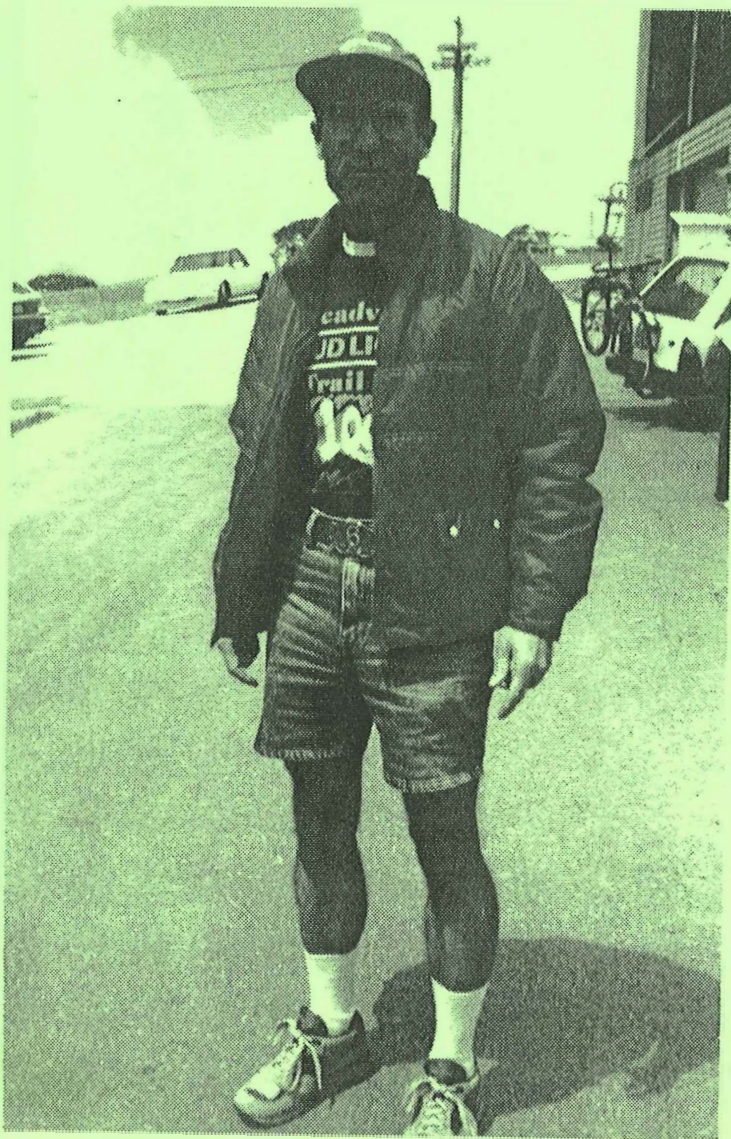


ULTRAMAG

VOLUME 15 NO. 3

September 2000

Mad Max "Buckle Head" Bogenhuber
It's all Max's fault.....None of us had
ever heard of a 100 mile trail race until
Max headed over to the US in 1986



 **AURA**
MAGAZINE



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

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Well it has finally happened. I have flown solo with this issue, so if there are any complaints or dissatisfaction in any way, blame me!!!! I am expecting several sarcastic "complaints" from supposed "friends"

It is hard to find something to write about when so little seems to happen amongst the Ultra world during the winter months, but over in the US, Bill Thompson of Queensland ran and finished the grueling Hardrock 100 Mile run in Colorado. With a cut off time of 48 hours, Bill finished with plenty of time to spare, an amazing effort in the cold and high altitude for a guy who lives at sea level in the tropics!!! I am hoping to get a report from Bill in the near future.

There are not many local race reports in this issue so apologies in advance for the larger than usual overseas content. One point of note, however, is the Fat Ass series of low key trail events around Sydney. This is a brain wave [if they have brains!!!] from Kevin Tiller and Sean Greenhill.

Once again, a large contingent of Australians made the trip to the Comrades Marathon in South Africa with Tim Sloan and Don Wallace doing particularly well, also performing well were two Australian living South Africans in Richard Jourdain and Rob McConnochie.

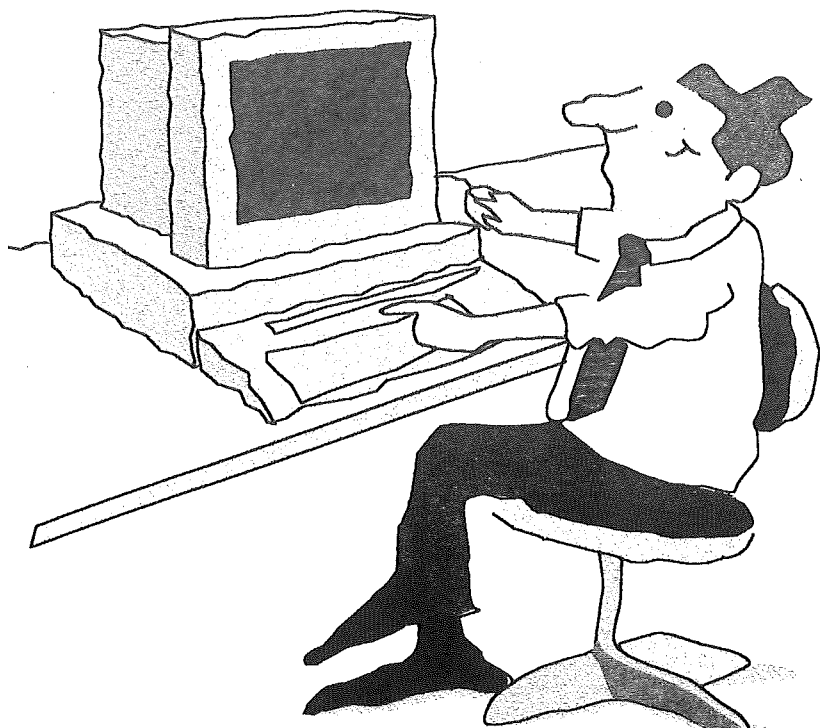
In this issue you will find a profile of Shirley Young as interviewed by Tony Rafferty. Shirley is so unassuming and I have no doubt that she is unaware of all the international attention she receives on the web about her incredible world records.

