, 2000)

### **WAIVER**

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

2) I will abide by all the competition rules.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

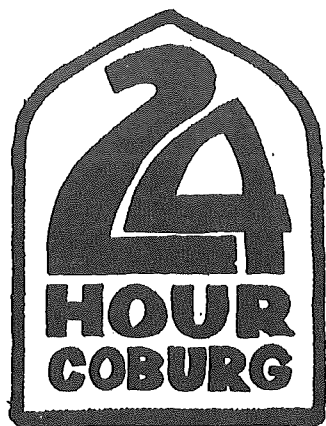
(If under 18 parent/ guardian must sign as well) PARENT/GUARDIAN \_\_\_\_\_

Previous Ultra Marathon experience \_\_\_\_\_

Best Marathon time \_\_\_\_\_ Event \_\_\_\_\_ Year \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Age \_\_\_\_\_ Sex: M or F



- 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

SURNAME

FIRST NAME

INITIALS

ADDRESS (No. and Street)

DATE OF BIRTH

SUBURB or TOWN

POSTCODE

SEX (M or F)

AGE ON RACE DAY

PHONE (HOME)

PHONE (WORK)

Which Event Please Tick: 6 Hour ☐ 12 Hour ☐ 24 Hour ☐

♦ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME

FIRST NAME

PHONE (HOME)

PHONE (WORK)

RELATIONSHIP

### Details of Your Best Track Ultra Performances:

6 Hour ----- Km 50Km -----

12 Hour ----- Km 100Km -----

24 Hour ----- Km 50 Miles -----

Best Marathon -----

SEND ENTRIES TO : BERNIE GOGGIN

(HON. SECRETARY)

277 MANNINGHAM RD.

LOWER TEMPLESTOWE

3107, VICTORIA

Entries close 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.

# CLIFFY'S DREAM 1000 MILES

**8TH APRIL TO 23RD 2000**

JOIN CLIFF'S RUN AND HELP RAISE FUNDS FOR CANCER CARE, AN EVENT FOR EVERYBODY TO RUN IN. HANDICAPPED PEOPLE WELCOME. THIS RACE WAS THOUGHT ABOUT BY JOHN TIMMS & CLIFF YOUNG WHILE PONDERING THEIR NEXT RUN AFTER CLIFFS RECOVERY FROM CANCER AND JOHN'S FAMILY HISTORY OF CANCER AND LACK OF RESOURCES TO TACKLE THE PROBLEM. ALL FUNDS RAISED WILL GO TO CANCER COUNCIL OF VICTORIA.

Everybody can move so move yourself to run walk part of a mile or several with Cliff and John and join the Olympic Spirit of being part of this great race. Anybody with entertainment welcome. This race is not in competition with any body but Cliff Young & John Timms will be out to show the knockers that they are winners so if you are game,

## Join in

### LAKE COLAC CRICKET CLUB - 12 NOON START

AND RUN THE DISTANCE YOU CHOOSE

whether it a mile or 1000 miles enter and you are a winner for cancer research.

RUNNERS WALKERS & HANDICAPPED ALL AGES 5 TO 105

ONE MILE RECORD ATTEMPT .....\$20.00

FIFTY MILE RECORD ATTEMPT .....\$50.00

ONE HUNDRED MILES.....\$75.00

SIX DAYS .....\$300.00

ONE THOUSAND MILES .....\$500.00

All entries can raise entry fees with sponsorship and friends support. There will be a carnival atmosphere throughout the event so don't miss out on this athletic dream run. Be there and support us in what ever capacity you can Every entrant to supply one helper and one lap scorer where possible and help with a successful event.

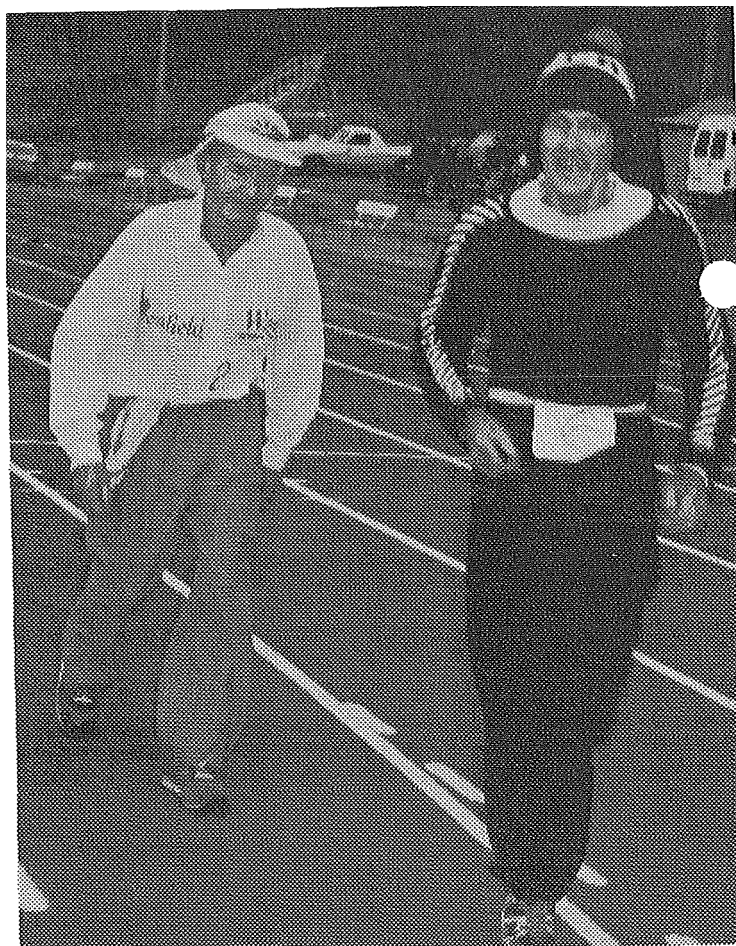
ALL ENQUIRIES TO JOHN TIMMS  
54 SKENE STREET COLAC VIC 3250  
PHONE(03) 5231 3928.

Prizes and trophies to all placed athletes,  
but dependant on entries.

This is a genuine attempt to put athletics  
in front in Victoria, so if you have any  
ideas for the event, please forward to  
me promptly.

I am a committee of one man and am  
not afraid to have a go, so welcome  
aboard if you are game!

The more help with lap-scoring and  
tasks the better, and remember, it is  
a fundraiser, so if you have a sponsor  
with dollars, tell them to give me a ring.





**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 \*\*\***

**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:.....

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

# 50 MILE TRACK RACE

AUSTRALIAN CHAMPIONSHIP EVENT

PLUS 50KM

SATURDAY 13TH MAY, 2000

ENTRY APPLICATION  
please print clearly

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

Sex M/F .... Date of Birth ..... Age (On day of race) ..... Occupation .....

Postal Address ..... Postcode .....

Telephone (Home) Area Code ..... Telephone (Work) Area Code .....

Please provide details (number of races, best times and placings) for official Marathons, Ultras (50 km and over), Triathalons, etc. for the purpose of race selection and runner profiles.

I would like to run in : ☐ 50KM only ☐ 50 Mile only ☐ Both 50KM & 50 Mile

For country and interstate applicants only: Yes ☐ No ☐  
Can you provide a lap scorer?

## CONDITIONS OF ENTRY

1. No runner under the age of 18 years on the day of the race will be accepted.
2. The officials reserve the right to reject any applicant.
3. All entrants, except country and interstate runners, shall provide one person to assist with lap scoring and any other people (seconds) to assist the runner as he or she may require. Failure to provide a lap scorer may result in cancellation of application.
4. The required entry fee must be paid by the nominated date (see information).
5. A maximum field of 30 will be accepted for the track races.
6. All rules for the race must be strictly observed.

## WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian Ultra Runners' Association Inc. 50 Mile and or 50km Track Races 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 this event.
2. 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.
3. 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 .....

Fill out completely this Entry application, sign and date it and send this sheet only, together with your entry fee to the nominated address by the required time.

# 20TH 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENT

### PLUS 50KM

CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.  
DATE: Saturday 13th May, 2000  
PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood, 3151. (Melway Ref: 62, C8)  
TIME: 8.00 a.m. Race Start  
REPORT IN AT: 7.30 a.m. sharp  
RACE NUMBERS: Will be issued at the venue at 7.30 a.m.  
LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.

FACILITIES:

1. Changing room, showers and toilets are all contained in a pavillion adjacent to the track.
2. Tea/coffee, biscuits and sandwiches will be supplied to the lapscorers.
3. Hot water will be available for runners' assistants.
4. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (runners are permitted inside the track).
5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.

PARKING: Car park close to the track. (Vehicles are not permitted beside track.)

TROPHIES & AWARDS: 1st: Neil Coutts Memorial Trophy. 2nd: Perpetual Trophy.  
Other prizes may also be presented. Certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 4.30 p.m. approximately.

AURA EVENT RECORDS:	Dragan Isailovic 5:15:00 - 1993	Linda Meadows 6:07:58 - 1994
AUSTRALIAN RECORDS:	Dragan Isailovic 5:15:00 - 1993	Linda Meadows 6:07:58 - 1994
AUSTRALASIAN RECORDS:	Dragan Isailovic 5:15:00 - 1993	Linda Meadows 6:07:58 - 1994
WORLD RECORDS:	Don Ritchie (Eng) 4:51:49 - 1983	Valentina Liakhova (Rus) 5:55:41 - 1996

ENTRY FEE: **One or both events**  
\$35.00 for AURA financial members      Make cheques payable to J. C. Harper. Mail or deliver  
\$40.00 for non-members      entry form and fee to: John Harper, 21 Lancelot Crescent,  
Glen Waverley, 3150. (Telephone: (03) 9803 7560)

CLOSING DATE: All entries shall be delivered by 6th May, 2000.  
Entries received after 6th May 2000 may not be considered.

FURTHER QUERIES TO: John Harper, telephone (03) 9803 7560 (H), (03) 9854 2629 (W) or harperj@ihug.com.au

### RACE RULES

1. All runners shall obey directions from officials.
2. All runners are strongly advised to have their own helpers (seconds).
3. Personal requirements (food, drink and first aid materials) must be supplied by each runner.
4. No pacing is allowed and helpers may not run with participants. Only officials and runners are permitted in lanes 1 to 4 inclusive. Seconds shall remain beyond the outer or inner edge of the track.
5. The use of any banned substances by any competitor is prohibited.
6. Any interference by a runner's second (or friends) to another runner will result in a withdrawal from the race of the runner associated with offending person.
7. The decision of race officials to withdraw any runner during the race will be final.
8. For reasons of courtesy and the avoidance of interference, all runners shall:
  - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
  - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
9. The race will be conducted in an anti-clockwise direction.
10. Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
11. Official cut-off time for 50 Mile is 8½ hours.

Good running and enjoy these events.

# **BANANACOAST ULTRA MARATHON (85kms)**

**Sunday, 14 May 2000**

## **Entry Form**

From **Grafton to Coffs Harbour** via Glenreagh and Coramba (85 kilometres)

**START: Grafton Post Office 6 A.M.**

**FINISH: Coffs Harbour Hotel**

**ENTRY FEE: \$10.00**, payable to Woolgoolga Athletics Club (\$15 on day)

Entries to Steel Beveridge, 3B Surf St., . Emerald Beach 2456.

Enquiries telephone (02) 66562735

---

### **RULES.**

- (1) Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a motor vehicle of his/her own so as to carry out the necessary appropriate activities.
- (2) Each competitor must undertake to travel on the right hand side of the road unless otherwise directed by Police.
- (3) All Police instructions must be obeyed at all times.
- (4) No push bikes as support vehicles.
- (5) Support vehicles must obey traffic rules at all times.

---

### **WAIVER.**

- (1) I, the undersigned, in consideration of and as a condition of my entry in the Bananacoast Ultra Marathon for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my participation in the said event.
- (2) I will abide by the competition rules.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Previous Ultra Marathon experience: \_\_\_\_\_

Best Marathon time: \_\_\_\_\_ Event: \_\_\_\_\_ Year: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex (Male or Female): \_\_\_\_\_



# **N A N A N G O**

## **PIONEER ULTRA AND FUN RUN/WALK**

**SUNDAY 16<sup>TH</sup> JULY 2000**

**Sponsored by: Spar, Nanango and Morgan's Health  
Centre**

CONDUCTED BY: QUEENSLAND ULTRA RUNNERS CLUB

RACE DIRECTOR: Rod Morgan, P.O. Box 2, NANANGO 4615 – PHONE 0741.633044

VENUE: THREE EVENTS - (1) 51 kms RUN – 6 LAPS OF SCENIC COURSE COMMENCING  
FROM PIONEER PARK, DRAYTON STREET, NANANGO.

(2) 43 kms WALK – 5 LAPS OF COURSE

(3) 8 ½ kms RUN AND WALK – 1 LAP OF COURSE

TIMES: For ultra events 3 set starting times - 7.30 a.m.; 8.30 a.m.; 10 a.m.

For 8 ½ kms run/walk starts – 1.30 p.m.

WATER & SWEET STOPS on course

MARKED COURSE - At each kilometer

PRESENTATIONS: Commence 3.30 p.m. at race finish area.

PRIZES: TROPHIES FOR 51 kms – Male and Female – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>  
43 kms - Male and Female – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>  
8 ½ kms Run - Male and Female – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>  
8 ½ kms Walk - Male and Female – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

ENTRY FEE: 8 ½ kms Run/Walk - \$20-00

51 kms Run and 43 kms Walk - \$30-00

IF ENTERED & PAID BY 30/6/2000 A \$5-00 DISCOUNT APPLIES  
FOR Q.U.R.C. MEMBERS A DISCOUNT OF \$10-00 APPLIES IF ENTERED & PAID  
BY 30/6/2000 OR \$5-00 DISCOUNT IF PAID LATER

**ALL ENTRY FEES INCLUDE MINI FEAST & BARBEQUE AFTER TROPHY  
PRESENTATIONS  
(FRIENDS & SUPPORTERS WELCOME TO ATTEND AT \$4-00 PER HEAD)**

ENTRY FORMS AVAILABLE FROM: ROD MORGAN, P.O. BOX 2, NANANGO. 4615.

*ANY EXCESS PROCEEDS WILL BE SHARED BY Q.U.R.C. AND NANANGO S.E.S.*

**NANANGO PIONEER ULTRA & FUN RUN/WALK**  
**Sunday 16th July 2000**  
**ENTRY AND WAIVER**

I have read & agree to abide by the rules as stated for the Nanango Pioneer Ultra & Fun Run/ Walk. 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.

NAME: .....

ADDRESS: .....

.....Postcode .....

PHONE: ..... AGE: ..... GENDER: .....

I WILL RUN IN THE 51KMS RUN      42KMS WALK      8½KMS RUN      8½KMS WALK  
(Please circle)

SIGNATURE: .....

(IF UNDER 18 YEARS OF AGE - 8½KMS EVENT ONLY ) .....  
(Parent/Guardian)

\*\*\*\*\*

**AUSTRALIAN CENTURION RACE WALKERS**

Dear *Dot*

The Australian Centurions are pleased to announce that this year's 24 Hour endurance walking event is to be held in Melbourne in early September.

We were intending to run this year's event in Gosford in NSW. Frank Overton of the Gosford Athletics Club spent a lot of time working on this project. It eventually transpired that the new Gosford Athletics Track would not be completed in time and I have been forced to forgo this option and opt once again for another locally based Melbourne event.

This being the case, we are once again using Coburg Athletics Track. It is a superb venue which we enjoyed using last year.

Details are as follows:

Date: September 02/03 2000  
Venue: Harold Stevens Athletics Track, Outlook Rd, Coburg  
Start Time: Noon Saturday 02 September

All further details are to be found on the official entry form which is available on request from me or directly via the internet at address <http://www.geocities.com/Colosseum/5654>

I am hopeful that, like the last 2 years, we once again have a strong field with a good representation of both local and overseas walkers.

Yours sincerely

*Tim*

Tim Erickson (C 13)  
Secretary, Australian Centurions Club

1 Avoca Cres  
Pascoe Vale  
Victoria, 3044  
Australia  
01/03/2000

Wk - (03) 9616 3984  
Hm - (03) 9379 2065  
[terick@melbpc.org.au](mailto:terick@melbpc.org.au)

# AUSTRALIAN CENTURIONS CLUB

## 24 HOUR RACEWALK 2000

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

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

**02-03 September 2000**  
**Harold Stevens' Athletic Track**  
**Outlook Rd, Coburg, Victoria**

It will feature the following events

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

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

**ENTRY FEE**                      \$45      24 Hour Walk / 100 Mile Walk  
    \$25      100 Km Walk  
    \$18      50 Km Walk  
 Entry fee includes souvenir T-shirt  
 (Cheques payable to Australian Centurions Club)

**ENTRIES CLOSE**                      Mon 28 August 2000

**START TIME**                              Noon    Saturday 02 September 2000  
**FINISH TIME**                              Noon    Sunday 03 September 2000

### Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09	2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58	4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53	6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00	8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47	10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14	12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27	14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33	16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30	18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06	20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53	22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48	24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09	26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22	28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12	30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31	32	Norm Morriss	1998	22:32:47
33	Yiannis Kouros	1998	22:55:23	34	Roger LeMoine	1998	23:04:51
35	Susan Clements	1998	23:58:40	36	Sandra Brown	1999	19:14:56
37	Herbert Neubacher	1999	21:03:07	38	Jill Green	1999	21:15:35
39	Carol Baird	1999	22:16:43	40	Gerrit de Jong	1999	22:51:24

## ENTRY FORM

SURNAME

Given names

Address

City

Post code

Sex (M/F) \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Birth Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

T-shirt size

Small

☐

Medium

☐

Large

☐

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

Signature of entrant

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

Race Category: Tick appropriate distance or category

100 Mile /24 Hour Walk \_\_\_\_\_

100 Km Walk \_\_\_\_\_

50 Km Walk \_\_\_\_\_

### WAIVER

I, the undersigned, in consideration of and as a condition of my entry in the Centurion 24 Hour Walking Race, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed \_\_\_\_\_

Date \_\_\_\_\_

### CONDITIONS OF ENTRY

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

### INCIDENTAL DETAILS

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

# RACE REPORTS & RESULTS

## The Glasshouse (almost) 100 mile Trail Run

*There are a few Striders who partake in extreme runs. Martin Fryer is one of them and has submitted this report.*

It's hard to write a race report about the first event that you did not finish (DNF). Nevertheless, the experience of participating in this truly unique Australian event, with its share of amazing scenery and gutsy human performances, is worth recounting.

### A Unique Event

The Glasshouse Trail 100 is the only 100 mile trail event held in Australia - it has been held in the Glasshouse Mountains, inland from the Sunshine Coast in QLD, annually since 1996 by race director Ian Javes, a legendary Aussie ultra runner in his own right. Just think of running/walking approximately 4 marathons, or 5.3 StaRs, or 1.8 Comrades, or sixteen 10K's in a row, all on trail, and you have an idea of the scale of the event. The race covers about 80 km of undulating trail in a loop form, and is normally held on the last weekend in September. Ultra competitors may attempt one loop (50 miles/80 km) or two loops (100 miles/161 km). A shorter ultra is held over 55 km on the Saturday, with 12 km and 27 km events also run on the Sunday morning. Trail running of this magnitude is relatively young in Australia, as shown by the small number of entrants and an even smaller number of successful finishers of the 100 mile event - 0/5 in 1996, 3/8 in 1997, 4/12 in 1998, and 6/11 in 1999. This year the Striders entrants were Dawn Tiller (55 km), Sean Greenhill & Kevin Tiller (50 mile), and Mike Ward and myself (100 mile). Even though we were both undertrained for an event this long, Mike and I mutually encouraged each other to enter the big one - Why? - because we had completed and enjoyed the 100 km Trailwalker in May - because it was there - because we were too slow to run any short distances at any decent pace - and, like most trail ultras - because it is a great way of flushing the concerns of the rat race out of your system.

### Daytime thoughts

Eleven of us set off at 5:30 am on the Saturday morning for what was going to be a long day at the office. I love the lack of urgency of these starts compared to traditional races - we all set off at a very slow pace with no one keen to lead for the first couple of hundred metres. Most of the field soon left Mike and I behind, with only the 2 walkers left following us. We were joined by a tall, lanky guy

from Perth who introduced himself as Geoff, whose running experiences had included completing the Marathon des Sables in the Sahara. He stuck with us and chatted - we assumed a leisurely pace and before long we were climbing the steep track to the top of Mt Beerburum. We saw the leaders coming back down the same track - Graham Medill (winner of this event in 1997 & 1998), followed by Paul Every (Australian 100km representative, entering for the first time), and several others were in front of us. We caught up to and chatted with Carol La Plante, an American veteran of many 100 milers who had liked the experience of Glasshouse so much last year she came back for more! These people are definitely not right in the head. Carole headed off into the distance, though we were to catch up with her and Kevin Tiller (running the 50 miler which started 15 min later) just before station 3 at 16K. From here to the first medical check (station 5) it is mostly pretty easy going on undulating, wide dirt roads. It was already starting to get much warmer than the previous year's race - Mike and I were a bit concerned. One last climb along a narrow bit of track and the four of us made Station 5 (27km) at around 3.25 hours. Everyone passed their medical checks (body weight, heart rate, blood pressure) - like last year I actually put on a kilo or so from the start, reflecting my efforts to stay well hydrated. From here you head out towards the far end of the loop, firstly through a nasty, roller coaster section known as the "Goat track" which had many steep, slippery sections (which we were not looking forward to seeing again that night). With well controlled run/walking we breezed through station 6 and made station 7 in good time, seeing Dawn Tiller heading back the other way with a pack of male competitors in tow. The 5.3 km loop back to station 7 allowed us to take our waist packs off, which felt heavenly and made us realise the effect of the extra weight we had been carrying. Kevin dropped off from our group during this loop and we picked up another US runner, Jordan (50 mile competitor), to our group. He stayed with us a while but also dropped - we heard later in the day that he finished in pretty bad shape and required a few hours of oxygen and icing down to revive. We finished this sun-exposed loop, having completed a little over our first marathon (43.2 km) in a personal worst of 5h37min. That's another great thing about these races - you set a string of PW's! It was really hot now (probably low 30's, with extra radiant heat from the dirt road surfaces) and while we (Geoff, Mike and I) were moving steadily we were extending



# The Glasshouse 100 Mile Trail Run (continued)

onwards) was my downfall. I started getting light headed and wobbly - Geoff thoughtfully stopped several times to see if I was OK. I was hoping that this would just be another "wall" to pass through but neither food, drink or rest was helping. To make things worse, the blister pads I had put on had obviously made things worse and it was becoming painful to even walk downhill without losing form. The next couple of hours were an eternity of dizziness and foot pain and seizing quads - it was clear that I was slowing to a pace that wasn't even a decent walk. Approaching station 5 I made that hardest of decisions - to withdraw on the basis of my only pre-race withdrawal criterion - loss of form that might lead to long-term injury. I had come 133.6km in 22h 24min- only 27km to go -but it might as well have been 100. I wished Geoff well - he went on to finish 3rd in 28:37, followed 12 min later by Bill Thompson, the local custard apple farmer who walked the whole way (he is a fast walker), and had a few stubbies of Guinness en route to boot! Carole La Plante, a veteran of many tough 100 mile races in the US, was last to make it within the 30 hr cutoff (29:08). Paul Every won the event in 23:28 after getting lost for half an hour or so in the early hours of the morning.

## Final thoughts

It's no fun having your first DNF but I guess if you've never had one then maybe you've never really pushed to your limits. It's easy for me to sit back now and regret my decision - these are the tough decisions to make - there is certainly a fine line here between bravery and stupidity. I love ultra events like this for many reasons - most of all because they attract a great, friendly bunch of competitors (not like those irritable 10K whippets) that truly respect each other - there is a great sense of camaraderie. Also, the top placings in these events can be quite unpredictable as anyone can have a bad day (or night) due to a multiplicity of potential factors (blisters, hydration, food, falls, getting lost, just plain stuffed). The race is a great leveller across age groups and abilities - patience is critical - the finish times of the walkers show you that if you are a brisk walker you can finish under or close to the 30h cutoff. This raises an issue for any runner considering doing this race - determining what type of run/walk ratio you are comfortable with, allowing for the attrition effect of sheer mileage.

## Thanks

Thanks must go to the organisers, aid station volunteers, and medical staff for putting on a first class

event. Ian Javes hinted that this event might not be held again due to increased insurance liability requirements - this would be a great loss for Australian trail running. If this event is held in the future I would encourage more Striders to participate in this event as the start/finish of a vacation at the Sunshine Coast or other parts of QLD. The race web page is [www.coolrunning.com.au/ultra/glasshouse.shtml](http://www.coolrunning.com.au/ultra/glasshouse.shtml). Finally, I should congratulate all the competitors for their efforts - particularly the gutsy runs of my fellow Striders (including another win by Dawn Tiller in the 55km event) - their results are listed below, along with the winners and times of the ultra events.

## 100 miles

Place	Name	Time
	<u>80km split</u>	
1(M)	Paul Every	23:28:36
	9:08:00	
1 (F)	Carol La Plant	29:08:22
	11:52:00	
DNF	Martin Fryer	22:24
(133.6km)	11:12:06	
DNF	Mike Ward	16:41
(105.8km)	11:12:06	

## 50 miles

1(M)	Bruce Hargreaves	8:40:49
1(F)	Natascha Costello	8:56:24
9	Kevin Tiller	13:04:52
10	Sean Greenhill	14:06:56

## 55 km

1(M)	Malcolm Buchanan	5:03:06
1(F)	Dawn Tiller	5:26:22

## Martin Fryer



*It's a very long day in the office!! Martin and Mike battling the heat.*

## The Glasshouse 100 Mile Trail Run (continued)

the walking stretches dramatically and drinking a lot of fluid (roughly 1.5 litres per hour for me, half water, half isosport). Medical checks back at station 5 were OK - we tried to pack down some sandwiches, fruit, peanuts, and whatever else we could stomach. The next section is a long loop around Mt Beerwah which starts on a fire road but soon ends up on a steep, uneven trail through rainforest. We all started to feel pretty fatigued through this section. Like last year, we passed several people here (one was a Japanese woman in the 100 miler who had got lost and also had a bad fall, another guy in the 50 miler was wandering along with one of the soles of his shoes blown out). This year and last year there seemed to be a fairly reproducible "wall" that occurs here (roughly 60 km) which requires some getting through. We made station 8 (on the far side of the mountain) - 62.7 km at 8h14min. From here back to station 5 we were walking a lot but at least making progress- Mike was feeling quite bad and sensibly encouraged us not to push too hard. His next medical check was a bad one - he had a very weak pulse, low blood pressure, and had a bad headache - he looked like he was not going to continue. The medics gave him some ice to cool down, and with our encouragement and a decent break he courageously pushed on. A nice long downhill stretch (which we walked) and eventually we were all able to put in a few short runs here and there - I mean really short - one of us would say "let's run to the second tree up there" (50m away) and the rest would grudgingly follow. At the end of these stretches our legs were feeling really heavy, and a dull, soreness in the quads was pretty much continuous. At the last station (with 4.6km to go to the end of our first lap) we were lifted by the adrenaline and anticipation of getting back to the Start. I was pleased with our discipline - I had planned for about 11h30min for the first loop and the 3 of us finished the first loop (80 km) in 11:12. After medical checks we ate some baked potatoes, had a shower, changed into our night gear and picked up night backpacks - a total leisurely stop of about 40 min. We were shocked to see Graham Medill (last year's winner) leave 5 min before us. He had been held there for a good hour and a half because of medical concerns - the heat had taken its toll. We set off at an elapsed time of 12h, which was about 5:30 pm, giving us about half an hour before nightfall.

### Nighttime thoughts/Rednecks & fireworks

Pretty close to nightfall we saw Kevin (without a torch) heading the other way, and sometime after that, Sean - we were pleased that our fellow Striders would successfully complete their 50 miler efforts. We walked pretty briskly through to station 3 with no running at all - that heavy legged feeling didn't look like it was going to go away - the 3 of us all had headaches by this time and each took a Nurofen tablet. Mike was looking pretty green again - we all had a bit of veggie soup and soldiered on. It was nice to be in the cool of the night - we were also fortunate to have a full moon, which allowed us to switch our torches off on sections of the dirt roads. The night quiet was suddenly punctuated by the sound of a really loud dune buggy which was obviously getting closer to us and was full of people in a Saturday night mood. We got off the road, turned our torches off, and like the heroes that we were, stood still (slightly crouched) hoping the hell that we wouldn't get harassed and used as entertainment. As someone pointed out to me later - that probably wasn't such a good move as we probably did a good impersonation of frightened kangaroos and could have made excellent spotlighting targets! We made station 4 (100.2km) at 15h16 min - a landmark for Mike and I, as our previous longest distance covered was 100 km. We also heard that Graham Medill had pulled out of the race there - so obviously some people were feeling even worse than us. It was a one foot after the other procession to station 5 - Mike was fading badly and we were all a bit rough. Our malaise was interrupted by what sounded like a gunshot, really close by, and we were suddenly awake. We instinctively laid low, imagining some pissed redneck wandering the trail with a shotgun. After a cautious few minutes another shot rang out - but this time I noticed, above the trees, some colourful fireworks being let off from higher up on the mountain - not something you tend to expect at this time and place. We made it to station 5 in a sorry state - Mike was gone - his blood pressure reading was 70/30 and he was withdrawn from the race - 105.8km in 16h41min - a PB distance for him and a heroic effort. The dreaded under-foot blisters had come to haunt me - so I burst them and placed Compeed pads on them. Geoff and I had a longish break and set off into the night for the loop out to 7 and back. For some reason the heaviness had left my legs and I felt good. We walked briskly (even jogged a little) and were making adequate progress at around 5-5.5 km/h over varied terrain for the next 3.5 h or so - with the full moon and mist around the mountains making for an ethereal experience. The return loop from 7 (122.5 km

## Glasshouse Mountains 100 Miler

by Carol LaPlant

The 1999 running of the Glasshouse 100, on September 25, saw ten people start the 100 miler plus four relay teams. A little later the same day, twelve people started the 50 miler and twelve more started the 55K. Speedster events of 37K and 12K were held the next day. The course goes over and around volcanic peaks, about an hour's drive north of Brisbane. On the Thursday before the race, Phil and I arrived back at the Glasshouse Mountains Motel, our home for the race last year, after spending several days driving north from Sydney by way of the Hunter Valley, a picturesque vineyard area, a sort of Napa valley with kangaroos, some tame. After enjoying everything about the Glasshouse 100 last year, we were eager to return to Queensland, to run again among the majestic volcanic peaks of the Glasshouse Mountains. One of the usual entries in the hundred miler is bush walker Bill Thompson, a local custard apple farmer. Shortly after I arrived, his wife, Jane, came over with a bouquet of native flowers and a meal sized custard apple, its dimpled green skin holding a glistening white luscious fruit. Jane updated me on race news, and said that there would definitely be pasta at the pre-race banquet, alluding to a snide remark I'd made the previous year that the only carbos available were potatoes served on the side of steak.

On Friday evening we arrived at the sports ground where the race starts and finishes, and found that the pre-race dinner had been displaced from the clubhouse by a rodeo scheduled for the sports ground that evening. Undaunted by being aced out of the building, race director Ian Javes, Bill and Jane Thompson and other helpers set up tables in a corner of the sports ground under the starry sky on this warm, perfumed night and catered a feast for about fifty runners and crew. Jane provided heaping bowls of pasta with sumptuous homemade sauces. The Thompsons also provided bowls of their creamy sweet custard apple fruit, as well as fresh orange juice. We sat on the grass feasting and trading stories, ignoring the bright lights and noise of the rodeo.

There were new faces and returning runners, such as Kevin Tiller who had tried the 100 two years ago and was in the 50 miler this time, and Paul Every, who was running his first 100 miler. Paul, 26, was a snake-handler at a Sydney zoo and resembled a young Buffalo Bill, with long blond curls and a goatee. He had taken the bus to the race from Sydney and hitchhiked from the bus stop in the neighboring town of Beerwah, planning to camp at the sports ground that night. When he asked me for advice on how to run a 100 miler, I assumed he was in over his head. He then told me that he'd done a 100K on a track in a phenomenal time, as well as completing the Spartathlon. I told him to watch for ribbons, advice that, if heeded, might have saved him an hour. Local walker Kerrie Hall, who completed the 100 miler last year slightly over the time limit of 30 hours, was back and looking lean and strong, planning to improve her time by running some sections this year. To compliment her very buffed appearance, she sported long designer fingernails, looking like an Aussie Flo Jo. Kerrie greeted me with a powerful hug, tossing me in the air. Fellow walker Melanie Jonker returned for the 50 miler, after winning it last year, radiating confidence after many successful races in the interim. The third woman in the 100 was Kumi Kato, who had run well at Comrades and was enthusiastically ready to try her first 100.

At 5:30 a.m. on Saturday morning, first light, the runners assembled for the start. There was a sobering speech by Ian Javes that the race was in danger of being cancelled due to a local government edict requiring millions of dollars of insurance next year. The reason for the insurance was supremely screwy bureaucratic logic and foreshadowed the ecological disaster that would appear on the race course. The race runs through national park lands where motor bikes and all terrain vehicles are prohibited on trails. Despite the prohibition, these vehicles now tear up the trails, seemingly with impunity. There was a concern raised that the illegal users of the trails might collide with the runners, thus the race management was told to obtain sufficient insurance to pay for claims arising from the government's failure to keep the illegal users away, including potential injury claims by the illegal users. Go figure.

We were also told that the day would be unseasonably hot, with temperatures in the high 80's. I had run Vermont with record heat just two months ago, so I was less concerned than the Australians, who were just emerging from an extremely cold, wet winter. With the definitive Go! from Ian, we were off, amid final whispers of, "Good luck, mate". I ran with Graham Medill, who has won the race every year that anyone finished and Paul Every whose stories about his other recent races such as the Ironman Triathlon, let us to

a steep ascent to the peak of one of the Glasshouse mountains, where we catch the view, slap the base of the lookout tower and head back down. The course then meanders through pineapple fields and eucalyptus forests around the mountains. The day grew bright and hot. Catching up with three men in the race, I mentioned waking up at 4 a.m. to the sound of someone repeatedly trying to start a very noisy car. A tall, thin 100 mile runner, Geoff Blyth, a school teacher from Perth, fessed up, "You mean, who was that idiot! My wife suggested that I should toot the horn as well, since we woke everyone up."

Geoff had flown across the country and found a really cheap hire (rental) car which, he discovered, ran only grudgingly. Kevin Tiller, the Aussie ultrarunning website master, was in this merry group, and we trotted over the dusty red clay trails listening to tales of runs in his native England and the U.S. I began to feel the leg injury that I'd had since Vermont, and the temperature was rising as we ran down exposed fire roads, so I dropped back, the guys kindly waiting at one turn to make sure I didn't miss the ribbon. After an aid station, the course wound through tall forest with steep climbs and rocky descents. The combination of heavy rain and motorbikes created ruts two feet deep in the hilly trails, runnable only by a mountain goat. The distant rumble of motorcycles was punctuated by the whistle of the whip bird, the piercing sound of a whip circling then snapping loudly across the forest. The course is laid out vaguely in the shape of a clover leaf, with the road to the start/finish back at the sports ground being the stem. The main aid station is a central fire lookout on a hill amid the peaks, and is reached three times on each 50 mile segment. A taipan, the most poisonous snake in the world and common in Queensland, was reportedly discovered in the outhouse at the lookout. I left the lookout the first time and trotted down the trail to a rough steep section known as the goat track, which goes through rain forest. Here, two foot long giant lizards, called goannas, shimmied up the tall trees and parrots screeched overhead. The trail then crossed a road and drifted through forest and pineapple fields. The next section was an out-and-back of about ten miles. I was surprised how close we all were, with no one either way ahead or way behind.

In another ten miles the course ascended to the lookout on a long gentle uphill where, ahead of me, was Kevin Tiller, looking sunburned and heat-stressed, his red hair pale in comparison to his red skin. After the lookout, the next loop of the clover leaf went around the circumference of a massive mountain, Beerwah, through a shadowy rainforest reputed to have been a gathering place for spirits of the Aborigines. Again, the steep single track trail was deeply rutted by illegal vehicles, and here the mud was still so wet that the footing was precarious. I passed a woman in the 55K, clad in a delicate pink ensemble, as she tenuously picked her way down the slopes. She doubted her ability to even finish this stretch. I reminded her that she had no choice. Leaving the rainforest, the course followed a fireroad past macadamia orchards and pawpaw (papaya) trees before winding back to the lookout for the third time. Finally, on the way back to the start/finish, I was surprised to catch Kumi Kato, who was injured and would quit at the turnaround. My feet were developing painful blisters from the heat and humidity. When I arrived at the sports ground, I ministered to my feet, then, looking around, I was astonished to see everyone who had been ahead of me in the 100, except for Paul Every, lounging, eating and drinking, apparently uncertain that they even wanted to go out for the second fifty. "What are YOU doing here?" I demanded incredulously of perennial winner Graham Medill. He had arrived several hours ago, showered, napped and eaten, still feeling the effects of a recent flu.

Perhaps goaded by the suggestion that they looked ridiculous standing around in the early evening, the men trudged off in little groups across the field to embark on the second loop. I had just changed socks when the last group of three left, and Phil said I could catch them, so off I went on the second lap. In the fast descending dark I encountered Kumi Kato then Kevin Tiller on their way in, then the resolute walkers, Bill Thompson, followed by Kerrie Hall. The night was clear with brilliant stars. The woods were alive with toads, mostly huge cane toads who barely budged their glistening pale mass to get out of my path. Cane toads are one of many non-native species that taken over the land from the relatively defenseless native species. Other non-native species include feral cats that now number hundreds of thousands and have wiped out many species of birds, and feral pigs and rabbits that destroy forest and agricultural land. My blisters were becoming quite painful, but at each aid station I was told that the three guys were just ahead and I thought it would be fun to go with them. At an aid station about 15 miles from the sports ground, I was told that Graham Medill had dropped, in very debilitated condition.

The rutted single track on the way to the lookout was particularly irritating, as I stumbled along in the dead of night. Suddenly, I heard a faint pop! then the sky was filled with shimmering red chrysanthemum fireworks. The rocket came from the direction of the main aid station at the lookout. After several minutes, there was another rocket, then several more intermittently, with long intervals in between.

Back on the open fireroad, the full moon was so bright that I could run long sections without turning on my flashlight. In a forested section, Phil ran out from the aid station a mile or so to meet me, and announced that he'd just encountered a porcupine with a long pink snout. What he described was an echidna, a rare native ant eater. My progress was slow, and on the final loop around Mt. Beerwah in the steep rutted trails I misjudged a narrow ridge to be solid when it was very soft orange mud. Instantly, my feet were encased in mud, over my ankles. Although there were only about 12 miles left, the mud was intolerable, weighing down my feet and enflaming my blisters. Phil then came running down the trail. "This is awesome!" he enthused, as the early morning sunlight sparkled through the forest and illuminated the black slopes of Mt. Beerwah. "I hate this," I snapped, indicating the mud covering my shoes, but immediately realizing that he was right, the day was indeed beautiful. I ordered Phil to run back to the car and drive as close to the trail as possible, so that I could change shoes. He was disappointed because he had wanted to run this pretty section with me. As I changed shoes on a fire road, I was amazed to see Bill Thompson approaching, walking jauntily at a very fast pace. By the time my foot care was done, he was out of sight.

I arrived finally at an aid station staffed by cadets, unenthusiastic teenagers in full military camouflage, supervised by a few similarly attired adults. One officious, plump teenager handed me a cup of soup and huffed that Phil, "was insufferable -- he must have asked me to get soup ready for you three times!" I looked him in the eye and replied, "Beats being sent to East Timor, doesn't it?" After a silence, there was a nervous laugh from the supervisor. The Australian involvement in East Timor was a very raw nerve. On the final stretch back to the lookout, I limped along a flat fire road in the growing heat of the early morning sun. Suddenly, fresh, strong runners in the 37K race came speeding past me. One of the leaders, seeing my decrepit condition, paused to offer gentle encouragement in a lilting Queensland accent, "Have a go, mate! You be right." As I did my best to run along, his kind words were a mantra.