I managed, purely by accident, to find the results from the Australian 100 km Championships in February. It is the same old story of only being able to publish results that are made available rather than being left to search for them.

As always, we are always on the lookout for material for the magazine and photos are also in high demand. If you have anything to report at all, then let us know and it will be published.

If you have Internet access then check out AURAs web page at www.coolrunning.com.au/ultra and also have a look at the ULTRAOZ page that is done by Phil Essam at geocities.com/ultraphil

Kevin Cassidy



Thinking
Thinking
Thinking

AURA 2000 COMMITTEE

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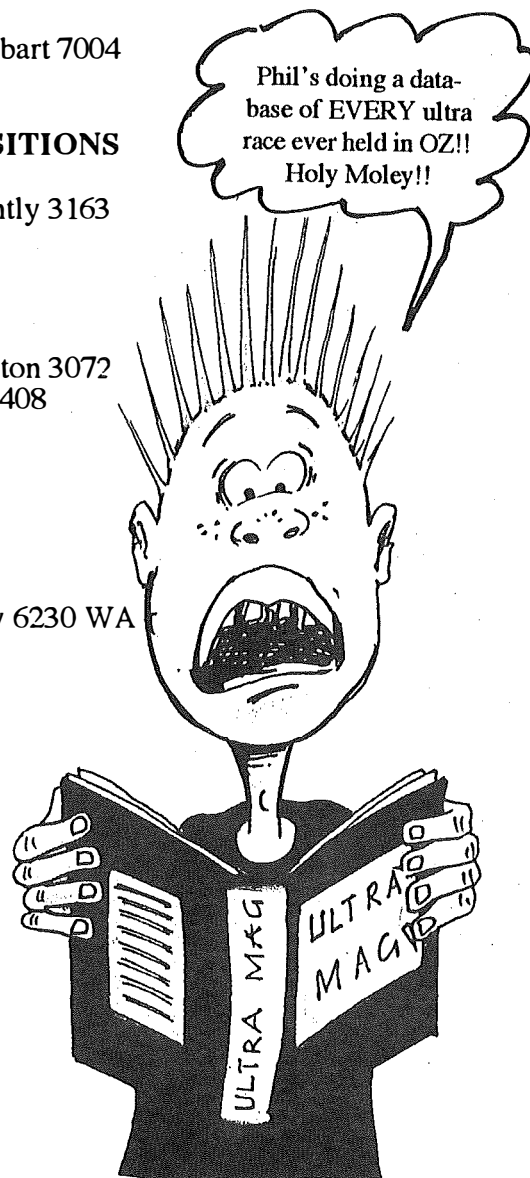
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E-mail: tonyrafferty@bigpond.com.au
Website: www.tonyrafferty.com.au



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.

- Aug 26 **LOST WORLDS OF KU RING GAI, NSW, FAT ASS RUN**, startmg in Berowa, north of Sydney, bordered by Kuringai Chase National Park. 3 options, Piler's Option 15km, Standard Challenge Option - 30km, Tough-As-Old Boots Option 55km. (See Race Advertisements for more details)
Fat Ass runs = No Fees, No Awards, No Wimps. See magazine article for further explanation! Contact: Kevin Tiller, 6 Redwood Avenue, Berowa 2081 NSW Ph. (02) 9229 8345 (W) (02)9229 8352 Fax email: tiller@ozemail.com.au
- Sept 9 **100KM WORLD ROAD CHALLENGE, HOLLAND**, expressions of interest to Mick Francis, 27 Snows Place, Bunbury 6230 WA, Ph. (08) 9721 7507
- 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, SA.**(Australian 24 Hours Championship).P.O. Box 6582. Halifax Street, Adelaide 5000 SA Phone (08) 8332 5797 Sri Chinmoy Marathon Team.
- 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 19-25 **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 2 **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 John Thomas, 14 Apanie Crescent, Chigwell 7010, Phonw (03) 6249 7960

December **THE BLUE LABYRINTH 50 MILER, NSW** A run on Fire Trails in the Lower Blue Mountains. FAT ASS RUN, Contact: Kevin Tiller, 6 Redwood Avenue, Berowa 2081 NSW, Ph. (002) 9229 8345 (W), (o2) 9229 8352 Fax, email: tiller@ozemail.com.au

2000 ULTRA CALENDAR

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

2001

Jan **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 handicapping to finish at noon , start/finish at Wamuran Bakery, D'Aguilar 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 6 **TRANS-AUSTRALIA: THE RACE OF FIRE : ACT,** invitational Trans-Australia foot-race, 4,000km from Perth to Canberra over a period of 9 weeks in stages of approx. 70km per day. Contact: Bernie Farmer: b.farmer@eisa.net.au

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 Mike Grayling, Ph. (03) 9720 1962 (H) or (03) 9429 1299 (W), entries close 22nd Dec, 2000. No entries on the day.