Returning for the last time to the lookout, Phil ran out to meet me. "You won't believe this," he said, pointing into the great tent of the aid station. Bill Thompson was finishing a breakfast of ham and eggs, with a side of Guinness. His wife had fried the food in an iron skillet on a burner at the aid station, and he ate with gusto. To my added surprise, and joy, Shelia Hunter, who had been part of the ultra scene in southern California ten years ago, volunteered to pace me for the last 12K back to the sports ground. We took off quickly, as Bill enjoyed his repast. Shelia was a perfect pacer, urging without nagging or demanding the impossible. I was so exhausted and sore that not a lot was possible. We soon passed the runners assembled for the start of the 12K race. They cheered loudly, yelling, "WELL done!" and "Good on ya!" My eyes were filled with tears. Last year also, I had passed the start of the 12K and the runners had cheered, but this time the greetings were more personal. Among those cheering loudest were Graham Medill and his wife Philippa, both bubbling with enthusiasm despite his disappointing run. Shelia, an Englishwoman married to an Australian, regaled me with tales of adapting to life in Queensland. As 12K runners passed, they joined in our conversation, laughing at our jokes about life in Oz. I mentioned that cane toads were everywhere at night, and was told me that the toads are such a pest that school children are encouraged to catch them, then the toads are executed by placing them in a freezer for 72 hours. "What?" I replied, "You mean you open up your freezer to get a meat pie, and a toad jumps out at you?" The trick, I was informed by a passing runner, is to put the toad in a plastic bag.

Looking over my shoulder, I saw the invincible Bill striding along quickly, gaining on me. He looked fresh, strong and resolute. He passed me, then Shelia and I picked up the pace into a run, or more of a run, and passed him, then again after a bit he passed me, and again we passed him, until finally he passed me and I was too tired to do anything about it. We chatted and ran, and in the last miles ran faster, inspired by the familiar sight of roadside stores on the way to the sports ground, Veccio's produce stand, then the Mathilda convenience store, signifying that the end was very near. Finally, the sports field was across the road, people were cheering, we ran through an underpass, across the field, and under a wooden arch that displayed the FINISH banner and timing clock. The finish was sweet, albeit slow. Postscript - insurance for the 2000 race has been obtained. The race will be October 7-8, allowing time to watch the Olympics then come up to Glasshouse. And the invincible Bill Thompson will have more time to recover from his first attempt at Hardrock.

# RAINBOW BEACH 52KM TRAIL RUN & 45KM WALK SATURDAY 13TH 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  
Graheme 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

## New Zealand Ultrarunner of the Century

New Zealand's only athlete currently holding world records, Sandy Barwick, has been awarded the title of New Zealand Ultrarunner of the Century.

Presented by the New Zealand Ultrarunners Association (NZUA), the award recognizes Sandy's extraordinary athletic achievements during the 1980's and 1990's, when she set five world records for ultradistance running on road and track.

Such were the quality of the Aucklanders' outstanding performances that her world records are likely to stand for many years to come.

Sandy's athletic achievements have motivated and encouraged many New Zealand athletes in their own endeavors.

Sandy Barwick's world records:

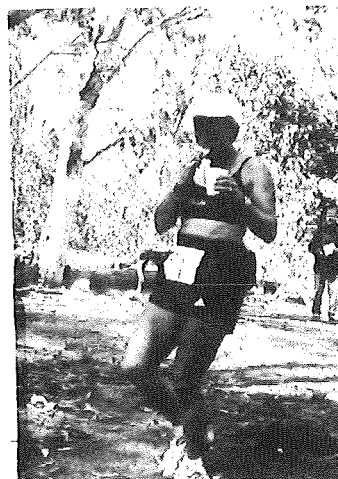
Track: 6 day 883.631 km, Campbelltown, Australia, December 1990  
Road: 1000 km 7 days 1 hour 11 minutes  
2000 km 17 days 3 hours 1 minute  
1000 miles 12 days 14 hours 38 minutes 40 sec  
1300 miles 17 days 22 hours 46 minutes 07 sec  
(All road records were set at the Sri Chinmoy 1300 mile race in New York, September 16 - October 3 1991.)

# Race Results: 13th Brindabella Classic

Sunday, 14 November 1999

Canberra, ACT

#	Name	Sex	Age	Time	CAT
1.	Trevor Jacobs		47	3:51:10	
2.	Greg Love		45	4:03:40	
3.	Nicholas Adams		28	4:04:48	
4.	David Turner		36	4:13:04	
5.	Alan Kaplan		35	4:16:53	
6.	Kelvin Marshall		35	4:18:15	
7.	Peter Goonpan		40	4:29:42	
8.	Pip Thorn	F	39	4:30:23	
9.	Danny Moore		42	4:34:29	
10.	Shane Whalen		31	4:40:08	
11.	Ian Wright		45	4:40:41	
12.	Paul Stein		32	4:44:32	
13.	Steve Appleby		46	4:47:59	
14.	David Styles		49	4:51:17	
15.	Peter Clarke		49	5:06:37	
16.	Dave Gilbert		39	5:08:20	
17.	Graham Osborne		35	5:11:19	
18.	Guy Griffin		40	5:13:46	
19.	Kath Bergkvist	F	50	5:14:53	
20.	Mel Robbie			5:16:52	
21.	Jonathan Papalia		30	5:19:24	
22.	Phillip Clarke		47	5:21:25	
23.	Alan Watson		47	5:21:25	
24.	Nadene Sermon	F	27	5:22:28	
25.	Josep Cufi		42	5:23:57	
26.	Lawrence Mead		31	5:25:44	
27.	Ian Green		54	5:35:35	
28.	Judd Boeker		30	5:36:48	
29.	Dave Hromow		31	5:39:00	
30.	Gary Pickering		44	5:44:12	
31.	Ludwig Herpich		64	5:44:20	
32.	Mike Ward		46	5:47:00	
33.	Ray Goymer		60	5:48:40	
34.	Ian Garrett		36	5:49:05	
35.	Steve Jago		55	5:52:05	
36.	Susan Ingham	F	53	5:54:26	
37.	Jim Screen		57	5:54:35	
38.	Ian Kenny		60	5:55:35	
39.	Joanne Barton	F	32	5:56:10	
40.	Mick Kilham		43	5:58:19	
41.	Laima Wayne	F	48	6:00:04	
42.	Graham Willis		50	6:03:07	
43.	David Hessel		22	6:04:04	
44.	Michael Wilson		53	6:04:07	
45.	Andrew Watt		38	6:08:24	
46.	Allen Hilton		49	6:09:04	
47.	Jennifer Kiss	F	43	6:09:50	
48.	Robert Miller		34	6:11:27	
49.	Peter Forbes		35	6:12:10	
50.	Vic Anderson		46	6:14:09	
51.	Pierre Van Heerden		41	6:14:09	
52.	Gordon Forsyth		30	6:16:56	
53.	Kevin Tiller		33	6:18:00	
54.	Derek Smith		58	6:18:56	
55.	Joseph Thompson		37	6:26:21	





56.	Kirsten Thomsen		49	6:26:30
57.	Carl Simpson		45	6:30:25
58.	Phil Coggins		34	6:36:36
59.	Warren Hughes		44	6:42:29
60.	Bill Rannard		46	6:43:16
61.	Bruce Hall		44	6:49:39
62.	Brad Renshaw		53	6:49:40
63.	Nic Bendeli		47	6:50:51
64.	Victor Hassell		41	6:55:29
65.	John Brett		64	6:57:18
66.	Ron Blanche		64	6:58:44
67.	Roger Rigby		56	7:01:54
68.	Chris Gamble		48	7:02:33
69.	Alan McLucas		48	7:02:33
70.	Lynne Barry	F	31	7:04:30
71.	Jann Barry	F	40	7:04:30
72.	Richard Bartlett		53	7:06:39
73.	Graham Butler		51	7:06:39
74.	Alec Gray		49	7:18:36
75.	Grahame Kerruish		60	7:22:17
76.	Les Bryce		54	Dnf
77.	Alan Duus		53	Dnf
78.	Imogen Fullagar	F	27	Dnf
79.	Ted Lilliss		57	Dnf
80.	John McLeish		51	Dnf
81.	Alan O'Toole			Dnf
82.	Nick Thomsen		45	Dnf
83.	Brent Waters		51	Dnf

### Jacobs after treble

Canberra's veteran king of long distance running, Trevor Jacobs, is poised for a memorable trifecta when he toes the start line on Mount Ginnini for the Brindabella Classic on November 14. On Saturday he achieved a 5min victory in the Ororral Valley 20km trail run, just six days after winning the North Canberra Two Peaks Classic. At Ororral, Jacob's time of 78min 26sec was too good for Victorian Blair Trewin (83:17) while ACT orienteers Anthony Scott and Ian Prosser tied for 3rd across the line in 88:50. Canberra's premier female orienteer Nikki Taws narrowly bettered the women's course record in running 95:30 to finish 8th outright, while runner-up Carol Harding clocked 102:13, a personal best by 11 minutes.

### Brindabella Impressions



*A few of the Striders on their way to the start of Brindabella on top of Mt. Ginnini. This is at the time when the expectations are high and the final preparations being done.*

*From L to R: Graham Willis, Kirsten, Ed, Brad, Nadine (did she have a good run), Mike Ward (13th time - he must love that bustrip!) Nick Adams (he had a really good one too), Sean Greenhill and Graham Butler.*



*Brindabella impressions before the start at the top of the mountain. Left: Nadene is presented with her prize for finishing 3rd female after a fantastic run.*

Photographs reprinted from The Blister, official magazine of the Sydney Striders. Thankyou!

## Victorian 6 hour & 50 km – Shirley Young Runs Hot!

If the sweltering conditions were not enough during the track championships at Moe, on 28 November, Shirley Young's great 50 km performance, to beat her own age world record, was even hotter.

The day began in mild conditions with a forecast promise of rising temperatures. Safet Badic powered into an immediate lead leaving the rest of the field to sort themselves out in his wake. With 38 laps covered in the first hour, Badic was looked to be in control. A little later, however, a shoe failure cost him time in trying to make repairs, and finally put him out of the race after only 33 km.

Kelvin Marshall, after an early duel with South Australian visitor, Jevvan McPhee, took over the lead from Badic. Bert Pelgrim, Rob Embleton and Bruce Salisbury filled the next places. Not far behind them, Lavinia Petrie, June Petrie and Shirley Young headed the rest of the field.

With everyone feeling early effects of the heat, many runners had already decided that 50 km would be enough and that they would not continue running after that. A few more made early retirements rather than wreck themselves completely. Of the others, some were already taking walking breaks before the halfway time was reached.

At 3 hours Kelvin was now a comfortable 6 laps ahead of Bert Pelgrim, Rob Embleton a further 3 laps behind, and Jevvan McPhee and Bruce Salisbury another 5 laps down. Kelvin ran on to complete 52 km and temporarily retired from the race to see if anyone would challenge him for a better final total. Embleton got ahead of Pelgrim, and both stopped after completing 50 km. McPhee and Salisbury now inherited second and third places in the 6 hour race, and their personal battle continued on, both running and walking, into the last hour.

June Petrie, who had been running clockwork-even laps all day, and Shirley Young a few laps behind, filled the next places. They would finish at 50 km, but after Kelvin's exit they were consistently the fastest runners on the track. June's even-paced 4:16 result would have been one of the best on the day, if not overshadowed by Shirley's 4:36:48. For Shirley, it was a 1½ minute improvement on her own best for the 60-69 age group – and just in the nick of time – just two months short of her 70<sup>th</sup> birthday. Shortly after, track-side temperatures were measured at well over 30°, so there was room for an even better time in cooler conditions. We wish you every success next year, Shirley, in the new age group.

At the 5 hour mark, Kelvin still held the lead, but by less than a lap from McPhee and Salisbury. Four other runners, Ernie Hartley, Rod Healey, Peter Gray and Geoff Duffell were nudging toward 50 km and were also possibilities to overtake Kelvin. He resumed running at 5 hours 10 minutes, now 2 laps down on Salisbury who was walking at the time, and one lap behind McPhee who was running slowly and occasionally walking. Kelvin set out running 100 second laps, or better. Within 20 minutes, and with just 30 minutes left to run, Kelvin, Bruce Salisbury and Jevvan McPhee were together on the same lap, in that order. Kelvin looked secure.

However, Kelvin's pace relaxed a bit and Bruce found an extraordinary lease of life, overtaking Kelvin again to finish ahead at the end of 6 hours. Jevvan was third, being unable to match the finishing pace of the other two.

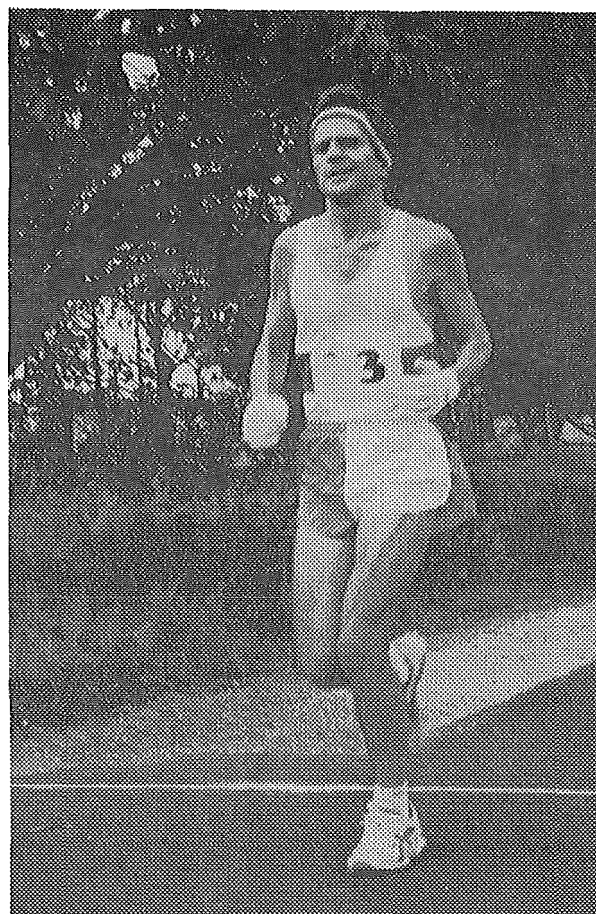
No women continued running for the 6 hours and results depended upon the most extra laps covered after 50 km was completed. Shirley Young (50.8 km) secured the title ahead of June Petrie with Lavinia Petrie third.

### Victorian 6 hour Track Championship

	Age	Place	1 hour	2 hours	3 hours	4 hours	5 hours	6 hours
Bruce Salisbury	47	1 M	12.8	25.2	36.0	44.4	52.8	63.580
Kelvin Marshall	35	2 M	14.0	28.0	41.6	53.2	53.2	62.943
Jevvan McPhee	34	3 M	14.4	27.2	36.0	44.4	52.8	61.752
Geoff Duffell	48	4 M	9.6	19.6	29.2	38.4	46.8	57.049
Ernie Hartley	49	5 M	11.2	21.2	30.0	38.8	46.8	55.213
Rod Healey	57	6 M	10.0	20.4	30.0	38.0	45.6	52.900
Peter Gray	33	7 M	12.0	22.8	31.6	38.8	45.6	51.610
Shirley Young	69	1 F	10.8	22.0	32.8	43.6	50.8	50.800
Rob Embleton	46	8 M	12.8	25.6	38.0	49.2	50.8	50.800
Bert Pelgrim	43	9 M	13.6	27.2	39.2	44.4	50.4	50.400
June Petrie	35	2 F	11.6	23.2	34.8	46.4	50.0	50.000
Ken Matchett	77	10 M	8.4	17.2	25.2	32.8	38.6	45.600
Peter Nelson	59	11 M	9.2	18.0	26.4	35.2	36.0	36.000
Brian Glover	57	12 M	8.4	17.2	26.0	34.0	34.4	34.400
Safet Badic	39	13 M	15.2	28.4	33.6	33.6	33.6	33.600
Ian Twite	44	14 M	13.6	28.0	32.8	32.8	32.8	32.800
Lavinia Petrie	56	3 F	11.6	23.6	26.8	26.8	26.8	26.800
Robert Petrie	58	15 M	10.0	16.8	19.2	19.2	19.2	19.200

### Victorian 50 km Track Championship

	Age	Place	10 km	50 km
Kelvin Marshall	35	1 M	41:39	3:37:30
Rob Embleton	46	2 M	46:43	4:04:05
June Petrie	35	1 F	49:51	4:16:53
Jevvan McPhee	34	3 M	41:54	4:35:31
Shirley Young	69	2 F	51:42	4:36:48
Bert Pelgrim	43	4 M	44:37	4:39:08
Bruce Salisbury	47	5 M	46:43	4:39:42
Geoff Duffell	48	6 M	60:06	5:19:26
Ernie Hartley	49	7 M	52:49	5:21:29
Rod Healey	57	8 M	57:52	5:35:23
Peter Gray	33	9 M	49:37	5:42:57



(Above): Kelvin Marshall, winner of the 50km event and second to Bruce Salisbury in the 6 Hour Track Championship at Moe on 28th November, 1999

(Left) Shirley Young, 5th placegetter in the 50km track event and 8th in the 6 Hour, at the amazing age of 69. Another year and she'll be cleaning up all the 70 year old records.

# 1999 KURRAWA TO POINT DANGER 50KM ULTRA MARATHON

Hosted by the Gold Coast Runners Club.

The phone rang at 3am and I was greeted by the very awake Tom Morris "is the race still on". 'Of course it is' I said, we are talking about runners. "See you at 5am" said Tom. I must admit I had little sleep worrying about the weather as it rained all night. The runners wouldn't mind but the marshals would suffer if it rained all day.

The day dawned rather cool and stormy but the rain had stopped and all looked good for the third Kurrawa to Point Danger run. Runners gathered and old acquaintances renewed from as far afield as Victoria and Maryborough.

After a quick race briefing they were away headed for the border at Coolangatta. There was Bill Ross pushing his daughter in a racing pram, as he is now famous for and quite a number of new chums to Ultra running. Tom Morris, despite his early phone call managed to turn up after the runners left and was promptly despatched fifteen minutes after the pack but destined to return in a respectable place in the field.

Being race director I was left to hold the fort as support crews followed the runners and established aid and marshal points along the course. Special thanks to the Palm Beach Junior Soccer Club, once again, for their assistance on the day.

The race progressed to the border and back without too much navigational problems and first person home was Ray McLeod from the Twin Towns Running club who with his partner Bob Beer won the male team trophy in a time of 3.21.58. Hot on their tale was a fierce battle between our Shane Russell and Olympic marathon hopeful Helen Tolhurst. Helen just edged out Shane by 16 seconds and together with Tony Litfin took out the mixed team event in 3.27.00

Next home was the regular Victorian visitor Kelvin Marshall who once again stamped his name on a Gold Coast Ultra with a winning time of 3.29.47. Kelvin later said it was his quickest 50km run. Congratulations Kelvin. Brisbane pair Chris Price and Hamish Bowman were not too far behind finishing in 3.33.04 and 3.36.45 respectively.

The ladies section had seven starters which was very pleasing with four of them being first time Ultra runners. Maryborough's Alison Coleman blitzed the ladies field with a very sound win in 4.14.02. Second place went to Aileene Markham in a time of 4.45.30 with Vicki Tanner third in 5.13.29.

The ladies team event was won by "Barefoot" Angie Cottrell and her very good friend Carol Coburn in a time of 4.44.58. It was unusual not to see Angie in the big one, battling it out with Aileene.

Congratulations to all who entered and especially the first timers to Ultra Distance Running. Very special thanks to John Fowler for organising the 50km shirts through Mercantile Mutual and Coast Wide Insurance Brokers. No race could proceed without the helpers and I would like to take this opportunity to thank Marina Whittle. Michael Campbell-Burns, Klaus Maurer, Don Armstrong and the other club members who assisted on the day.

Seasons greetings and enjoy your running  
Eric Markham, Race Director.

JKL.

**GOLD COAST RUNNERS CLUB  
KURRAWA TO POINT DANGER AND RETURN  
50KM ULTRA MARATHON 12 DECEMBER 1999**

<b>SOLO</b>					
	<b>SURNAME</b>	<b>FIRST NAME</b>	<b>SPLIT</b>	<b>FINISH</b>	
1	MARSHALL	KELVIN	1.41.05	3.29.47	1ST
2	PRICE	CHRIS	1.49.43	3.33.04	2ND
3	BOWMAN	HAMISH	1.49.43	3.36.45	3RD
4	MATTERSON	ED	1.45.59	3.39.50	
5	CHASTON	KEITH	1.45.50	3.53.26	
6	EVANGELISTA	GINO	1.56.10	3.58.35	
7	TRELOAR	ROY	1.51.48	4.01.08	
8	MORRIS	TOM	2.01.48	4.01.26	
9	HEUSSNER	JEAN-MARC	1.55.43	4.06.06	
10	PADLEY	NEIL	1.56.30	4.10.14	
11	COLEMAN	ALISON	2.04.16	4.14.02	1ST LADY
12	JACKSON	RUSSELL	2.02.00	4.16.28	
13	WILLIAMS	GEOFF	1.59.31	4.20.02	
14	LAST	GEOFF	2.06.45	4.20.41	
15	FOWLER	JOHN	2.06.45	4.20.41	
16	DAVIS	HARRY	2.05.50	4.22.17	
17	FORRESTAL	RUSSELL	2.04.16	4.27.18	
18	DONOGHUE	JIM	1.57.08	4.37.56	
19	WHITTLE	ALAN	2.02.21	4.41.54	
20	CROUCH-CHIVERS	PAUL	2.06.03	4.41.54	
21	MARKHAM	AILEENE	2.16.26	4.45.30	2ND LADY
22	MORGAN	ROD	2.17.00	4.49.46	
23	HAIN	GEOFF	2.16.28	4.53.39	
24	ROSS	BILL	2.27.32	5.09.51	
25	TANNER	VICKI	2.19.12	5.13.29	3RD LADY
26	WHITE-PARSONS	DI	2.24.41	5.25.37	
27	REID	JOHN	MISSED	5.25.37	
28	BUBB	GINA	2.39.20	5.35.13	
29	GRAY	PETER	2.18.44	5.43.36	
30	BURNS	BOB	2.34.52	6.12.22	
31	FREER	HELEN	2.59.00	6.27.01	
32	FIEGEL	TINA	MISSED	7.37.16	

# Coastal Classic 12 hour Run/Walk

*Held 8-9th Jan 2000, Adcock Park Gosford, NSW*

The race started at 7.30pm finishing at 7.30am the next morning. 22 starters fronted for the gun with 19 athletes still on their feet at the twelve hour mark.

The winner Paul Every completed over 120km in the twelve hours which was a personal best for the three time entrant. Paul won with the assistance of last years winner David Criniti crewing for him.

The most outstanding performance by a female was Carol Baird who walked the whole way completing 50 miles in just over ten hours (10:00.24) a time which is better than any other performance by a female walker in Australia

The 12 hour Coastal Classic run/walk provides an ideal opportunity for athletes to see if they have what it takes to be an ultra athlete and it continued this year with many first time entrants to this event and to ultras.

## Full Results

### RESULTS

Name	Place	1/2 Marathon	Marathon	50KM	50 Miles	100KM	12 HRS
Paul Every	1	2.05.24	4.15.35	5.02.45	8.00.03	9.56.22	123.241km
Tony Collins	2	1.45.13	4.21.39	5.17.30	8.45.10	10.53.56	110.205km
Glen Hayward	3	1.59.59	4.06.54	4.56.54	8.39.26	11.27.15	103.226km
Alan Staples	4	2.25.31	4.53.23	5.49.58	9.34.49	11.58.42	100.177km
Robin Whyte (W)	5	2.28.01	4.54.27	5.56.21	9.44.34	d.n.r.	98.624km
Billy Wrigley	6	1.52.49	4.13.53	5.16.25	9.38.48	d.n.r.	95.650km
Bernadette Robards (F)	7	2.12.26	4.44.48	5.47.30	10.01.40	d.n.r.	95.313km
Carol Baird (F) (W)	8	2.30.31	5.08.33	6.08.21	10.00.24 **Record	d.n.r.	95.232km
Bruce Hall	9	1.57.41	4.12.52	5.17.34	9.38.20	d.n.r.	93.677km
Bob Fickel	10	2.11.43	4.42.50	5.44.47	10.35.40	d.n.r.	92.596km
Nick Drayton	11	2.06.17	4.48.07	5.57.09	10.15.35	d.n.r.	91.001km
Bruce Somerville	12	1.54.02	4.28.50	5.35.51	10.16.46	d.n.r.	90.387km
Grahame Kerruish	13	2.29.37	5.26.05	6.34.09	10.52.29	d.n.r.	88.396km
Georgine McConnell (F)	14	2.21.28	5.14.27	6.21.39	11.14.37	d.n.r.	85.227km
Bill Matthews	15	2.10.00	4.55.09	6.01.03	11.27.24	d.n.r.	84.127km
Greg Rowe (W)	16	2.28.55	5.30.16	6.27.37	11.51.00	d.n.r.	81.213km
Peter Gray (W)	17	2.42.08	6.06.27	7.27.58	d.n.r.	d.n.r.	74.741km
Brad Boyle (W)	18	3.19.41	7.02.49	8.32.06	d.n.r.	d.n.r.	67.789km
Frank Overton (W)	19	2.26.55	5.37.41	8.39.10	d.n.r.	d.n.r.	67.200km
Paul Thompson (W)	20	2.54.23	6.29.06	9.38.43	d.n.r.	d.n.r.	58.000km
Alan Steggles	21	2.26.28	5.53.07	d.n.r.	d.n.r.	d.n.r.	42.400km
Damien Meyer	22	2.35.00	d.n.r.	d.n.r.	d.n.r.	d.n.r.	36.000km

\*(F) Indicates Female

\*(W) Indicates Walker

\*(DNR) Indicates did not reach distance

# AURA "BOGONG TO HOTHAM" TRAIL RUN, 9/1/2000

**by Geoff Hook**

Another successful race and brilliantly won for the second time by Jonathan Worswick. Jonathan said he was not as fit as he was when he won several years ago, however, he ran a p.b. this year so the old adage, don't believe a runner when he says he's not very fit. Maybe he thought the soft living in the USA had been responsible for his view of his own fitness? I understand Jonathan is soon to return to Oz and the Sydney Striders.

The weather this year was very nice - not a cloud in the sky at the start, giving all competitors who chose to linger on Mt. Bogong untrammelled views of distant mountain peaks. Broken clouds did gather as the day wore on and some lightning, thunder and showers were experienced from mid-afternoon, making the day cooler than other years. A real plus was not one person being struck by lightning, or at least no one I heard about anyway (apparently it is the commonest cause of cattle deaths in the high country during the grazing period).

I'm sorry for all those competitors who had trouble finding the track out of Big River. Apparently the track has recently been changed and the new routes haven't been marked. This will be corrected if necessary before next year's race.

Victoria Tanner ran a strong race to record a good time, which is only about half an hour off the record. Maybe this time difference can be eradicated next year now that you know the course, Victoria.

The most pleasing thing about this year's race was the highest finishing rate since I took over the job of race organizer - 10 out of 14 intending is over 71% - very good for such a tough event.

Peter Mitchell went close to snatching back the 2nd half record and only missed out by less than 2 minutes. Maybe Mt. Hotham shifted a little bit from its last year's position, Pete.

It was pleasing to have Russell Bulman (the race originator and its organizer for the first 8 years) competing in the event (1st half only) for the first time. Russell after the event said, "I didn't realise it was so tough."

69 years old Max Scherleitner was only seconds behind Jonathan in reaching Bogong summit, however it must be remembered Max had an early start as a special privilege due to his age to assist him to reach half way within the time-of-day cut-off. Hope you can achieve it next year Max when you reach 3 score +10.

Kelvin Marshall became the most frequent finisher of the event with his 7th finish. You still have plenty of opportunities to extend your lead further Kelvin.

Kevin Tiller didn't start due to a broken ankle. I find it amazing the extraordinary lengths some people go to avoid participating in a tough event. Best wishes for a speedy return to running Kev.

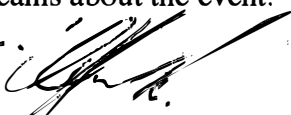
This recent edition of the Bogong to Hotham event is my last as organizer. Fortunately the race will continue under Mike Grayling's stewardship. I have a sense of sadness at stepping down as RD but none for the loss of the workload. Still it has been an enjoyable 7 years (without an incident). I would like to sincerely thank all those people who have helped me over the years - Race Marshalls, Radio Operators, friends and assistants. It seems unfair to single out individuals, but 2 people deserve special mention: Pat Pelly who has single handedly set up the finish at Mount Hotham every year and pampered the tired finishers and Bob Tait who suggested the involvement of the radio operators and the proceeded to make it happen and organize the comms. each year. Also I would like to thank all competitors over the years who have helped make it a great event. I hope you all, helpers and competitors, support Mike Grayling in his conduct of future events.

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

In total, 15 Radio Operators and 25 Race Marshalls/helpers, which equals 40 people for just 19 runners. What a pampered lot you are!

Until next year's event to be held on 7th January, 2001, stay fit and healthy and have nice dreams about the event.

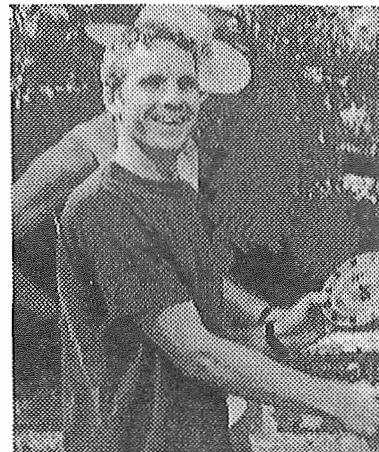
44.



**Geoff Hook**  
**Event Organizer (retd.)**



# AURA BOGONG TO HOTHAM RUN (ROOFTOP RUN) 9TH JANUARY 2000 RESULTS



Peter Mitchell, 36 from Victoria  
Langford Gap to Mt.Hotham best time.

1.	Jonathan WORSWICK, 36, USA	7:51:07
2.	Rudi KINSHOFER, 45, SA	8:14:44
3.	Raymond WASCHL, 30, Vic.	8:42:55
3.	Kevin TORY, 30, Vic.	8:42:55
5.	Victoria TANNER, 38, NSW	9:02:20
6.	Ian WRIGHT, 45, ACT	9:02:28
7.	Kelvin MARSHALL, 35, Vic.	9:29:51
8.	Martin FRYER, 38, ACT	9:35:24
8.	Joel MACKAY, 31, NSW	9:35:24
10.	Lawrence MEAD, 32, NSW	9:59:18

## Mountain Creek - Langford Gap

	Rudi KINSHOFER, 45, SA	4:31:22
	Jonathan WORSWICK, 36, USA	4:32:06
	Raymond WASCHL, 30, Vic.	4:51:51
	Kevin TORY, 30, Vic.	4:51:56
	Victoria TANNER, 38, NSW	5:06:17
	Kelvin MARSHALL, 35, Vic.	5:10:06
	Martin FRYER, 38, ACT	5:18:45
	Ian WRIGHT, 45, NSW	5:18:55
	Joel MACKAY, 31, NSW	5:20:14
0.	Lawrence MEAD, 32, NSW	5:29:13

## Langford Gap - Mt. Hotham

1.	Peter MITCHELL, 36, Vic.	2:30:16
2.	Jacqui MATHEWS, 31, NSW	3:39:14

## Order of Second Half

	Peter MITCHELL, 36, Vic.	2:30:16
	Jonathan WORSWICK, 36, USA	3:16:55
	Ian WRIGHT, 45, ACT	3:34:08
	Jacqui MATHEWS, 31, NSW	3:39:14
	Rudi KINSHOFER, 45, SA	3:40:28
	Kevin TORY, 30, Vic.	3:41:22
	Raymond WASCHL, 30, Vic.	3:45:49
	Victoria TANNER, 38, NSW	3:53:05
	Martin FRYER, 38, ACT	4:07:56
	Joel MACKAY, 31, NSW	4:07:56
	Kelvin MARSHALL, 35, Vic.	4:16:55
	Lawrence MEAD, 32, NSW	4:27:02

cut		
1.	Russell BULMAN, 44, Vic	6:19:30
2.	Paul ASHTON, 43, Tas	6:53:22
3.	Max SCHERLEITNER, 69, NSW	7:11:10
14.	Jim SCREEN, 57, NSW	7:22:58
14.	Sean GREENHILL, 21, NSW	7:22:58
16.	Damon GOERKE, 26, Vic	7:24:16
16.	Fleur GROSE, 25, Vic	7:24:16

I would just like to take this opportunity to spam you all and say a great THANKS GEOFF for sticking with the run for so long. Although I have not made it to the last 4 runs, I did 4 in a row in the mid-1990s, and there was never more than about 10 at the finish. I always call it a "cult" run, as it was virtually the same people year after year, so there must be something drawing back those people ....

Many race directors would have [and do] give up thinking that 10 runners is hardly worth it. In my mind The Bogong is just the BEST race on the calendar, and well worth keeping, so I am very glad to see the race continue with a new director.

Thaks Geoff, and maybe we'll see at the start next year ! ha  
! Three cheers for Geoff : hip hip hooray !

Oh yes, and I am trying to keep some old results and articles on the race, so that a] we can recruit new sacrificees, and b] to help multi-dropout runners plot a better plan to help them make the cut next time. Please stop by here :  
<http://www.coolrunning.com.au/ultra/bogong/>

# BOGONG TO HOTHAM RUN 2000.

## ROOFTOP RUN FINISHERS (SIXTY-NINE) OVER THE YEARS (FIFTEEN) 84 - 00.

AITKEN Charles 9.30.54 (92)  
 ARMISTEAD Peter 10.10.45 (86), 9.15.33 (87), 8.49.21 (90), 10.03.04 (92),  
 9.35.08 (94), 8.42.26 (95).  
 AYLOTT Nigel 8.04.39 (93), 8.06.45 (96), 7.21.30 (98), 7.06.79 (99) \*.  
 BARNES Phillip 9.05.30 (90).  
 BEARSLEY Peter 11.44.10 (97).  
 BENN Chris 8.18.15 (90).  
 BOGENHUBER Max 8.04.55 (90).  
 BROXAP John 9.10.10 (89) \*.  
 CARVER Peter 9.47.25 (90).  
 CASSIDY Kevin 10.03.14 (92), 9.36.38 (93), 9.33.37 (95), 10.36.40 (96).  
 COOK Bruce 7.42.15 (90).  
 DAVIES Clive 8.24.07 (95).  
 DAVIS Alan 8.24.38 (85).  
 DENT Phil 9.00.02 (93).  
**DREVERMAN Sue 10.20.08 (90) \*.**  
 DUNN IAN 8.56.33 (90).  
 EVANS James 7.22.34 (94) \*  
 FISHER Keith 9.05.03 (92)  
 FLOWER Bob 7.56.39 (98).  
 FRANZKE Ian 7.48.00 (99).  
 FRYER Martin 9.35.24 (00)  
 GRELLIS Jim 9.46.29 (92), 9.21.59 (93), 11.44.10 (97).  
 HARDY Roger 7.48.15 (90)  
 HAYWARD Glen 10.52.14 (98).  
 HOOK Geoff 9.23.35 (89), 8.35.25 (90), 9.14.17 (92).  
 HOOPER Neil 7.14.00 (84) \*, 6.58.52 (85) \*, 7.11.10 (90) \*, 7.16.10 (92) \*.  
 HUGILL Philip 9.51.28 (95), 9.25.15 (96).  
 INGHAM Jim 8.37.11 (85).  
 INGLIS Bruce 7.24.57 (92), 7.44.50 (93) \*.  
 JACOBY John 7.23.41 (98).  
 KINSHOFER Rudi 8.32.10 (99), 8.14.44 (00)  
 KROMAR Andrew 6.41.02 (96) \*, 6.58.25 (98) \*.  
 LE BUSQUE Peter 7.57.00 (87) \*, 8.25.40 (98).  
 LOGAN Peter 9.41.01 (89).  
 LOVE Greg 8.22.08 (96)  
 LOWEN Bill 9.12.12 (93).  
 MACKAY Joel 9.35.24 (00)  
 MANDILE Greg 8.35.45 (99).  
 MARSHALL Kelvin 9.28.49 (92), 9.06.42 (93), 8.14.30 (95), 8.37.52 (97),  
 8.51.53 (98), 9.20.10 (99), 9.29.51 (00).  
 MEAD Lawrence 9.59.18 (00).  
 MILLER Steve 8.12.40 (85)  
 MITCHELL Peter 8.00.26 (97) \*  
 PELGRIM Bert 9.09.47 (98).  
 PHILLIPS Mark 8.45.58 (98).  
 RISHWORTH Robin 7.46.08 (85), 8.16.47 (86) \*.  
 SATCHELL Malcolm 9.13.34 (97).  
 SCHERLEITNER Max 9.45.19 (89), 8.56.33 (90), 10.24.13 (95), 10.25.15 (96)  
 SHILSTON Ross 9.22.25 (90), 9.28.57 (92), 8.56.38 (93), 10.23.18 (96).  
 SIMMONS Rob 9.36.45 (93).  
 SPLATT Reg 8.51.15 (90).  
 STEIN Paul 9.06.30 (99).  
 STEPHENSON Chris 10.09.08 (90).  
 SUTHERLAND John 9.51.28 (95).  
**TANNER Victoria 9.02.20 (00) \***  
 TAYLOR Maurice 9.36.38 (93), 9.43.36 (94).  
**TILLER Dawn 9.35.06 (93) \*, 8.29.38 (95) \*.**  
 TILLER Kevin 8.55.55 (93), 8.31.10 (94), 9.51.28 (95), 10.42.52 (96)



Former race director Geoff Hook.(above) Mike Graying (below) has agreed to take on the job for the 2001 event.



## BOGONG TO HOTHAM RUN 2000.

TORY Kevin 9.42.50 (96), 9.38.39 (97), 8.42.55 (00).  
TOWN Murray 10.42.23 (97).  
VAN LEER Julian Time not known (84), 8.08.02 (85).  
VAN LEESON Julian (8.24.33 (87)).  
WARD Mike 10.42.23 (97), 9.35.35 (98)  
WASCHL Raymond 9.47.20 (99), 8.42.55 (00).  
**WEBSTER Lois 11.08.57 (90).**  
WEST Andrew 8.58.58 (86), 10.20.09 (90).  
WILLIAMS Oliver 8.36.50 (90).  
WISHART Greg 9.28.45 (89), 11.08.57 (95).  
WORSWICK Jonathon 8.26.23 (94), 8.03.00 (95)\*, 8.44.25 (96),  
7.51.07 (00)\*.  
WRIGHT Ian 9.02.28 (00).

\* FASTEST FOR THAT YEAR. (also underlined)

### BREAKERS OF SEVEN HOURS

Andrew Kromar 6.41.02 (96)  
Andrew Kromar 6.58.25 (98)  
Neil Hooper 6.58.52 (85)

### BREAKERS OF EIGHT HOURS

Nigel Aylott 7.06.37 (99)  
Neil Hooper 7.11.10 (0)  
Neil Hooper 7.14.00 (84)  
Neil Hooper 7.16.10 (92)  
Nigel Aylott 7.21.30 (98)  
James Evans 7.22.34 (94)  
John Jacoby 7.23.41 (98)  
Bruce Inglis 7.24.57 (92)  
Bruce Cook 7.42.15 (90)  
Bruce Inglis 7.44.50 (93)  
Robin Rishworth 7.46.08 (85)  
Franzke Ian 7.48.00 (99)  
Roger Hardy 7.48.15 (90)  
Jon Worswick 7.51.07 (00)  
Bob Flower 7.56.39 (98)  
Peter Le Busque 7.57.00 (87)

### FASTEST LADY

Dawn Tiller 8.29.38 (95)

### FASTEST FIRST HALF

Andrew Kromar 3.26.07 (95) (in full run)  
**Michelle Privett 4.32.17 (99) (half only)**  
**Dawn Tiller 4.35.33 (95) (in full run)**

### FASTEST SECOND HALF

Mal Grimmett 2.28.32 (99) (half only)  
**Jenny Mitchell 3.12.00 (99) " "**

Andrew Kromar 2.59.46 (96) (full run)  
**Dawn Tiller 3.53.55 (95) (full run)**

*Compiled by Pat Pelly.*

*Thanks Pat*

All,

I concur with Kev as many RD's would have given up due to the planning and organisation burden versus the limited entry.

What is it about this race? Well the terrain & scenery, changing weather, limited aid and course markings requiring trail skills and concentration, the struggle for everyone to make the cutoff. Added to this the 'low key' approach, great support provided by those maniacs that hike to inaccessible places and sit out in the cold, rain or boiling sun all day, and the Radio Hams who turn up every year.

I would also add from an international perspective (i currently live in San Diego, California) that i think that the Australian Trail Ultra community need a race of this nature on the calendar whether it has limited numbers or not. I am asked many times about the trail race scene in Oz and I always tell people that if they are serious trail runners then this would be the one race I would pick to do above all others including Brindabella, Overland Track and the Six Foot.

Thanks again Geoff for the great adventures that I have each time I have make the journey to Bogong.

Regards  
Jonathan

# BOGONG TO HOTHAM RUN 2000.

	<b>Radio Operators</b>	<b>Race Marshalls</b>
Mountain Creek	Len Greaves (VK3BGM)	Geoff Hook
Bivouac Hut	Bob Tait (VK3UI)	Mike Grayling
Bogong Summit	-	Tony Mandile
Cleve Cole Hut	-	Jim Gogos
Madison Hut Site	Grant Jeffery (VK3KGM)	-
Big River	-	Andy Kromar
Roper Hut	Jack Bramham (VK3WW)	Clive Davies
Warby Corner	Max Schurz (VK3HMS)	Pete Armistead
Watchbed Creek	-	Reg & Elaine Splatt
Langford Gap	Alan Bengtsson (VK3ABB)	Jane Touzeau
	Alan Burgess (VK3QL)	Brian Flynn
	Bob Tait (VK3UI)	Peter Logan
Onco Road Crossing	Fred Armstrong (VK3XLV)	Geoff Hook
Aqueduct Junction	David Armstrong (VK3KXJ)	Mike Grayling
Pole 333	Ian McKinnin (VK3XF)	Len & Faith Lammin
Pole 267	-	Laurie Black
Dibbens Hut	Doug Canning (VK3JDO)	Gary & Olga Meyland
		Graeme Davis
		Bev Lawrence
Derrick Hut	Gerard Werner (VK3GER)	Lyn Pattrick
	Gordon Pearce (VK3TEN)	Brian Smith
		Paul Keagan
		Liz Smith
Mt Hotham Summit	Greg Sargeant (VK2EXA)	Pat Pelly
	Peter Prescutti (VK2CIM)	Geoff Hook
	Bob Tait (VK3UI)	Mike Grayling
Mobile	Bob Tait (VK3UI)	Geoff Hook
		Mike Grayling
Bus		Lindsay Clapperton
Medical		Phil Lemin

Thanks for being so nice to us over the years you must really like having us there or you may not speak so favourably of us. It has been great working with you over the past few years and will be a shame to not have you in charge next year. I look forward to meeting Mike for the event in 2001.

Thanks again, Jack Bramham

## THE WY WURRY WALKERS

Jim Mangan

They steel into Nanango like a draft of droughty steers  
With ribs and hips protruding; with despondent, drooping ears,  
Their eyes are dull and lifeless, their feet are worn and broke  
Like a bullock team defeated 'neath the weight of bow and yoke.

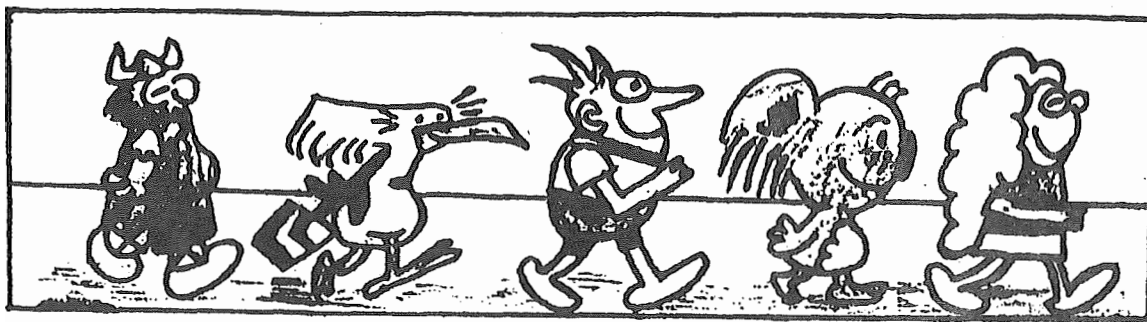
28- 2-2000

They've climbed the highest mountain through scrub so thick and dark  
You couldn't hear a gun-shot or hear a blue dog bark;  
Forward, ever forward, pressing to the finish-line,  
Then to burst those bloody blisters, sew them up with bagging twine.

There's age and brawn and beauty and of course, some ageing youth,  
At night they all told stories that were mostly not the truth.  
They walked through agricultural land alive with farming fruits,  
But they think of nothing, other than the blisters in their boots.

There's a sign of creeping madness from the growing aches and pain  
But they pride themselves with courage, saying, "We'll be back again.  
Yes, come back to Nanango where there's spirit, class and tone,  
To walk those mountains rugged, though our feet be blood and bone."

# WY - WURRY 3 DAY WALK.



26th to 28th February 2000

Day 1 was from Tarong Dam picnic area to the top of the Bunya Mountains a distance of 45 k. The day started out cool and windy with the 14 starters setting off to the crack of Mayor Reg McCallum's whip in groups with the slowest of Gwen, Julie and Phillipa at 6.45am then Sandy and Kathy at 7.45am. At 8am Ron, Les, Peter, Kerrie and Vicki set off, with Andy and Arthur at 8.45 and last and fastest Ray and David at 9am. Too brisk a pace was set by some including Les and Kathy, which they later paid for on the mountain side. Vicki was just getting over major tooth surgery and was feeling sick at the start but came good later, whilst Arthur had a good session of vomiting during the mountain leg. Julie, although very new to ultra walking, pulled away from Phillipa and Gwen and showed that she will be a very strong walker in the future all through the event, with blisters deep in her heels only slowing her a little on the last day. Although a racewalker, David found the distance a bit beyond him and had to let Ray go shortly after Maidenwell. Ray, although 59 years of age proved that years of bushwalking and long miles of training over many months pays off taking out the day and the Champion of the Bunyas leg as well. Les suffered from bad cramps on the Bunya leg. Sandy, who does very little training improved as the race progressed and did very well overall. That evening we all gathered for presentations and then a meal at the bunkhouse. Andy's crewman Jim Mangan, a local bush poet of renown entertained us with his poems. All pain of the day was forgotten amidst the laughter and then conversations that followed.

Day 2. We awoke to the beautiful Bunya Mountains National Park covered in mist with wallabies feeding on the grass all around the bunkhouse. The course today was down off the mountain, then through picturesque farmland to Kumbia, a distance of 43.9k. The finish line appropriately in front of the hotel. The day started with drama, when Kathy's crewman, her brother Bob, suffered a mild heart attack. Kathy returned to the start to seek help. Lyn Lewis, a trained nurse took charge of him and set off down the mountain to the Kingaroy hospital. He seemed to deteriorate on the way, so she got a camper to phone for the ambulance which met her enroute. Bob was still in hospital at the end of the event but in a satisfactory condition. We played musical cars for a while to keep the race going and all competitors on the road, including Kathy, then Jan Collins (co-race director) took over crewing for Kathy for the remainder of the event. A little later, as Kathy was walking towards Burtons Well, she found a two way radio in the grass. Upon handing it to a ranger we were told two had been stolen from their vehicle and this was one of them, and worth a great deal of money. Ray, as usual was tough on himself, this being a fully handicapped day, Arthur recovered from the previous day and powered along blowing out his handicap by nearly half an hour. Les, Sandy and Kathy were on the improve, whilst Peter had some lung problems towards day's end. David decided he would be happy to join the middle of the pack with Kerrie trying to break away from them at times. Andy and Kathy ended up walking most of that day and all the next together. Andy found the whole experience new

and suffered most in the feet and ankles. Ron was content to keep an even pace, and stay in the middle of the pack. Other than Kathy, Peter and Arthur who were way out with their handicapping, the remainder of the field surged across the finish line around 3pm. That evening we took over every available bed in Kumbia and a farm stay nearby, then had BBQ dinner and presentations at the hotel. Nobody felt like burning the midnight oil and it was off to bed early.

Day 3 was from Kumbia to Nanango along quiet farm roads, with Phillipa and Gwen setting out first at 7am to cover the 43.2k. Arthur decided to make a race of it setting out just 10 minutes ahead of Ray, who was the last to leave at 9.10am. A head wind gave all competitors something to grumble about as well as their aches and pains. Until day 3 Ray had been behind his times of last year, but just walked to his limit making up 18 minutes to come in a few minutes better than his total time for 1999. Julie struggled with her heel trouble, Andy shuffled, Arthur walked hard but had his bad patches. Gwen and Phillipa played the handicap game to see if they could get in closest to 3pm, but Peter beat them by only being 33 seconds out. The middle of the pack exchanged spots all through the day but stayed in contact, whilst Vicki as usual was out on her own between them and Arthur. Vicki and Ray were the two standout walkers-never changing their manner of walking or their attitude. Ray blew out his handicap coming in 30 minutes early with Sandy 25 minutes out. Five competitors came within 4 minutes of 3pm. A crowd of locals and the media welcomed all the finishers - the total 14, then it was off to the RSL for a soothing drink and afternoon tea, followed by presentations. Mayor Reg McCallum and fellow grazier Tom Perrett did a wonderful job as usual as foreward party, marking the course and helping out as required. Queensland Ultra Runners/Walkers President Rod Morgan also worked hard for the success of the event, amongst other things massaging tired limbs for 2½ hours at the end of day 2. Mayor Reg presented all competitors with a locally made piece of pottery to remember Nanango by, and Jim Mangan wrote a poem about the race, a copy of which will be sent to all involved. With presentations over after the second successful three day walk the organisers are giving serious thought to Graham Watts suggestion that we include another catagory next year and open it up to runners. Committee members who were at the event thought it a good idea so we will work on that for 2001.

results	Day 1	Day 2	Day 3	Accumulated 132k
Ray McNamara	4.59.42	5.34.39	5.19.57	16.54.18 1m
Arthur Cox	6.32	6.01.26	5.45.58	18.19.24 2m
Vicki Tanner	6.29	6.25	6.05	18.59 1f
David Aslin	6.52	6.40	6.30	20.02 3m
Kerrie Hall	7.09.47	7.35.48	6.24	20.09.35 2f
Sandy Buchan	6.59	6.55	6.35	20.29 4m
Ron Grant	7.16.24	6.45.40	6.32	20.34.04 5m
Les Skiller	7.34	6.36.40	6.23.25	20.34.05 6m
Andy Anderson	7.04	7.13	7.16	21.33 7m
Peter Lewis	7.06.13	7.10.04	7.40.33	21.56.50 8m
Kathy McKenzie	8.04	6.52	7.16	22.12 3f
Julie Schrag	8.07	7.28	7.44	23.19 4f
Gwen Jonkers	8.35	7.53	7.56	24.24 5f
Phillipa Bolt	8.35	7.54	7.56	24.25 6f

Champion of the Bunyas (11.2k steep uphill)

1 Ray McNamara	1.38.26	10 Arthur Cox	2.08.55
2 Vicki Tanner	1.47	11 Phillipa Bolt	2.22
3 Sandy Buchan	1.49	12 Gwen Jonkers	2.22
4 Peter Lewis	1.53.06	13 David Aslin	2.26.45
5 Julie Schrag	2.01	14 Les Skiller	2.33.50
6 Ron Grant	2.04.24	10 Peter	28m 37s
7 Kerrie Hall	2.04.47	11 Sandy	30m
8 Andy Anderson	2.05	12 Kathy	39m
9 Kathy McKenzie	2.06	13 Arthur	42m 36s
		14 Ray	44m 42s

Accumulated days 2 & 3  
Handicap results

1 Phillipa	10m
2 Gwen	11m
3 Andy	14m
4 Julie	16m
5 Ron	16m 14s
6 Kerrie	19m 12s
7 Vicki	25m
8 Les	26m 55s
9 David	27m

# 10TH ANNUAL MANSFIELD TO MT.BULLER 50KM ROAD RACE SUNDAY 23RD JANUARY, 2000

by Dot Browne (Race Organiser on the day)

Wow! What a prestigious event this 50K Road Race turned out to be. Around one third of the field had represented Australia internationally in World 100K Championship events. So, as you can imagine, the competition up front was top class in both the men's and women's sections.

It's been a fantastic event over the 10 years of its existence. In its first year, Carl Barker (now living in UK), established a winning time of 3:48:22 running scared, looking over his shoulder all the way, which has been impossible to beat. Sani Badic and Mike Wheatley have come close, but have never bettered it.

In the women's race, Lavinia and the young up-and-comer, Sandra Timmer-Arends were the stars. Lavinia is 20 years older than Sandra, but this year, she kept her honest. Age and experience have stood Lavinia in good stead. She chased Sandra up the mountain, to come in 3 places behind her, both of them in the first 6 placings ahead of two-thirds of the field.

We were pleased to have a couple of new-comers in the field, Angie Kent and Branton Procter, who both run extremely well. Angie reckons she's run 9 Comrades Marathons. I'm impressed!

We had the usual Dad's Army looking after the event - all deviants and desperates from way back - Ross Shilston, Pete Armistead, Geoff Hook, Clive Davies, Colin Browne, and me, and as usual, they did a great job, bunny-hopping the course and providing sponges, drinks, fruit & lollies every 5K, and giving Kon Butko the rubbish at every possible opportunity.

The weather for the race was probably the best we've ever had, much cooler than the heatwave conditions of previous years.

Ernie Hartley had just turned 50, so he wanted to do this particular 50K to celebrate. "I haven't run one of these since last century", he quipped as they lined up for the 7am start.

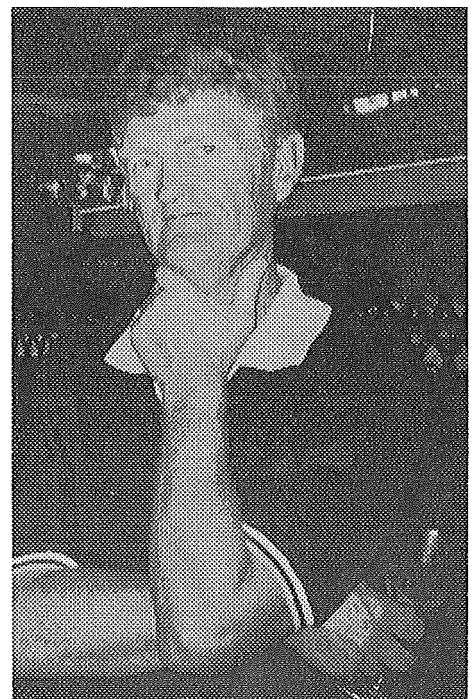
Sani Badic led the field for 30K with Mike Wheatley hot on his heels. Kelvin Marshall ran 5km with the leaders but dropped off the pace to be passed by Sandra Timmer-Arends, running evenly, at 20km. Sandra continued her winning streak from last year to slice 9 minutes off her record-setting time in 1999 with a 4:20:40 to place third overall, an amazing performance, given the steepness of the mountain.

Bryan Smith, first time in the event, placed 5th behind Kelvin. He coped well and stated that he loves road races and that there's not many of them around down south. The 50K was merely a sprint for him. He's better over 6 Day and 1000 Mile events.

Kon Butko came in, swearing and threatening to murder that bastard Armistead for the toughness of the course. It was good to see the Shepparton boys, Brian Gawne and Brian O'Farrell, and the Traralgon contingent, Sandra Timmer-Arends and Rob Embleton back again to test themselves. Also regulars, David Styles, Billy Beauchamp, David Jones, Ernie Hartley and John Lindsay. Surprising that they come back really. Must be masochists.

At the presentations, awards for first 3 males and first female were presented in the Alpine Hotel over the odd beer and baskets of chips, and all starters chose an AURA T-shirt. Special plaques were made up for Billy Beauchamp and Brian Gawne, both of whom have run every one of the ten events since its inception.

Thanks Pete for a great event and to our mates who officiate for us out on the course.





# 10TH ANNUAL MANSFIELD TO MT.BULLER - 50KM ROAD RACE

## SUNDAY 23RD JANUARY, 2000

### RESULTS

PL.COMPETITOR	5km	10km	15km	20km	30km	35km	40km	45km	50km
1. Michael WHEATLEY	20.59	40.51	1:02:50	1:25:56	2:07:30	2:32:10	2:56:26	3:12:30	3:52:18
2. Sani BADIC	20.59	39.12	59.50	1:23:31	2:07:00	2:33:48	3:02:17	3:21:40	4:04:32
3.Sandra Trimmer-Arends	22.45	44.12	1:07:50	1:33:01	2:20:15	2:48:41	3:15:35	3:33:50	4:20:40
4.Kelvin MARSHALL	20.59	42.56	1:07:20	1:33:49	2:24:10	2:55:07	3:25:28	3:45:25	4:37:06
5. Bryan SMITH	24.50	48.32	1:15:00	1:42:30	2:33:05	3:06:59	3:36:25	3:54:50	4:45:20
6.Lavinia PETRIE	27.18	52.56	1:19:50	1:49:49	2:40:30	3:13:17	3:42:48	4:02:10	4:51:33
7.Robert EMBLETON	23.20	46.25	1.11.00	1:37:24	2:26:15	3:00:47	3:32:00	3:53:40	4:55:23
8. David STYLES	23.20	46.44	1:11.50	1:38:07	2:29:04	3:02:49	3:37:47	4:03:25	4:59:42
9.Brian O'FARRELL	23.32	46.45	1.11.50	1:38:19	2:31:10	3:07:55	3:45:29	4:10:00	5:12:36
10. Branton PROCTER	27.46	51.08	1:16:30	1:42:30	2:32:15	3:09:38	3:47:05	4:12:30	5:19:02
11. Angie KENT	28.25	54.20	1:22:30	1:53:25	2:54:00	3:36:28	4:15:55	4:41:50	5:44:52
12.Bill BEAUCHAMP	25.39	50.42	1:28:10	1:46:46	2:45:00	3:33:34	4:18:34	4:42:10	5:58:21
13..David JONES	27.52	55.40	1:26:25	1:59:53	3:02:10	3:46:40	4:30:00	4:54:45	6:00:26
14. Kon BUTKO	28.45	56.20	1:27:10	1:59:40	2:57:00	3:29:13	4:01:00	4:33.10	6:02:06
15. Brian GAWNE	27.18	53.10	1:20:10	1:53:19	3:10:00	3:46:30	4.30.00	4:54:40	6:06:20
16 Ernie HARTLEY	26.59	53.56	1:23:00	1:58:56	3:13:32	4:08:03	4:56:00	5:28:15	6:41:05
17. John LINDSAY	31.46	1:03.00	1:35:00	2:12:24	3:18:04	4:10:26	5.00.23	5:36:05	6:49:24
18. Aaron MADDSSEN	24.25	47.56	1:15:00	1:46:46	2:13:40	DNF.			

Peter Armistead:  
Dot Browne:

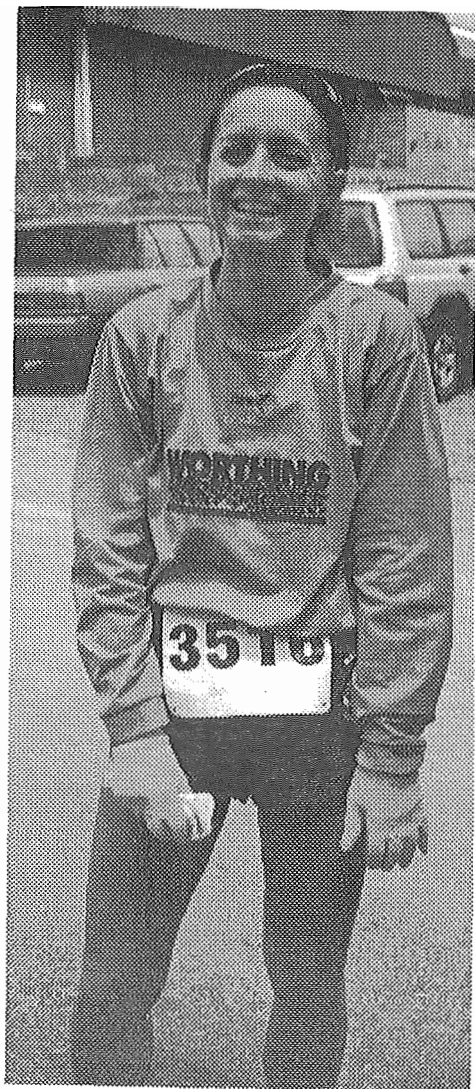
Founder of the event & Race Director  
Race Organiser on the day.

# MANSFIELD TO MT.BULLER 50KM ROAD RACE

## HISTORY OF THE EVENT

YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22 *	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rina McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4:15:18	Lavinia Petrie	4:40:25
1999	Sani Badic	4:01:06	Sandra Timmer -Arends	4:29:52*
2000	Michael Wheatley	3:52:18	Sandra Timmer -Arends	4:20:40 *

\* Record.



Two newcomers to the event, Angie Kent and Branton Procter, who both coped with tough event extremely well.



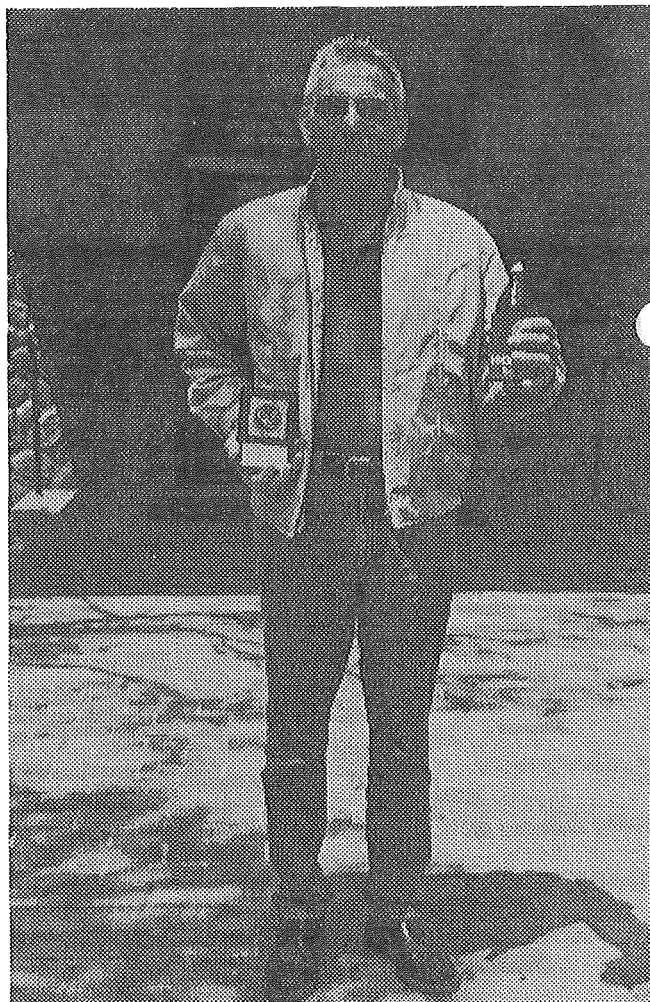
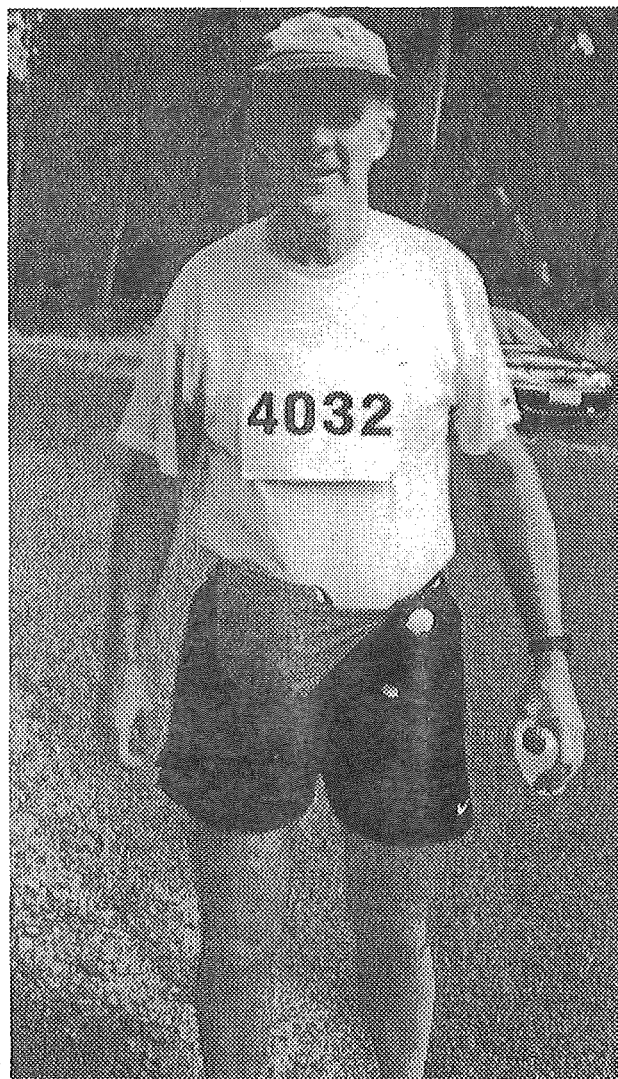
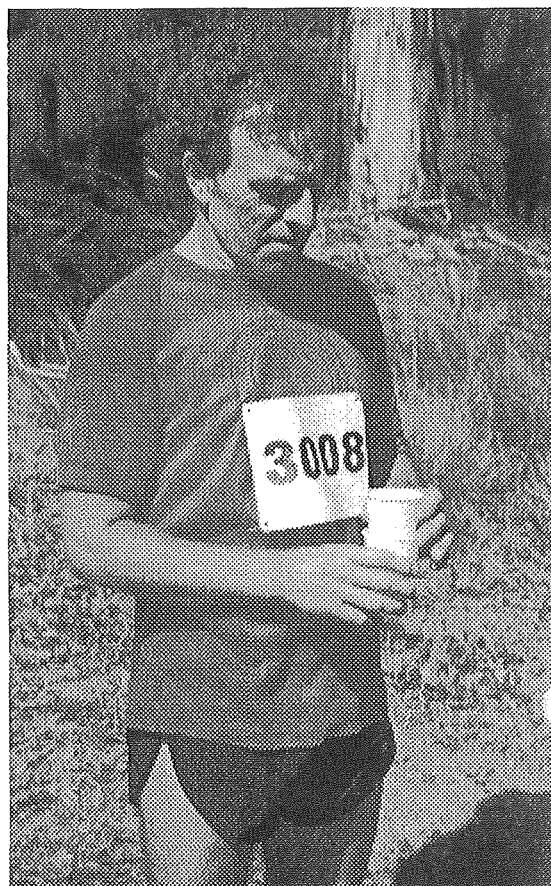
## MANSFIELD TO MT.BULLER 50KM, ROAD RACE - JANUARY 2000

(Top left) Male & female winners, Mike Wheatley and Sandra Timmer-Arends.

(Top right) Ernie Hartley, a regular starter in the event, ran 50km for his 50th birthday.

(Bottom left): John Lindsay from East Doncaster. Great to have you in the race, John!

(Bottom right): Brian Gawne, sporting his special plaque for competing in every one of the 10 events in the race's history. Congratulations!



# SIX FOOT TRACK 2000

## RESULTS

Place	RUNNER		SEX/AGE	SUBURB	TIME
1	ARTHUR	PAUL	M 32	GREEN POINT	3,25.08
2	LOVE	GREG	M 45	UMINA	3,48.23
3	HILL	ANDREW	M 20	GALSTON	4,01.01
4	TURNER	DAVID	M 36	DUDLEY	4,02.01
5	GRAHAM	CHRIS	M 27	ERMINGTON	4,03.52
6	MORRIS	TOM	M 31	THE GAP	4,04.41
7	SAYERS	STEPHEN	M 36	SARATOGA	4,09.40
8	FITZPATRICK	PETER	M 52	WAGGA WAGGA	4,10.37
9	WISDOM	CRAIG	M 40	WANNIASSA	4,11.45
10	SULLOHERN	MICHAEL	M 41	GLENBROOK	4,14.25
11	BROPHY	RANDY	M 41	MILSONS POINT	4,15.59
12	OSBORNE	GREG	M 35	SUTHERLAND	4,16.32
13	JORDON	ADAM	M 24	TERRIGAL	4,17.21
14	PRESTON	ROB	M 21	BOLTON POINT	4,19.34
15	FRYER	MARTIN	M 38	LYONS	4,21.01
16	BIRCH	SIMON	M 33	WOLLSTONECRAFT	4,21.51
17	GLEN	JOHN	M 42	LEURA	4,23.01
18	THOMPSON	KIERON	M 36	BOWEN MOUNTAIN	4,23.14
19	OGATA	YOETSU	M 42	MOSMAN	4,23.21
20	ROBINSON	MATT	M 26	GYMEA	4,24.57
21	LISSEN	GEORGE	M 47	RYDE	4,25.31
22	WEBSTER	STUART	M 31	BONDI	4,26.40
23	FORTUNE	BERNARD	M 30	BURWOOD	4,28.19
24	WRIGHT	IAN	M 45	PEARCE	4,29.26
25	MOORE	DANNY	M 42	KINCUMBER	4,31.12
26	SELBY	WARWICK	M 50	HUNTERS HILL	4,31.30
27	BILL	ROSS	M 49	MOUNT WILSON	4,33.50
28	SHORT	LIZ	F 48	SUTHERLAND	4,34.45
29	JEFFKINS	ADRIAN	M 33	TUGGERANONG	4,35.30
30	MARSHALL	KELVIN	M 35	ELSTERNWICK	4,35.51
31	EVERY	PAUL	M 35	TURRAMURRA	4,37.13
32	STEIN	PAUL	M 32	WILTON	4,37.15
33	APPLEBY	STEVE	M 46	CALWELL	4,39.16
34	RUTTER	BARRY	M 48	CHATSWOOD	4,39.56
35	GRAY	STEPHEN	M 47	HEATHCOTE	4,40.01
36	TILLER	DAWN	F 34	BEROWRA	4,40.26
37	TROTTER	BRENDAN	M 21	WINMALEE	4,40.41
38	DELLAGIACOMA	PATRICK	M 36	BUNDEENA	4,41.09
39	MILLER	ALAN	M 41	BEROWRA	4,41.16
40	BOGENHUBER	MAX	M 57	SUTHERLAND	4,41.33
41	CLEAR	DAVID	M 42	WEST RYDE	4,41.51
42	SCREEN	MARK	M 30	MOSMAN	4,41.58
43	HUGILL	PHILIP	M 41	HORNSBY	4,42.06
44	TANNER	VICTORIA	F 38	PYMBLE	4,42.57
45	WATSON	ALAN	M 47	MENAI	4,43.52

46	KRANTZCKE	SIMON	M 33	LOFTUS	4,44.37
47	HROMOW	DAVE	M 32	CONDER	4,44.53
48	SMITH	ROBERT	M 47	BEROWRA	4,45.00
49	FREEMAN	MARK	M 33	ORANGE	4,45.32
50	LLOYD	BILL	M 47	BONNET BAY	4,45.54
51	NATION	LESTER	M 40	FAIRLIGHT	4,46.32
52	AITKENHEAD	GARY	M 41	NAREMBURN	4,48.53
53	GARRETT	IAN	M 37	CAMDEN	4,49.29
54	THOMPSON	CHRIS	M 36	WOOLLAHRA	4,49.56
55	BYRNE	MARCUS	M 39	WOODEND	4,50.48
56	HARDING	PHILLIP	M 33	HARBORD	4,51.22
57	KENNEDY	GARY	M 38	WAGGA WAGGA	4,52.12
58	CANNINGS	DAVID	M 39	NORMANHURST	4,52.17
59	HIGGINSON	BILL	M 45	WAGGA WAGGA	4,52.18
60	CANTLE	IAN	M 40	KURRAJONG	4,52.41
61	MOORE	ANDREW	M 26	CROWS NEST	4,53.33
62	COOK	PETER	M 32	CRONULLA	4,54.43
63	DUNN	STEPHEN	M 41	WOY WOY	4,56.28
64	EDMONDS	ELIZABETH	F 38	VAUCLUSE	4,56.36
65	COVILLE	CHARLES	M 51	WAHROONGA	4,57.42
66	MEEHAN	TERRY	M 27	LLANDILO	4,57.56
67	MAHONY	PAUL	M 47	TERRIGAL	4,58.45
68	COLLITS	JASON	M 30	FAIRLIGHT	4,58.46
69	PROCTOR	WILLIAM	M 33	KATOOMBA	4,58.48
70	JAGO	STEPHEN	M 55	DAVIDSON	4,59.00
71	ZAHN	AMY	F 37	ROSE BAY	4,59.28
72	HUGHES	DESMOND	M 44	GREEN POINT	4,59.33
73	COUNSELL	ROY	M 44	BENANDARAH	5,00.31
74	MEAD	LAWRENCE	M 32	ROZELLE	5,01.21
75	COUNSELL	PETER	M 43	LIGHTNING RIDGE	5,01.25
76	BAILLIE	JEREMY	M 28	MENAI	5,02.07
77	WEST	EDWARD	M 50	BEROWRA	5,02.31
78	STYLES	DAVID	M 50	BAYSWATER	5,02.52
79	KHOURY	JOE	M 40	WENTWORTHVILLE	5,02.54
80	TAYLOR	ANDREW	M 34	KATOOMBA	5,03.20
81	MITREVSKI	STEVE	M 41	AMBARVALE	5,04.13
82	JEFFERY	CLIVE	M 40	CARLINGFORD	5,05.13
83	SERMAN	NADENE	F 27	BONDI JUNCTION	5,05.30
84	MACKAY	JOEL	M 32	RANDWICK	5,06.54
85	SHERLOCK	GLENN	M 36	BLAXLAND	5,07.19
86	MONTGOMERY	BOB	M 51	WENTWORTHVILLE	5,07.20
87	GIBSON	MIKE	M 23	MANLY	5,07.21
88	COULL	PAUL	M 43	HEATHCOTE	5,07.52
89	BOGENHUBER	FRED	M 60	CALIFORNIA,USA	5,07.59
90	WILLIS	GRAHAM	M 50	DUNDAS	5,08.26
91	LEFMANN	JORDAN	M 20	THORNLEIGH	5,08.56
92	SHIPLEY	GRAEME	M 50	BEROWRA HEIGHTS	5,09.17
93	JENKINS	DAVID	M 40	SYDNEY	5,09.27
94	BINGHAM	GREG	M 37	MENAI	5,10.20
95	KING	DAVID	M 51	EPPING	5,11.27
96	CHRISP	DARRYL	M 51	WOOLLAHRA	5,11.37
97	HARGREAVES	BRUCE	M 46	EIGHT MILE PLAIN	5,13.46



98	STRACHAN	PETER	M	53	HORNSBY	5,14.08	202	DRAYTON	NICK	M	42	ST LEONARDS	5,52.15
99	TUTHILL	GORDON	M	51	ORANGEVILLE	5,14.57	203	STURGESS	PAUL	M	44	CHESTER HILL	5,52.22
100	SHAW	KYM	F	25	HEATHCOTE	5,15.30	204	COOPER	PETER	M	36	KILLARNEY VALE	5,52.28
101	BEAK	DAVID	M	45	BONDI JUNCTION	5,16.08	205	THOMPSON	CAROL	F	40	MOSMAN	5,52.53
102	GREEN	IAN	M	54	EAST HILLS	5,16.09	206	DELANEY	RICHARD	M	34	KATOOMBA	5,52.55
103	TIBBITTS	PETER	M	45	LILLI PILLI	5,16.35	207	GLAPIAK	CHARLIE	M	49	FENNELLS BAY	5,53.03
104	BARNES	PETER	M	41	WENTWORTH FALLS	5,19.10	208	CAUSER	MARK	M	33	MOSMAN	5,53.30
105	BUTLIN	PHILLIP	M	37	SYDNEY	5,19.22	209	HUGHES	WARREN	M	44	CHESTER HILL	5,54.06
106	BRUGGEMAN	STEPHEN	M	41	RHODES	5,19.31	210	STOLLERY	PHIL	M	45	KATOOMBA	5,54.15
107	PHILLIPS	LISA	F	31	JERANGLE	5,20.09	211	ALLEN	MALCOLM	M	52	WAGGA WAGGA	5,54.20
108	MARTIN	TOY	F	53	LOCHINVAR	5,20.11	212	ROBARDS	BERNADETTE	F	29	ST ANDREWS	5,54.21
109	MACKINLAY	BRETT	M	34	CURL CURL	5,20.22	213	HALL	BRUCE	M	42	GLENDALE	5,54.32
110	DE JONG	FIONA	F	25	WOOLLOOMOOLOO	5,20.23	214	SNEDDON	JOHN	M	49	BLACKTOWN	5,54.36
111	CLARKE	PHIL	M	48	KAREELA	5,21.22	215	VAN GELDER	ANDRE	M	40	WARRIEWOOD	5,54.37
112	GOLDEN	TONY	M	44	MAROUBRA	5,21.25	216	MAMMONE	FIERO	M	39	BOSSLEY PARK	5,55.21
113	WHITE	SONIA	F	38	WYOMING	5,21.25	217	KIRALY	MONICA	F	23	GLEBE	5,55.40
114	RYAN	ANTHONY	M	30	WAITARA	5,21.48	218	ATKINSON	JOHN	M	48	ALFORDS POINT	5,56.53
115	MCCULLAGH	CAMERON	M	36	TURRAMURRA	5,22.05	219	COCKS	NEIL	M	41	LANE COVE	5,57.09
116	WADEN	DONALD	M	53	BELLA VISTA	5,23.14	220	HILTON	ALLEN	M	50	MILPERRA	5,57.41
117	WAYNE	LAIMA	F	49	GYMEA	5,23.17	221	MILJOJKOVIC	RONALD	M	44	KURRAJONG	5,57.41
118	CLEMENTSON	DIANE	F	40	NEUTRAL BAY	5,23.31	222	BYRNE	JOANNE	F	37	WOODEND	5,58.26
119	HATCH	TONY	M	53	HORNSBY HEIGHTS	5,23.57	223	DALY	MICHAEL	M	38	WELBY	5,58.45
120	COOPER	JOHN	M	45	BLIGH PARK	5,24.18	224	WILSON	MICHAEL	M	53	WAVERTON	5,59.03
121	BOIDIN	BENEDICT	M	32	BLACKTOWN	5,24.50	225	DAVEL	CORRIE	M	43	THE GAP (BRISBANE)	5,59.12
122	BOUVENG	STUART	M	28	STANWELL PARK	5,24.51	226	KING	CHARLES	M	40	HUNTERS HILL	5,59.12
123	BRYCE	LES	M	54	TURRAMURRA	5,25.00	227	MOHR	MONIKA	F	40	MIRANDA	5,59.44
124	MATLEY	STEWART	M	54	BROKE	5,25.55	228	KNUTSEN	CHRIS	M	41	FAULCONBRIDGE	6,00.09
125	BOWEN	ROGER	M	48	RICHMOND	5,26.08	229	MANSON	RICHARD	M	36	LINDFIELD	6,00.57
126	BARTON	JOANNE	F	32	MANLY	5,26.18	230	BOIDIN	DOMINIC	M	43	FAULCONBRIDGE	6,00.59
127	PRALICA	ELIZABETH	M	34	CLARENCE TOWN	5,26.44	231	LANCE	TONIA	F	23	ARCADIA VALE	6,01.24
128	STEVENSON	LOUISE	F	39	MANLY	5,26.45	232	CATTANACH	ANDREW	M	31	CURL CURL	6,02.02
129	FARNCOMB	ANGUS	M	34	TERRIGAL	5,27.09	233	VINCENT	STEWART	M	53	LONGUEVILLE	6,02.13
130	DEVLIN-MAHONEY	OONA	F	39	BENSVILLE	5,27.24	234	LILLEY	DAVID	M	54	PELAW MAIN	6,02.44
131	WALL	CHARLES	M	39	MANLY	5,28.14	235	JOHNSON	CRAIG	M	33	WILLOUGHBY	6,02.47
132	RIGBY	ROGER	M	57	WAHROONGA	5,28.25	236	LEITCH	VIRGINIA	F	40	COAL POINT	6,02.55
133	LEFMANN	MARTIN	M	28	ST IVES	5,28.30	237	CRESWICK	RICHARD	M	56	BATEAU BAY	6,04.05
134	MONTGOMERY	STEPHEN	M	35	BATEAU BAY	5,28.40	238	ARCHER	TERRY	M	40	WAVERLEY	6,04.33
135	ENGLISH	PAT	M	40	WARRIMOO	5,28.41	239	ANDERSON	MURRAY	M	56	GREENACRE	6,06.01
136	WYE	GRAHAM	M	38	SEAFORTH	5,28.45	240	TIGHE	JOHN	M	39	KATOOMBA	6,06.08
137	WILLIS	RICHARD	M	46	INVERGOWRIE	5,30.10	241	BRIERLEY	LEN	M	38	BOSSLEY PARK	6,06.20
138	WIELAND	PENNY	F	38	MOSMAN	5,30.24	242	MORRISON	MILES	M	41	LAWSON	6,06.21
139	CROWE	PHILIP	M	44	RANDWICK	5,30.30	243	VASSILIADIS	TONY	M	56	GRANVILLE	6,06.41
140	EVANS	DAVID	M	25	HOLSWORTHY	5,30.32	244	DUNCAN	DEIRDRE	F	45	ARCADIA VALE	6,07.04
141	PERCY	ALASDAIR	M	36	PALM BEACH	5,31.38	245	HORA	DUSAN	M	55	DEE WHY	6,08.34
142	HERPICH	LUDWIG	M	64	MIRANDA	5,31.53	246	LIMBREY	MICHAEL	M	53	CAMPBELLTOWN	6,08.39
143	HANSEN	MIKE	M	41	LINDFIELD	5,31.53	247	BODDY	NAOMI	F	23	EMU PLAINS	6,09.21
144	HAYWARD	GLENN	M	32	TOWRADGI	5,32.41	248	BODNAR	STEPHEN	M	40	KOGARAH	6,09.28
145	GRIFFIN	MARK	M	39	BERKELEY VALE	5,33.09	249	ASHCROFT	CRISTINE	F	33	CHATSWOOD	6,09.38
146	HARRADINE	LEON	M	65	KINCUMBER	5,33.29	250	DENNIS	SCOTT	M	37	BROKEN HILL	6,10.35
147	DUJMOVIC	JOHN	M	29	WILSTON	5,33.57	251	VICKERS	ROWAN	M	39	CRONULLA	6,11.25
148	EISENHUTH	PAUL	M	45	GEORGES HALL	5,34.16	252	MCGOWAN	JOHN	M	47	BEROWRA	6,12.35
149	KENT	HEATHER	F	36	LANE COVE	5,34.19	253	RHEINBERGER	JON	M	28	SPRINGWOOD	6,12.39