Jan 28 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC.** \$18 entry for AURA members, \$20 for non-members. 7am start. Closing date: 14th January, 2001. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781 4305 or Dot Browne, 4 Victory Street, Mitcham 3132 (03) 9874-2501(H) or Fax (03) 9873-3223

Feb 3/4 **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-member

- 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 John Thomas, Ultra Tasmania Inc, 14 Apanie Crescent, Chigwell 7010, Ph. (03) 6249 7960 for further information.
- Feb 18 **AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA ACT**, held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon, starting at midnight, Yarralumla Bay, Contact Prachar Stegmann, GPO Box 3127, Canberra 2601 Ph. (02) 6248 0232 Fax (02) 6248 7654. Mobile: (0417) 469 857 Entry fee \$40, 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.

2001 ULTRA CALENDAR

- 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
- 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 Nigel Aylott, 14 Bayview Road, Emerald 3782 Vic, Ph. (03) 5968 3083
- 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 **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 **BRISBANE WATER BUSH BASH 47KM, NSW**. A re-run of that great event on the NSW Central Coast that has been discontinued over the last couple of years. Contact: Kevin Tiller, 6 Redwood Avenue, Berowa 2081 NSW Ph. (02) 9229 8345 (W) (02)9229 8352 Fax email: tiller@ozemail.com.au
- 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 **2000 MILE HAND-CYCLE EVENT**, Redcliffe City, Queensland. Also **24 /48 HOUR & 6 DAY**. Contact Barry Stewart, 19 Greenview Road, Wondai 4606 Q'ld
- 2001 ULTRA CALENDAR**
- May **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 12 **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 **COMRADES MARATHON, SOUTH AFRICA.**
- June **HERVEY BAY HIKE 50KM, Q'LD**, Contact Brian Evans Ph. (07) 4121 4200
- June **5TH ANNUAL SHOALHAVEN ROAD ULTRAMARATHON - NOWRA TO KANGAROO VALLEY 46KM, NSW** 8am start at Cambewarra Public School, finish Kangaroo Valley Show-ground, Entries to Race Secretary, Nowra Athletics Club, 30 Flannery Rd, Cambewarra 2540 NSW. Cheques payable to Nowra Athletics Club. Transport back from Kangaroo Valley to the start provided. Enquiries Jan Gibb (002) 4446 0226

- July **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
- July **TAMBORINE TREK, GOLD COAST**, 60kms out and back course & 3 person relay. Contact Eric Markham, Unit 10, 6 Stanley Street, Burleigh Heads 4220, Ph. (0755) 203676 or (0417) 647 279, e-mail eckers@retnet.net.au,
- Aug **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



Coming to Australia for the Olympics?

The Glasshouse Trail Run

Australia's only 100 mile trail run - October 7th & 8th
Also shorter events: 50 mile, 55km, 27km, 12km

Experience the sights, sounds and smells
of the Australian bush

Race director: *Ian Javes*,
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Queensland, Australia, 4510
Phone: (07) 5495 4334
E-mail: ijaves@caloundra.net
Web: <http://www.angelfire.com/mt/glasshousetrail/>


Bruce Cook relaxes on the verandah
after another gruelling effort of printing
ULTRAMAG

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

Order form below. Send to: Kevin Cassidy, 4 Grandview Road, Preston 3072 Vic.

AURA CLOTHING ORDERS

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

COLOURS RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

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

CAR WINDSCREEN STICKERS

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

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

Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

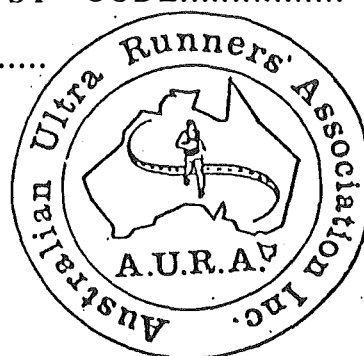
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

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

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



11

MEMBERSHIP APPLICATION / RENEWAL
QUEENSLAND ULTRA RUNNERS CLUB INC

I,
of
.....P/Code

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

hereby apply



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

...../...../.....
Signature Date

.....
Proposer Secunder

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



for renewal of membership.
Date

NOTES

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



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

QURC Treasurer's Use Only

Date cheque received: / /

12

Date cheque banked: / /

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

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

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

ENTRY FEE \$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	Ylannis Kouros	1998	22:55:23	34	Roger LeMolne	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 performer 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.



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On the day, you will be asked to sign the waiver, and then you will be given a map of the course. You are allowed to have your own turnarounds, short cuts etc and so don't feel obliged to run the route as specified. The map is to be seen as a challenge for you to meet on the day - but don't feel inferior if you aren't up to the challenge. You should make your own arrangements regarding car keys, valuables etc. You should take your own drink bottles and nourishment of choice with you. On many runs, likely water taps and places to buy food and drink may be marked. You may leave articles of clothing with the organisers, but you must understand that if you are late back then we might just leave these at the start, and could be stolen, so it's probably best not to leave them with us. No race numbers will be given out, as these are not organised races as such - look on them as public training runs.

During the run, you should either have your own support crew or use your own drinks bottles - assume there will be no aid provided on the course. The map provided will likely mark water taps [your own responsibility regarding cleanliness or disease] or shops [take your own \$]. There will be no drug testing, so go for your life on whatever you think you need.

After you finish your run, you will be asked your name and your time recorded, if there is anyone still remaining (we won't even guarantee that). You should declare here whether you ran the route on the map and how far, or whether you cut short and/or did your own thing. None of the courses will be certified distances, and so your time will be pretty irrelevant unless you plan to re-run the course - so don't get too stressed if they are not accurately measured. Results will not be mailed out to entrants - they will be posted on the website. You are encouraged to hang around at the end and tell tall tales and encourage the other runners. Maybe you could BYO drink and food and hang out.

If you are going to a long distance race, maybe you would like to Download a handout as a word-97 file (171Kb) and print out, copy and pass around to fellow runners who you feel might benefit from the FAT ASS experience.

[Download Now](#) (Version: 15th June 2000)

History

The term "FAT ASS" was coined by Joe Oakes, who founded the original "Recover from the Holidays Fat Ass 50" which was run from Santa Cruz to Half Moon Bay along the shoulder of Highway 1 just south of San Francisco, USA. The original event was a VERY low key post-Xmas run. Joe, being an organizer at heart, encouraged other folks across the country (and now the world) to do the same -- devise a course and invite their running buddies to share in a little post-holiday fun. Interestingly, the original run is no longer. The San Francisco Bay Area Fat Ass 50 is now run on trails in the Big Basin area starting and finishing at Saratoga Gap. ([More on Joe Oakes here](#))

In recent years, the number of these events has mushroomed and there are now many FAT ASS events all over the USA [[have a look here](#)]. The vast majority are in very early January, just after the Xmas/New Year break and are generally 50 miles or 50km. The purpose is to burn off all those extra calories you consumed from Thanksgiving to New Year's that contributed to you getting a Fat Ass.

One of the original pioneers of FAT ASS was Alan Firth, an englishman living in the USA. He produced some T-shirts with the pig logo that can be seen on this page. He eventually moved back to the UK, and started the "Firth's Fun-Filled Formidably Fabulous Footslogging Fight the Flab Fat-Ass Fifty Four Finally Finishing in Farnham" run. I was lucky enough to attempt this run in both 1997 and 1999 (See a race report [here](#)). I suppose that's what got me thinking about putting on some runs here in Australia. For more on how the Australian FAT ASS started, [click here](#)

- end May 2001

Sydney Trailwalker 100km
This is not a FAT ASS run, recommended, although re four.

#5 - end June 2001

Poor Man's Comrades FA 90km

A road run, held about the year as the original Comrades a hilly route from Gosford to the old pacific highway and backroads, finishing on the Opera House. May alternate every year.

#6 - end July 2001

Cotter Winter Wonderland approx 70-80km

A bush run starting from Canberra in mid-winter. Bri woolies. This run courtesy

#7 - end August 2001

TrailRunner FAT ASS 100

A solo version of the current Trailwalker, which goes along extremely technical & difficult Walk from Hunter's Hill to the Trailwalker is for teams of 48 hour cutoff. TrailRunner nazis who want to do it all without having to get any sleep

Under Development

Twelve Foot Track

An out'n'back along the route Foot Track from Katoomba Caves.

Wild Dog Mountains 120km

A one way route from Katoomba to the Wild Dog Mountains to Kanangra Walls. It appears the toughest, meanest route [note].

... Stay Tuned for more

PRESENTS



THE 18TH ANNUAL SRI CHINMOY NATIONAL 24 HOUR Track Race

Adelaide, South Australia

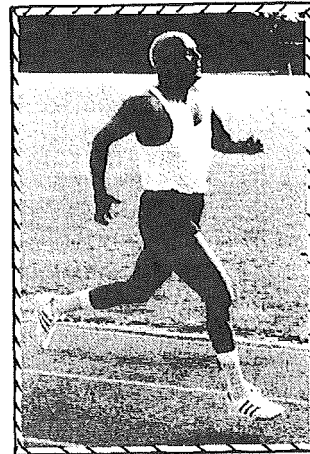
**October 21st-22nd,
2000.**

WITH

Sri Chinmoy

- * 24 Hour Team Relay
- * 12 Hour & 6 Hour Races
- * 100km Race (S.A. Championship)

"O lovers of peace come,
Let us run together..."
- Sri Chinmoy



Please provide us with your
running/walking history:

- How long have you been running?.....
- Do you hold any records?..... If so, please list
- How many Ultras have you run?.....
- What was your - most outstanding race?.....
- longest distance run?.....
- PLEASE NOTE**
The 24-hour Race will
be a qualifying race for
the Race of Fire - a
supreme challenge, a 65-day
stage event from Perth to
Canberra, Jan 5 - Mar 11 2001.....
Minimum 161km required to ...
qualify. More details : Bernie
Farmer on 0413 903 164
email b.farmer@eisa.net.au

Kindly fill out the table where applicable.

DISTANCE	Best Race (including placing)	Best Time	How many?	Comments.
Marathon				
50km				
50 miles				
100km				
100 miles				
12 Hour				
24 Hour				
48 Hour				
Other				
Syd - Melb.				

RACE INFORMATION

START:

All races commence on Saturday 21st October, 2000.

24 Hour Race	-- 8:00am
24 Hour Teams Relay	-- 8:00am
12 Hour Race	-- 8:00am
6 Hour Race	-- 2:00pm
100 km Race	-- 12 Noon

LOCATION:

Adelaide Harriers Track, South Tce, Adelaide.