150	CEREZO	MARI-MAR	F	31	BRONTE	5,34.21
151	GAY	DAMIEN	M	33	OYSTER BAY	5,34.40
152	KEHOE	PAUL	M	30	WILLIAMTOWN RAAF	5,34.40
153	ZUCCONI	SUSAN	F	30	ARTARMON	5,35.19
154	WARD	GARY	M	44	BRADBURY	5,35.20
155	FIELD	ALF	M	59	PALM BEACH	5,35.45
156	PAPALIA	JONATHAN	M	30	LINDFIELD	5,35.46
157	ROWDEN	NIGEL	M	26	LANE COVE	5,35.58
158	PIKE	TYLER	M	29	COOGEE	5,36.31
159	BROADBENT	WARREN	M	51	TORONTO	5,36.48
160	FLETCHER	JUDITH	F	38	LAMBTON	5,36.57
161	HENRY	RAY	M	45	TRANGIE	5,37.12
162	NEWSOME	TANIA	F	29	ABBOTSFORD	5,39.14
163	BENNETT	PAUL	M	36	BALMAIN	5,39.51
164	HOLDSTOCK	GUY	M	30	FAIRFIELD	5,40.30
165	CLIFTON	PHILIP	M	55	BRONTE	5,40.47
166	TOKOLI	JOHN	M	40	LITTLE HARTLEY	5,41.24
167	REYNOLDS	STEVEN	M	38	ENGADINE	5,41.29
168	GARVEY	MARK	M	33	BROKEN HILL	5,41.45
169	SAKER	ROBIN	M	36	CLOVELLY	5,41.54
170	BAGALA	TONY	M	43	DENISTONE	5,41.57
171	POWELL	ANNE	F	41	MOSMAN	5,42.08
172	LENZENHOFER	THOMAS	M	26	RYDE	5,42.08
173	HARRIS	DAVID	M	46	TERREY HILLS	5,42.10
174	RENSFORD	BRIAN	M	54	MERRYLANDS	5,43.00
175	WHYTE	LEANNE	F	31	NAREMBURN	5,43.08
176	MARSHALL	JOHN	M	40	WOODEND	5,43.27
177	COATES	BARRY	M	53	LOFTUS	5,43.42
178	FLEIG	KARL	M	59	PADDINGTON	5,43.46
179	INGHAM	SUSAN	F	53	SARATOGA	5,44.04
180	STOCKWELL	DOROTHY	F	40	POINT FREDERICK	5,44.05
181	HASLAM	ALAN	M	52	MOSMAN	5,44.08
182	ELEY	KEVIN	M	50	CASTLE COVE	5,44.12
183	MCNALLY	ROSS	M	38	WESTMEAD	5,44.41
184	CAMPBELL	TINA	F	53	LANE COVE	5,45.17
185	HERRMANN	JAN	M	36	ST IVES	5,45.26
186	WILSON	ALLAN	M	51	BLAXLAND	5,45.31
187	SCREEN	JIM	M	57	ST IVES	5,46.42
188	DIPPLE	ALASDAIR	M	28	HELENSBURGH	5,46.48
189	JONES	ALAN	M	37	LEICHHARDT	5,46.49
190	LOVELL	SCOTT	M	18	NORTH ROCKS	5,47.09
191	BELL	PETER	M	40	ARNCLIFFE	5,47.33
192	CROSBY	TONY	M	55	MOSMAN	5,48.10
193	BRADLEY	ALAN	M	39	BUTTABA	5,48.29
194	SMITH	DEREK	M	58	MILSONS POINT	5,48.33
195	GOYMER	RAY	M	60	BANGOR	5,48.37
196	SPINNEY	JOHN	M	60	FAULCONBRIDGE	5,49.13
197	BEAULIEU	MO	M	55	SAN MATEO,CA, USA	5,50.23
198	STEWART	NIGEL	M	46	VAUCLUSE	5,50.26
199	HOOK	GEOFF	M	55	MOUNT WAVERLEY	5,51.14
200	HARRISON	MALCOLM	M	54	EARLWOOD	5,51.39
201	SHILSTON	ROSS	M	46	FRANKSTON	5,51.57

254	MACKIE	ANNE	F	44	BULLABURRA	6,12.45
255	SPOKES	GRAHAM	M	44	WAGGA WAGGA	6,13.56
256	CARTER	MICHAEL	M	42	RANDWICK	6,14.00
257	GRIMSHAW	NICOLA	F	37	NORTH SYDNEY	6,14.04
258	SCOTT	GREG	M	36	WAGGA WAGGA	6,14.23
259	WANDERER	FRANZ	M	58	EMU PLAINS	6,14.50
260	HARRIS	ADRAIN	M	49	HOLGATE	6,14.52
261	WHITE	KEITH	M	50	THE ROCKS SYDNEY	6,15.31
262	SINGLETON	JOHN	M	53	MANLY	6,15.47
263	DUCKWORTH	MARK	M	39	MANLY	6,15.48
264	TROTTER	JOHN	M	52	WINMALEE	6,15.49
265	WILLAMSON	IMELDA	F	30	COOGEE	6,16.01
266	POLETTI	NICK	M	35	CENTENNIAL PARK	6,16.02
267	RUSSELL	ROBI	F	50	WARRIEWOOD	6,16.19
268	ELLIS	WAYNE	M	43	GREEN POINT	6,16.19
269	TAYLOR	ROBERT	M	48	MENAI	6,17.51
270	WAREHAM	ALLAN	M	61	WAHROONGA	6,19.11
271	EGAN	TIM	M	46	MOSMAN	6,19.18
272	SHAW	DREW	M	31	HEATHCOTE	6,19.21
273	KNOWLES	ROSS	M	43	ST IVES	6,19.28
274	CROFT	STEVE	M	33	ROSEVILLE	6,19.30
275	BEDZINSKI	EDWARD	M	34	WOLLONGONG	6,19.59
276	WENDELIN	BERNARD	M	44	SANS SOUCI	6,20.01
277	OLSEN	BRIAN	M	44	GREENACRE	6,20.02
278	WINTERS	GREG	M	46	BONDI	6,21.03
279	TAYLOR	GEOFF	M	37	CROWS NEST	6,21.06
280	ANDERSON	VIC	M	47	INGLEBURN	6,21.18
281	EISENHUTH	JOAN	F	41	GEORGES HALL	6,21.19
282	THEMSEN	KIRSTEN	F	49	CHERRYBROOK	6,21.40
283	BURGESS	ANDREW	M	54	TURRAMURRA	6,21.41
284	GRIFFITHS	MARTIN	M	39	HORNSBY	6,22.54
285	BEDFORD	DENNIS	M	54	RAZORBACK	6,23.20
286	LINDSAY	JOHN	M	51	DONCASTER EAST	6,23.37
287	HAYES	ANTHONY	M	42	BLACKALLS PARK	6,23.55
288	MCILWAIN	KEN	M	44	CAMDEN	6,24.09
289	MORGAN	DAVID	M	22	CARLINGFORD	6,24.52
290	SMITH	JOHN	M	61	GREYSTANES	6,25.22
291	RANNARD	BILL	M	46	GEORGES HALL	6,25.57
292	ESTALL	NEIL	M	52	BONDI	6,26.51
293	BOUSFIELD	ANTHONY	M	37	ST MARYS	6,27.00
294	ANGUS-LEPPAN	TAMSIN	F	32	COOGEE	6,27.21
295	MELNYCZENKO	JOHN	M	52	MINCHINBURY	6,27.41
296	CONROY	BRIAN	M	51	CREMORNE	6,27.43
297	HEWSON	BRIAN	M	59	CHATSWOOD	6,28.25
298	COX	ROGER	M	52	DAVIDSON	6,28.55
299	PAUL	LEO	M	53	MENAI	6,29.41
300	WHITTON	BARRY	M	62	FITZROY FALLS	6,30.06
301	SCOTT	WENDY	F	42	GLENDALE	6,30.07
302	CAMERON	MARGARET	F	35	ST IVES	6,30.08
303	KELLERMAN	BERNARD	M	39	NEUTRAL BAY	6,30.59
304	TEGART	GREGORY	M	43	ET TALONG BEACH	6,31.11
305	SPICER	DAVID	M	51	LEONAY	6,31.12

306	O'HARA	GEOFFREY	M	50	FAULCONBRIDGE	6,31.13	358	GREEN	ROZANNE	F	40	BONDI	6,53.18
307	WILLIAMS	RON	M	40	TUGGERAWONG	6,31.15	359	KING	ROSEMARY	F	28	NORAH HEAD	6,53.19
308	ANDERSON	DAVID	M	52	ELERMORE VALE	6,31.58	360	SHARROCK	PETER	M	49	RATHMINES	6,53.38
309	QUINN	PETER	M	53	HORNSBY	6,31.59	361	BRUCE	BRAD	M	34	KENSINGTON	6,53.39
310	COMMINIS	LOUIS	M	50	BLACKALLS PARK	6,32.10	362	BAKER	PETER	M	55	RIVERWOOD	6,54.24
311	APPLEBY	DANIEL	M	24	SURRY HILLS	6,32.20	363	HAMMOND	RUSSELL	M	43	WAKELEY	6,54.39
312	KENNY	SARK	M	31	SURRY HILLS	6,32.21	364	MORGAN	ROBYN	F	50	BUTTABA	6,54.53
313	DEAL	PATRICK	M	37	CLARENCE TOWN	6,32.27	365	FERGUSON	BOB	M	49	FRENCHS FOREST	6,55.07
314	CHAPPELL	NEIL	M	53	FISHING POINT	6,32.41	366	MASON	KIM	F	30	CHATSWOOD	6,55.59
315	YOUNG	LINDSAY	M	45	CARINGBAH	6,32.45	367	WARD	ROBERT	M	52	FAIRFIELD	6,56.15
316	CARRIGAN	JOHN	M	47	MOREE	6,33.11	368	GRANT	ANDREW	M	40	PYMBLE	6,56.49
317	RENSHAW	BRAD	M	53	BELROSE	6,33.24	369	AVERY	HEATH	M	32	CAMPERDOWN	6,56.50
318	BAILEY	MICHAEL	M	56	ABBOTSFORD	6,33.25	370	PETHER	MARTIN	M	41	DRUMMOYNE	6,56.51
319	O'TOOLE	ALAN	M	56	SYLVANIA	6,34.20	371	ARTHUR	BILL	M	49	WAGGA WAGGA	6,57.11
320	RAE	MOLLY	M	21	BRONTE	6,34.43	372	CHAPMAN	DOUG	M	52	CARINGBAH	6,57.20
321	GREENHILL	SEAN	M	21	BURWOOD	6,35.22	373	O'KANE	KEVIN	M	47	TURRAMURRA	6,57.56
322	BARRY	LYNNE	F	32	COOGEE	6,36.15	374	ALCHIN	GEOFF	M	42	MENAI	6,58.09
323	BONSING	JOHN	M	62	ETALONG BEACH	6,36.29	375	RUMBLE	KEN	M	53	PADSTOW	6,58.21
324	REID	GREG	M	58	BOSSLEY PARK	6,36.33	376	CLIFTON	MORGAN	M	29	BRONTE	6,59.44
325	SMITH	DAVID	M	32	LUGARNO	6,36.37	377	PARDUE	CHRIS	M	34	BLACKHEATH	7,00.31
326	MACSPORRAN	ANNE	F	26	CHERRYBROOK	6,37.06	378	MONTGOMERY	MARILYN	F	50	WENTWORTHVILLE	7,05.40
327	STOREY	DON	M	40	NORTH RYDE	6,37.59	379	ZEMEK	JOHN	M	46	MANLY	7,11.57
328	LOVELL	ADRIAN	M	23	CARLINGFORD	6,39.05	380	TEMPLETON	CAMERON	M	29	MENAI	7,12.43
329	PRITCHARD	DOUG	M	39	LAWSON	6,39.40	381	KRAVCHENKO	TANYA	F	50	NEUTRAL BAY	7,21.11
330	BENECKE	IAN	M	47	MOSMAN	6,39.50	382	FICKEL	BOB	M	48	CRONULLA	7,24.26
331	MORGAN	DENNIS	M	48	FISHING POINT	6,42.43	383	ROBARDS	MARY	F	65	ST ANDREWS	7,25.10
332	DAVIS	SIMON	M	39	OATLEY	6,42.53	384	OBEROI	RAJIV	M	34	RANDWICK	7,31.32
333	TAYLOR	CAROL	F	53	RIVERVIEW	6,42.57	385	KERRUISH	GRAHAME	M	60	RIVERWOOD	7,33.11
334	LUKINS	MARK	M	47	EARLWOOD	6,43.01	386	HOOKE	BELINDA	F	36	COLLAROY BEACH	7,39.28
335	LUKINS	ANTHONY	M	49	EARLWOOD	6,43.02	387	BRAY	GRAHAM	M	46	BATHURST	7,39.49
336	BURGESS	TERESA	F	37	GRIFFITH	6,43.02	388	BYRNE	GREG	M	37	PENRITH	dnf.
337	DALL'AMICO	BEN	M	51	FRENCHS FOREST	6,43.03	389	KIMBREY	BOB	M	51	APPIN	dnf.
338	BURGESS	KIM	M	35	GRIFFITH	6,43.04	390	TRENOWDEN	TIMOTHY	M	37	COLLAROY BEACH	dnf.
339	MUGGLETON	PAUL	M	44	FORSTER	6,43.10	391	WISE	PETER	M	39	GREYSTANES	dnf.
340	REEVES	JOHN	M	43	GLADESVILLE	6,43.11	392	MILLETT	BRIAN	M	48	ENGADINE	dnf.
341	TOMICZEK	BILL	M	53	MOUNT RIVERVIEW	6,43.13	393	HOOKE	BOB	M	51	CAMBRIDGE PARK	dnf.
342	WALES	RAY	M	50	BALGOWNIE	6,44.52	394	MIFSUD	STEPHEN	M	42	WERRINGTON DOWN	dnf.
343	MCNALLY	JAN	F	41	GREENWICH	6,45.01	395	MCLEISH	JOHN	M	51	VAUCLUSE	dnf.
344	FRANCIS	COLIN	M	52	GREYSTANES	6,47.51	396	MANLEY	PAUL	M	27	KIRRIBILLI	dnf.
345	PANAGOS	CON	M	49	PUNCHBOWL	6,47.55	397	AUSTIN	TIM	M	30	LEICHHARDT	dnf.
346	TIBBITTS	MARIANNE	F	38	LILLI PILLI	6,48.32	398	JACKSON	JONATHAN	M	22	CASTLE HILL	dnf.
347	CUNNIFFE	DENNIS	M	61	MORTDALE	6,48.51	399	HASLAM	MICHELLE	F	35	MOSMAN	dnf.
348	HOBBS	TOM	M	62	TOUKLEY	6,48.51	400	WILLIAMS	DENIS	M	45	WAVERTON	dnf.
349	MORGAN	JOHN	M	52	BUTTABA	6,49.18	401	SLOAN	BERT	M	61	ROCKDALE	dnf.
350	DENTON	KEVIN	M	38	NORTH RYDE	6,49.52	402	GAMBLE	ROBERT	M	55	EASTWOOD	dnf.
351	HEFFERNAN	WAYNE	M	51	ENGADINE	6,50.19	403	OVERTON	JOHN	M	49	MT VICTORIA	dnf.
352	BRETT	JOHN	M	63	MIRANDA	6,50.51	404	LEWIS	MICHAEL	M	43	ROSEBERY	dnf.
353	JONES	GRAHAM	M	46	FRENCHS FOREST	6,51.09	405	BARRY	JANN	F	40	BONDI BEACH	dnf.
354	BARTLETT	RICHARD	M	53	CREMORNE	6,53.12	406	SPARSHOTT	MARK	M	34	ANERLEY	dnf.
355	WILLIAMS	DAVID	M	42	CONCORD	6,53.16	407	HICKMAN	MICHAEL	M	66	MANGERTON	dnf.
356	WEIR	KEN	M	45	WATSONS BAY	6,53.17	408	ENGLISH	MERV	M	53	DEE WHY	dnf.
357	MARSHALL	CRAIG	M	43	NORTH ROCKS	6,53.18	409	BISCHOFF	ECKART	M	48	MOSMAN	dnf.



# Rescue plan for Colac Six-Day Race

28th January 2000

Organizers have vowed to rescue Colac's famous Six Day Race. The rescue bid for the race comes in the wake of plans to put it into hibernation because of lack of sponsorship. In November, Czech Republic runner Jaroslav Kocourek won the event for the second straight year, covering 925.6 km. Only 13 of the 17 entrants finished the race.

Colac legends Cliff Young and Drew Kettle both dropped out in the last legs of the race after failing to reach the required 65km a day. Young stopped 13 hours short of the finish with 492.4km, and after breaking a world record at the 48-hour mark for running 240km in the 75 to 79 age group. Kettle bowed out with 58km in the fifth day but kept running to notch up 15km on the final day, totalling 344km.

The rescue bid has been greeted with skepticism from the event's volunteer publicity officer amid claims three athletes will not return because the event is not professionally run. Former ultra-marathon runner Tony Rafferty said Colac was still in danger of losing the race with three other towns vying to host the unique Australian event.

Committee spokesman Pat Heffernan yesterday said the committee would resign and be replaced amid plans to resurrect the race. "There's a few people who are determined not to let it go," Ms Heffernan said. "This race is really something for Colac."

Rafferty hit out at how the event was run, saying its volunteers and runners were tired of the lack of professionalism for an event which attracts the world's elite endurance runners. He said the Colac community also failed- to support the event: there was little sponsorship and very few came to watch, compared to 15 years ago when thousands -of people turned out to watch.

He added that he had received phone calls from three towns wanting to host the event. "It's terrible to be negative about it but I am tired of it and so are lots of the runners," he said. "We still had a good race and it's a wonderful event but three runners in that race said they will never come back. I would like to see it stay but it would need a vast change in attitude."

Rafferty said the race should be coincided with a festival and events to attract more people. And he said corporate sponsorship was needed to provide prizemoney to help attract more of the world's best ultra-marathon runners.



**PERCY CERUTTY****ON TRAINING AND CHARACTER (1970)**

These two short pieces of advice on training and character have been written by Percy Cerutti, 17 years apart.

The first, originally titled "The Part Played by Incentives," represents Cerrutti's views in 1953, after he had returned from the Helsinki Olympics and tried to find the answer to failures in the lack of incentives.

The second, written a month ago (in 1970), looks for the answer, not in training, but in developing the athlete's personality and alerting his mind to achieve high goals.

**CERUTTY, 1953**

When in England a year ago I was struck by the extraordinary number of wonderful distance runners. I also noticed the same tall, lightly built, lithesome types in Scandinavia who appear to float over the ground with effortless ease and run astonishing times. But why do so few get to the real top? Why do so few apparently think it worth while to get to the top?

The answer, it would appear, is the lack of incentives. Too often, when it comes to doing something superlatively well and to excel in what we are best at, we are discouraged because the people to whom we naturally look up to, speak slightly of our ambitions and objectives. These people would make it appear that to be successful in developing ourselves to our utmost in running, is to be successful in something that is only second-rate. Something that superior people would hardly bother to take seriously, much less devote the greater part of their leisure time to its success.

Ignore such people completely. It doesn't profit a man who makes a million if he has not made his own body and mind as perfect as he possibly can. After all, it is easy to sneer in a superior way at anyone who is seriously trying to make something of the material that is his and his alone. Anyone can have things of the material and mundane world bestowed on them, but only a few can bestow upon themselves the whip-like tendons, the steely muscles, and the courageous and fighting heart of the self-developed athlete.

No man, who has made his mark in athletics, needs to fear that he will reach the day when he will regret the work as time wasted. If he has really done the work, really striven year in and year out, he will find that he has acquired something that is precious and difficult to acquire. In fact, impossible to acquire by any other means than what is determined as "character".

Thus, it is to be deplored when people take lightly their prowess or suggest that ends game may not be worth the trouble of gaining them. Deplored because, being gifted by nature they do not have to earn the laurels by the amount of toil and sweat that most of us have. Those, I venture to say, never reach ultimates either in performance or character.

**CERUTTY, 1970.**

Training itself - no matter what form it takes, whether long steady runs, fartlek, or repetitive running on the track or golf-links - is not, and never will be, the complete answer to top-level athletic success. That is, a success to end in world records and gold medals. Training per se, is so far from the complete answer that it is not even the primary basis of running successes.

If training would be the answer the countless hundreds of thousands of athletes, who conscientiously in all countries carry out the instructions of their coaches and read their schedules day after day, would at least have thousands among them to become world-renowned. We know they do not. Perhaps one in a hundred is to achieve other than the unknown mediocrity, and one in a thousand is to become known internationally. So much for the solution to be found in training schedules, stamina training, fartlek, repetitions, sand hills and weights.

But what is the answer to this problem, the primary need before an athlete can ever hope to leave the ranks of the mediocre, unknown and futile? The answer is for the athlete to become first a person who can achieve. It usually means to be born with a certain type of temperament and to develop a high-level intelligence. Not necessarily an intellectual conceit that causes the athlete to imagine he can climb the athletic "Everest" alone, without the help, guidance, knowledge, experience and personality of a truly great teacher, or teachers. It also means that the prime necessity for that teacher or coach is to work upon the intrinsic worth of the athlete's personality and slowly educate him by precept and example to a world-class, or world-record consciousness. This, when developed, alerts the athletes mind, not just his brain, as to the best means of achieving the goals which, in the first place, must be set before him. Only this way will the world-record breaker of the future achieve the heights that may be open to him.

It can be confidently stated that the day is past, never to return, when world-records will be run (if they ever were) by finding out the training methods of a champion or world-record breaker and slavishly following his alleged methods. Even less by blindly following the world-breakers schedules, or accepting the dictates of coaches, who in themselves have never shown world-class abilities or capacities in any field of endeavour.

So it can be said that future world record breakers must be "made" into a certain type of person. True, they must be born with the basic gifts and intelligence, but at the same time must become influenced, not dictated, by a teacher who, like the very great athlete, is a class apart from the rest.



This page last updated: Wednesday, 04-Aug-1999 07:30:21 EST

# COOL RUNNING Australia

## *I Have Finally Found My Hero* by Phil Essam

 [www.coolrunning.com.au](http://www.coolrunning.com.au) 

### Book Synopsis

Ultra running was alive in Australia before the "Westfield". The 1800's saw many people compete in the "Pedestrian" races around the country. The 1900's found many people attempt the Highways between our Capital cities right around Australia.

In the 70's we were fortunate to be blessed with two Ultra running legends. They were Tony Rafferty and George Perdon who were to have many battles over the years which was promoted as an intense rivalry by the Australian Press. As a result of this rivalry, sports Promoter John Toleman put up a "Winner Take All" purse and the Westfield was born.

The first Westfield was run in 1983 and Cliff Young endeared himself to the Australian public with his win. He was a relative unknown prior to the race, but did have the form on the board. Cliff was one of the first to realise that you can't sleep for six hours a night in a Multi Day Ultra and expect to win.



Brian Smith wins the Westfield in '81

In 1984, the race reversed direction and was run from Melbourne to Sydney. Melbourne runner, Geoff Molloy was to eventually win after an intense battle with New Zealand Policeman, John Hughes on the last day. Towards the end of the race, Bob Bruner withdrew after allegations of cheating were levelled against him by Race Officials.

Greek legend, Yiannis Kouros ran and won his first Westfield in 1985. He was definitely a class above the opposition and the Melbourne "Greek" community were in raptures as he powered his way down Sydney Road towards the finish Line. Brian Bloomer also ran in his first Westfield in 85. He was a Marine Steward on the "Empress of Tasmania" and regularly trained in Victoria and Tasmania.

1986 came around and Yiannis Kouros was scratched from the Westfield due to an injured toe. This left the race wide open. Yugoslav, Dusan Mravlje was the eventual winner after tragedy had struck and Geoff Kirkman ended up in hospital.

Yiannis Kouros was back to his brilliant best in 1987. The route was changed to go along the Princess Highway. It was longer and tougher and it gave Gippslanders the chance to experience the toughest race in the world. Several Australians were to have their first start in the 87 Race. These runners were to leave their mark in the next few years

The Bicentennial Westfield was again won by Kouros. It was slowly becoming two races in one. Yiannis Kouros versus the clock and the rest of the runners versus each other. They tried to handicap Kouros but he still made his way through the field. Kevin Mansell was to run his second Race and knocked thirty four hours of the first one. As Kevin said "I finally found my hero in life and it was me".

The finish of the 1989 Westfield was to be the closest result yet. David Standeven literally fell over the line half an hour in front of Kouros. As one bystander said "It's the greatest run by an Australian in this country". Kouros still won the race corrected time, but Standeven won the hearts of many Australians around the country. Was it the ferocious battle that Kouros had with Kevin Mansell through the East Gippsland hills that weakened Kouros for the final run?

1989 was also to see the last attempt at the Westfield by it's debutant winner, Cliff Young. It was on the top of a hill ten kilometres out of Bombala when he stopped and said "I give it me best!".

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

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

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

## Order Your Copy

<i>Product</i>	<i>Item Number</i>	<i>Your Location</i>	<i>Price (A\$)</i>
<b>"I have finally found my hero"</b> <i>by Phil Essam</i>	6001	Australia	A\$15
		USA	A\$20
		NZ, Asia & Pacific	A\$18
		Europe & rest of World	A\$21

**To order:** indicate the item number on *the online order form!*

**Please note:** All prices include postage & packing.

**T**hirty seven year old, Phil Essam is the author of "I have finally found my hero". Phil is married with one daughter and has been in the Royal Australian Air Force for the last eighteen years.

Phil's hobbies in life include Ultra Marathoning (24 hour distance of 123.556km), Sports Journalism and Writing. Phil has had articles published in the Australian Ultra Runners Association Quarterly Magazine, "UltraMag" and writes a quarterly column for the South Australian Road Runners Club Newsletter "Footnotes". He is currently undergoing a writing course with the Writing School and this is his first major publication.

## A review of Phil Essam's Book

*"I've Finally found my Hero...."*

What a good book!

by Nick Drayton

In this book, Phil provides details from all of the Sydney to Melbourne Ultra Marathons which were held from 1983 to 1991; a race which Yiannis Kouros described as "the most fantastic race in the world".

Phil provides profiles on all of the runners, including various training mileage's and routines, details of the diets used by runners throughout the races, and he also provides a close up view of the rigours of running multi-day events. In the process, the reader is provided with insights into some of the world's best ultra-runners, and the best, Yiannis Kouros. Read as runners and world record holders from all around the globe do battle from Sydney to Melbourne, from 1983 to 1991.

"I've finally found my hero" is a well-written book, being easy to read and very enjoyable. The author describes the runners and includes the humor, the drama and heroism inherent in this special event in a manner that makes it hard to put the book down.

This is an inspiring book, a must for anyone who aspires to run ultra-distances. Further, it is an invaluable document for your crew..... it shows us that a good crew will be tested almost as much as the runner, and what will be required of them.

Read of runners training hundreds of km per week..... 40 year old Mark Gladwell trained 240-280km per week.

Graham Firkin survived the run on mashed vegetables with canned fruit in jelly for dessert, along with a carbohydrate polymer from South Africa.

Patrick Macke had an awe-inspiring run in 1986. He eventually finished in third place after a dramatic fourteen hours to complete the last seventeen kilometres of the run. During the last stage, Macke suffered from bouts of delirious behavior, became disoriented, and lost his memory. He did not know that he was in Australia at one stage. He was taken in by a lady in Kew and given a cup of tea and a bath<sup>1</sup> (page 71). "It wasn't surprising that I now fell asleep on my feet while walking. Not knowing where I was, I kept walking as if in a dream. What was I doing in Melbourne when I'd never been to Australia in my life? But I remembered the invitation to the race and worked things out from there even if I couldn't actually remember them happening. Some time later my mind clicked back into place. Ron was telling me that Princess Park was then some little way further on. I had to stand still for some traffic lights. While waiting I began to wobble, then I began to fall. I was caught and taken to the side of the road where there was a café"<sup>2</sup> (page 188).

In 1987, Yiannis Kouros said prior to the race "I knew I had to be careful. Because of the winter in Greece I had only 40 days training for the Westfield Run. My toe was ok but my left ankle was swollen and my left knee was very sore. It sometimes locks into position and I think I will have to have some surgery on it soon because it makes a lot of noise. It was also very hot on the first day so I planned to run carefully. I meditate before every race and plan my run. This year I planned to run easy at the start. Some of the other runners went out very fast but it did not worry me. I do not notice other runners in this race. I just run my best according to my plan"<sup>3</sup> (page 74). He went on to claim victory. He arrived at the finishing line at 12.45am, 150km ahead of his nearest rival. He ran the distance in five and a half days, which was a world record for 1000 kilometres, and won \$20,000. He broke two other records in the process. They were the longest point to point distance in 24 hours (273km) and the longest point to point over 48 hours (553km)<sup>4</sup> (page 84).

This level of detail is provided for each race, with a number of runners being featured. The insight gained into this unique event is exceptional, making it a "must read" for would be ultra-runners.

If you are reading 'Ultra-mag', this book is for you!!! And it would make a great present for friends....

## DISTANCE NO OBJECT FOR KATE

She regarded the attention paid to her  
by the press at Colac as 'Funny'.  
TONY RAFFERTY hopped on the media band-  
wagon for this conversation with English  
ultrarunner KATE CONDON.

-----

TONY RAFFERTY: Kate, thank you for your time. Tell us about your early days.

KATE CONDON: I was no good at sport. I played lacrosse at school and then at university. It took me 15 years to realise I was useless at it. I loved defending. However when I ran I got puffed out. I hated running. I haven't got one fast fibre in my body. I'm slow.

T.R. Besides lacrosse, how active were you?

K.C. Well I've got four children. My husband is a very good rugby player. When we'd go on holiday he'd run. I'd jog a bit. We play squash but I'm too disorganised to book courts or to turn up.

What started me off running was when Ingrid Christiansen ran a marathon just four months after having a baby. I thought if she can do that then I can run a marathon after my third baby - which I thought was my last one.

In April 1987 I ran the Chichester half-marathon. I was too slow. Not much good. Then I thought I could run further, slower. So I ran a marathon. Then it occurred to me I could step out further again. Run, walk and even eat and drink on the way. So that brings me to the South Downs 80K.

T.R. Yes, a famous event. Full of atmosphere. What were your experiences?

K.C. Atmosphere. Yes, yes. Wonderful atmosphere. It was fantastic. However, only second to Colac. This is definitely my favourite race. The South Downs was organised by Harry Townsend. Very Popular. But he's retired now. The race has folded. It ran up and down the natural contours of the land with checkpoints every six to eight miles. Five hundred competitors. I managed 19 hours 33 minutes and placed half way down the field. After that I began reading the magazines for other races.

T.R. You were hooked in other words. Yes?

K.C. That's right. I entered a 24-hour race in London and ran 104 miles. I like the 24-hour. It's nice. I've completed three or four since. But I really felt I must do multi-day. Not brilliant. Cassandra Brown was in my last 24-hour and she lives not far from me. So I'll join her in some training sessions. And I'll do some race walking. My very tired walking speed I've picked up to about 5k an hour. I'll improve. My aim is 6.5K for long spells at a time.

T.R. What were your training plans for the Australian Six-Day Race?

K.C. For multi-day as far as I can see the only proper training effect is to be actually in one. Twenty-four hour races are a big help. I even thought about the 1,000 miles. But the jump from 24-hour to 1,000 is massive.

One time I planned a 72-hour training run. I took ages. I planned it with absolute military precision. Dan Coffee has been nice to me. We speak on the telephone. He planned to do it with me on a 400-metre track in Portsmouth. The Navy gave us permission. I arranged the toilets on the track. I left nothing to chance. Dan came. We started.

For the first time in my life I had a massive 'NO' experience about 12 hours into it. I just stopped. It was a great blow. It was one of the biggest blows that's happened to me in my life. It sounds pathetic. When my parents died that was very, very sad. That's natural. But it didn't alter my basic beliefs in life. But this somehow knocked my basic trust. It was very big. It took me about five months. Suddenly one morning I woke up and said to myself 'I'm fine. I'm all right now.' Later that day I got a phone call from Dan whom I hadn't spoken to for some time. It was a strange experience.

T.R. How do you keep in shape when not training for a specific event?

K.C. I have heavy and light training weeks. And I run on a treadmill at home. My favourite time is 3am. I love running at night.

To relax, I love reading. Not much time for pleasure reading. It's mostly concerned with work. I'm in the medical field and I occasionally do lectures. Four children keep me busy. On weekends I watch people riding or doing gymnastics or dancing or singing. And then my three-year-old. I take him swimming or to watch rugby. Cinema, not that much. I tend to watch videos. Hugh, my husband played rugby for Ireland and he went off to the World Cup. We both like sport.

T.R. During this race for most of the time you seemed fairly relaxed considering it was your first six-day event. Was there any period when you thought you may not finish?

K.C. It's amazing. I was relaxed. I was surprised. I thought I'd be anxious. I mean, I was in agony at times. However, when I lay down when I was really tired I wasn't agitated. Yes, I was relaxed. I knew I mustn't go for bust early on. After all I was there to finish. I was confident I would finish. I'm not a very competitive person. The race was a personal challenge. If somebody beats me I don't mind. Although that's not entirely true. There's the odd time when the men don't like being overtaken by a woman and sometimes when they struggled it was quite fun to move fast. I had black patches but nothing that suggested I wouldn't finish.

T.R. During the week the press reports about you contained interesting comments. What were your feelings, not being a world-class ultrarunner, about all of the attention?

K.C. The whole thing was hilarious. When you come to an event like this I assume you come to an athletic stadium. To turn up here to run while the whole world goes on in front of you is a bit like a zoo. People come up to you eating fish and chips during their lunch time.



They just walk across the street and watch. The course is right in the middle of the town. It's such brilliant fun. And the press asking me questions is funny also. The real interesting thing was when they interviewed me I couldn't string two words together. They were brilliant at making something out of nothing. How do they do it?

T.R. You supplied them with a number of catchy quotes.

K.C. What's nice about ultrarunning is it's a sport that suits people who are older and I made the point that ultrarunners are old and 'crumbly'. In England a 'wrinkley' is described as somebody between the age of 40 and 50. A 'crumbly' between 50 and 60. And the older people are described as 'dusties'. Of course they used these terms in their articles.

Another point I made. I believe everybody should have a KCCMP: Kate Condon Centenarian Marathon Plan. It doesn't mean that a person of 100 years ought to run a marathon. No. But people must have plans and challenges ahead of them. In ultrarunning you can do that. Make plans and accept challenges.

T.R. Today is Sunday and you're about to leave for home in England. Somebody said you start work on Tuesday!

K.C. Yes. My nurse in the hospital where I work will have a wheelchair ready when I arrive.

-----

In the 1999 Australian Six-Day Race Kate Condon placed in 11th position with a 510 km total.

TONY RAFFERTY - FEBRUARY 2000.



## TOP 10 ULTRA PERFORMERS IN 99

Yes it is time for the Top 10 Ultra Performers in 99. Those runners with more than one excellent result have had their rankings pushed up. Hope you enjoy my list and feedback is most welcome.

1. **Gary Parsons and Pat Farmer.** If you haven't heard about the performances of these two great runners in the past year you must have been hiding under a rock somewhere. Gary Parsons ran a great 19 030km in nine months and surpassed the previous World Continuous Run Record held by American, Robert Sweetgall of 17 071km. His run was full of courage especially when you consider the ankle injury that he ran with for the last two months.  
Pat Farmer, meanwhile ran the quickest lap of Australia( with a few shortcuts between Adelaide and Sydney) and completed 14 986km. His run certainly captured media attention and certainly deserves an equal first ranking with Gary Parsons.
3. **John Moyle.** John was the third Solo Runner making his way around Australia in the past year(in a figure of eight). He was averaging less per day than the other two, but on 22 Feb 2000 will be running back into Adelaide being the second Australian runner to beat Robert Sweetgall's previous mark. Well done.
4. **Yiannis Kouros.** Yiannis had three good 24hr performances during the year that gives him forth place. Those performances were 268km in the USA 24hr, 262km in Italy and 251.2km at Coburg earlier in the year. All very short of his 303km World record - but no one else is coming close to him at the moment in Australia over 24hrs
5. **Paul Every.** Paul had an excellent year with a first, second and third to his credit during the year. His year started off with a second in the 12hr at Gosford and 122.591km. He then won the Glasshouse 100 mile Trail Run in a time of 23.28.36. Paul then capped off his remarkable year with 206km and third place at the Adelaide 24hr.
6. **Nigel Aylott.** Nigel was another athlete to enjoy remarkable success during the year. His year started at the Bogong to Mt Hotham Race which he won in a time of 7.06.39. He then backed up to win the AURA 50 mile in a time of 6.04.26. He sealed his fine year with a 8.17.57 to comfortably win the Australian 100km titles.
7. **Mick Francis.** Mick had an excellent year winning the Bunbury 6 hour with a total of 70.694km and then winning the Adelaide 24hr in October against a quality opposition with 224.521km. A real Gentleman of the Track!
8. **Cliff Young .** The Colac Legend, Cliff Young had a great year running 137km and 147km in two 24hr races during the year and then beating the World 48hr Age group record with a fine 240.8km in the first two days at Colac. Cliff is running like he still has things to achieve in the sport and I think he will with the determination he has shown in the past year.
9. **Michael Grayling.** In his first 6 day race at Colac, Michael ran a stirring 628.8km and was the Best placed Australian. Will we see more of him in the Multi-day races? Hope so.
10. **Andrew Lucas .** Andrew won the 10 day Liverpool to Albury stage race early in the year. I believe has now found his forte in the Ultra World and should be headed for more success.

That was my Top Ten for 99. Agree or disagree - all comments are welcome. Two stars to watch for the future are David Criniti who won the Gosford 12hr with 128.8km earlier in the year and Christine Thiele who ran 10h14m for the 100km in Adelaide last October. This was Christine's second Ultra and will put her in the Top Ten Australian women over 100km . The ease to which she achieved this time and the way she pulled up the next day was quite remarkable.

## Ultra Walkers and Injuries

from Michael Gillan

I am a masseur who tends to specialise in working with Ultra people, both Runners and Race walkers. I have had many years around the ultra tracks and have worked with many of the worlds top runners during this time. I worked in late 1999 at the Australian Centurions 24 hour event at Coburg and I have just finished the Anti Cancer Councils 24 hour Relay for Life at Melbourne University.

Both of these tracks have a new surface of a compound nature, and unfortunately for the racewalkers, these may prove more of a curse than a benefit.

I have worked at more races than most masseurs and dealt with many problems for the whole 24 hours and longer, not just a few hours as many runners/walkers will know. I am therefore more aware and see the whole picture of injuries coming into see me than the person who is competing.

THESE TRACKS ARE DESIGNED FOR THE SHORT TERM ATHLETICS MEET RATHER THAN ULTRA DISTANCE EVENTS.

At this level they are marvelous things. At the distance events they may be more of a curse than a boon.

At the 1999 Coburg 24 hour event, I noticed that the walkers seemed to be getting more problems with painful shins than the running competitors.

At first it was barely noticeable, and I noted this but did not pursue this any further.

Later in the year when attending the Centurion walk, I was working with problems within 2 or 3 hours of the race starting. I found that this was quite startling as usually at these races, problems do not as a rule start until the 7-8 hour mark, and certainly not with the shin pains I was being presented with.

On questioning, a couple of the walkers had been having problems with shin splints previously which they thought had been dealt with.

Later on in the event, the remark that the shins were feeling sore came across frequently.

I have just attended the Anti Cancer Council 24 Hour Relay for Life where I worked for 23 hours straight through, and which people from all areas of life and fitness levels attended.

Most of them walked, although some of them ran. Very few if any of the runners complained of soreness. Tiredness and fatigue yes, shin soreness, very little.

I now started to become a little worried as many of the people who walked were complaining of shin soreness. Most of the people were not athletes so there was no reason to be sore. All of them stated they had never had shin soreness before but they had now.

I am not a physiotherapist, or sports physician, so I have to theorise rather than make a definitive statement, and if anyone has other theories would be happy to hear of them. Walkers have very different actions to those who run. Many people wear jogging shoes which give cushioning to the heel to absorb impact. These heels also give a spring as the walking action is carried through to the toe area.

With the extra spring from the track, cushioning the heelstrike there is nothing to absorb the shock, and this extra spring continues through to the toe area, changing the biomechanics of the walker.

This can flare up the shin soreness problem, or if the walking continues for more than a number of hours, can start it off.

With runners, the slight bend in the knee as the foot strikes can absorb some of the extra spring, so they will not suffer to the same extent.

Until this is looked into or ignored, as there is probably not enough glamor in ultra events to justify the research, the recommendations I would make are- (Most people I work with would know that I do not lightly make recommendations that people come off the track) No one more than me knows that the words "Pull out" are the most obnoxious words to say to the Ultra person. It smells of defeatism, and I apologise for their use. I have had cause many times to berate the person who utters them, who does not understand the sport or the athlete.

However here goes- When walking on these tracks, and shin soreness occurs, stop your race, and put the lower legs in iced water to take the heat out of them.

Have a break for a few hours. Warm the muscles up and do some gentle stretching before restarting.

If the soreness continues, do not try to continue but retire from the event and get the soreness medically checked out.

YOU WILL NOT WALK THROUGH IT. It will only rise. In the case of the compound track, knowing of the problems they can bring to the walker, and the amount of time spent away from racing while 'shinsplints' is 'repaired' I would say retire gracefully and attempt the same 'feet of distance' on a different surface track. In the words of the bard. "He who fights and runs away, lives to run another day"

I intend to send copies of this article to sports professionals seeking their input on this problem

# A drop of philosophy for you to contemplate!

## Villanova Commencement Address

**by: Anna Quindlen**

It's a great honor for me to be the third member of my family to receive an honorary doctorate from this great university. It's an honor to follow my great-uncle Jim, who was a gifted physician, and my Uncle Jack, who is a remarkable businessman. Both of them could have told you something important about their professions, about medicine or commerce. I have no specialized field of interest or expertise, which puts me at a disadvantage, talking to you today. I'm a novelist. My work is human nature. Real life is all I know. Don't ever confuse the two, your life and your work. The second is only part of the first. Don't ever forget what a friend once wrote Senator Paul Tsongas when the senator decided not to run for reelection because he'd been diagnosed with cancer: "No man ever said on his deathbed I wish I had spent more time in the office." Don't ever forget the words my father sent me on a postcard last year: "If you win the rat race, you're still a rat." Or what John Lennon wrote before he was gunned down in the driveway of the Dakota: "Life is what happens while you are busy making other plans."

You walk out of here this afternoon with only one thing that no one else has. There will be hundreds of people out there with your same degree; there will be thousands of people doing what you want to do for a living. But you will be the only person alive who has sole custody of your life. Your particular life. Your entire life. Not just your life at a desk, or your life on a bus, or in a car, or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account, but your soul.

People don't talk about the soul very much anymore. It's so much easier to write a resume than to craft a spirit. But a resume is a cold comfort on a winter night, or when you're sad, or broke, or lonely, Or when you've gotten back the test results and they're not so good.

Here is my resume: I am a good mother to three children. I have tried never to let my profession stand in the way of being a good parent. I no longer consider myself the center of the universe. I show up. I listen. I try to laugh. I am a good friend to my husband. I have tried to make marriage vows mean what they say. I show up. I listen. I try to laugh. I am a good friend to my friends, and they to me. Without them, there would be nothing to say to you today, because I would be a cardboard cutout. But I call them on the phone, and I meet them for lunch. I show up. I listen. I try to laugh. I would be rotten, or at best mediocre at my job, if those other things were not true. You cannot be really first rate at your work if your work is all you are.

So here's what I wanted to tell you today: get a life. A real life, not a manic pursuit of the next promotion, the bigger paycheck, the larger house. Do you think you'd care so very much about those things if you blew an aneurysm one afternoon, or found a lump in your breast? Get a life in which you notice the smell of salt water pushing itself on a breeze over Seaside Heights, a life in which you stop and watch how a red tailed hawk circles over the water gap or the way a baby scowls with concentration when she tries to pick up a cheerio with her thumb and first finger. Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work.

Each time you look at your diploma, remember that you are still a student, still learning how to best treasure your connection to others. Pick up the phone. Send an e-mail. Write a letter. Kiss your mom. Hug your dad. Get a life in which you are generous. Look around at the azaleas in the suburban neighborhood where you grew up; look at a full moon hanging silver in a black, black sky on a cold night. And realize that life is the best thing ever, and that you have no business taking it for granted. Care so deeply about its goodness that you want to spread it around. Take money you would have spent on beers and give it to charity. Work in a soup kitchen. Be a big brother or sister.

All of you want to do well. But if you do not do good, too, then doing well will never be enough. It is so easy to waste our lives: our days, our hours, our minutes. It is so easy to take for granted the color of the azaleas, the sheen of the limestone on Fifth Avenue, the color of our kids eyes, the way the melody in a symphony rises and falls and disappears and rises again. It is so easy to exist instead of live....

I learned to live many years ago. Something really, really bad happened to me, something that changed my life in ways that, if I had my druthers, it would never have been changed at all. And what I learned from it is what, today, seems to be the hardest lesson of all. I learned to love the journey, not the destination. I learned that it is not a dress rehearsal, and that today is the only guarantee you get. I learned to look at all the good in the world and to try to give some of it back because I believed in it completely and utterly. And I tried to do that, in part, by telling others what I had learned.

By telling them this: Consider the lilies of the field. Look at the fuzz on a baby's ear. Read in the backyard with the sun on your face. Learn to be happy. And think of life as a terminal illness because if you do you will live it with joy and passion as it ought to be lived. Well, you can learn all those things, out there, if you get a real life, a full life, a professional life, yes, but another life, too, a life of love and laughs and a connection to other human beings. Just keep your eyes and ears open. Here you could learn in the classroom. There the classroom is everywhere. The exam comes at the very end. No man ever said on his deathbed I wish I had spent more time at the office.

I found one of my best teachers on the boardwalk at Coney Island maybe 15 years ago. It was December, and I was doing a story about how the homeless survive in the winter months. He and I sat on the edge of the wooden supports, dangling our feet over the side, and he told me about his schedule, panhandling the boulevard when the summer crowds were gone, sleeping in a church when the temperature went below freezing, hiding from the police amidst the Tilt a Whirl and the Cyclone and some of the other seasonal rides. But he told me that most of the time he stayed on the boardwalk, facing the water, just the way we were sitting now, even when it got cold and he had to wear his newspapers after he read them. And I asked him why. Why didn't he go to one of the shelters? Why didn't he check himself into the hospital for detox? And he just stared out at the ocean and said, "Look at the view, young lady. Look at the view." And every day, in some little way, I try to do what he said. I try to look at the view. And that's the last thing I have to tell you today, words of wisdom from a man with not a dime in his pocket, no place to go, nowhere to be. Look at the view. You'll never be disappointed.

---

## Dilberts Words of Wisdom and Dilberts Law:

I can only please one person per day. Today is not your day. Tomorrow is not looking good either.

Accept that some days you are the pigeon and some days the statue.

I don't have an attitude problem, you have a perception problem.

I don't suffer from stress. I am a carrier.

Everybody is somebody else's weirdo.

Never argue with an idiot. They drag you down to their level then beat you with experience.

You can go anywhere you want if you look serious and carry a clipboard.

Everything can be filed under miscellaneous.

If it wasn't for the last minute, nothing would get done.

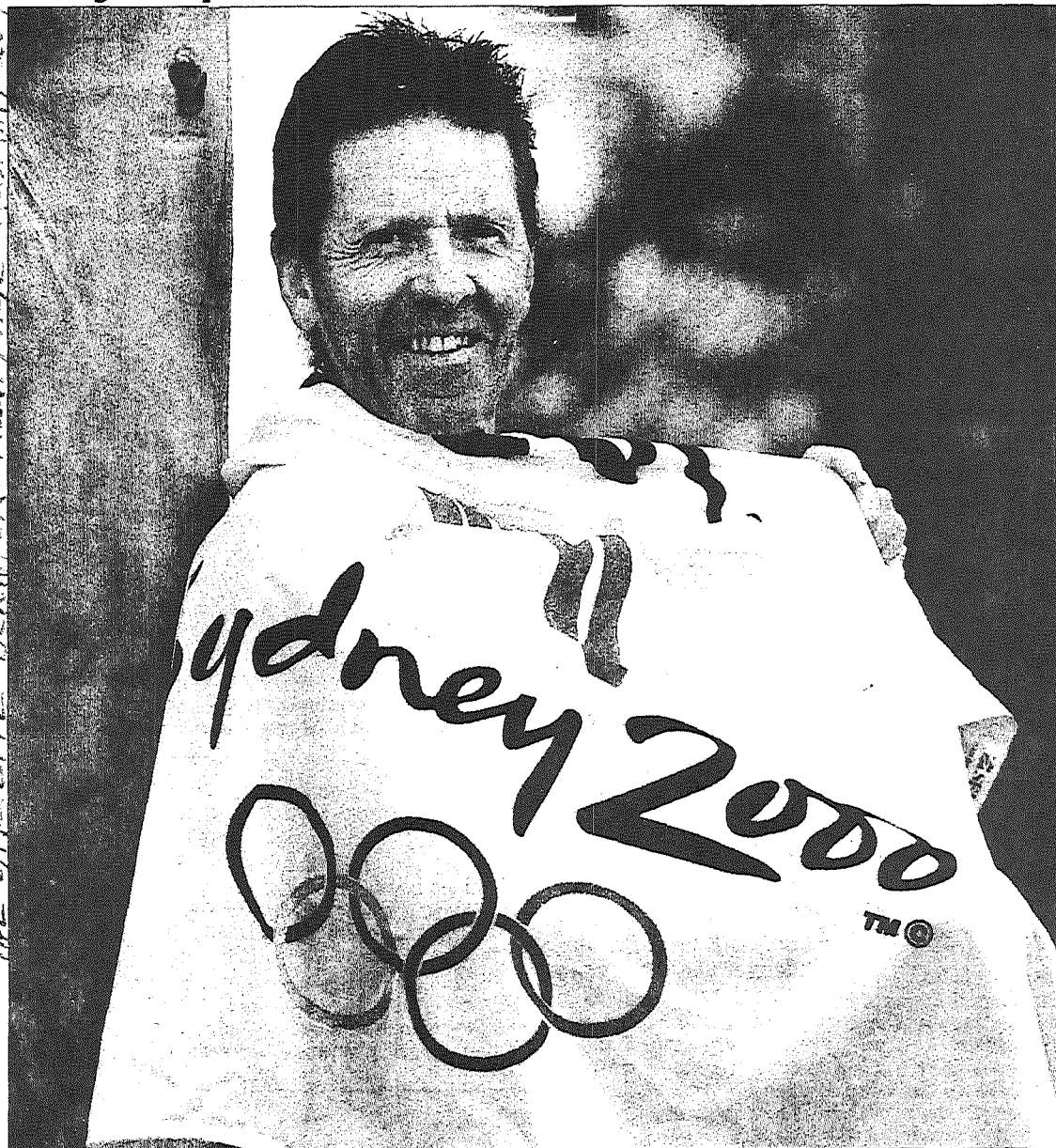
If at first you don't succeed, try again. Then quit. No use being a damn fool about it.

The last person that quit or was fired will be held responsible for everything that goes wrong.

I love deadlines. I especially like the whooshing sound they make as they go flying by.



# Olympic torch bearers named



Wrapped in the Olympic spirit: Tony Rafferty is looking forward to carrying the Olympic torch.

## MEDIA ARTICLES ON MEMBERS

### Cancer woes in distance

By TANYA TAYLOR

WHEN Michael Grayling learned he had testicular cancer, his world fell apart.

Dreams of living a normal life all but vanished as the 23-year-old focused on survival.

Mr Grayling agreed to submit to a barrage of experimental treatments in a bid to beat the disease.

More than a year later, after receiving the all-clear from his doctors, Mr Grayling began running.

Before long, he was entering marathons, then ultra-marathons.

Mr Grayling, now 43, is running for the Anti-cancer Council.

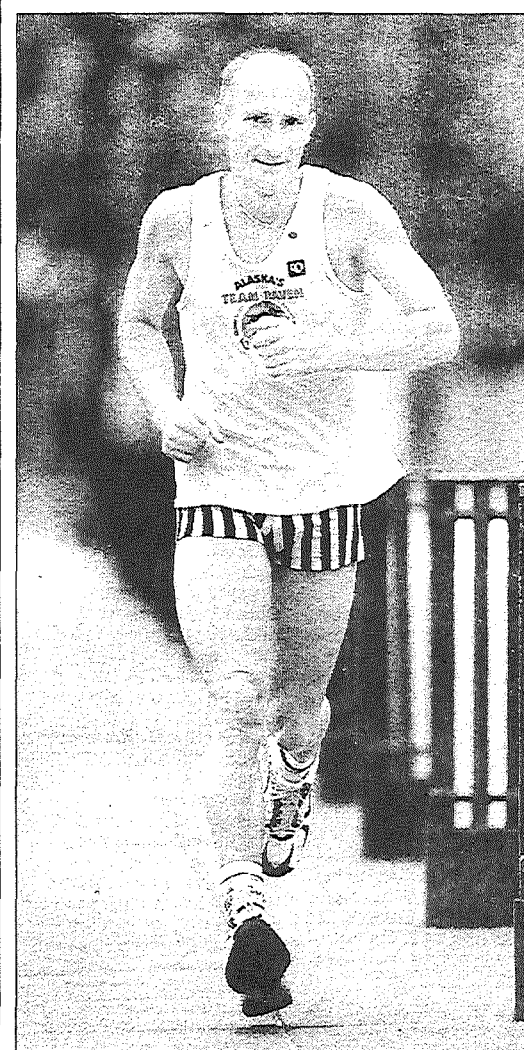
This year he competed in the inaugural Relay for Life.

The Murrumbidgee event raised \$75,000 for the council, with organisers hoping to raise \$450,000 next year.

"I do all this on pure enthusiasm," Mr Grayling said.

Relay for Life events will begin in February and run to November across the state.

Inquiries: 9635-5000



Back on track: Michael Grayling clocks up the kilometres. Picture: CRAIG WOOD

THE GAZETTE - BERWICK FRONT PAGE - MONDAY 20 FEBRUARY 2000

## San Pedro 80 Km and 100 Km

This issue's ultra update will be dominated by the 24-hour event, but starts with news of the San Pedro 80 Km and 100 Km on October 17 in Mexico. The winner of the 100 km was Valeriy Siniouchkin of Russia in 7:17:04, with Cabo Isidro Valdez Molina of Mexico in second with 7:28:28. In the 80 km, another Russian, Nail Zabarov, won in 6:29:58 from the Mexican Martin Delgado who finished in 7:07:16.

## Basel Leads the Way

The most popular times to run a 24-hour race in the Northern Hemisphere are in late spring and early autumn. One of the major races to be held in Europe each year is the Basel Sri Chinmoy race in Switzerland, held this year on May 8/9. The race was dominated by Jens Lukas of Germany, who later in the year won the Spartathlon. Lukas won with 252.984 km/157.1 miles, from Turkish-born Achim Herkemes, now a resident of Germany, who covered 235.008 km/146 miles. In third was a Frenchman who usually does well at Basel, Jean-Francois Plateau, who ran 233.105 km/144.8 miles. Another German, Sigurd Dutz, was fourth with 227.857 km/141.8 miles.

The first woman was Helga Backhaus with 210.279 km/130.6 miles, from Christine Sextil, also of Germany, who ran 195.439 km/121.44 miles. Another experienced German runner, Martina Hausmann, was third with 192.970 km/119.9 miles. Along with the Basel 24 Hour is a 12-hour event. This year's race was won by Daniel Hiegel of France with 126.355 km/78.5 miles.

On June 5/6 at the Forez 24 Hour in France, Russian Vladimir Tivikov was faced by Iranian-born British runner, James Zarei. At the end of the race they decided to finish with the same total distance in first place, 212.005 km/131.7 miles.

The Worschach 24 Hour in Austria is highly regarded on the continent, despite the fact that the course is not flat. This year's winner on July 18/19 was the active German 24-hour performer, Michael Maier, who recorded 246.713 km/153.3 miles. Behind Maier was the woman who is rapidly establishing herself as the world's premier female 24-hour performer, Irina Reutovich of Russia. At Worschach she produced the best 24-hour road mark in the world so far this year with 241.007 km/149 miles, 1328 yards. This road mark is second in the rankings to the world best of Sigrid Lomsky's 243.657 km/151.4 miles, set in May 1993. Third place went to Walther Wessiak of Austria with 212.477 km/132 miles.

## Meet Irina Reutovich

Born on January 21, 1950, Irina Reutovich first came to international prominence when she ran in the IAU World Track Trophy race in Nantes, France in September 1996, where she finished sixth in 8:16:09. She was to show her true strength in the longer 24-hour event in the 1997 IAU European 24 Hour Challenge in Basel, where despite the difficult conditions, she ran the best time in the world for 1997 of 236.284 km/146 miles, 1443 yards, which is the fifth best mark of all time on a combined list. Later that year, in October, she ran 8:14:15 at the Kalisz 100 Km in Poland.

In May of last year it was announced by the Russian Federation that she had set a new world 24-hour track best in the Russian national championships. The distance was given as 242.624 km/150 miles, 1336 yards. This mark, which would have surpassed the listed world track best held by Eleanor Robinson with 240.169 km/149 miles, 411 yards set in Melbourne ten years ago, has yet to be ratified. Earlier that year she won the Russian national 100-km title as well.

In May this year she ran 236.363 km/146.8 miles to win the Russian track championships. In September, she won the European title again with 223.763 km/139 miles. It has recently been reported that Reutovich surpassed the existing ratified 200-km world best with a time of 19:49:36 at Verona in September. (Complete, stopped times are not known for Eleanor Robinson's

19:28:48 set in Melbourne in 1989, and thus Hilary Walker's 20:18:07 is the ratified best mark.)

With two of the top four best women's marks in the 24 hour, she could be dominating the event for some years. It is interesting to realize that she is now 49 years old, nearly the age of Sigrid Lomsky when she ran her world road best. Such durable performers are a real inspiration to ultrarunners past the age of forty.

## Dueling Down Under

In Adelaide, Australia, a spring 24-hour on October 23/24 saw some familiar names locked in combat. Mick Francis was one of Britain's top 24-hour performers until he married Mary Morgan, a 7:45:04 100-km runner from Australia, and went down under to live. In the Adelaide race he faced the legendary Bryan Smith, who last year produced the second-best 1,000-mile track time with 11 days, 23:31:44. Smith is one of the few men to have run a 1,000 km in six days. The third competitor of note was Paul Every, the Australian 100-km squad runner.

Full details are not yet available, but Mick Francis came out on top with 224 km/139.1 miles, well clear of Bryan Smith's 213 km/132.3 miles, with Paul Every in third with 206 km/128 miles. The first woman was Fiona Bird with 171 km/106.2 miles. Another Australian legend, Cliff Young, winner of the Sydney to Melbourne in his 60s, ran 137 km/85.1 miles.



**runlong.com**

Photos-Results-Ultras-Trails-Marathons-Tri/Duathlon-XC

[ultrapeg@tp.net](mailto:ultrapeg@tp.net) <http://www.runlong.com>



## Polish Ultra Power

Poland is one of the most powerful ultrarunning nations and has frequently been in contention for the team title in major 100-km championships. The major figure in Polish ultrarunning has been Jaroslav Janicki, who has won three European 100-km titles, as well as the Comrades in '99. Results from the Polish scene tend to be scarce, however we recently received some information.

On August 26, a 100-km stage race was held; it started and finished at Zamoae. The event was dominated by Piotr Sekowski, who won the first 35-km stage in 1:59:32, the 20-km stage in 1:04:22, the 30-km stage 1:42:51, and the final 15-km stage in 49:05, for an elapsed winning time of 7:35:50. He finished ahead of Jerzy Kulczak, who recorded 5:40:36, and Ivan Bielov of the Ukraine who ran 5:43:06. Mirela Ziecina dominated the women's race, winning all but the last stage, which was taken by the Belorussian ultrarunner, Nina Koval. Mirela Ziecina's final time was 7:05:14, from Nina Koval's 7:15:13, with Nadia Si-tarczuk's third-place time of 7:23:20.

Piotr Sekowski, a 2:15 marathon runner, was obviously persuaded by his performance in the stage race to try a 100-km race. The top event in Poland is held each year in Kalisz, and there he faced a number of elite Russian performers as well as his fellow countryman, experienced 100-km performer Andrzej Magier. It was Magier who was to win the Kalisz race, held on October 16. His time was a very fast 6:30:36, with Sekowski some way back in a very solid 6:50:02 in his 100-km debut. In third was a Russian Oleg Kharitonov in 6:50:56, with Dmitriy Radyuchenko of Russia in fourth with 7:05:17. The first woman was Nina Koval, who usually contests the Kalisz race. Her time of 8:22:30 was only just ahead of the world's premier 24-hour performer of 1999, Irina Reutovich (8:22:50).

## Does Marathon Speed Equal Ultra Success?

Piotr Sekowski is only the latest of a number of fast marathon runners who have made the transition to the 100 km this year. Pascal Fetizon of France, who ran 2:15:30 in the Paris Marathon last year, moved up to 100 km in the French championships to run 6:29:44. He subsequently won the European title at Winschoten.

The most notable of marathon runners to move up to ultrarunning in recent years has been Takahiro Sunada of Japan, a 2:12:01 marathon runner who ran 6:13:33 for 100 km in '98. He confirmed that promise with a 2:54:50 split in the '99 World

Challenge, before encountering problems and taking the bronze in 6:26:06. Interestingly Sunada finished eighth in the late season marathon at Fukuoka in Japan last year in a new personal best of 2:11:03, so obviously his run in the World Challenge did him no harm.

Konstantin Santalov, a 2:14:56 marathon runner (a time that may be doubtful), Sergiy Yanenko of the Ukraine, a 2:14:32 performer, and Fetizon have won in international competition, but other faster marathon runners have been less successful in recent years. Ravil Kashapov, a Russian 2:11:07 marathon runner, took only third in the Shimanto World Challenge 100 km in '98 and fifth in the Comrades. Anatoliy Korepanov, a 2:13:21 marathon runner, took fourth place in the '97, '98, and '99 World 100 Km and fifth in the 1999 Comrades. Other notable marathon runners who have run a sub seven-hour 100 km include Johnny Halberstadt of South Africa: 2:11:46/6:45:01, Eduard Tukhbatullin from Russia: 2:12:07/6:53:18, and Yuri Kazmin from Belarus: 2:13:47/6:38:59.

This transition upward by fast marathon runners is not just limited to the men. Firaya Sultanova, who has run a 15:13 five km, a 32:21 ten km, finished seventh in the World Half Marathon championships and has run a 2:32:11 marathon, entered the Comrades Marathon last year. She was not successful. Her husband and coach, Viktor Zhdanov, initially took second place in the race, but was later disqualified when he failed a doping test.

A more successful transition was made by 37-year-old Elvira Kolpakova, who has a marathon best of 2:35:22 set in '97. In '99 she ran 7:47:15 to win the Russian 100 Km Championships in April, and then 7:33:39, the second-fastest time in the world for '99, in winning the European title.

A current assessment of the success of elite marathon runners moving up to the 100 km suggests that perhaps it is more difficult for faster runners to control their speed and to adjust to the slower sustainable tempo of the 100 km, whereas slower runners in the 2:14 to 2:16 range may be more successful.

## Close Contest in Russian 24 Hour

Although the Russian 24 Hour Championships held in Moscow on the track always reveal the immense strength in depth that the country possesses in the event, there is also a road race held in western Russia later in the year. The St. Petersburg race is held on a road loop, and this year's event was held on the September 4. Igor Tyajkorob won it with 252.831 km/157.1 miles, with the consistent Ivan Labutin be-

hind him with a total of 247.487 km/153.7 miles. Timor Abzalilov was third with 246.277 km/153 miles. In fourth was Ivan Bogdanov who covered 236.127 km/146.7 miles. The first woman in this race was Irina Reutovich, who presumably was using it as preparation for the European Challenge three weeks later. Her distance was 204.603 km/127.1 miles.

## European Trail Ultras Growing

Trail running is developing in France, and indeed some of the biggest trail races in the world are now held in that country. As part of the 'Festival d'endurance' there were two ultra trail races held on consecutive days, on October 23 and 24.

L'Endurance trail race is 120 km/74 miles long and has only eight aid stations. The cut-off time is 25 hours. The entry limit was reached fairly quickly and will be increased next year to 450. This year there were 364 starters and 225 finishers. The winner was Jean Luc Endrlin in 13:28:59 with Bruno Croset in second in 14:17:07, and Stephane Grivel close behind in third (14:35:36). The first woman, Monique Veyrunes, finished in 24<sup>th</sup> place in 17:01:51.

The second race, the 'Course des Templiers', attracted an even bigger field. This race is some 65 km/40.4 miles long, and 1,500 runners were expected at the start. A former French orienteering champion, Vincent Delebarre, had apparently spent six months preparing specifically for this race. He was to win, but not as decisively as might have been thought. His time was 5:55:25, ahead of Michel Begonin, who ran 5:57:40, with Patrick Lothode some way back in 6:06:45 in third. French 100-km national team member Karinnc Herry, who finished in fifth place in the World Challenge in 7:49:40, won the women's race in 7:04:30 in 27<sup>th</sup> place overall. One ambitious runner, Francis Roux, finished both races totaling 185 km/113 miles in 38 hours.

One of the most remarkable trail races in the world is Le Grand Raid de la Réunion, held over 130 km/80 miles with a 60-hour cut-off time. This race, held on the small French island of Réunion in the Indian Ocean near Madagascar, took place on October 30. French 100-km team member Gilles Diehl traveled from Europe to contest the race. He was in good form, having finished in the bronze medal position at the European 100-km Championships the previous month (6:44:39). His success in that race, showed his ability to compete well in the heat. Local runners once again dominated the race. Cleo Libelle retained his title in 17:50:31, holding off a strong challenge from Eddy Myrtal (17:51:46). Cleo Libelle's cousin, Yvon, was in third, just ahead

## Renew 2000

With the year 2000 at hand, there cannot be a better time to renew our lifetime resolutions. If we can't resolve things once a millennium, when *can* we make some changes? If ultrarunning is important in your life, then try to adopt some of the training habits that you have dropped or that you know could enhance your performance.

If you have read this column during the past couple of years, you have most likely noticed that I occasionally mention the dramatic decrease in performance levels in the United States during the last 15 years. While records of distance-running performances prior to 1850 are scarce, the 1900s saw much more attention to the sport. Fueled in part by the advent of the modern Olympic games in 1896, distance runners made steady progress throughout the century. Records fell at a steady rate, especially towards the end of the century, as African runners started to compete more frequently in international events.

As the record books were re-written during the last decade by the Africans, top Americans appeared to have cashed it in, throwing in the towel as far as top performance is concerned. Exceptions have been few and far between. With due respect to Joe DiMaggio and Paul Simon, "Where have you gone, Steve Prefontaine?" Not only have the performances of our front-runners fallen off, but so too have those of the masses, with the depth in most marathons and ultras thinning dramatically.

The causes are many and somewhat debatable, far too complicated to address within the confines of this column. The most common reasons given for the decline in quality of performance are social and economic factors, mass proliferation of events around the country, a "dumbing down" of the coaching, and a change in the work ethic of many runners. As we enter the new century, we witness an effort from the distance running management in this country to correct the present situation.

Individuals typically make their own choices when laying out their training. Most input comes from one's peers, magazine articles and any of the plethora of books on running. Ultrarunning differs a little from mainstream distance running, in that few publications, studies, and coaches specialize in the sport. However, some fundamental approaches to endurance sports are universal. But these very fundamentals sometimes get lost in the shuffle.

If performance matters to you, then renew your initiatives and practice sound fundamentals when preparing for your next ultra. The fundamentals of our sport are not

controversial; they should be the basis to which we all adhere if we aim to better our performance.

## Five Ways to Improve Your Performance

### 1. Weekly Mileage:

This is a sensitive subject, since one's weekly mileage is usually tied to his or her time commitment. However, it is common knowledge that increasing weekly mileage improves performance and reduces the fatigue encountered at the end of a long event. An ultrarunner who averages 70 miles per week will usually finish ahead of the runner who averages 35 miles per week. Moreover, he will experience less damage in races.

Many ultrarunners don't have enough base mileage to accomplish their goal. I am the first to agree that the long training run is the most important workout for an ultrarunner. However, beyond "just finishing," weekly mileage starts to come into play.

Is there a minimum monthly mileage an ultrarunner should meet to run ultras? I suggest 100 miles per month as an absolute minimum. Extending that to 150 miles will yield added benefits. If you want to be competitive in your age group or if you want to obtain a buckle in a major trail 100, then you should be logging over 200 miles per month. If you want to be among the top-ten finishers, then you should log upwards of 100 miles per week.

### 2. Speed Training:

Investing 30 to 40 minutes per week in some form of speed training is productive, too. Training your cardiopulmonary capabilities simply allows you to work harder and thus run faster. Stride length and turnover will both increase as the result of speed work.

Anyone who wishes to improve their overall pace and efficiency can benefit from tempo runs or timed runs, varying in distances between two to five miles. A good rule is to run ten percent of one's monthly mileage at 90 percent of one's maximum heart rate. This can be at a five-km to eight-km "race pace." You will notice the effect of speed work in as little as two weeks.

### 3. Strength Training:

Strength is closely tied to mileage and speed. Strength is necessary to cover the more difficult terrain of trail ultras, and it helps to prevent injuries.

Strength training for the upper body is beneficial for long-distance runners since it is evident the pace will drop dramatically when a runner's upper body experiences fatigue.

While any type of strength training is good, I recommend the "lighter weight,

more reps" approach to build stamina rather than bulk. Strength training done while in motion is more useful than while sitting. Step-ups with 30- to 40-pound dumbbells in the hands are efficient. I also recommend climbing stairs. Anytime one works against gravity, propelling the body in an upward motion, one becomes stronger.

### 4. Practice Periodization of Training:

Periodization of training and competing is the key to longevity in ultrarunning. It prevents injury and allows for peaking. I first presented the periodization of training in *UltraRunning* back in March of 1998. In that column, I explained the somewhat technical nature of the different cycles of training and racing. The mesocycle is the build-up period for a specific event. Each mesocycle consists of a series of repetitive microcycles (usually a weekly training routine). The ultimate goal is to string the mesocycles together to form a macrocycle, usually a year or a season.

Periodization allows one to get a top-level view of the year, providing a clearer, more objective look at goals, training cycles, and necessary rest periods.

### 5. Follow the One Day/Mile Recovery Rule:

Many readers have probably heard the old adage; "allow one day of recovery for every mile you race." This means that if you race a marathon, then you should allow 26 days to pass before you race again. The key word here is "race." If you race five-km or eight-km events, you can easily go at it every weekend. This rule allows for training between events, but aims at preventing another maximum effort before the said number of days have passed.

What about ultrarunners? Should they refrain from running another ultra for 50 days after they've run a 50 mile at maximum effort? What about 100 milers? 100 days too long too wait before the next race? The answer depends on one's objectives: If peak performance at a maximum effort is desired, then it is wise to follow the rule.

The general trend in this country is that more is better. While it is true that ultrarunners, especially trail runners, can recover faster than road or marathon runners, short recovery periods will not yield their best performance, no matter what the ultra distance may be. The temptation to compete is great in this country because a large number of races is available. It is up to the individual runner to decide what he or she wants to accomplish.

If America is to stop the trend of declining performance, then it must renew its commitment to the fundamentals of endurance training. "Where have you gone, Steve Prefontaine? This nation needs to turn its eyes to you."

## Experiment of One:

# Inside the Science of Ultrarunning

Written by Kevin Setnes

### Altitude Training for Improved Performance

When the Summer Olympics were held in Mexico City in 1968, the impact of altitude and its effect on performance became apparent to the world. A quick look at the results in running events shows that almost every medalist at distances from 1,500 meters and up was from a high-altitude environment, or at least trained at high altitude. For Americans watching the 1,500-meter final, the way Kipchoge (Kip) Keino of Kenya ran away from Jim Ryun, arguably the best miler in the world, was simply incredible. Ryun would later admit to never having experienced such pain in the chest as during his kick to the finish that day.

Kip Keino was born and raised in Kenya at an elevation of over 7,000 feet. Jim Ryun was from Kansas, where he lived at an elevation of less than 1,000 feet. The location of the Olympics in question, Mexico City, is higher than 7,000 feet. It doesn't take a rocket scientist to figure out which competitor was better adapted to perform in Mexico.

The higher one goes, the less oxygen is available for the body to use. Tim Noakes indicates in his book *Lore of Running*, that one's VO<sub>2</sub> max decreases by about ten percent for every 1,000 meters over 1,200 meters (approximately 4,000 feet). Mountaineers on Everest, he claims, have an extremely difficult time climbing the last 400 meters, which often take them up to five hours. That is with supplemental oxygen! The effect of altitude on human performance cannot be understated.

There are two distinct aspects in altitude training as it applies to ultrarunning. The first is the mere adaptation to higher altitudes. The second is training at altitude for improved performance at sea level events.

Some ultras in the United States have portions that far exceed the elevation of Mexico City. The most notable of these events is the Leadville 100 Mile Endurance Run and the Hardrock 100. Leadville averages out at more than 10,000 feet in elevation and Hardrock has sections that exceed 14,000 feet. The ultrarunner either needs to adapt to this height and lack of oxygen or slow his or her pace down significantly to avoid any of the sickness that accompanies running at altitude.

The goal of this column is to look at the benefits of training at altitude and then to relate these to performance at lower-level events. Since distance running is an aerobic activity, the need for oxygen is readily apparent. A decrease in availability of oxygen can result in a condition called hypoxia. Thus, we need to address how one can adapt to running when less oxygen is available.

One way to adapt is to live at altitude. Even with a sedentary lifestyle, one can increase tolerance to the hypoxic stress of living at altitude. Add aerobic training to this and one begins to stress the physiological abilities of the person even more.

How does the body adapt to higher altitudes and to the hypoxia caused by training? Dr. David Martin, USATF's Long Distance Running Developmental Chair, claims the following: "More enzymes are produced by the working muscles for oxidative metabolism. In particular, the skeletal muscle mitochondria, which increases in size and numbers. These working muscles also begin to rely on more fatty acids, rather than the more common glycogen for energy fuel. This results in less blood lactic acid build-up. When athletes immediately arrive at altitude, their maximum heart rate is unchanged, but is reached at a much lower work level." He goes on to state: "The kidneys increase their output of the hormone erythropoietin, which in turn stimulates the bone marrow to produce more red blood cells, which contain hemoglobin."

When an individual arrives at altitude, his or her blood plasma volume is reduced at once. After time, the blood plasma returns to "sea-level" values. As this happens and as the red blood-cell count continues to rise, the total blood volume will increase. Eventually, the oxygen-carrying capacity of the blood becomes more efficient.

If it is true that the ability to carry oxygen is improved, does that mean that the athlete who returns to a sea-level event will perform better? The answer is not always clear. Jim Garcia, an elite ultrarunner from Massachusetts, won the inaugural Chancellor Challenge 100 Km last year in Boston in a personal-best time of 6:55:27. This remarkable performance at the age of 41 was preceded by excellent results at local five-km and eight-km races. Garcia credited his success to training at altitude in Colorado before returning to sea level.

Countless instances of athletes achieving similar results are attested. Yet, the exact benefit is somewhat elusive, since there are many variables that affect performance.

Switching to altitude training can be quite stressful on athletes despite oxygen-carrying capability that is achieved. Another negative to overcome at altitude is the decrease in leg turnover or quickness. To combat this, runners at altitude may shorten their interval distances and lengthen the recovery time. The individual may wish to return to sea level to regain quickness in just a few weeks of speedwork. The benefit achieved at altitude is supposed to last for more than two months, i.e., plenty of time to recover leg quickness.