Service to Runners:

- Certified 400m floodlit track
- Personal lap counters
- Splits at Marathon, 50km, 50 mile, 100km, 100 mile, 200km, 250km
- Running direction reversed every 6 hours
- Plentiful food and drink supplements during the races
- Rest rooms, medical facilities are available

PRIZES:

- Medallions for all finishers
- Prizes for the 24 hour and 12 hour winners plus other spot prizes
- Trophies for all winners.

"Run and become,
Become and run..."

- Sri Chinmoy

RACE ENTRY DETAILS

- Entry applications close Friday, 6th October 2000.

**NO ENTRIES ACCEPTED ON THE DAY &
NO APPLICANTS UNDER 18 YRS OF AGE**

- To apply, fill out the entry form below and your history on the reverse side of the page
- Any additional information on a separate page is welcome

PLEASE INCLUDE:.....The Entry Fee.

24 Hour Race.....\$100

24 Hour Team Relay.....\$135 per Team

12 Hour Race.....\$50

6 Hour Race.....\$40

100km Race.....\$60

Entries posted after 6th October incur a \$20 late fee

- All 24 Hour Race (individual) contestants receive a Race T-shirt free
- T-shirts also available for \$20

COME TO THE PASTA PARTY!!!

a great way to meet the other competitors at the *Adelaide Harriers Track*

Friday, 20th October 7:00pm

Cost : - \$15 - kindly include this with your application for entry

- Send Cheque and entry form with a stamped self-addressed envelope to

Sri Chinmoy Ultra Races

P.O. Box 6582

Halifax St, Adelaide, 5000.

For further information call

Sri Chinmoy Marathon Team (08) 8332 5797 or fax. (08) 8332 5073



18th Annual Sri Chinmoy 24 Hour Race Entry Form

Please print clearly

Last Name		First Name		Sex Male <input type="checkbox"/> Female <input type="checkbox"/>		Age on race day	
Mailing Address		Street		City		Birth Date	
State		Post Code		Race Club		Occupation	

Please Tick which race you are entering

ENTRY FEE

- ☐ 24 Hour Race.....\$100.00 (includes T-shirt)
- ☐ 24 Hour Team Relay.....\$135.00
- ☐ 12 Hour Race.....\$50.00
- ☐ 6 Hour Race.....\$40.00
- ☐ 100km Race.....\$60.00
- ☐ T-Shirts.....\$20 each ☐ Sm ☐ Med ☐ Lrg ☐ X-Lrg
- ☐ Pasta Party.....\$15.00 per head --> how many? _____

If you wish to buy more than one t-shirt please put the number above the box.

Total amounts

\$ _____

\$ _____

Race fee \$ _____

Subtotal \$ _____

No runners under age 18 will be accepted

24 Hour Team Relay Info

Team Name: _____

Team Contact person: _____

Phone: _____

Team runners: 1) _____

2) _____

3) _____

Make cheques payable to : **Sri Chinmoy Centre**

Sri Chinmoy has dedicated his life to spreading the universal message that all of us can and will be united as a world-family in the pursuit of peace. Through a wide variety of activities -- including literature, music, art, and athletics -- this noted spiritual leader has fostered the growth of individual and global harmony.

Signature..... Date

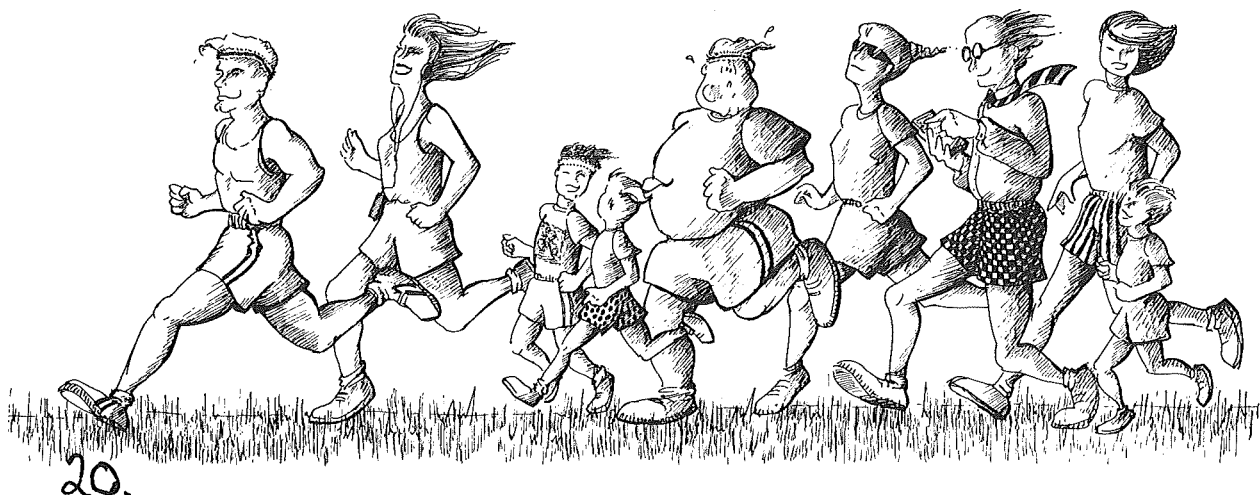
In consideration of this entry accepted, I, the undersigned, intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. 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.

A NOTE ABOUT THE MATERIAL YOU SEND IN...

Thankyou to all those members who have been so diligent in sending in material to us. Your race reports, results, newspaper clippings, letters to the editor etc. have all been great. It's helping to make our magazine a much more co-operative effort. Just one thing to note though:

- (1) Please send ORIGINAL newspaper clippings. Photocopies do not print well.
- (2) No highlighter on any material please!. It stuffs up the printing process.
- (3) Send a duplicate copy of your race results to our club statistician, Gerry Riley (address in the Rankings). Otherwise your runners' performances will not feature in the Australian Rankings.
- (4) We could do with more photographs of you all, preferably taken at races .(but not necessarily. Remember our sensational shot of Tony Tripp taken in the bath!) We're just curious to see what you look like!
Bruce Cook, one of our ACT members is doing a great job putting all the photographs through the screen bromide process. In layman's terms, it means converting your beautiful face to dots, so that it will print more satisfactorily. Your photographs will be returned of course.
- (5) All printed material should be of good contrast where possible. Please type letters on a good typewriter. Faint typeface doesn't copy well, nor does dot matrix printer. We would appreciate not having to double handle the material you send in.
- (6) We have facilities to be able to accept floppy disks of your articles, race reports etc. The facilities comprise Macintosh or IBM compatible. Disks will be returned after use of course, and this process will gradually reduce our necessity to re-type much of the material we use in the magazine.

Thanks a million!





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

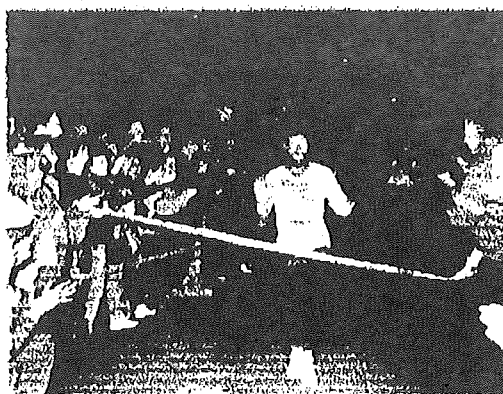


Book Synopsis

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 Sartin wins the Westfield in 1991

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. 21

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 off 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 its 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>
"I have finally found my hero" <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.

Thirty 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.

Mongolia Sunrise to Sunset 100 km



Tyler with his Japanese friend.

The local Buddhist lama had predicted that the race day we had picked was inauspicious. But instead of advising us to change the race date, in the few months before the race, he actually tried to persuade the heavens that the 100km Mongolia Sunrise to Sunset was important enough to enjoy good luck, no injuries, and good weather. I'll never know what he did to accomplish this, but it took weeks of mysterious activities, we were later told. The race date was right in the middle of the Mongolian Nadaam festival, which is the main annual holiday in Mongolia: a time for horse races, Mongolian wrestling, archery. This far north, most of the nomads rarely saw much of the festivities, and our little ultra was to be a rare spectacle for the local nomads. Perhaps this was why the lama went to so much trouble, or maybe he was just afraid that some crazy foreigner was going to run faster than one of the strong and rugged locals that were entered in the race.

Sleepless night before

The night before the race start, the electric storm that rocked the night skies over the camp worried me a little. The dumping rain had been sizzling on the chimney of our yurt's wood stove ever since the power generators stopped at 10pm. I privately thought that the storm would give my partner Tamsin and me an advantage because we had trained for this race in stormy Colorado. On one of our long runs in Colorado we had actually been caught in a terrible flash flood that kept us out for 10 hours longer than we had planned, with only our camel backs and running shorts to keep us warm. But still, I didn't sound like the sound of the rain, and

I hoped that it would stop. The more I thought about that - while I lay restlessly in my bed by the fire - the less sleep I managed to get.

Actually I have found that poor sleep the night before a race doesn't slow a runner down significantly. For the Hongkong Trailwalker, I went sleepless the night before the race as my partner was sick, but we ran/walked well... For the Leadville Trail 100, I only managed a few hours sleep before the 3 A.M. race check at the Leadville Trail 100 and I ended up finishing that race too. (I slept long and hard before the 6 foot track this year and ran pretty poorly.)

Coffee, bread and cream

But the fierce Mongolian storm broke at 3:30 AM, and the rain was to stay away for the entirety of the race. I was far too lazy to bother re-lighting the fire in our stove, of course - I just threw on my running gear and grabbed my drop-bag that I had packed the previous day, and went to grab my number at the sign-in tent, drink some coffee that the Mongolians somehow managed to bring in by 6 hour jeep and 2 hour flight from Ulaan Baatar to our race venue, God bless them, and eat some homemade Mongolian bread and cream, in preparation for the 100km ahead.

The Mongolian runners were up much earlier than I. And they looked fresh.

Views above the timberline

I ran well into the first aid station at kilometer 12, though I was certainly not in first place. I was told that several Mongolian men and a Japanese woman had already breezed through. "I set this course and they must have gone out too fast... haven't they?" I thought. "the big 5km 650m climb is right up ahead and I'll surely catch them near the top." Guess again.

I ran alone up this hill, still saving my legs for later on. Alone with my thoughts of the general state of the world, what I might be able to do about them, and observing those fields of purple flowers that look so much like Colorado Columbines - "I wonder if they are related?". Still not catching the Mongolians. I was thrilled to make it to the top, above timberline, and with the whole of lake Hovsgol below me. I knew there were small communities of nomads in the forests lining the lake, but from up here all you can see are the trees and the deep blue green water of the lake. Up north you can see the forbidding snowcapped Siberian mountains that guard the border between Russia and Mongolia. To the west is the rarely traveled Mongolian wilderness, and the next 83 km of the course.