In the best of all possible worlds, one would live and train at high altitude. Even

better would be to live there and to have freeway access that can zip one down to lower levels for faster training.

According to Martin, the "optimal period of altitude residence is approximately four weeks. This increases red blood cell concentration in the bloodstream, thereby increasing oxygen carrying ability, and also permits an unhurried training block for the runner. The optimal time for return to lower altitudes and racing appears to be roughly two to three weeks. This is sufficient time to return breathing dynamics and acid-base levels to normality and to permit recovery from hard training at altitude."

Since VO<sub>2</sub> max decreases when training at altitude, it rises upon return to sea level, and this results in enhanced performance. Nevertheless, far too many runners have tried altitude training, only to have mixed results when returning to sea-level events. They should give altitude training a second chance or ask a qualified coach to examine their training experience. A sudden change in lifestyle, which going to altitude can cause, may disrupt other training habits. To quote a famous Dorothy, "there is no place like home; there is no place like home."

The ability to run at a higher percentage of VO<sub>2</sub> max and a higher blood-lactate level should translate into a higher level of performance. This is especially true for ultrarunners, whose need for leg turnover speed is not as great as that of runners at shorter distances. This may be why Jim Garcia had such a remarkable run at last year's Chancellor 100 Km. He probably returned to sea level in time to train his legs for the critical turnover speed required for racing at short distances, but still retained the benefits of altitude training in peaking for the 100 km.

With all due respect to our friends in Boulder, it is impractical for most of us to move to higher altitudes to train. For some of us, a summer vacation to the mountains may be the only way to enjoy an altitude training experience.

### Continued from p.73

of Diehl (17:53:40 to 17:54:49).

Corinne Favre has won the women's race by a large margin in recent years, but when it became clear that Favre would not be competing in the race, 49-year-old local runner Mircille Sery was encouraged to move up from the 'miniraid' to contest the 120-km event. The local Réunionnais took the three leading places, with Sery winning in 24:44:21, from C. Rischard in 26:30:50 and M. Campier-Hoarua in third in 26:42:01.

The new ultra season is now firmly underway in the Southern Hemisphere, while in the North the first 100-km of 2000 at Rognonas in France is awaited.

## Why A Trail Running World Championships?

### *Graeme Carey explains why the time is ripe for an inaugural ultradistance off-road World Championship race*

Trail running is a well established athletics discipline with a particularly strong participation base in North America, Europe (especially Great Britain and France) and the Antipodes. Distances tend to range from about 30 miles up to 140+ miles. In North America, the standard distance of the classic 'endurance runs' is 100 miles; in Britain (a small country the approximate size of Michigan) the standard distance tends to be between 40-50 miles (with two current exceptions, there just aren't the open spaces for events longer than 100km).

Although trail racing is not organised in as many countries as road and track ultra running, the number of actual participants is at least as great, because a) more trail races are held and b) with the exception of some of the big European 100km races, they tend to attract greater entries.

The popularity of trail running, say the cynics, is due to the fact that trail events are not true athletic contests. The atmosphere is too laid-back and the competitive *frisson* of road and track ultras is absent. As a result, too many competitors take part just to finish, not to race. On road and track there is nowhere to hide, whereas, on the trail, frequent walking and rest breaks at checkpoints seem almost *de rigueur*. Moreover, the fact that a lot of trail races involve an element of navigation degrades trail running as a truly athletic contest.

The reality, as always, is slightly different. At the sharp end trail racing is very competitive and the training required even to finish a typical trail race requires great dedication. The varied terrain necessitates the development of great strength endurance, suppleness and upper body strength. With the terrain as much of a challenge as the distance, it is essential that trail runners pace themselves, hence the 'easy' early pace and the more leisurely checkpoint stops. The navigation serves to keep the mind occupied.

There has long been a crossover between ultra road and trail running. In Britain, for example, top road runners such as Stephen Moore, Wally Hill, Eleanor Robinson and Hilary Walker regularly compete in trail races; while top trail runners such as Mikk Bradley, Dave Lacy and Barry Hards have made a successful transition to road running. Then, of course, there is the small matter of Ann Trason, the well known American trail runner who, in her spare time, has set six current world best road and track records.

However, despite it's popularity, ultra trail racing has yet to have even a National Championships, let alone Continental and World Championships. The now defunct British South Downs 80 Miler used to advertise itself as the World Championships, but - despite the quality of it's top competitors and a certain success in attracting overseas runners - it was never more than an unofficial British Championships. The Trail Running Association has sanctioned official British Championship races for the past two years, but has so far refused to recognise championship races beyond the marathon distance.

I believe that the time is ripe for a global championship. Although a worldwide infrastructure of top quality races is in place, there is currently little international competition. For the sport to develop, we need to see the top individuals and teams competing against each other. Malcolm Campbell has agreed to set up a working party to look into the feasibility of staging such an event. Ultimately we must gain the support of ten National Federations. However, I see, as our first task, the need to raise awareness. The accompanying Events Diary, supplemented by the more comprehensive one on the UltraTrail UK website, is the first step in addressing this need. We now wish to seek your views and, hopefully, support. In the first instance, let us know how you feel about the idea. Secondly, lobby your National Federation. This will make our job easier when the time comes for us to contact them. We won't see a World Championships in 2000, but 2001? 2002? Watch this space!

# All-Time Ultra Bests

Below are some all-time lists for the most common ultra events. *Marks set in 1999 or ratified in 1999 are listed in italics.* In order to make the lists as informative as possible, we have combined road and track performances, as well as certified and uncertified performances. The intent is to recognize the best ultra performances, realizing that in many cases they will not satisfy all the criteria for ratification as records. This is especially true for marks set many years ago. We have also listed the actual USA records as ratified by USATF.

We include among the bests for North America any performances by North-American citizens and resident aliens. In such cases, there is an apostrophe after the name.

Thanks to Andy Milroy, Trishul Cherns, Jay Hodde, and Dan Brannen for continually providing invaluable data. If you know of any corrections or additions to these lists, please let us know.

## Legend

R = road in otherwise track list

i = indoor

T = track in otherwise road list

split in longer event

uncertified road course or no lap times taken

incomplete lap recording (only to minute)

' = resident alien

rr = ratified record (better marks may exist)

## 1,000 Miles

### Men

Yiannis Kouros,GR	10+10:30:35	
rr-Petras Silkinas,57,LIT	11+13:54:58	T
Stu Mittleman,US	11+20:36:50	
Bryan Smith,55,AU	11+23:31:44	T
rr-Georgs Jermolajevs,54,LAT	12+01:25:47	R
Al Howie,46,GB	12+01:42:52	s
Vladimir Glazkov,60,RUS	12+11:32:33	T
Siggy Bauer,41,NZ	12+12:36:20	
Vladimir Vasutin,45,UKR	12+14:55:21	T*
Alfredo Uribe,57,ESP	12+17:59:09	T*
Gary Parsons,46,AU	12+19:44:34	T
Istvan Sipos,HUN	12+22:52:37	s
John Ball,SA	13+01:00	*
Marty Sprengelmeyer,45,US	13+07:19:41	s
Trishul Cherns,CAN	13+07:50:45	
Tom Possert,US	13+14:02:52	
Stefan Schlett,GER	13+16:11:06	s
Ian Javes,47,AU	13+18:35:50	s
Peter Gibson,41,NZL	13+19:48:16	T
Michel Careau,47,CAN	13+21:31:53	
Alan Fairbrother,49,GB	13+22:48:08	
in Mansell,45,AU	14+02:15:46	T
J Wallis,52,US	14+09:45:04	
Dan Coffey,54,GB	14+10:44:50	
Don Winkley,59,US	14+10:56:46	R
Rustem Giniatullin,46,RUS	14+11:43:31	T
Tony Rafferty,47,AU	14+11:59:04	T
Ronnie Wong,44,US	14+12:48:25	s

### USA Ratified 1,000-Mile Records, Men

55-59 Don Winkley	14+10:56:46	R
-------------------	-------------	---

### Women

Sandy Barwick,42,NZ	12+14:38:40	Rs
rr-Eleanor Robinson,50,GB	13+02:16:49	T
Dipali Cunningham,AU	13+20:18:40	R
Antana Locs,CAN	13+23:18:32	s
Suprabha Beckjord,US	14+08:56:57	s
rr-Sandra Brown,46,GBR	14+10:27:21	T
Sylvia Andonie,MEX	14+18:52:38	
Nidhrui Zimmermann,AUS	14+22:56:26	R
Monika Achenbach-Konig,AUS	15+02:57:47	
Martina Hausmann,GER	15+21:36:12	
Dhruva Dorn,CAN	15+22:39:35	
Christel Vollmerhausen,57,GER	16+01:59:40	
Renate Nierkens,GER,47	16+11:19:54	s

### USA Ratified 1,000-Mile Records, Women

Open: Suprabha Beckjord	14+08:56:57	s
-------------------------	-------------	---

## 6 Days

### All-time, men

rr-Jean-Gilles Boussiquet,48,FR	640	21	i
Yiannis Kouros,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
George Littlewood,GB,1888	623	1320	i
James Zarei,46,GB	622	508	
Bryan Smith,45,AU	622	435	
James Cathcart,US,1888	621	1320	i
Patrick Fitzgerald,US,1884	610		i
Daniel Herty,US,1888	605		i
Charles Rowell,GB,1884	602		i
George Hazael,GB,1882	600	220	i

### Uncertified additions

Yiannis Kouros,GR	658	1144	R*
David Standeven,AU	628	352	R*
Kevin Mansell,AU	628	352	R*
Richard Tout,NZ	589	1199	Rs*

### World track record

Yiannis Kouros,GR	635	1385
rr-Yiannis Kouros,GR	623	147

### Modern, men

Jean-Gilles Boussiquet,48,FR	640	21	i
Yiannis Kouros,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
James Zarei,46,GB	622	508	
Bryan Smith,45,AU	622	435	
Ramon Zabalo,FR	593	64	
Patrick Macke,GB	579	207	i
Stu Mittleman,US	577	1100	i
Tom O'Reilly,GB	576	675	
Jaroslav Kocourek,CZ	575	248	
Dusan Mravljje,YUG	568	319	
Siegfried Bauer,42,NZ	563	1245	
Maurice Taylor,41,AU	555	890	
George Gardiner,40,US	554	72	

### Modern, men, North America

Stu Mittleman	577	1100	i
George Gardiner,40	554	72	
Brian Purcell	543		Rs*
David Luljak,42	541	R	
Michel Careau,53,CAN	539	1689	i
Trishul Cherns,CAN	538	189	i
Marty Sprengelmeyer,41	516	960	Rs*
Al Howie,46	514		Rs
Don Choi	511	596	
Robert Perez	501	893	
Al Prawda	500	1233	i
David LaPierre,51,CAN	480	727	T
Charlie Eidel,43	477		Rs
Bill Schultz	475		

### Age groups, world

40-44 J.-G. Boussiquet,FR	605	1691	i
45-49 J.-G. Boussiquet,FR	640	21	i
50-54 Gilbert Mainix,FR	609	775	i
55-59 Gilbert Mainix,FR	626	164	i
60-64 Cliff Young,AU	536		R*
George Perdon,AU	522	1664	
65-69 Cliff Young,AU	416	998	
70-74 Cliff Young,AU	406	225	
75-79 Drew Kettle,AU	363	876	T

### Age groups, U.S.

40-44 George Gardiner	554	72
45-49 Cahit Yeter	468	417
50-54 Michael Allen	473	440
55-59 Donald Winkley	450	
60-64 Richard Cozart	387	
65-69 Dictino Mendez	385	
70-74 Ed Fishman	335	

### USA Ratified Six-Day Records, Men

Open: George Gardiner	554	72
40-44 no record		
45-49 Gutdayzke	373	440
50-54 Michael Allen	473	440
55-59 Donald Winkley	450	
60-64 Clarence Richey	339	12
65-69 Dictino Mendez	385	
70-74 Ed Fishman	335	
All-comers: Yiannis Kouros,GR	639	

### All-time, women

rr-Sandra Barwick,NZ	548	558
----------------------	-----	-----

Eleanor Adams,GB	538	582	
rr-Dipali Cunningham,AU	504		R
Donna Hudson,US	487	1585	
Edith Couhé,41,FR	479	968	i
Suprabha Schechter,US	459		Rs
Georgina McConnell,AU	458	1119	
Renate Nierkens,GER	458	1056	
Cynthia Cameron,AU	458	1006	
Lorna Richey,US	456	589	
Madame Du Pree,US,1882	456		
Pippa Davis,48,US/GB	454		Rs
Antana Locs,CAN	452		Rs
Silvia Andonie,MEX	450		R

### Uncertified additions

Mary Hanudel,US	486	1056	Rs*
-----------------	-----	------	-----

### Women, North America

Donna Hudson	487	1585	
Mary Hanudel	486	1056	Rs*
Suprabha Schechter	459		Rs
rr-Lorna Richey	456	589	
Madame Du Pree,1882	456		
Pippa Davis,48	454		Rs
Antana Locs,CAN	452		Rs
Silvia Andonie,MEX	450		R
Sue Medaglia,49	411	1623	
Barbara McLeod,55,CAN	404	1156	Rs
Karina Nequin	400	220	i

### Age groups, world

40-44 Sandra Barwick,NZ	548	558	
45-49 Renate Nierkens,GER	458	1056	
50-54 Georgina McConnell,AU	434	943	T
55-59 Ch. Vollmerhausen,57,GER	431		Rs
60-64 Françoise Lamothe,FR	402	1582	
65-69 Helen Klein,US	354	1584	R
70-74 Helen Klein,US	373		R

### Age groups U.S.

40-44 Suprabha Beckjord,43	390	346	Rs
45-49 Pippa Davis	454		Rs
50-54 Janet Johnson	405	440	
55-59 Myra Linden	340	440	
60-64 Samara Minoli	310		Rs
65-69 Helen Klein	354	1584	R
70-74 Helen Klein	373		R

### USA Ratified Six-Day Records, Women

Open: Lorna Richey	457	345
40-44 Vivian Corres	266	440
45-49 Vivian Corres	285	
50-54 no record		
55-59 Myra Linden	312	880
60-64 no record		
65-69 no record		
70-74 no record		
All-comers: Eleanor Adams,GB	462	

## 48 Hours

### All-time, men

Yiannis Kouros,40,AU	294	710	T
Tomas Rusek,46,CZ	269	514	
Valéri Goubar,SU	265	1187	^
Gilbert Mainix,57,FR	264	282	^
J.-G. Boussiquet,47,FR 263	597		^
Jaroslav Kocourek,CZ	263	004	i
Ramon Zabalo,FR	260	1717	
Charles Rowell,GB,1882	258	220	si
Paul Beckers,BEL	254	1365	R
Richard Tout,NZ	253	914	Rs*
John Hughes,US,1882	251		s?
Seigi Arita,JPN	250	764	T
Richard Brown,GB	249	526	^
Anatoli Kruglikov,RUS	248	632	^
Alain Mallereau,FRA	245	945	^
Roy Pirrung,48,US	243	759	
Achim Heukemes,GER	242	85	R
Bryan Smith,AU,46	240	172	s
Brian Purcell,US	240		

### All-time, North America

John Hughes,1882	251		si?
Roy Pirrung,48,US	243	759	
Brian Purcell	240		
James A. Cathcart,1888	238		si
Frank Hart,1882	232	440	si
Scott Demaree	230	704	
David Luljak,43	229		Rs
Jack Christian	227	584	
Don Choi	227		s
Patrick Fitzgerald,1888	226		s

Ray Krolewicz	224	1731	
Al Prawda	224	1177	i
Dan Brannen	223	135	
Trishul Cherns, CAN	221	230	i
Doyle Carpenter, 48	219	1689	
Richard Lacouse, 1881, CAN	218	352	si
Edward Weston, 40, 1879	218		i
Dan Herty, 1882	217	660	i
Jeff Hagen, 52	216	721	
Charles Harriman, 1883	216		i
Stu Mittleman	215	1540	si
John Sullivan, 1882	215		i
Ephraim Clow, 1881, CAN	215		si
Thomas Andrews, 44	214		
George Gardiner, 40	213		s
Jim Drake, 52	213		R
Rae Clark	212	176	Rs
Peter Panchot, 1883	212		i
Robert Vint, 1883	211		i

#### U.S. all-comers record

Yiannis Kourous, GR	266	578	s
---------------------	-----	-----	---

#### Age groups, world

40-44 Yiannis Kourous, AU	294	710	T
45-49 Tomas Rusek, 46, CZ	269	514	
50-54 Gilbert Mainix, FR	259	427	^
55-59 Gilbert Mainix, FR	264	282	^
60-64 George Perdon, AU	198	164	s
65-69 Manfred Hauser, GER	151		
70-74 Manfred Hauser, GER	156	225	
75-79 Cliff Young, AUS	149	1102	Ts
80-84 Robert Lardinois, BEL	125	1494	

#### Age groups, North America, modern

40-44 Al Prawda	224	1177	i
45-49 Roy Pirrung	243	759	
50-54 Jim Drake	213		R
55-59 Donald Winkley	201		Rs
60-64 Dictino Mendez	179	1350	i
65-69 Phil Latullipe, CAN	150	1689	i
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	

#### USA Ratified 48-Hour Records, Men

Open: Brian Purcell	240		
40-44 Thomas Andrews	205	25	
45-49 Roy Pirrung	243	7595	
50-54 Jim Drake	213		
55-59 Don Winkley	201		
60-64 Don Winkley	200	579	
65-69 Richard Cozart	139	263	T
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	
All-comers: Yiannis Kourous, GR	266	880	

#### All-time, women

Sue Ellen Trapp, 51, US	234	1428	
Hilary Walker, GB	227	1302	
Eleanor Robinson, 49, GBR	219	100	i
Susan Olsen, US	216	1444	
Arllette Touchard, 44, FR	215	1543	
Angela Mertens, BEL	214	1196	
Marianne Savage, GB	213	1092	
Helga Backhaus, 45, GER	213	472	R
Helen Stanger, AU	204	1038	
Sandra Barwick, NZ	202	1589	s
Martina Hausmann, GER	200	1388	R
Gisela Fricke, 43, GER	200		R
Else Bayer, GER	196	34	T
Silvia Andonie, MEX	195	1760	
Edith Couhé, 40, FR	195	167	
Dipali Cunningham, 40, AU	194		RS
Christel Vollmerhausen, 55, GER	193	1563	
Paula Mairer, AUT	192	881	
Bev Williams, CAN	191	1470	i
Suprabha Beckjord, US	191		Rs
Sandra Brown, GB	190	1380	^
Françoise Lamothe, 62, FR	190	48	

#### All-time, North America, women

Sue Ellen Trapp, 51	234	1428	
Susan Olsen	216	1444	
Silvia Andonie, MEX	195	1760	
Bev Williams, CAN	191	1470	i
Suprabha Beckjord	191		Rs
Donna Hudson	189	693	s
Marcy Schwam	187	1406	i
Pippa Davis, 48	182		Rs
Eileen Elliot, 45	180	1584	i
Antana Locs, CAN	180		Rs
Barbara McLeod, 52, CAN	177	137	i
Essie Garrett, 41	170		
Françoise Carpenter, 50	170	440	
Mary Ann Miller, 50	169	1335	

Linda Elam, 53	169		
Kay Moore, 44	164	936	i
Kim Cavanagh	161	75	i
Lorna Richey	160		s

#### Age groups, World

40-44 Arlette Touchard, FR	215	1543	
45-49 Sue Ellen Trapp, US	223	1340	R
50-54 Sue Ellen Trapp, US	234	1428	
55-59 Else Bayer, GER	196	34	T
60-64 Françoise Lamothe, FR	190	48	
65-69 Françoise Lamothe, FR	169	890	^
70-74 Françoise Lamothe, FR	148	1729	^

#### Age groups, North America

40-44 Susan Olsen	195	804	T
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp, 51	234	1428	
55-59 Barbara McLeod, CAN	158		Rs
60-64 Jan Richards	127	880	
65-69 Helen Klein	130	858	

#### USA Ratified 48-Hour Records, Women

Open: Sue Ellen Trapp	234	1427	
40-44 Sue Olsen	195	804	T
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp	234	1427	
55-59 Mary Ann Miller	145	1531	
60-64 Mary Ann Miller	139	1003	T
65-69 no record			

## 24 Hours

#### All-time, men

Yiannis Kourous, 41, AU	188	1031	T
Wolfgang Schwerk, GER	171	1106	R
Anatoli Kruglikov, RUS	171	857	
Bernard Gaudin, FR	170	1231	R
David Dowdle, GB	170	974	
Hans Erdmann, GER	170	580	R
Jean-G. Boussiquet, FR	169	705	
Eduard Khiron, RUS	169	699	
Nasibula Khusunulin, RUS	167	874	i
Alain Prual, FR	167	104	
Don Ritchie, 47, GB	166	1203	
Lucien Taelman, BEL	166	519	R
Ivan Labutin, RUS	165	1690	
A. Komissarenko, RUS	165	500	R*
Rae Clark, US	165	427	
Mikhail Eremskov, RUS	164	511	
Paul Beckers, BEL	164	342	
Mark Pickard, GB	163	1249	
Tomas Rusek, 50, CZ	163	897	R
Valeri Goubat, SU	163	510	
Rune Larsson, SWE	163	346	
Richard Tout, NZ	163	286	iR

#### World track record

Yiannis Kourous, 41, AU	188	1031	T
-------------------------	-----	------	---

#### World road record

rr-Yiannis Kourous, 42, AU	180	589	
----------------------------	-----	-----	--

#### All-time, North America

Rae Clark	165	427	
rr-Mark Godale	162	809	R
Park Barner	162	537	*
Kevin Setnes	160	749	R
Tom Possert	158	565	R
Bernd Heinrich, 43	156	1367	
David Luljak, 41	156	492	R
Cahit Yeter, 46	155	1182	
Roy Pirrung, 41	154	313	iR
Arthur Newton, 1931	152	540	i
Peter Holubar, CAN	150	1659	
Al Howie	150	354	
John Hughes, 1882	150		s
John Geesler	147	228	R
Brian Purcell	146	1584	s
Nick Marshall	146	528	Rs*
Don Jewell, 46	145	1115	R
Robert Van Deusen	145	408	
Tommy Taylor	144	1472	R
John Metz, 50	144		R
Scott Demaree	143	704	s
Lion Caldwell	143	392	
Ed Foley	143	238	
James Edmonson	143		
Steve Warshawer	142	598	
Danny Ripka, 40	142	523	R
John Prewitt	142	383	
Marshall Ulrich	142	153	
Luis Rios	140	756	
George Gardiner, 40	140	400	R

#### Age groups, world

40-44 Yiannis Kourous, 41, AU	188	1031	T
45-49 Don Ritchie, GB	166	1203	
50-54 Tomas Rusek, 50, CZ	163	897	R
55-59 Dave Cooper, GB	155	676	R
60-64 Max Courtillon, 62, FR	149	91	iR
65-69 Geoff Oliver, GB	132	1543	T
70-74 Max Courtillon, 70, FR	120	669	
75-79 Ernie Warwick, GB	103	651	
80-84 Ernie Warwick, GB	86	1100	

#### Age groups, U.S.

40-44 Bernd Heinrich	156	1367	
45-49 Cahit Yeter	155	1182	
50-54 John Metz	144		R
55-59 Richard Rozier	139	429	R
60-64 Dwaine Batt	129	352	R
65-69 Ray Piva	120		R
70-74 Edson Sower	107	655	
75-79 Matt Miller	82	1354	
80-84 Edson Sower	63	445	

#### USA Ratified 24-Hour Records, Men

#### Track:

Open: Rae Clark	165	427	
40-44 Bernd Heinrich	156	1367	
45-49 Roy Pirrung	147	1510	
50-54 Gard Leighton	136	1468	
55-59 Gard Leighton	131	507	
60-64 Carlton Mendell	125	1044	
65-69 Beacham Toler	112	187	
70-74 Edson Sower	107	655	
75-79 Matt Miller	90	393	
80-84 Edson Sower	63	445	

#### Road:

Open: Mark Godale	162	809	
40-44 Roy Pirrung	154	40	
45-49 Roy Pirrung	153	1363	
50-54 John Metz	144		
55-59 Gaylon Dodson	121	385	
60-64 Dwaine Batt	129	352	
65-69 Ray Piva	120		
70-74 Howard Henry	94	491	
75-79 Howard Henry	83	101	

#### All-time, women

Elena Sidorenkova, RUS	154	1161	i
Sigrid Lomsky, 51, GER	151	706	R
Irina Reutovich, 48, RUS	150	1336	T*
Eleanor Adams, 41, GB	149	411	
Hilary Walker, GB	146	1629	R
Sue Ellen Trapp, 47, US	145	506	R
Angela Mertens, BEL	144	395	R
Marie Bertrand, FRA	143	1502	R
Wynnie Cosgrove, NZ	143	368	R
Ann Trason, US	143	152	R
Helga Backhaus, GER	142	942	R
Helen Stanger, 48, AU	142	604	
Marianne Savage, GB	141	1306	R
Monika Kuno, GER	141	132	R
Colette Musy, FRA	138	1409	R
Randi Bromka, 40, US	138	510	R
Tamara Merslikina, SU	137	1684	R
Rimma Paltseva, 51, RUS	137	654	
Christiane Lecker, FRA	137	531	
Sandra Barwick, NZ	137	21	
Joelle Semur, FR	135	1386	
Svetlana Savoskina, RUS	135	836	
Anni Loenstad, DEN	135	534	R
Susan Olsen, US	134	1695	
Rosalynd Paul, GB	134	1089	s
Pascale Mahe, FRA	134	1042	R
Waltraud Reiser, GER	133	1486	R
Sandra Brown, GB	133	1110	R
Anna Dyck, GER	133	1044	R
Monica Peter, GER	133	966	R
Lynn Fitzgerald, GB	133	939	

#### World Indoor record

Elena Sidorenkova, RUS	154	1161	i
------------------------	-----	------	---

#### All-time, North America

Sue Ellen Trapp, 47	145	506	R
Ann Trason	143	152	R
Randi Bromka, 40	138	510	R
Susan Olsen	134	1695	
Mary Hanudel	132	1299	
Lorna Richey	130	973	
Stephanie Ehret	128	1743	
Chris Hart	128	181	
Barbara Marquer Sylvania	126	1371	
Sue Medaglia, 47	126	749	

Suzanne Gagnon,CAN	125	1513	R
Toni Belaustegui,40	125	885	
Kathy Welch,41	125		R
Karina Nequin	124	661	
Sylvia Andonie,MX	124		R
Lynn O'Malley,41	123	1106	
<i>Mercedes Balderas,40,MX</i>	122	795	R
Kay Moore,42	122	186	R
Susie Lister	122		R
Debra Moore	121	714	R
Debbie Jones,43	120	1284	
Bonnie Busch	120	994	R
Beverley Williams,CAN	120	649	

#### Age groups,world

40-44 Eleanor Adams,GB	149	411	
45-49 Sue Ellen Trapp,US	145	506	R
<i>45-49 Irina Reutovich,48,RUS</i>	150	1336	T*
50-54 Sigrid Lomsky,GER	151	706	R
55-59 Gerda Schröder,GER	119	140	R
60-64 Françoise Lamothe,FR	114	760	R
65-69 Helen Klein,US	109	880	
70-74 Helen Klein,US	102	1300	R
75-79 Rosa Vögeli,SW	62	241	R*

#### Age groups,U.S.

40-44 Randi Bromka	138	508	R
45-49 Sue Ellen Trapp	145	505	R
50-54 Sue Ellen Trapp	137	616	R
55-59 Ruth Anderson	110	439	
60-64 Helen Klein	105	1294	
69 Helen Klein	109	880	
74 Helen Klein	102	1300	R

#### USA Ratified 24-Hour Records, Women

##### Track:

Open: Sue Ellen Trapp	136	946
40-44 none		
45-49 Sue Ellen Trapp	136	946
50-54 Sue Ellen Trapp	132	1194
55-59 Ruth Anderson	110	440
60-64 Helen Klein	105	1294
65-69 Helen Klein	109	880

##### Road:

Open: Sue Ellen Trapp	145	506
40-44 Randi Bromka	138	508
45-49 Sue Ellen Trapp	145	506
50-54 Sue Ellen Trapp	137	615
<i>55-59 Eileen Eliot</i>	101	738
60-64 Sarann Mock	83	100
65-69 Sarann Mock	80	1430
70-74 Helen Klein	102	1300

## 200 Km

#### All-time, men

Yiannis Kourous,41,AU	15:10:27	sT
rr-Yiannis Kourous,AU	15:32:39	T
Don Ritchie,GB	16:19:16	s
Ilgang Schwerek,GER	16:20:51	Rs
Martin Daykin,GB	16:20:46	*
Jean-Marc Bellocq,FR	16:26:00	Rs
rr-Don Ritchie,GB	16:31:08	R
Paul Beckers,BEL	16:51:33	R

#### All-time, North America

Rae Clark	16:55:13	s
Cahit Yeter,46	17:44:27	s
Kevin Setnes	18:02:30	Rs
Roy Pirrung,43	18:05:35	s
Peter Holubar,CAN	18:28:58	s
Bernd Heinrich,43	18:30:11	s
Tom Possert	18:40:07	Rs
Robert Emmons	18:50:40	Rs

#### Age groups, world

40-44 Yiannis Kourous,41,AU	15:10:27	sT
45-49 Don Ritchie,GB	16:19:16	s
50-54 Helmut Schiecke,GER	18:16:15	Rs
55-59 Dave Cooper,GB	19:16:16	Rs
60-64 Max Courtillon,FR	19:42:13	siR
65-69 Geoff Oliver,GB	22:13:12	
70-75 Cliff Young,AU	42:11:47	T
76-79 Drew Kettle,AU	42:38:51	T

#### USA Ratified 200-Km Records, Men

Track:		
Open: Rae Clark	16:55:13	
40-44 Roy Pirrung	18:05:35	
45-49 Roy Pirrung	20:34:48	

50-54 Gard Leighton	21:07:11
55-59 no record	
60-64 Carlton Mendell	23:39:47

#### All-time, women

Eleanor Adams,42,GB	19:00:31	sRi
Sigrid Lomsky,GER	19:08:21	Rs
Ann Trason,US	19:22:05	Rs
<i>Irina Reutovich,49,RUS</i>	19:49:36	
Elena Sidorenkova,RUS	20:00:00	
Hilary Walker,GB	20:05:50	Rs
Sue Ellen Trapp,47,US	20:14:06	Rs
rr-Hilary Walker,GB	20:18:07	T
Marianne Savage,GBR	20:23:06	T
Angela Mertens,BEL	20:39:05	Rs
Monika Kuno,GER	20:43:42	s

#### All-time, North America

Ann Trason	19:22:05	Rs
Sue Ellen Trapp,47,US	20:14:06	Rs
Sue Ellen Trapp,45	21:08:47	s
Randi Bromka	22:41:00	s
Lorna Richey	23:01:57	s
Sue Medaglia,47	23:36:42	s
Toni Belaustegui,40	23:42:37	

#### Age groups, world

40-44 Eleanor Adams,GB	19:00:31	
<i>45-49 Irina Reutovich,49,RUS</i>	19:49:36	
50-54 Sigrid Lomsky,GER	19:08:21	
55-59 Else Bayer,GER	27:46:38	T
65-69 Françoise Lamothe,FRA	32:58:00	T
70-75 Francoise Lamothe,FRA	38:27:41	T

#### USA Ratified 200-Km Records, Women

Track:		
Open: Sue Ellen Trapp	21:08:47	
40-44 Toni Belaustegui	23:45:26	
45-49 Sue Ellen Trapp	21:08:47	
50-54 Mary Ann Miller	32:47:14	
55-59 Bev Nolan Cannata	45:54:10	

## 12 Hours

#### Men

Yiannis Kourous,GR	101	s
Ferenc Gyori,HUN	100	831
Don Ritchie,GB	100	727
Derek Kay,SA	100	
Cavin Woodward,GB	100	

#### All-time, North America

Andy Jones	99	464	R
Rae Clark	98		s
Bernd Heinrich,44	95	1216	Ts

#### Age groups, world

40-44 Derek Kay,SA	100	
45-49 Don Ritchie,GB	94	1226
50-54 Denis Weir,GB	88	1423
55-59 Gard Leighton,US	81	844
60-64 Cliff Young,AU	80	850
65-69 Ray Piva,US	74	1431
70-74 Max Courtillon,FR	68	1218
75-79 Konrad Volkening,GER	62	241
80-84 Ernie Warwick,GB 50	352	

#### USA Ratified 12-Hour Records, Men

##### Track:

Open: Bernd Heinrich	95	1216
40-44 Bernd Heinrich	95	1216
45-49 Roy Pirrung	81	562
50-54 John Metz	85	538
55-59 Gard Leighton	81	844
60-64 Ephraim Romesberg	68	832
65-69 Ray Piva	74	1431
70-74 George Billingsley	52	1341
75-79 Matt Miller	50	1239
80-84 Edson Sower	42	297

##### Road:

Open: Rae Clark	98
40-44 Roy Pirrung	90
45-49 Roy Pirrung	84
50-54 Ralph Balsamo	73
55-59 Bruce Boyd	72
60-64 Dwaine Batt	70
65-69 Ray Piva	69
70-74 Burt Carlson	46

75-79 Ben Mostow	50
80-84 Wilfredo Rios	45

#### Women

Ann Trason,US	91	1258	T
Angela Mertens,BEL	87	831	
<i>Anke Drescher,GER</i>	84	1658	
Eleanor Adams,GB	83	1339	T
Anni Loenstad,DEN	83	877	R
Hilary Walker,GB	83	682	Ts
Eleanor Adams,GB	83	555	

#### All-time, North America

Ann Trason	91	1258	T
Christianne Avin',40	79	1658	
Lorraine Lees-McGeough	79	1587	T
Marcy Schwam	79	942	T
Sandra Kiddy	79	696	
Ellen McCurtin	79	137	

#### Age groups, world

40-44 Eleanor Adams,GB	83	1339	T
45-49 Angela Mertens,BEL	87	831	
50-54 Sandra Kiddy,US	75	1454	
55-59 Pat Bonner,GBR	64	401	T
60-64 Ursula Schmitz,GER	62	241	
65-69 Françoise Lamothe,FRA	62	241	

#### USA Ratified 12-Hour Records, Women

##### Track:

Open: Ann Trason	91	1258
40-44 Lynn O'Malley	77	798
45-49 Sue Ellen Trapp	76	809
50-54 Sandra Kiddy	75	1454
55-59 Ruth Anderson	63	667
60-64 Dixie Madsen	56	662
65-69 Helen Klein	60	880

##### Road:

Open: Ann Trason	90
40-44 Randi Bromka	79
45-49 Sandra Kiddy	79
50-54 Sue Ellen Trapp	72
65-69 Sarann Mock	47

## 100 Miles

#### All-time, men

Don Ritchie,GB	11:30:51	T
Cavin Woodward,GB	11:38:54	T
Yiannis Kourous,GR	11:46:38	s
Derek Kay,40,SA	11:56:56	T
Ferenc Gyori,HUN	12:00:00	*
Tom O'Reilly,GB	12:02:32	T
Andy Jones,CAN	12:05:43	
Rae Clark,US	12:12:19	
Dave Box,41,SA	12:15:09	T
Martin Daykin,GB	12:16:46	
David Dowdle,GB	12:17:09	
Ron Hopcroft,40,GB	12:18:16	*
Wally Hayward,45,SA	12:20:08	*
George Perdon,AU	12:25:09	T*
Bernd Heinrich,44,US	12:27:01	T

#### All-time, North America

Andy Jones,CAN	12:05:43
Rae Clark	12:12:19
Bernd Heinrich,44	12:27:01
Alfonso Anzaldo Meneses,MX	12:46:20
José Cortez	12:54:31
Stuart Mittleman	12:56:34
Roy Pirrung	13:15:50
Ray Scannell	13:16:02
Terry Martin,CAN	13:18:25
Lion Caldwell	13:19:12
George Gardiner	13:22:10
Ted Corbitt,51	13:33:06
Cahit Yeter,51	13:35:21
Don Marvel	13:36:35
Kevin Eagleton	13:40:28

#### Age groups, world

40-44 Derek Kay,SA	11:56:56	T
45-49 Wally Hayward,SA	12:20:08	*
George Perdon,AU	12:25:09	T*
Don Ritchie,GB	12:44:29	Ts
<i>50-54 Ted Corbitt,US</i>	13:33:06	Ts
55-59 David Cooper,GB	15:14:35	Ts
60-64 Cliff Young,AU	14:37:54	T
<i>65-69 Geoff Oliver,GB</i>	17:20:50	Ts
70-74 Max Jones,GB	18:16:49	T
75-79 Ernie Warwick,GB	23:05:53	Ts



## Age groups, U.S.

40-44 Bernd Heinrich	12:27:01	T
45-49 Cahit Yeter,47	13:40:01	R*
Cahit Yeter,46	13:49:24	Ts
50-54 Ted Corbitt,US	13:33:06	Ts
55-59 Gard Leighton	16:05:30	T
60-64 Carlton Mendell	17:35:27	Ts
65-69 Ray Piva	18:33:36	s
70-74 Larry O'Neil	21:55:23	T*
Edson Sower	21:57:44	Ts

## USA Ratified 100-Mile Records, Men

### Track:

Open: Bernd Heinrich	12:27:01
40-44 Bernd Heinrich	12:27:01
45-49 Roy Pirrung	15:20:45
50-54 Gard Leighton	14:56:19
55-59 Gard Leighton	16:05:30
60-64 Carlton Mendell	17:35:27
65-69 no record	
70-74 Edson Sower	22:01:34

### Road:

Open: Rae Clark	12:12:19
40-44 Roy Pirrung	13:15:50
45-49 Roy Pirrung	15:01:33
50-54 Roy Pirrung	15:39:18
55-59 Ed Rousseau	18:56:04
60-64 Dwaine Batt	18:02:35

### All-time, women

Ann Trason,US	13:47:42	
Eleanor Adams,42,GB	14:43:40	si
Rae Bisschoff,SA	14:53:06	R
Hilary Walker,GB	14:49:34	
Sigrid Lomsky,51,GER	15:02:30	s
Sue Ellen Trapp,44,US	15:05:51	
Christine Barrett,GB	15:07:45	
Sandra Kiddy,49,US	15:12:54	
Monika Kuno,GER	15:27:46	Ts
Donna Hudson,US	15:31:57	*
Marianne Savage,GB	15:42:36	si
Lynn Fitzgerald,GB	15:44:21	Ts
Marcy Schwam,US	15:44:28	Ts
Randi Bromka,US	15:45:52	s
Winnie Cosgrove,HK	15:54:57	s
Sue Medaglia,48,US	15:55:17	*
Sue Olsen,US	15:55:24	Ts

### All-time, North America

Ann Trason	13:47:42	
Sue Ellen Trapp,44	15:05:51	
Sandra Kiddy,49	15:12:54	
Donna Hudson	15:31:57	*
Marcy Schwam	15:44:28	Ts
Randi Bromka	15:45:52	s
Sue Medaglia,48	15:55:17	*
Sue Olsen	15:55:24	Ts
Natalie Cullimore	16:11:00	*
Christine Gibbons	16:41:26	
Ruth Anderson,48	16:50:47	T*
Kay Moore,44	16:54:01	
Linda Elam,43	16:58:45	Ts
Lynn O'Malley,41	17:11:53	Ts
Kim Goosen	17:41:02	
Sue Summerhays-King	17:52:39	T
Chrissy Duryea	17:53:10	
Beth Ann Rouleau	18:01:41	
Lorna Richey	18:14:18	
Jennifer Henderson	18:16:52	
Chris Hart	18:18:53	Ts
Samara Balfour	18:23:54	*
Karina Nequin	18:26:48	s
Antana Locs,CAN	18:27:07	