I blew down the grassy meadows, my heart in my mouth, and passed all but 2 of the Japanese runners, but I couldn't see any of the leaders. Through the 2nd aid station at 25.5km in 3 hours 49 minutes, already more than 30 minutes behind the leading runner, according to the aid station volunteers. I started to wonder how strong these Mongolians really were...

Then straight up, bushwhacking through dense forest on the game trail that went straight up the side of the hill. We intentionally set the course on this existing game trail in order to have minimum impact on the area, even though this damn trail didn't switchback.... I started to hurt, but I was still passing an occasional runner and I felt I must be making up time on the leaders.

Nomadic children following

Meadow-pounding down the next hill, through the wild shallots and gentle horse tracks, was thoroughly enjoyable and at 42km aid station 3 I felt great, coming in just over 6 hours, well ahead of the 8 hour cutoff time. Then I learned that the leading Mongolian runner had over an hour on me at this point. I smiled and realized that the Mongolians were for real.

After hours of meandering lakeside trailrunning, with nomadic children following for a few meters whenever the course went by their family's yurts, I reached aid station 4, and was totally exhausted. The Mongolian volunteers and the smiling doctor had prepared a few stools for runners and they sat me down, feeding me potatoes with fresh cream as they took my blood pressure. I never thought anybody could be so cheerful in the presence of such a downtrodden, fallen warrior. But after 6 minutes I felt a bit better and moved on, and a few more km of easy running and I felt good again.

Japanese superheroes

Running gently and comfortably through the open valleys away from the lake in the next course segment, I felt free and meditative, with only a runner 2 or 3 km off in the distance to remind me that I was not alone. I made it my unspoken goal to catch this runner before the next aid station, and I did. It turned out to be one of the sisters that we dubbed 'Japanese superheroes', due to their incredible posture and their running gait that made you think they were about to take off into the sky. She was smiling but looked tired. We ran together for a while, and I left her to rest at aid station 4, a top 3 finish still on my mind.

Later on, she would finish her first 100km

race in tears and with a huge smile, hand in hand with her sister, who finished before her and ran back in order to run together the final km into the finish area.

TV coverage

10 or so hours and 60 km into the race, I felt like I faced the whole world when the ESPN Star Sports cameras followed me down a sun-bathed meadow into aid station 5. I ran especially fast for the cameras, imagining 36 million households somehow being impressed by the display of such strength and courage after 60km, but alas I must have looked pretty average because they edited me out of the tapes! Helped me gain 5 extra minutes anyway.

By the time I reached aid station 6, I had linked up with one of the Japanese squad – Tsugawa-san. He and I ran together for every painful one of the final 25 kilometers. Naming all the beers we knew, telling tall tales of past ultra experiences, and lauding the incredible performances of the Mongolians. It was one of those end of ultra mutual efforts that result in a permanent friendship. We were both made aware that 4 Mongolians were well ahead of us, as well as a German, a Swiss, and the other Japanese superhero. We were running to the second tall tree on the right, and walking to that yurt, pushing each other to the finish. Suddenly in the distance my partner Tamsin, who had completed her goal of 42 km with no previous training due to an injury, appeared in the distance on a damned BICYCLE. She had cycled all the way from the finish to cheer me in. You will know how moving such a site can be, after such an exhausting run...

Finish

Many trailside yaks and favorite-beer-recitations later, the end finally came at 15 hours 39 minutes. 100km distance, 3365m elevation gain/loss. Tsugawa-san and I finished hand in hand, to a politely cheering crowd of local nomads and others, as well as a dozen sheep and a few yaks. We both drank hot soup greedily and smiled, pretending to be stronger than we were as though we could just go run another 100km if we had to. But the act quickly dissolved when we learned that the winning time was 12:22, the new course record set by a young Mongolian marathoner on his first ultra. Over 3 hours ahead of us. We later saw on the ESPN video that he finished to a frenzied Mongolian welcome, as the local nomads are sports crazy and were so pleased to see a Mongolian face win Mongolia's first truly international running race, an ultra no less. But I'll get them next year.... I'll have a couple dozen STARS and perhaps a Sydney Trailwalker under my belt by then ...

Tyler Pike, 9 March, 2000

Catalina 100 km

Jonathan Worswick

This article was circulated on the LiSt, so you might already have read it. Do it again. Young John Worswick has "produced" another one.

Date: Saturday, 26th Feb, 2000 Start: 5:00am
Location: Catalina Island, California (1.5 hour ferry from Los Angeles) Also a 50km race starts at 6:00am.

The race starts and finishes in the town of Avalon and follows a figure of eight around the island of Catalina. The course is mainly on good fire road with about 8 miles of tarmac. There are two main climbs the rest being rolling ups and downs.

Catalina Island has only about 3000 permanent residents, most of these people situated in the main town of Avalon, this booms to about 20000 during tourist season. The town is crammed in-between high valley sides with architecture that makes it resemble a picturesque Mediterranean resort.

Golf Carts

The main form of transport used is golf carts which zip around the streets ferrying locals and tourists alike. The majority of the rest of the island is either farmland or preserved land and not easily accessible unless by sea. Herds of Bison roaming around brought over in the 20's for a Hollywood movie. There are many activities such as scuba-diving, whale watching, golf, horse riding and hiking. The island is definitely worth a visit.

Around 90 people started the race on the main street of Avalon across from the beach in the dark and cold. As there had recently been storms and lot's of rain in Southern California many people were worried that the day would be cold and miserable so started with gloves and a rain jacket, as it turned out it was a perfect day for running.

Self made tights?