### Age groups, world

40-44 Eleanor Adams,GB	14:43:40	si
45-49 Sandra Kiddy,US	15:12:54	
50-54 Sigrid Lomsky,GER	15:02:30	s
55-59 Gerda Schröder,GER	19:39:20	
60-64 Françoise Lamothe,FR	20:47:35	s
65-69 Helen Klein,US	21:03:01	Ts
70-74 Helen Klein,US	23:29:34	s

### Age groups, U.S.

40-44 Sue Ellen Trapp	15:05:51	
45-49 Sandra Kiddy	15:12:54	
50-54 Marty Maricle	19:26:04	T
55-59 Ruth Anderson	20:54:24	Ts
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts
70-74 Helen Klein	23:29:34	s

## USA Ratified 100-Mile Records, Women

### Track:

Open: Ann Trason	14:29:44
40-44 Lynn O'Malley	17:11:53
45-49 Sue Ellen Trapp	16:08:55
50-54 Marty Maricle	19:26:04
55-59 Ruth Anderson	20:54:24
60-64 Helen Klein	22:15:26
65-69 Helen Klein	21:03:07

### Road:

Open: Ann Trason	13:47:42
40-44 Sue Ellen Trapp	15:05:52
45-49 Sandra Kiddy	15:12:54
50-54 Sue Ellen Trapp	16:57:58
55-59 no record	
60-64 no record	
65-69 no record	
70-74 Helen Klein	23:29:34

## 100 Km

### All-time, men, certified

All-time,men,certified		
rr-Don Ritchie,GB	6:10:20	T
Takahiro Sunada,JPN	6:13:33	
Jean-Paul Praet,BEL	6:15:30	
rr-Jean-Paul Praet,Bel	6:16:41	R
Valmir Nunes,BRA	6:18:09	
Alexey Volgin,RUS	6:20:44	
Aleksander Masarigin,RUS	6:20:59	
Yasufumi Mikami,JP	6:22:08	
Konstantin Santalov,RUS	6:22:28	
Jaroslav Janicki,POL	6:22:33	
Grigori Murzin,RUS	6:23:29	
Simon Pride,GB	6:24:05	
Thierry Guichard,FR	6:24:26	
Kazimierz Bak,GER	6:24:29	
Bruce Fordyce,SA	6:25:07	
Jiri Jelinek,CZ	6:25:19	
Segei Yanenko,UKR	6:25:25	Ts
Cavin Woodward,GB	6:25:28	
Jean-Marc Bellocq,FR	6:26:13	
Kiminari Kondo,JPN	6:26:23	
Rainer Muller,GER	6:26:56	
Shaun Meiklejohn,SA	6:26:58	
Andrzej Magier,POL	6:27:29	
Tim Sloan,AU	6:29:25	
Karl-Heinz Doll,GER	6:29:34	
Pascal Fétizon,FR	6:29:44	

### Uncertified additions

Vaclav Kamenik,CZ	6:17:56	*
Jan Szumiec,POL	6:17:57	*
Alexey Volgin,RUS	6:18:49	*
Domingo Catalan,SP	6:19:35	*

### All-time, North America, certified

Tom Johnson	6:30:11	
Erik Seedhouse,CAN	6:33:03	
Andy Jones,CAN	6:33:57	
Richard Chouinard,CAN	6:36:57	
Allan Kirik	6:37:54	
Bernd Heinrich,41	6:38:21	
Stefan Fekner,CAN	6:41:05	
Charles Trayer	6:41:47	
Rich Hanna	6:42:09	
Sean Crom	6:45:35	
Tom Zimmerman	6:45:46	
Barney Klecker	6:50:43	
Frank Bozanich	6:51:20	
Alfonso Anzaldo Meneses,MEX	6:51:52	T
Carl Andersen	6:54:25	
Bryan Hacker	6:55:10	
James Garcia	6:55:27	
Rae Clark	6:56:43	
Victor Hickey,CAN	6:57:58	
Kevin Selnes	6:58:06	

### Uncertified North American additions

Bill DeVoe	6:54:56	*
Stuart Mittleman	6:57:49	*
John Coffey	6:58:54	*
Ray Scannell	6:59:25	*
Max White	6:59:45	*

### Age groups, world

40-44 Domingo Catalan,SP	6:30:37	
45-49 Roland Vuilleminot,FR	6:30:35	
50-54 Roland Vuilleminot,FR	6:43:33	R
55-59 Kurt Engländer,GER	7:10:51	
60-64 Peter Köhn,GER	8:03:52	

65-69 Wil Van der Lee,HOL	8:07:22	
70-74 Max Courtillon,FR	8:53:45	
75-79 Horst Feiler,BER	11:41:58	T
80-84 Helmut Gnosa,GER	15:32:37	R
85-89 Johann Schauer,SW	21:06:25	R
40+ track: Don Ritchie,GER	6:46:10	T

### Age groups, North America

40-44 Bernd Heinrich	6:38:21	
45-49 Bernd Heinrich	7:00:12	T
50-54 John Sullivan	7:38:43	
55-59 Gardner Leighton	8:34:53	T
60-64 Ray Piva	8:58:04	
65-69 Ray Piva	9:24:41	
70-74 Carlton Mendell	11:27:10	
75-79 Edson Sower	19:37:09	s
80-84 Phil Latulippe,80,CAN	15:50:50	

## USA Ratified 100-Km Records, Men

### Track:

Open: Bernd Heinrich	7:00:12
40-44 Warren Finke	7:14:17
45-49 Bernd Heinrich	7:00:12
50-54 Ted Corbitt	8:39:27
55-59 Lary Webster	10:03:02
60-64 Carlton Mendell	10:41:08
65-69 Ray Piva	9:30:31
70-74 Edson Sower	12:13:19
80-84 Edson Sower,US	23:22:07

### Road:

Open: Tom Johnson	6:30:11
40-44 Bernd Heinrich	6:38:21
45-49 Robert Perez	7:18:27
50-54 John Sullivan	7:38:43
55-59 Ron Kovacs	9:21:53
60-64 Ray Piva	8:58:04
65-69 Ray Piva	9:24:41
70-74 no record	
75-79 Howard Henry	16:23:00

### All-time, women, certified

Ann Trason,US	7:00:48
Noriko Kawaguchi,JPN	7:11:42
Birgit Lennartz,GER	7:18:57
Maria Auxiliadora Venancio,BRA	7:20:22
Valentina Liachova,RUS	7:22:18
Edit Berces,HUN	7:26:47
Carolyn Hunter-Rowe,GB	7:27:19
Valentina Schatyayeva,RUS	7:27:39
Maria Bak,GER	7:30:32
Helena Joubert,SA	7:31:47
Constance Wagner,GER	7:32:17
Anna Balosakova,SVK	7:33:02
Elvira Kolpakova,RUS	7:33:37
Donna Perkins,US	7:33:46
Irina Petrova,18,RUS	7:34:05
Alcira Portela Lario,POR	7:34:27
Marta Vass,HUN	7:37:05
Martine Cubizolles,FRA	7:37:19
Tanja Schafer,GER	7:38:10
Oksana Ladygina,RUS	7:40:05
Isabelle Olive,FR	7:40:09
Linda Meadows,AU	7:40:57
Rene DuPlessis,SA	7:41:52
Trudi Thomson,GB	7:42:17
Chrissy Duryea,US	7:44:23
Nurzia Bagmanova,RUS	7:44:37
Charlotte Noble,SA	7:44:38
Svetlana Savoskina,RUS	7:45:43
Huguette Jouault,FRA	7:46:42
Sybilie Mollensiep,GER	7:46:54
Yelena Siderenkova,RUS	7:48:25

### Uncertified addition

Irina Petrova,RUS	7:22:55	*
Chantal Langlacé,FR	7:26:01	*

### All-time, North America, certified

Ann Trason	7:00:48
Donna Perkins	7:33:46
Chrissy Duryea	7:44:23
Marcy Schwam	7:47:29
Sandra Kiddy,47	7:49:17
Kris Clark-Setnes	7:55:55
Danielle Cherniak	7:56:18
Ashley Evans,CAN	8:02:59
Sue Ellen Trapp	8:05:26
Kathy D'Onofrio-Wood	8:08:43
Ellen McCurtin	8:16:53
Lorraine Gersitz	8:20:09
Theresa Daus-Weber	8:22:38
Sue Kainulainen,CAN	8:29:44
Lorraine Lees-McGeough,CAN	8:32:23

Suzie Lister	8:32:57	
Deanna Lindsay, CAN	8:33:58	
Debbie Peebles	8:35:26	
Jackie Davis	8:39:02	
Randi Bromka	8:40:07	
Jennifer Johnston	8:40:29	
Susan Olsen	8:40:48	
Carole Williams	8:41:19	
Janice DeHaye	8:42:22	
Shelby Hayden-Clifton	8:43:44	

### Age groups, world

40-44 Maria Auxiliadora Venancio, BRA	7:20:22	
45-49 Huguette Jouault, FRA	7:46:53	T
50-54 Daniele Geoffroy, FR	7:54:23	
55-59 Sandra Kiddy, US	8:42:36	
60-64 Ursula Schmitz, GER	9:20:07	
65-69 Françoise Lamothe, FR	11:24:23	
70-74 Helen Klein, US	12:50:49	s
75-79 Rosa Vögeli, SW	15:38	*
80-84 Ann Guarnieri Ortolani, IT	19:34:59	

### Age groups, U.S.

40-44 Sue Ellen Trapp	8:38:44	
45-49 Sandra Kiddy	7:49:17	
50-54 Sandra Kiddy	8:46:11	*
Sandra Kiddy	9:16:28	
55-59 Sandra Kiddy	8:42:36	
60-64 Dixie Madsen	11:14:14	
65-69 Shirley Young, AU	10:47:13	R
70-74 Helen Klein	12:50:49	s

### USA Ratified 100-Km Records, Women

#### Track:

Open: Ann Trason	7:50:08	
40-44 Lynn O'Malley	9:13:12	
45-49 Sue Ellen Trapp	9:43:25	
50-54 Sandra Kiddy	9:16:28	
55-59 Ruth Anderson	11:11:04	
60-64 Helen Klein	12:56:41	
65-69 Helen Klein	12:17:41	

#### Road:

Open: Ann Trason	7:00:48	
40-44 Lorraine Gersitz	8:33:07	
45-49 Sandra Kiddy	7:59:59	
50-54 Eileen Eliot	9:50:35	
55-59 Sandra Kiddy	8:42:36	
60-64 Dixie Madsen	11:14:14	
65-69 Helen Klein	12:09:17	
70-74 Helen Klein	12:50:49	

## 50 Miles

### All-time, men

Bruce Fordyce, GB/SA	4:50:21	s
Barney Klecker, US	4:51:25	
Don Ritchie, GB	4:51:49	T
Andrew Jones, CAN	4:54:59	
Risto Laitinen, FIN	4:57:28	*
Cavin Woodward, GB	4:58:53	T

### All-time, North America

Barney Klecker	4:51:25	
Andrew Jones, CAN	4:54:59	
Erik Seedhouse, CAN	5:04:18	s
Don Paul 5:09:58		
Stefan Fekner, CAN	5:10:09	
Bernd Heinrich, 41	5:10:13	s
Bill DeVoe	5:12:35	
Jim Pearson	5:12:40	
Stuart Mittleman	5:14:05	*
Frank Bozanich	5:14:36	
Fritz Mueller, 43	5:14:54	
Bob Deines	5:15:20	

### Age groups, world

40-44 Don Ritchie, GB	5:07:08	s
45-49 Tom Richards, GB	5:12:37	s*
Don Ritchie, GB	5:14:15	
50-54 Ted Corbitt, US	5:35:03	*
Don Ritchie, GB	5:37:17	T
55-59 Alex Ratelle, US	5:53:08	
60-64 Frans Pauwels, US	6:24:18	
65-69 Gerhard Kohl, GER	6:38:01	Ts
70-74 Randall Hughes, AU	7:43:28	T
75-79 Horst Feiler, GER	8:50:48	Ts
80-84 Ernie Warwick, GB	11:56:28	

### Age groups, U.S.

40-44 Bernd Heinrich	5:10:13	s
----------------------	---------	---

45-49 Roger Rouiller	5:29:44	
50-54 Ted Corbitt	5:35:03	
55-59 Alex Ratelle	5:53:08	
60-64 Frans Pauwels	6:24:18	
65-69 Ray Piva	7:17:46	s
70-74 George Billingsley	8:36:02	Ts
75-79 Matt Miller	10:18:03	

### USA Ratified 50-Mile Records, Men

#### Track:

Open: Ken Moffitt	5:21:22	
40-44 Peter Jeffers	5:42:03	
45-49 Bernd Heinrich	5:34:24	
50-54 Fred Nagelschmidt	6:39:34	
55-59 Fred Nagelschmidt	6:55:02	
60-64 Paul Reese	7:16:30	
65-69 Ray Piva	7:20:01	
70-74 George Billingsley	8:36:02	

#### Road:

Open: Barney Klecker	4:51:25	
40-44 Bernd Heinrich	5:10:13	
45-49 Robert Perez	5:40:05	
50-54 Ted Corbitt	5:35:03	
55-59 Alex Ratelle	5:53:08	
60-64 Malcolm Gillis	6:43:48	
65-69 Fred Nagelschmidt	7:27:10	
70-74 Ray Piva	7:48:58	
75-79 Matt Miller	10:34:06	
All-comers: Bruce Fordyce, SA	4:50:51	

### All-time, women

Ann Trason, US	5:40:18	
Valentina Lyachova, RUS	5:55:41	T
Donna Perkins, US	5:55:45	
Carolyn Hunter-Rowe, GB	5:57:58	
Marcy Schwam, US	5:59:26	
Kim Moody, US	6:01:53	
Leslie Watson, GB	6:02:37	*
Eleanor Adams, GB	6:04:00	
Mary Morgan, AU	6:07:29	
Linda Meadows, AU	6:07:58	T
Sandra Kiddy, 47, US	6:09:09	
Ann Franklin, GB	6:10:24	s
Huguette Jouault, FRA	6:12:07	T
Hilary Walker, GB	6:12:11	T
Daniele Cherniak, US	6:13:44	
Marina Byachova, RUS	6:17:12	T
Monika Kuno, GER	6:17:30	Ts
Jan Kreuz, 41, US	6:19:05	

### All-time, North America

Ann Trason	5:40:18	
Donna Perkins	5:55:45	
Marcy Schwam	5:59:26	
Kim Moody	6:01:53	
Sandra Kiddy, 47	6:09:09	
Daniele Cherniak	6:13:44	
Jan Kreuz, 41	6:19:05	
Ellen McCurtin	6:19:59	
Chrissy Duryea	6:22:31	
Katey Angel	6:25:49	
Sue Ellen Trapp	6:25:56	s
Ashley Evans, CAN	6:26:44	Ts
Karen Smith-Rohrberg	6:29:29	
Chris Gibbons	6:31:35	
Debbie Peebles	6:35:27	
Nina Kuscsik	6:35:54	
Mary Hanudel	6:36:13	
Deb Bollig	6:37:17	
Bobbie Dixon	6:37:53	*
Nancy Drach, 40	6:38:02	
Denise Green	6:38:16	

### Age groups, world

40-44 Jan Kreuz, US	6:19:05	
45-49 Sandra Kiddy, US	6:09:09	
50-54 Sandra Kiddy, US	6:34:28	
55-59 Paulette Echevarne, FRA	7:36:44	T
60-64 Shirley Young, AU	7:32:44	T
65-69 Shirley Young, AU	7:55:08	T
70-74 Helen Klein, US	9:55:09	Rs

### Age groups, U.S.

40-44 Jan Kreuz	6:19:05	
45-49 Sandra Kiddy	6:09:09	
50-54 Sandra Kiddy	6:34:28	
55-59 Mary Ann Miller	7:44:48	
60-64 Marcie Trent	8:15:17	*
Dixie Madsen	8:35:19	
65-69 Helen Klein	9:13:50	
70-74 Helen Klein	9:55:09	Rs

### USA Ratified 50-Mile Records, Women

#### Track:

Open: Donna Perkins	6:09:28	
40-44 Lynn O'Malley	7:11:39	
45-49 Sue Ellen Trapp	7:39:31	
50-54 Sandra Kiddy	7:08:28	
55-59 Ruth Anderson	8:25:03	
60-64 Dixie Madsen	9:46:37	
65-69 Helen Klein	9:39:33	

#### Road:

Open: Ann Trason	5:40:18	
40-44 Jan Kreuz	6:19:05	
45-49 Sandra Kiddy	6:09:09	
50-54 no record		
55-59 Mary Ann Miller	7:44:48	
60-64 Dixie Madsen	8:35:19	
65-69 Helen Klein	9:04:31	
70-74 Helen Klein	9:55:09	

## 50 Km

### All-time, men

Thompson Magawana, SA	2:43:38	s
Zithulele Sinque, SA	2:47:39	Rs
Eric Mhlonogo, RSA	2:48:06	Rs
Jeff Norman, GB	2:48:06	T
Ben Choeu, SA	2:48:52	
Zoka Neube, RSA	2:49:30	R
Simang Mokibe, RSA	2:50:26	Rs
Andrew Kelehe, RSA	2:50:27	Rs
Dmitri Grishin, RUS	2:50:28	s
Don Ritchie, GB	2:50:30	T
Miltas Tshabalala, SA	2:50:45	R
Chuck Smead, US	2:50:46	*
Don Paul, US	2:50:55	
William Mtolo, RSA	2:50:57	s
Thabiso Moqhali, RSA	2:50:58	s
Johnny Halberstadt, SA	2:51:16	*
Paul Makhogale, SA	2:51:21	R
Moses Lebakeng, SA	2:51:22	R
Mandla Mkhatshe, RSA	2:51:32	s
Barney Klecker, US	2:51:53	
Fusi Nhlapo, SA	2:52:05	Rs
Johannes Thobejane, SA	2:52:13	s
Willie Farrell, SA	2:52:16	*
Bill Scobey, US	2:52:24	*

### All-time, North America

Chuck Smead	2:50:46	*
Don Paul	2:50:55	
Barney Klecker	2:51:53	
Bill Scobey	2:52:24	*
Tom Fleming	2:52:30	*
Andrew Jones, CAN	2:53:20	s
Carl Swift	2:53:54	*
John Viitanen, CAN	2:54:11	
Richard Holloway	2:55:54	
John Cederholm	2:56:43	
Erik Seedhouse, CAN	2:56:55	T
Chuck Smead	2:50:46	*
Don Paul	2:50:55	
Barney Klecker	2:51:53	
Bill Scobey	2:52:24	*
Tom Fleming	2:52:30	*
Andrew Jones, CAN	2:53:20	s
Carl Swift	2:53:54	*
John Viitanen, CAN	2:54:11	
Richard Holloway	2:55:54	
John Cederholm	2:56:43	
Kaj Johansen	2:57:00	
Carlos Talbott,	2:58:09	
Fritz Mueller, 42	2:58:20	
Bill McDermott	2:58:35	
Ken Moffitt	2:58:46	
Brian Teason	2:59:05	
Bruce Mortensen, 44	2:59:36	
Jeff Wall 3:00:00		

### Age groups, world

40-44 Jeff Norman, GB	2:53:21	
Tim Johnston, GB	2:55:07	T
45-49 Stephen Moore, GB	3:04:48	Ts
50-54 Stephen Moore, 50, GB	3:06:08	
55-59 Otho Perkins, US	3:17:26	T
60-64 Alec Dunn, GB	3:35:11	T
65-69 Bob Emmerson, 65, GB	3:44:53	
70-74 Randall Hughes, AU	4:07:00	R
75-79 Ken Matchett, 75, AU	4:52:13	T
80-84 Ernie Warwick, GB	6:29:51	
85-89 Charles Benovoy, CAN	14:50:01	Ts

### Age groups, U.S.

40-44 Fritz Mueller	2:58:20	
---------------------	---------	--

Bruce Mortensen	2:59:36	
45-49 Mel Williams	3:10:15	
50-54 Fred Kiddy	3:15:39	
John Sullivan	3:19:33	
55-59 Otho Perkins	3:17:26	T
60-64 Malcolm Gillis	3:35:51	
65-69 Ray Piva	3:50:02	
70-74 Ed Benham	4:34:51	
75-79 Ed Benham	5:03:38	
80-84 Edson Sower	7:31:40	Ts

### USA Ratified 50-Km Records, Men

#### Track:

Open: Barney Klecker	2:52:48
40-44 John Loeschhorn	3:11:35
45-49 Rae Clark	3:24:08
50-54 Walter Connolly	3:47:09
55-59 Otho Perkins	3:17:26
60-64 Fred Nagelschmidt	3:49:47
65-69 George Billingsley	4:09:07
70-74 George Billingsley	4:45:34
75-79 George Billingsley	5:43:39

#### Road:

Open: Jeff Wall	3:00:00
40-44 Jeff Wall	3:00:00
45-49 Roy Pirrung	3:34:31
50-54 John Sullivan	3:19:33
55-59 Ken Young	3:51:10
60-64 Malcolm Gillis	3:35:51
65-69 Victor Harkoff	4:10:34
70-74 Frank Rodriguez	6:37:13
75-79 Ed Benham	5:03:38
80-84 Wilfredo Rios	6:59:34

#### All-time, women

Frith van der Merwe,SA	3:08:39	s
Janis Klecker,US	3:13:51	
Maria Bak,GER	3:16:36	
Carolyn Hunter-Rowe,GBR	3:18:52	Ts
Monica Drogmoller,RSA	3:18:55	s
Ann Trason,US	3:20:24	T
Linda Edgar,US	3:21:27	*
Liz Eglington,RSA	3:22:00	s
Trudi Thomson,GBR	3:23:23	s
Mary Bange,US	3:23:31	*
Lorraine Moller,NZ	3:23:57	a
Jowaine Parott,RSA	3:24:11	s
Helena Joubert,RSA	3:25:48	R
Rene de Plessis,SA	3:26:33	R
Carolyn Hunter-Rowe,GB	3:26:44	Ts
Jan Arenz,US	3:26:47	
Madeleen Otto,RSA	3:27:01	s
Linda Meadows,AU	3:27:22	
Birgit Lennartz,GER	3:27:23	Rs
Eniko Feher,HUN	3:28:13	s
Lizanne Holmes,RSA	3:28:31	s
Sandra Timmer-Arends,AU	3:29:04	R
Dana Parrot,US	3:29:28	R
Berna Daly,SA	3:29:51	Rs

#### All-time, North America

Janis Klecker	3:13:51	
Ann Trason	3:20:24	T
Linda Edgar	3:21:27	*
Mary Bange	3:23:31	*
Jan Arenz	3:26:47	
Sandra Kiddy,47	3:32:24	
Dana Parrot,US	3:29:28	R
Jennifer Devine	3:35:06	R
Carol Greenwood	3:35:43	
Donna Perkins,38	3:36:07	Ts
Gail Volk	3:37:06	*
Christine Gibbons	3:37:13	
Chris Iwahashi	3:37:48	

#### Age groups, world

40-44 Jan Kreuz,US	3:34:31	
45-49 Sandra Kiddy,US	3:32:34	
50-54 Lavinia Petrie	3:50:15	T
55-59 Sandra Kiddy,US	3:56:55	
60-64 Ursula Schmitz,GER	4:11:34	
65-69 Shirley Young,AU	4:36:49	
70-74 Helen Klein,US	5:44:04	Rs

#### Age groups, U.S.

40-44 Jan Kreuz	3:34:31	
45-49 Sandra Kiddy	3:32:34	
50-54 Matilee Christman	4:15:12	
55-59 Sandra Kiddy	3:56:55	
60-64 Myra Rhodes	4:39:46	
65-69 Myra Rhodes	4:52:51	
70-74 Helen Klein	5:44:04	Rs
75-79 Helen Klein	6:10:32	

### USA Ratified 50-Km Records, Women

#### Track:

Open: Ann Trason	3:20:23
40-44 Lynn O'Malley	4:15:43
45-49 Sue Ellen Trapp	4:40:11
50-54 Beryl Skelton	4:54:56
55-59 Ruth Anderson	5:00:18
60-64 Dixie Madsen	5:40:01
65-69 Helen Klein	5:44:45

#### Road:

Open: Janis Klecker	3:13:51
40-44 Jan Kreuz	3:44:32
45-49 Sandra Kiddy	3:32:34
50-54 Sue Ellen Trapp	4:58:39
55-59 Sandra Kiddy	3:56:55
60-64 Mary Ann Miller	5:16:25
65-69 Jan Richards	5:09:36
70-74 Helen Klein	5:44:04
75-79 Helen Klein	6:10:32

## Canada

#### 6 days, men

David Bennett,1891	540	1320	i
Michel Careau,53	539	1689	i
Trishul Cherns	538	189	i
Al Howie	514		Rs
Ephraim Clow,1881	502		i
Richard Lacouse,1881	501	275	i

#### 6 days, women

Antana Locs	452		Rs
Barbara McLeod,55	404		Rs
Maggie Rowell,1879	387		i
Dhvaja Dorn	378		Rs
Mary Ann Trusz	373		Rs
Neli Lozej	370		Rs

#### 48 hours, men

Trishul Cherns	221	230	
Richard Lacouse,1881	218	352	si
Ephraim Clow,1881	215		si
Michel Careau,53	210	105	si
Peter Holubar,47	210		R
David LaPierre,52	205	152	
George Guyon,1879	200		is

#### 48 hours, women

Bev Williams	191	1470	i
Antana Locs	180		Rs
Barbara McLeod,52	177	137	i

#### 24 hours, men

Arthur Newton	152	540	i
Peter Holubar	150	1659	
Al Howie	150	352	
Esmond Mah	136	1299	
Ron Gehl	136	445	
David LaPierre,45	134	522	

#### 24 hours, women

Suzanne Gagnon,CAN	125	1513	R
Beverley Williams	120	649	
Barbara McLeod,51	113	1126	Ti

#### 100 miles, men

Andy Jones	12:05:43	R
Terry Martin,43	13:18:25	
Peter Holubar	14:03:23	Ts
Al Howie	14:06:18	T
Mike McNamara	14:09:45	i
Norm Patenaude	15:07:23	

#### 100 miles, women

Antana Locs	18:27:07	
Lorraine Lees-McGeough	18:49:24	
Suzanne Gagnon	18:56:39	Ts
Beverley Williams	19:08:18	Ts
Barbara McLeod,50	19:10:50	

#### 12 hours, men

Andy Jones	99	464	R
Terry Martin,43	92	447	s
Peter Holubar	87	1735	Ts

#### 12 hours, women

Lorraine Lees-McGeough	79	1587	T
------------------------	----	------	---

Beverley Williams	75	612	T
Antana Locs	74	1618	
Sue Kainulainen	74	64	T

#### 100 km, men

Erik Seedhouse	6:33:03
Andy Jones	6:33:57
Richard Chouinard	6:36:57
Stefan Fekner	6:41:05
Victor Hickey	6:57:58
Terry Boese	7:09:57

#### 100 km, women

Ashley Evans	8:02:59
Sue Kainulainen	8:28:14
Lorraine Lees-McGeough	8:32:23
Deanna Lindsay	8:33:58
Suzanne Gagnon	8:50:28

#### 50 miles, men

Andy Jones	4:54:59
Erik Seedhouse	5:04:18
Stefan Fekner	5:10:09
<i>Richard Chouinard</i>	5:15:34
Al Howie	5:35:12
Graeme Magor	5:36:20
Steve King	5:36:23
Steve Barr	5:39:44
Dominik Machek	5:41:48
Terry Martin.40	5:46:56

#### 50 miles, women

Ashley Evans	6:26:44	Ts
Sue Kainulainen	6:45:39	s
Lorraine Lees-McGeough	6:48:36	
Nola Patterson	6:55:29	
Mary Jane Henning	6:58:03	
Tess Porter	7:10:20	
Betty-Ann Schipper	7:15:53	

#### 50 km, men

Andy Jones	2:53:20	s
John Viitanen	2:54:11	
Erik Seedhouse	2:56:55	T
Stefan Fekner	3:03:34	s
Richard Chouinard	3:12:45	s
Graeme Magor	3:12:57	

#### 50 km, women

Lorraine Lees-McGeough	3:50:44
Wanda Cousineau	3:54:46
Tess Porter	3:58:26



Tony Collins, second placegetter in the COASTAL CLASSIC 12 HOUR RUN / WALK held on January 8-9th, 2000 at Gosford. Tony ran a distance of 110.205km, an excellent result. Congratulations!

# AUSTRALIAN RANKINGS FOR 100KM TRACK

Rank	Name	State	PB for 100KM	Place	Date	at Age
1.	KOUROS, Yiannis	VIC	07:15:00	ADELAIDE	04/10/97	41
2.	JACOBS, Trevor	ACT	07:16:17	EAST BURWOOD	21/06/92	40
3.	THOMPSON, Martin	NSW	07:22:38	TIPTON UK	25/10/75	29
4.	PERDON, George	VIC	07:26:14	OLYMPIC P	23/05/70	45
5.	WOODS, Graeme	QLD	07:28:13	COBURG	28/08/88	41
6.	COOK, Bruce	QLD	07:32:41	COBURG	14/09/86	30
7.	TOLLIDAY, Owen	QLD	07:39:48	USA	03/10/90	40
8.	STANDEVEN, David	SA	07:42:16	OLYMPIC P	08/04/90	38
9.	BREIT, John	VIC	07:44:09	OLYMPIC PARK	08/04/90	32
10.	TUTTY, Peter	VIC	07:44:27	NZ	22/08/87	22
11.	KEYSSECKER, Don	NSW	07:48:11	CHRISTCHURCH	30/08/80	0
12.	KIP.MELHAM, Anyce	NSW	07:50:37	LLANDILLO	13/04/80	22
13.	SMITH, Bryan	VIC	08:04:53	COBURG	28/08/88	44
14.	RECORD, Joe	WA	08:06:39	OLYMPIC P	08/04/90	48
15.	KELLY, Frank	NSW	08:12:43	CANBERRA	10/10/88	34
16.	DIETACHMAYER, Tony	VIC	08:16:31	COBURG	28/08/88	24
17.	BROOKS, Barry	VIC	08:16:55	COBURG	13/09/87	47
18.	BADIC, Safet	VIC	08:19:20	BURWOOD	10/03/90	29
19.	CRINITI, David	NSW	08:21:33	GOSFORD 12 HR	09/01/99	0
20.	CARSON, Max	VIC	08:27:18	COBURG	28/08/88	39
21.	MEDILL, Graham	QLD	08:28:13	IPSWICH	18/04/92	44
22.	McCABE, Neil	QLD	08:31:47	COBURG	28/08/88	0
23.	BLOOMER, Brian	VIC	08:33:17	BOX HILL	15/02/86	45
24.	GRAY, Peter	VIC	08:33:25	OLYMPIC P	08/04/90	25
25.	PARCELL, Ashley	QLD	08:37:14	BOX HILL	15/02/86	30
26.	ZWIERLEIN, Bob	VIC	08:37:17	ROSEBUD	06/05/89	0
27.	CLARKE, Ian	VIC	08:37:55	LIVERPOOL	05/02/95	40
28.	SCHULTZ, Peter	SA	08:38:45	ADELAIDE	13/11/82	0
29.	TWARTZ, Peter	SA	08:39:40	ADELAIDE	04/10/97	38
30.	CASSIDY, Kevin	VIC	08:43:28	COBURG	28/08/88	28
31.	FRANCIS, Mick	WA	08:43:53	BUNBURY	05/03/95	36
32.	VISSER, Jeff	VIC	08:45:10	COBURG	10/09/89	26
33.	FISHER, Keith	VIC	08:47:32	AUCKLAND NZ	23/08/87	22
34.	BEAUCHAMP, William	VIC	08:48:50	COBURG	13/09/87	42
35.	READ, Nick	ACT	08:54:28	COBURG	13/02/88	36
36.	MARCH, Mike	TAS	08:56:36	ADELAIDE	28/10/89	46
37.	HOOK, Geoff	VIC	08:56:58	OLYMPIC P	08/04/90	45
38.	HEPBURN, Brickley	VIC	08:57:44	COBURG	23/02/91	39
39.	HILL, Ron	VIC	08:58:05	COBURG	14/09/86	46
40.	HUTCHINSON, Ian	NSW	08:58:14	LLANDILLO	19/07/81	34
41.	SMITH, Jeff	VIC	09:01:20	ROSEBUD	04/05/91	40
42.	YOUNG, Cliff	VIC	09:02:52	ADELAIDE	09/11/85	63
43.	TAGGART, Bob	SA	09:03:07	ADELAIDE	29/10/88	41
44.	GOBEL, Joe	VIC	09:05:26	COBURG	15/09/85	48
45.	LAW, Andrew	TAS	09:07:04	ADELAIDE	24/10/92	33
46.	COX (SNR), Terry	VIC	09:08:10	COBURG	14/09/86	49
47.	DONNELLY, Bruce	QLD	09:09:14	NSW	01/09/90	0
48.	LEAR, Phil	QLD	09:12:01	BOX HILL	04/02/84	39
49.	KINSHOFER, Rudi	SA	09:14:29	ADELAIDE	24/10/92	38
50.	JAVES, Ian	QLD	09:15:67	BOX HILL	28/02/87	44
51.	CHAMPNESS, John	VIC	09:17:56	HENSLEY	28/05/88	37
52.	TOWNSEND, Graeme	NSW	09:17:56	SYDNEY	30/09/90	33
53.	LUCAS, Andrew	TAS	09:19:00	ADELAIDE	04/10/97	32
54.	WISHART, Greg	VIC	09:22:53	COBURG	13/09/87	49
55.	SKROBALAC, Joe	VIC	09:23:09	COBURG	10/09/89	37
56.	DEVINE, Alan	WA	09:23:12	PERTH	17/10/87	28
57.	KIRKMAN, Geoff	SA	09:24:04	ADELAIDE	09/11/85	35
58.	McKELLAR, Jack	VIC	09:30:14	BOX HILL	15/02/86	45
59.	AUDLEY, George	WA	09:33:42	PERTH	18/10/86	51
60.	WILSON, Greg	VIC	09:35:28	COBURG	22/02/92	39
61.	HUNTER, Bob	QLD	09:35:34	QLD	01/07/89	54

62.	COLLINS, Tony	NSW 09:36:40	SYDNEY	30/09/90	43
63.	BRUNER, Bob	VIC 09:37:18	ADELAIDE	13/11/82	44
64.	SCHNIBBE, Klaus	VIC 09:38:06	COBURG	15/09/85	42
65.	SUTCLIFFE, Roy	SA 09:38:30	ADELAIDE	05/11/83	0
66.	TAYLOR, Maurice	NSW 09:39:39	BOX HILL	28/02/87	38
67.	RICHARDSON, Peter	VIC 09:40:06	HENSLEY	30/05/87	32
68.	SCOTT, Dave	WA 09:43:16	PERTH	17/05/89	41
69.	MAHONY, Paul	09:44:02	NSW	01/09/90	0
70.	MICHELSSON, Leif	VIC 09:45:29	BOX HILL	28/02/87	45
71.	PICKARD, Terry	QLD 09:45:37	QLD UNI	05/09/87	0
72.	CROXFORD, Alan	WA 09:46:00	PERTH	18/10/86	43
73.	QUINN, Peter	VIC 09:46:19	OLYMPIC P	04/08/90	40
74.	LIGHT, Graham	VIC 09:49:45	ADELAIDE	01/11/86	37
75.	RILEY, Gerry	VIC 09:49:54	COBURG	15/09/85	54
76.	MURPHY, Les	ACT 09:49:57	CANBERRA	01/10/88	0
77.	QUINTO, Derek	ACT 09:49:57	CANBERRA	01/10/88	41
78.	ROONEY, James	NSW 09:50:07	LIVERPOOL	05/02/95	42
79.	BOYLE, Brad	NSW 09:50:29	SYDNEY	30/09/90	30
80.	BUCHAN, Sandy	QLD 09:52:06	CABOOLTURE	01/07/89	35
81.	COX (JNR), Terry	VIC 09:52:23	COBURG	10/03/90	24
82.	BOASE, Geoff	QLD 09:53:47	ADELAIDE	04/10/87	36
83.	ALLEN, Barry	VIC 09:55:29	COBURG	14/09/86	30
84.	EVERY, Paul	NSW 09:55:42	GOSFORD 12 HR	09/01/99	34
85.	WILKINSON, Graeme	NSW 09:56:17	ADELAIDE	04/10/87	41
86.	DONOVAN, Tom	VIC 09:57:31	COBURG	28/08/88	57
87.	CLEAR, David	NSW 09:57:50	GOSFORD 12 HR	09/01/99	0
88.	LYNN, Charlie	NSW 09:59:07	ADELAIDE	09/11/85	40
89.	ARMISTEAD, Peter	VIC 10:00:50	FRANKSTON	30/04/94	48
90.	McCORMACK, George	VIC 10:01:54	LIVERPOOL	05/02/95	0
91.	WEINSTEIN, Roger	VIC 10:01:54	COBURG	23/02/91	40
92.	YOUNG, Nobby	NSW 10:03:09	NSW	01/09/90	44
93.	CAMPBELL, Ron	VIC 10:04:24	COBURG	13/02/88	44
94.	COULTER, Greg	SA 10:06:07	ADELAIDE	01/11/86	28
95.	PARKER, Ross	WA 10:06:55	PERTH	16/10/87	0
96.	CHANNELLS, Robert	NSW 10:07:33	CAMPBELLTOWN	28/10/89	47
97.	CORMACK, George	VIC 10:10:00	WOLLONGONG	26/03/94	43
98.	COX, Murray	SA 10:10:40	OLYMPIC P	04/08/90	44
99.	KIRK, Bruce	VIC 10:10:41	COBURG	25/02/89	25
100.	SMITH, Ronald	VIC 10:12:40	ROSEBUD	06/05/89	44
101.	BRYCE, Michael	VIC 10:15:41	ADELAIDE	29/10/88	40
102.	CROWLE, Keith	VIC 10:15:59	COBURG	14/09/86	47
103.	PEACOCK, Alan	QLD 10:16:05	QLD UNI	05/09/87	0
104.	HARGREAVES, Bruce	NSW 10:16:36	CABOOLTURE	23/06/90	37
105.	SLAGTER, Michael	SA 10:16:50	ADELAIDE	22/10/94	24
106.	WOLSTENCROFT, James	VIC 10:17:31	COBURG	25/02/89	34
107.	MARDEN, Bob	NSW 10:18:05	ADELAIDE	03/11/84	32
108.	NASMYTH, Chilla	NSW 10:18:11	HENSLEY	29/11/86	0
109.	BOGENHUBER, Max	NSW 10:19:41	BOX HILL	28/02/87	44
110.	BURNS, Bob	QLD 10:20:42	IPSWICH	18/04/92	48
111.	PARSONS, Patrick	VIC 10:22:02	COBURG	10/03/90	43
112.	STUART, Roger	SA 10:22:33	ADELAIDE	28/10/89	46
113.	BOHNKE, Michael	NSW 10:24:07	COBURG	22/02/92	38
114.	THOMPSON, Mike	WA 10:24:08	PERTH	28/05/88	40
115.	SUTTON, Denis	WA 10:24:20	BUNBURY	03/04/94	44
116.	TWARTZ, John	SA 10:25:15	ADELAIDE	23/10/99	52
117.	SMITH, Alan D.	WA 10:25:20	PERTH	27/05/89	0
118.	BROWN, David	NSW 10:26:12	HENSLEY	28/05/88	30
119.	ROSS, Howard	VIC 10:26:12	BOX HILL	28/02/87	41
120.	HART, Gerry	VIC 10:26:28	COBURG	15/09/85	47
121.	LOGAN, Peter	VIC 10:26:42	ADELAIDE	03/11/84	37
122.	MANSELL, Kevin	SA 10:27:46	SYDNEY	30/09/90	39
123.	KAPARELIS, John	VIC 10:27:47	COBURG	28/08/88	21
124.	DONALD, Colin	VIC 10:28:13	BOX HILL	28/02/87	0
125.	STEPHENSON, Chris	NSW 10:30:11	COBURG	25/02/89	32

126.	REID, Stuart	ACT	10:30:51	CANBERRA	01/10/88	0
127.	FORSYTH, Ian	NSW	10:33:02	GOSFORD 12 HR	09/01/99	44
128.	STENNER, Graham	SA	10:34:25	OLYMPIC PK	19/08/89	44
129.	PEARCE, Phil	WA	10:35:27	PERTH	26/05/90	0
130.	HOLMES, Chris	NSW	10:36:10	ADELAIDE	21/10/95	41
131.	HARRIS, Trevor	QLD	10:36:41	COBURG	25/02/89	42
132.	SILL, David	NSW	10:38:10	ADELAIDE	24/10/92	45
133.	MORELY, Darren	QLD	10:38:32	IPSWICH	18/04/92	30
134.	FICKEL, Bob	NSW	10:39:18	NSW	01/09/90	38
135.	KEWLEY, Doug	ACT	10:39:42	ADELAIDE	16/10/93	43
136.	FAIRHEAD, Mark		10:40:35	SA 12 HR	24/08/98	0
137.	FARMER, Pat	NSW	10:41:16	CAMPBELLTOWN	13/10/90	28
138.	WHITEOAK, Michael	VIC	10:42:17	ADELAIDE	03/11/84	39
139.	FOX, Allan	SA	10:43:14	ADELAIDE	05/11/83	0
140.	VEGA, Eduardo	NSW	10:43:22	NSW	01/09/90	49
141.	BIVIANO, Frank	VIC	10:45:58	COBURG	15/09/85	41
142.	SUMNER, John	VIC	10:47:03	BOX HILL	28/02/87	46
143.	GRAYLING, Michael	VIC	10:48:51	TOOTGAROOK	02/05/92	35
144.	FOREMAN, Kevin	SA	10:49:16	ADELAIDE	05/11/83	0
145.	SCHUBERT, Guy	SA	10:49:30	ADELAIDE	01/11/86	35
146.	LOMBARDI, Rudy	VIC	10:50:00	ROSEBUD	04/05/91	27
147.	MILNE, Peter	VIC	10:50:03	COBURG	13/02/88	32
148.	MISKIN, Stan	QLD	10:50:17	COBURG	15/09/85	60
149.	RAFFERTY, Tony	VIC	10:50:48	ADELAIDE	03/11/84	45
150.	BEVERIDGE, Steel	NSW	10:51:47	SYDNEY	30/09/90	39
151.	OOSTDAM, Bert	WA	10:54:14	PERTH	26/05/90	0
152.	PROSSER, Graham	WA	10:54:49	PERTH	27/05/89	0
153.	LACHLAN, Robert	NSW	10:55:40	HENSLEY	23/02/85	0
154.	RICHERS, Ken	VIC	10:56:22	ADELAIDE	04/10/97	44
155.	BUTKO, Kon	VIC	10:57:20	ROSEBUD	04/05/91	43
156.	ALLEN, Greg	SA	10:58:03	ADELAIDE	24/10/92	0
157.	DUNLOP, Graeme	VIC	10:58:28	COBURG	15/09/85	27
158.	MARTIN, Rod	NSW	10:59:02	HENSLEY	30/05/87	44
159.	GREEN, Keith	VIC	11:02:57	TOOTGAROOK	02/05/92	0
160.	KITTO, Max	SA	11:03:52	ADELAIDE	04/10/87	41
161.	JERRAM, Col	VIC	11:04:13	COBURG	10/03/90	40
162.	BELL, John	VIC	11:06:24	BOX HILL	15/02/86	41
163.	SAYERS, Bob	VIC	11:06:48	FRANKSTON	30/04/94	52
164.	McPHEE, Jevvan	SA	11:07:33	ADELAIDE	23/10/99	0
165.	FIRKIN, Graham	NSW	11:09:30	NSW	01/09/90	52
166.	McCOMBE, Andrew	SA	11:10:11	ADELAIDE	01/11/83	53
167.	BROWN, Dave	QLD	11:10:17	IPSWICH	10/05/91	34
168.	DOCHERTY, Andy	SA	11:11:11	COBURG	15/09/85	54
169.	PRITCHARD, Mark	WA	11:12:39	BUNBURY	03/04/94	46
170.	HANNAMAN, Martin	QLD	11:14:05	CAMPBELLTOWN	13/10/90	0
171.	BENCZE, John	VIC	11:14:10	COBURG	25/02/89	55
172.	NASH, Robert	VIC	11:14:33	COBURG	13/02/88	37
173.	YEAMAN, David	VIC	11:14:33	COBURG	13/02/88	51
174.	BRAY, Steve	SA	11:15:59	ADELAIDE	24/10/92	0
175.	DAVIS, Ivan	TAS	11:17:20	COBURG	23/02/91	0
176.	BRISTOW, Ralph	VIC	11:19:15	ROSEBUD	06/05/89	49
177.	GRAY, Dan	NSW	11:19:38	HENSLEY	20/05/87	40
178.	KERRUISH, Graham	NSW	11:22:40	COBURG	13/02/88	48
179.	COLWELL, Brian	NSW	11:23:39	CANBERRA	01/10/88	39
180.	O'CONNELL, Keith	NSW	11:24:40	HENSLEY	28/05/88	49
181.	DUNN, Stephen	SA	11:26:18	ABERFELFIE	23/01/88	21
182.	JOANNOU, Bill	NSW	11:27:10	WOLLONGONG	26/03/94	37
183.	PHILLIPS, Lindsay	QLD	11:27:27	CAMPBELLTOWN	08/10/88	23
184.	FARNHAM, Tony	NSW	11:27:31	WOLLONGONG	02/04/95	49
185.	LEWIS, Stephen	QLD	11:27:47	IPSWICH	10/05/91	32
186.	BIRD, David	WA	11:28:04	PERTH	27/05/89	0
187.	ZUKOWSKI, Jerry	SA	11:28:55	ADELAIDE	21/10/95	43
188.	MOLLOY, Brett	NSW	11:36:22	ADELAIDE	04/10/97	37
189.	BARNES, Phillip	VIC	11:37:02	ROSEBUD	06/05/89	34

190.	DRAYTON, Nick	NSW	11:37:40	GOSFORD 12 HR	09/01/99	0
191.	JORY, Derek	QLD	11:39:44	QLD UNI	05/09/87	0
192.	WOODHOUSE, Paul	NSW	11:39:58	HENSLEY	30/05/87	25
193.	TRIPP, Tony	WA	11:41:35	PERTH	27/05/89	42
194.	KING, Les	SA	11:42:07	ADELAIDE	24/10/92	0
195.	MARTIN, Claude	VIC	11:42:32	ABERFELDIE	24/01/88	52
196.	TIMMS, John	QLD	11:42:48	ADELAIDE	22/10/94	52
197.	BIRD, John	WA	11:45:24	PERTH	28/05/88	0
198.	CATTLE, Ernie	VIC	11:45:50	HENSLEY	30/05/87	37
199.	HAIN, Geoff	NSW	11:46:23	CABOOLTURE	23/06/90	43
200.	McCARTNEY, Stan	SA	11:51:24	COBURG	14/09/86	41
201.	WILLIAMS, Reg	VIC	11:51:36	BOX HILL	15/02/86	34
202.	McCOOL, Tony	SA	11:51:40	ADELAIDE	09/11/85	0
203.	CHRISTOFFEL, Jeff	QLD	11:54:28	QLD RRC	01/07/89	35
204.	JACKSON, Brian	WA	11:54:40	NORTH SHORE,NZ 2	04/07/98	31
205.	SILCOCK, Colin	VIC	11:55:18	COBURG	15/09/85	52
206.	HILLIER, Greg	VIC	11:56:29	ABERFELDIE	23/01/88	32
207.	STAPLES, Alan	NSW	11:56:49	GOSFORD 12 HR	09/01/99	49
208.	SCANLON, Shaun	NSW	11:57:35	SYDNEY	/ /	0
209.	DYBDAHL, Bjorn	WA	11:57:35	ADELAIDE	23/10/99	0
210.	LOVE, Greg	NSW	11:58:29	CAMPBELLTOWN	28/10/89	0
211.	PARTINGTON, Ian	WA	11:58:33	PERTH	18/10/86	0
212.	POTTER, Simon	VIC	11:59:43	CANBERRA	01/10/88	0
213.	MARTIN, Ross	SA	12:00:16	ADELAIDE	01/11/86	57
214.	SPENCER, Don	SA	12:02:22	ADELAIDE	03/11/84	0
215.	MILLER, Bill	NSW	12:04:54	HENSLEY	30/05/87	34
216.	COLLINS, Gary	NSW	12:04:54	HENSLEY	29/11/86	26
217.	SMITH, Wally	SA	12:05:44	ADELAIDE	05/11/83	0
218.	RICHARDS, Duncan	NSW	12:07:59	NSW	01/09/90	0
219.	KENNEDY, Brian	WA	12:10:20	ADELAIDE	16/10/93	0
220.	TAYLOR, Dave	NSW	12:10:40	BOX HILL	15/02/86	34
221.	FOWLER, John	QLD	12:13:59	MARYBOROUGH	21/08/99	59
222.	TAYLOR, Bob	VIC	12:16:20	COBURG	13/02/88	47
223.	SHERMAN, Andrew		12:18:16	NSW	01/09/90	0
224.	CURRIE, Stuart	QLD	12:18:24	ADELAIDE	29/10/88	42
225.	TAYLOR, Ian	NSW	12:18:28	HENSLEY	30/05/87	35
226.	RISSTROM, Peter	VIC	12:18:50	COBURG	23/02/91	29
227.	CLARK, Gary	WA	12:19:10	PERTH	18/10/86	0
228.	RAMELLI, Ray	VIC	12:23:06	BOX HILL	15/02/86	40
229.	WIGGER, Ron	NSW	12:28:18	CAMPBELLTOWN	13/10/90	46
230.	BYRTH, Robert	SA	12:30:56	ADELAIDE	01/11/86	37
231.	CLEMENTS, Harry	NSW	12:34:41	NSW	01/09/90	0
232.	VENUS, Graham	SA	12:34:57	ADELAIDE	28/10/89	0
233.	GUTTERIDGE, Bill	SA	12:36:31	ADELAIDE	05/11/83	0
234.	HOUGH, Ken	VIC	12:37:00	COBURG	25/02/89	44
235.	GRANT, Stephen	NSW	12:38:44	HENSLEY	28/05/88	30
236.	WALDECK, David	SA	12:38:57	ADELAIDE	03/11/84	0
237.	SINCLAIR, John	QLD	12:39:11	QLD UNI	01/09/87	45
238.	HARBER, Tony	NSW	12:43:37	NSW	01/09/90	0
239.	STEGEMANN, Prachar	ACT	12:43:49	ADELAIDE	22/10/94	0
240.	CLARKE, Phillip	NSW	12:46:36	HENSLEY	28/05/88	36
241.	TAYLOR, Bill	WA	12:47:02	PERTH	18/10/86	44
242.	MARSHALL, Keith	VIC	12:47:22	BOX HILL	15/02/86	59
243.	PFISTER, Peter	VIC	12:48:58	HENSLEY	29/11/86	47
244.	TURNBULL, Jim	WA	12:49:02	PERTH	28/05/88	51
245.	GLADWELL, Mark	NSW	12:51:50	HENSLEY	29/11/86	0
246.	VERNON, Peter	VIC	12:53:51	BOX HILL	28/02/87	32
247.	EARSMAN, Dallas	NSW	12:54:10	HENSLEY	30/05/87	59
248.	SLAGTER, Peter	SA	12:56:52	ADELAIDE	16/10/93	47
249.	PIERCE, Simahin	SA	12:58:44	ADELAIDE	21/10/95	47
250.	GIBSON, Peter	QLD	12:58:47	MARYBOROUGH	20/08/99	44
251.	RYAN, Peter	VIC	12:59:01	ADELAIDE	03/11/84	36
252.	AUSTIN, Patrick	NSW	13:00:08	NSW	01/09/90	51
253.	POWER, Tony	VIC	13:02:10	COBURG	10/03/90	0



254.	JACKSON, Keith	NSW	13:02:44	HENSLEY	30/05/87	36
255.	HARTNETT, Kerry	VIC	13:04:12	BOX HILL	28/02/87	52
256.	FOLEY, Mark	NSW	13:06:46	CAMPBELLTOWN	13/10/90	37
257.	WORLEY, Peter	SA	13:07:55	ADELAIDE	04/10/87	0
258.	COX, Don	SA	13:08:06	ADELAIDE	28/10/89	42
259.	SMITH, Errol	NSW	13:08:16	CAMPBELLTOWN	08/10/88	39
260.	NEWMAN, Harry	NSW	13:09:10	CAMPBELLTOWN	28/10/89	0
261.	HAYNES, John	SA	13:15:21	ADELAIDE	05/11/83	0
262.	NORDISH, Steve	NSW	13:16:19	NSW	01/09/90	0
263.	MARDEN, Ken	VIC	13:16:39	COBURG	23/02/91	0
264.	ST JOHN, Gerald	VIC	13:18:07	PERTH	28/05/88	43
265.	MILLS, Brian		13:19:11	CAMPBELLTOWN	28/10/89	0
266.	HARRISON, Max	VIC	13:19:15	COBURG	25/02/89	49
267.	WOOLGAR, Chris	VIC	13:22:31	BOX HILL	15/02/86	42
268.	ASHWELL, Tony	SA	13:23:10	ADELAIDE	09/11/85	0
269.	MARTIN, Kevin	WA	13:26:07	PERTH	27/05/89	42
270.	MORRE, Jean-Claude	VIC	13:26:10	COBURG	25/02/89	0
271.	SPARE, Charles	WA	13:28:52	PERTH	18/10/86	47
272.	MANNING, Peter	NSW	13:28:59	HENSLEY	30/05/87	34
273.	BURROWES, Gordon	VIC	13:29:53	BOX HILL	28/02/87	51
274.	MOORE, Bob	VIC	13:30:45	BOX HILL	28/02/87	46
275.	ELLIS, Ray	VIC	13:31:17	COBURG	13/02/88	57
276.	KING, Peter	WA	13:32:30	PERTH	17/10/87	0
277.	COSTELLO, Warren	NSW	13:36:50	SYDNEY NSW	01/09/90	48
278.	HOLLERAN, David	QLD	13:37:00	IPSWICH	18/04/92	35
279.	MATTHEW, Alex	SA	13:47:51	ADELAIDE	05/11/83	45
280.	WILKINS, Michael	SA	13:48:07	ADELAIDE	21/10/95	49
281.	PASCOE, Stephen	NSW	13:51:49	ADELAIDE	14/10/92	0
282.	JANOVSKY, Peter	NSW	13:52:21	NSW	01/09/90	30
283.	TAILSFORD, Brian	NSW	13:55:11	HENSLEY	28/05/88	40
284.	CROTTY, Dick	SA	13:57:49	ADELAIDE	03/11/84	54
285.	NORRIS, Chris		13:58:25	CAMPBELLTOWN	13/10/90	0
286.	BREGANT, Anthony	QLD	14:00:52	CABOOLTURE	23/06/90	22
287.	ALLEN, Graham		14:01:10	CAMPBELLTOWN	28/10/89	0
288.	FRY, Gordon	SA	14:02:55	ADELAIDE	01/11/83	44
289.	BRUER, Marcus	SA	14:05:20	ADELAIDE	24/10/92	0
290.	WALSH, Colin	WA	14:06:03	PERTH	17/10/87	0
291.	KALEY, Matthew	NSW	14:09:36	HENSLEY	28/05/88	20
292.	YANNA, George	VIC	14:11:04	COBURG	25/02/89	32
293.	BARKER, Carl	NSW	14:15:44	CAMPBELLTOWN	28/10/89	30
294.	WIESE, Bob	SA	14:15:44	ADELAIDE	27/10/90	44
295.	BROWN, Dean	SA	14:18:20	ADELAIDE	04/10/97	42
296.	POLLARD, Godfrey	VIC	14:19:19	COBURG	25/02/89	57
297.	WATTS, Graham	QLD	14:23:00	MARYBOROUGH	21/08/99	45
298.	HARVEY, James	SA	14:24:22	ADELAIDE	03/11/84	0
299.	BUXTON, Terry	SA	14:34:45	ADELAIDE	16/10/93	0
300.	JOHNSTON, Norm	VIC	14:34:54	COBURG	10/03/90	53
301.	MANNIX, Brian		14:35:46	CAMPBELLTOWN	28/10/89	0
302.	CONNOR, Mick	NSW	14:35:50	CAMPBELLTOWN	08/10/88	0
303.	BARWICK, David	NSW	14:41:52	CABOOLTURE	26/09/92	49
304.	ARTHUR, John	WA	14:42:52	PERTH	27/05/89	0
305.	PETERSON, John	QLD	14:43:54	QLD UNI	05/09/87	71
306.	LATCHFORD, Stan	WA	14:46:00	PERTH	17/10/87	0
307.	GARLICK, Peter	SA	14:46:32	ADELAIDE	19/10/88	30
308.	CIRCOSTA, Paul	QLD	14:49:05	QUEENSLAND UNI	05/09/87	34
309.	GRIGNOL, Max	SA	14:49:29	ADELAIDE	04/10/87	44
310.	BAZZICA, Nick	SA	14:54:53	ADELAIDE	03/11/84	0
311.	DEDMAN, Kaven	SA	14:55:05	ADELAIDE	29/10/88	41
312.	DOWN, Jeff	VIC	14:56:31	BOX HILL	15/02/86	28
313.	MARTIN, Norm	SA	14:58:52	ADELAIDE	13/11/82	0
314.	WARD, Wayne	NSW	14:59:57	HENSLEY	30/05/87	32
315.	CHATTERTON, Ray	QLD	15:02:00	CABOOLTURE	23/06/90	41
316.	MOYLE, John	SA	15:04:10	ADELAIDE	22/10/94	43
317.	MATCHETT, Ken	VIC	15:04:56	COBURG	27/02/93	71

318.	RYAN, Cliff	VIC	15:06:04	COBURG	10/03/90	60
319.	RAINES, Wayne	QLD	15:13:32	CABOOLTURE	01/09/91	33
320.	NAYLOR, Tom	SA	15:19:10	ADELAIDE	04/10/97	54
321.	SYRED, Creece	NSW	15:22:40	HENSLEY	28/02/88	16
322.	GAILLARD, Jacques	VIC	15:23:12	OLYMPIC P	04/08/90	43
323.	SMITH, Larry		15:23:44	CAMPBELLTOWN	13/10/90	0
324.	UPPAL, Peter	SA	15:26:02	ADELAIDE	27/10/96	27
325.	GREEN, Warren		15:45:11	ADELAIDE	22/10/94	0
326.	WILLIAMS, Geoff	QLD	15:48:30	MARYBOROUGH	22/08/99	48
327.	SMITH, Jonathon R.	SA	15:54:58	ADELAIDE	03/11/84	0
328.	MACKAY, Mark	QLD	16:01:09	ADELAIDE	16/10/93	27
329.	HAMS, Denis	NSW	16:01:33	CAMPBELLTOWN	13/10/90	41
330.	FOULKES, Stephen	VIC	16:03:02	ADELAIDE	01/11/86	32
331.	CULLEN, Stephen	QLD	16:23:08	QLD UNI	05/09/87	0
332.	CARROLL, Ray	VIC	16:30:06	ADELAIDE	05/10/87	36
333.	PATTERSON, Michael	VIC	16:35:42	ADELAIDE	04/10/87	0
334.	BARNES, Max	SA	16:38:16	ADELAIDE	03/11/84	63
335.	FORD, Peter	NSW	16:44:50	CAMPBELLTOWN	28/10/89	0
336.	CLARKE, James	VIC	16:47:43	COBURG	23/02/91	47
337.	RAMSDEN, Graeme	QLD	16:48:10	QLD	01/07/89	43
338.	KETTLE, Drew	VIC	17:12:26	COLAC	20/11/95	75
339.	HALEY, William	QLD	17:14:35	QLD UNI	05/09/87	0
340.	QUADRIO, Doug	QLD	17:45:03	QLD UNI	05/09/87	35
341.	BRYAN, Greg	SA	17:55:14	COBURG	13/02/88	0
342.	WEIR, Steve	SA	18:04:35	ADELAIDE	28/10/89	0
343.	ESSAM, Philip	NSW	18:14:45	ADELAIDE	05/10/97	35
344.	TOLLEY, Dennis		18:19:41	CAMPBELLTOWN	28/10/89	0
345.	HUME, James	VIC	18:24:25	ABERFELDIE	23/01/88	56
346.	VARLEY, Chris	ACT	18:32:07	WOLLONGONG	26/03/94	0
347.	DAVIS, Robyn	NSW	18:50:33	CAMPBELLTOWN	28/10/89	44
348.	WADDELL, Peter	ACT	18:59:38	MARYBOROUGH	21/08/99	0
349.	PARSONS, Gary	QLD	19:15:14	NANANGO	09/03/94	44
350.	FARMER, Bernie		19:24:54	CAMPBELLTOWN	28/10/89	0
351.	GDAMS, Brian	NSW	19:45:49	CAMPBELLTOWN	08/10/88	0
352.	EATT, Ken	WA	19:54:24	PERTH	28/05/88	0
353.	DAHM, Murray	NSW	19:58:26	HENSLEY	30/05/87	44
354.	LANHAM, John	QLD	20:34:01	QLD UNI	05/09/87	0
355.	CORNELIUS, Ian	QLD	20:46:00	NANANGO	09/03/94	53
356.	WALKELY, Phil	SA	21:12:10	ADELAIDE	13/11/82	0
357.	WHELAN, Robert	VIC	21:29:05	BOX HILL	28/02/87	33
358.	WILLIAMS, Glen	SA	21:44:40	ADELAIDE	24/10/92	0
359.	WHITEMAN, Peter		22:42:49	CABOOLTURE	23/06/90	48
360.	COX, Graeme	SA	22:49:12	ADELAIDE	16/10/93	0
361.	HOLMES, James		22:52:22	CAMPBELLTOWN	28/10/89	0
362.	HOLLAND, Bill		22:56:39	CAMPBELLTOWN	13/10/90	0
363.	WAKEFIELD, Charlie	VIC	23:25:59	CABOOLTURE	22/06/90	36
364.	GLOVER, Gary	WA	23:34:31	PERTH	28/05/88	0
365.	CHAV, Lee	NSW	23:36:42	WOLLONGONG	26/03/94	0

## French Forest Gump

SYDNEY, Nov 9 (Reuters) -

A financial adviser known as the French Forrest Gump ran sore-footed into Sydney on Tuesday 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.

# AUSTRALIAN RANKINGS FOR 100KM TRACK

Rank	Name	State	PB for 100KM	Place	Date	at Age
1.	FRANCIS, Mary	WA	08:23:00	BUNBURY	01/03/97	39
2.	MEADOWS, Linda	VIC	08:24:11	FRANKSTON	30/04/94	35
3.	STANGER, Helen	NSW	09:06:41	WOLLONGONG	26/03/94	43
4.	PARRIS, Dawn	VIC	09:10:47	MINNESOTA USA	12/10/90	37
5.	HERBERT, Cynthia	VIC	09:15:26	COBURG	14/09/86	44
6.	GRANT, Dell	QLD	10:05:06	BRISBANE	10/06/93	39
7.	WOODS, Sally	QLD	10:20:24	COBURG	28/08/88	0
8.	McCONNELL, Georgina	NSW	10:22:32	OLYMPIC PK	19/08/89	46
9.	SPAIN, Trisha	WA	10:39:32	OLYMPIC P	19/08/89	47
10.	KERR, Sandra	VIC	11:30:24	ROSEBUD	06/05/89	43
11.	O'CONNOR(MORRIS, Helen	SA	11:38:12	ADELAIDE	01/11/84	32
12.	WORLEY, Sue	SA	12:07:53	ADELAIDE	01/11/86	39
13.	RILEY, Geraldine	VIC	12:08:05	BOX HILL	15/02/86	22
14.	BAIRD, Fiona	SA	12:12:22	ADELAIDE	24/10/99	26
15.	TAIT, Merrilyn	VIC	12:12:27	OLYMPIC PK	08/04/90	40
16.	STANDEVEN, Cheryl	SA	12:29:15	ADELAIDE	29/10/88	32
17.	HAARSMA, Kay	SA	12:30:10	ADELAIDE	13/11/82	0
18.	MILBOURNE, Colleen	WA	12:31:49	PERTH	27/05/89	0
19.	FOLEY, Wanda	QLD	12:36:39	CAMPBELLTOWN	08/10/88	42
20.	TALBOT, Kim	VIC	12:53:30	COBURG	25/02/89	20
21.	SALTER, Bronwyn	WA	13:01:37	PERTH	28/05/88	40
22.	SOMMERS, Corinne		13:07:23	CABOOLTURE	23/06/90	29
23.	CASE, Valerie	QLD	14:06:44	HENSLEY	28/05/88	51
24.	WARREN, Val	NSW	14:11:54	CAMPBLETOWN	28/10/89	55
25.	GORDON, Leonie	SA	14:18:06	ADELAIDE	03/11/84	0
26.	GLADWELL, Lucille	NSW	14:30:35	CAMPBELLTOWN	28/10/89	0
27.	McCARTHEY, Marilyn	SA	14:43:07	ADELAIDE	02/11/86	37
28.	BARNES, Helen	SA	14:45:59	ADELAIDE	28/10/89	39
29.	LEAHY, Marcia		14:55:00	CAMPBELLTOWN	13/10/90	0
30.	TANNER, Vicki		15:40:31	MARYBOROUGH	22/08/99	0
31.	METCALF, Karen	SA	15:41:46	ADELAIDE	04/10/97	24
32.	LUSH, Eilleen	SA	15:42:59	ADELAIDE	01/11/86	39
33.	BAIRD, Carol	ACT	16:16:10	CENTURIONS 100 K	19/09/98	0
34.	BARDY, Sue	SA	16:50:00	ADELAIDE	27/10/96	63
35.	YOUNG, Mary	VIC	16:59:56	BOX HILL	02/02/85	24
36.	BENSON, Carolyn	SA	17:32:40	ADELAIDE	27/10/90	43
37.	HALL, Kerrie	QLD	18:36:01	MARYBOROUGH	21/08/99	38
38.	BRUNER, Patty	VIC	18:36:33	ADELAIDE	05/11/83	46
39.	JONKER, Melanie	QLD	18:56:05	MARYBOROUGH	22/08/99	0
40.	BECK, Carol	SA	19:29:03	ADELAIDE	24/10/92	0
41.	CURRAN, Michelle	QLD	20:30:45	WOLLONGONG	02/04/95	0
42.	WISHART, Lois	VIC	20:47:47	COBURG	22/02/92	46
43.	PHILLIPS, Naomi	SA	21:12:39	ADELAIDE	24/10/99	0
44.	GUTERES, Elaine	SA	21:24:03	ADELAIDE	09/10/85	0
45.	MIDDIS, Cheryl	QLD	21:36:55	MARYBOROUGH	22/08/99	0
46.	FILE, Dianne	SA	21:40:30	ADELAIDE	24/10/99	0

#####

**NO SUB, NO ULTRAMAG!!**

**Just to let you know that this will be the last magazine unfinancial members will receive in 2000. If you haven't already done so, how about paying up your \$30 and helping us to keep afloat?**

# AUSTRALIAN RANKINGS FOR 100KM ROAD

Rank	Name	PB for 100km	RD Place	Date	at Age
1.	SLOAN, Tim TAS	06:29:26	ROSS-RICH.	A	23/04/95 0
2.	BADIC, Safet VIC	06:37:17	THAT DAM RUN NZ	A	18/11/95 35
3.	WALLACE, Don QLD	06:39:26	THAT DAM RUN NZ	A	28/12/92 31
4.	KOUROS, Yiannis VIC	06:46:46	SHEPPARTON	A	15/09/96 40
5.	JACOBS, Trevor ACT	07:13:32	LAKE SAROMA JPN	A	26/06/94 42
6.	LAW, Andrew TAS	07:17:54	ROSS-RICH.	A	23/04/95 0
7.	BARTON, Greg QLD	07:32:05	THAT DAM RUN NZ	A	31/12/94 27
8.	SPEHR, Peter NSW	07:36:14	SHEPPARTON	A	15/09/96 34
9.	KEYSSECKER, Don NSW	07:42:33	CHRISTCHURCH	D	04/11/78 0
10.	HAMER, Phil VIC	07:46:18	COBURG	D	09/09/84 0
11.	KLEINER, Tony QLD	07:47:00	THAT DAM RUN NZ	A	31/12/94 30
12.	STANDEVEN, David SA	07:47:09	ADL-V HARB	D	09/10/88 36
13.	COOK, Bruce QLD	07:49:33	THAT DAM RUN NZ	A	28/12/92 36
14.	FRANCIS, Mick WA	07:52:56	SHEPPARTON	A	15/09/96 37
15.	GILLIS, Thomas NSW	07:55:21	NEW ZEALAND	D	/ / 0
16.	MESALIC, Asim QLD	07:57:31	SHEPPARTON	A	15/09/96 49
17.	EVERY, Paul NSW	07:58:03	LAKE SAROMA JPN	A	26/06/94 30
18.	SMITH, Bryan VIC	07:58:38	SHEPPARTON	A	17/09/95 51
19.	SULLIVAN, Peter QLD	08:01:27	CABOOLTURE	A	15/04/89 0
20.	CLARKE, Ian VIC	08:07:51	WINSCHOTEN HOL		26/06/97 43
21.	AYLOTT, Nigel VIC	08:10:07	GLENGARRY VIC		05/04/98 32
22.	CLINGAN, Bill NSW	08:12:26	BATHURST	C	12/09/91 46
23.	WILSON, Greg VIC	08:17:34	SHEPPARTON	A	15/09/96 44
24.	BOASE, Geoff QLD	08:18:18	BATHURST	D	15/09/90 39
25.	HERD, Robert NSW	08:19:38	BATHURST	D	16/09/89 34
26.	BREIT, John VIC	08:20:17	MINNESOTA	D	01/10/90 33
27.	RENWICK, Bruce NSW	08:20:46	GIPPSLAND WATER		03/10/99 0
28.	ARMISTEAD, Peter VIC	08:24:12	BATHURST	C	08/09/90 44
29.	LYNN, Charlie NSW	08:26:28	BATHURST	D	28/09/85 0
30.	LUCAS, Andrew TAS	08:26:35	SHEPPARTON	A	15/09/96 31
31.	TOLLIDAY, Owen QLD	08:28:25	CABOOLTURE	A	05/05/90 40
32.	BOGENHUBER, Max NSW	08:32:50	BATHURST	D	28/09/85 43
33.	ROSS, David TAS	08:33:11	ROSS-RICH	D	09/08/92 0
34.	MARSHALL, Kelvin VIC	08:33:19	GLENGARRY	A	05/04/98 33
35.	TAGGART, Bob SA	08:36:33	ADEL-VIC HARB.	D	09/10/88 0
36.	TAYLOR, Maurice NSW	08:36:45	BATHURST	D	15/09/90 0
37.	BOHNKE, Michael NSW	08:44:30	BATHURST	D	16/09/89 35
38.	YOUNG, Cliff VIC	08:53:04	COBURG	D	09/09/84 62
39.	LOGAN, Peter VIC	08:57:47	COBURG	D	09/09/84 36
40.	JAVES, Ian QLD	08:58:53	CABOOLTURE	A	20/05/89 46
41.	KINSHOFER, Rudi SA	09:01:32	GIPPSLAND WATER		03/10/99 0
42.	WESTBURGH, Eddie TAS	09:01:48	ROSS-RICH	A	23/04/95 0
43.	DYKE, Barry TAS	09:01:52	ROSS-RICH.	A	23/04/95 0
44.	HUNTER, Bob QLD	09:07:42	CABOOLTURE	A	15/04/89 54
45.	HOOK, Geoff VIC	09:09:30	BATHURST	D	28/09/85 40
46.	REID, Ian	09:09:43	ASIA PACIFIC 100 QLD		16/08/98 0
47.	PFISTER, Peter VIC	09:14:00	BIENNE	D	07/06/85 45
48.	SUMMERS, Gray VIC	09:15:57	COBURG	D	09/09/84 0
49.	HARRIS, Trevor QLD	09:16:28	BATHURST	D	28/09/85 38
50.	COOMBS, Charlie SA	09:19:38	ADEL-VIC HARB	D	09/10/88 0
51.	HARDAKER, Kevin NSW	09:22:55	BATHURST	D	18/09/93 0
52.	McCABE, Neil QLD	09:26:29	QLD UNI	D	25/06/88 34
53.	McCABE, Neil QLD	09:26:29	CABOOLTURE	D	25/06/88 0
54.	BOYLE, Brad NSW	09:33:45	BATHURST	D	16/09/89 29
55.	WISNIEWSKI, Perry TAS	09:35:10	ROSS-RICH	D	09/08/92 0
56.	PARSONS, Gary QLD	09:36:56	CABOOLTURE	A	08/09/90 40
57.	FICKEL, Bob NSW	09:38:30	BATHURST	D	10/09/89 37
58.	SCUTTS, Sam NSW	09:38:50	BATHURST	D	16/09/89 0
59.	COX, Don SA	09:39:31	ADL-VIC HARB	D	08/10/89 42
60.	HARBER, Tony NSW	09:42:22	BATHURST	D	16/09/89 0
61.	HOSKINSON, Peter TAS	09:42:57	SHEPPARTON	A	15/09/96 33

62.	SILL, David	NSW	09:42:58	THAT DAM RUN NZ	A	28/12/92	45
63.	NEWMAN, Harry	NSW	09:43:43	BATHURST	D	16/09/89	0
64.	MARDEN, Bob	NSW	09:43:48	BATHURST	D	28/09/85	0
65.	NAGY, William	ACT	09:44:33	BATHURST	D	16/09/89	41
66.	FORSYTH, Ian	NSW	09:45:08	BATHURST	C	18/09/93	39
67.	MEDILL, Graham	QLD	09:47:30	QLD UNI	D	25/06/88	40
68.	GRAYLING, Michael	VIC	09:48:11	SHEPPARTON	A	15/09/96	40
69.	COX, Murray	SA	09:48:20	ADL-VIC HARB	D	08/10/89	43
70.	VISSEER, Jeff	VIC	09:49:40	BATHURST	C	15/09/90	27
71.	FARNHAM, Tony	NSW	09:50:16	BATHURST	D	19/09/92	46
72.	CASSIDY, Kevin	VIC	09:51:28	BATHURST	C	16/09/89	29
73.	GIBSON, Peter	QLD	09:52:10	ASIA PACIFIC 100	QLD	16/08/98	42
74.	FRENCH, Cliff	QLD	09:52:40	CABOOLTURE	D	08/09/90	47
75.	FISHER, Keith	VIC	09:53:53	QLD	D	25/06/88	23
76.	GRAY, Dan	NSW	09:57:19	BATHURST	D	28/09/85	0
77.	BIVIANO, Frank	VIC	10:03:43	COBURG	D	09/09/84	40
78.	FARMER, Pat	NSW	10:04:30	THAT DAM RUN NZ	A	28/12/92	30
79.	McCLOSKEY, Ian	QLD	10:05:46	CABOOLTURE	A	07/09/91	39
80.	HENRY, Ian	QLD	10:07:36	QLD	D	25/06/88	25
81.	ALEXANDER, Keith	VIC	10:12:15	SHEPPARTON	A	17/09/95	0
82.	JOANNOU, Bill	NSW	10:12:18	BATHURST	D	19/09/92	35
83.	KITSCHKE, Peter	SA	10:15:40	ADL-VIC HARB.	D	09/10/88	0
84.	ELLIOT, Ernie	VIC	10:16:00	DUNKELD	D	26/07/80	0
85.	RANDS, Ian	VIC	10:16:00	DUNKELD	D	26/07/80	35
86.	ALLEN, Barry	VIC	10:18:06	COBURG	D	09/09/84	28
87.	HORVATH, Julius	NSW	10:29:20	SHEPPARTON	A	15/09/96	43
88.	BURNS, Bob	QLD	10:30:02	CABOOLTURE	D	05/05/90	46
89.	HART, Gerry	VIC	10:33:51	DUNKELD	D	26/07/80	41
90.	MANNING, Peter	NSW	10:35:24	BATHURST	D	28/09/85	32
91.	DONOVAN, Tom	VIC	10:37:53	COBURG	D	09/09/84	53
92.	RISHWORTH, Robin	VIC	10:39:02	COBURG	D	09/09/84	19
93.	GRAY, Peter	VIC	10:39:20	ADL-VIC HAR	D	08/10/89	25
94.	BAZELEY, Gavin	QLD	10:39:39	HERITAGE D TO D	D	25/02/95	32
95.	JANOVSKY, Peter	NSW	10:42:48	BATHURST	C	18/09/93	33
96.	KELLER, Julius	QLD	10:43:06	CABOOLTURE	A	15/04/89	0
97.	STAPLES, Alan	NSW	10:46:20	PENRITH	D	20/07/80	30
98.	GAWNE, Brian	VIC	10:56:36	SHEPPARTON	A	17/09/95	47
99.	ALLEN, Gary	QLD	10:58:04	CABOOLTURE	D	15/04/89	0
100.	FEHLANDT, Hardy	TAS	11:01:04	ROSS-RICH	D	09/08/92	0

#### AUSTRALIAN RANKINGS FOR 100KM ROAD

Rank	Name	PB for 100km	RD Place	Date	at Age
1.	MEADOWS, Linda	VIC	07:40:57	THAT DAM RUN NZ	A 18/11/95 36
2.	FRANCIS, Mary	WA	07:45:04	THAT DAM RUN NZ	A 31/12/94 37
3.	PETRIE, Lavinia	VIC	08:22:17	THAT DAM RUN NZ	A 28/12/92 49
4.	SMITH, Margaret	VIC	08:54:52	COBURG	D 09/09/84 49
5.	CARROLL, Nicole	QLD	08:56:04	THAT DAM RUN NZ	A 28/12/92 20
6.	STANGER, Helen	NSW	08:58:06	THAT DAM RUN NZ	A 28/12/92 42
7.	WALLACE, Robyn	QLD	10:10:10	QLD UNI	D 25/06/88 30
8.	KERR, Sandra	VIC	10:21:27	BELGUIM	A 10/08/93 47
9.	McCONNELL, Georgina	NSW	10:37:53	BATHURST	D 21/09/91 48
10.	GRANT, Dell	QLD	10:43:30	CABOOLTURE	A 05/05/90 36
11.	YOUNG, Shirley	VIC	10:47:13	SHEPPARTON	A 15/09/96 66
12.	KINCHIN, Marilyn	NSW	10:54:36	BATHURST	D 21/09/91 42
13.	CLARKE, Angela	QLD	11:33:37	CABOOLTURE	D 08/02/97 57
14.	KIDD, Trudi	QLD	11:44:45	BATHURST	D 19/09/92 0
15.	STREET, Carol	QLD	11:51:32	CABOOLTURE	A 07/09/91 50
16.	COTTRELL, Angie	QLD	11:52:28	ASIA PACIFIC 100	QLD 16/08/98 50
17.	CATON, Kathy	QLD	12:08:02	HERITAGE D TO D	D 25/02/95 31
18.	FOLEY, Wanda	QLD	13:35:37	BATHURST	D 16/09/89 43
19.	CHRISP, Wendy	QLD	14:11:26	QLD UNI	D 25/06/88 24
20.	GAWNE, Lyn	VIC	14:25:23	SHEPPARTON	A 17/09/95 44
21.	HALL, Kerrie	QLD	18:23:49	CABOOLTURE	A 02/05/93 32
22.	BOLT, Phillipa	QLD	18:43:23	CABOOLTURE	A 02/09/89 33
23.	CASE, Valerie	QLD	20:26:08	CABOOLTURE	A 10/09/93 56



# MEMBERSHIP APPLICATION

## AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I .....  
(Full name of Applicant)

of .....  
(Address)

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

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

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

\*\*\*\*\*

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

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

\*\*\*\*\*

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

.....  
(Signature of Secunder) (Date)

\*\*\*\*\*

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

Please circle the desired rate: \$ 30 within Australia

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

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

\*\*\*\*\*

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

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