Eric Clifton the icon of US ultra running, followed his usual style by sprinting off into the darkness dressed in bright multi-coloured tights (self made I believe!), followed by a steadier paced Ian Torrance. Next a group including Tom Nielson, Doug Spencer, Scott Appleman, Dave from Florida and myself. The rest of the competitors taking their time on the 2-mile stretch through the town up a short valley prior to the 1st major climb.

The Race

After a zigzag climb of 1070 feet we arrived at the top and then continued on a ridge trail before arriving at the road section that took us to the islands small airport and the 1st aid station. The sun was an orange glow on the horizon and as we were running on a narrow plateau between each side of the island we had glorious vistas. To the East we could see the 9000-foot mountains peaking above the clouds on the mainland just the other side of Los Angeles. Behind us we could see Avalon just waking up in the early dawn. To our right the steep cliffs rising from the ocean.

We then headed across the island and downhill to arrive at the west side and the next aid station. By this stage Eric was a good 8 minutes in front Ian who was 4 minutes ahead of Tom, Scott, Dave and myself. Doug had dropped of to relieve himself and must have fallen down the cliff or something, as we didn't see him again until the finish line many hours later.

We then wound through various small valleys cutting through to the little hamlet of Two Harbours at mile 24.4 (aptly named due to it being at an isthmus). My time here was 3:18 and ahead of schedule, I was in 5th place just ahead of Scott with Dave and Tom a minute or so ahead.

We then followed a loop going in an anti-clockwise direction, which returned us to Two Harbours. This section followed a flat windy fire road around the coast about 50 feet above the water. We then came to the 2nd major climb which was straight up Boushay Fire Road. This lasted for about 2 miles and 1590 feet bringing you out on a ridge that gradually falls away before abruptly dropping you back down to Two Harbours. By this stage I had passed Dave and caught Tom. It had taken 1:56 to do the loop. Coming down the ridge we glimpsed both lead runners not far in front, Eric losing his large time advantage during this section.

Tom and myself then spent the next 18 miles working away at the lead. We followed the same route back to the next aid station then turned right, to the west of the island and to the Middle Ranch area. We passed Eric but made no headway on Ian staying 3 or 4 minutes behind. By this stage the distance had begun to take its toll, I got a 2nd bout of nausea and my pace slowed on the flat and downhill sections. Tom pushed on to chase Ian and I was left alone feeling beat. I began the fatal glimpsing over the shoulder for a challenger. Sure enough at 10 miles to go Eric came speeding passed just

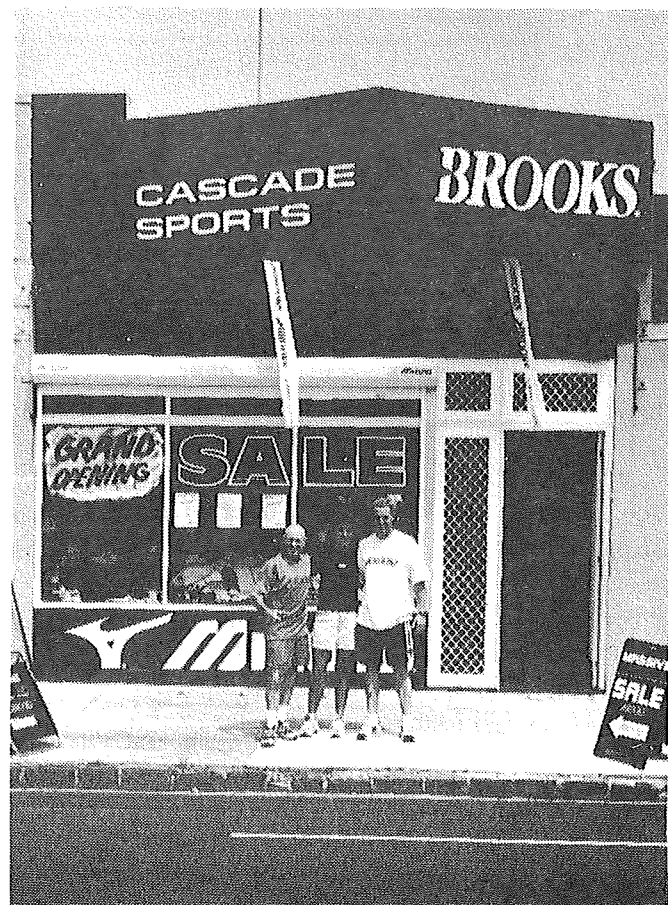
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Brian Bloomer Westfield Winner

Brian, Michelle & Paul.

as we hit the Pump House Hill climb that brought us back to the airport road.

The next few miles of small rollers, which took us to within 5 miles and all downhill to the finish, weren't much fun for me. I hung on then let gravity take me downhill with a grimace every time my feet landed. My quads were burning and I had developed a number of blisters. Luckily the next runner was at least 30 minutes behind so I remained in 4th place, a very satisfying result due to the caliber of the 3 runners in front of me. The section from two harbours took me 3:51.

Ian held off Tom, both having superb races. Eric came back from the dead to finish in just under 9 hours a few minutes behind. Following me, a fresh looking Guillermo came in, with Scott following. Suzanne Brana demolishing any female competition with I believe more than 2 hours in hand from her next rival.

Thanks to all the aid volunteers and of course the R.D. Baz "the drunk" Hawley for making it a great day.

100km Results

1.	Ian Torrance	8:59
2.	Tom Nielson	8:55
3.	Eric Clifton	8:59
4.	Jonathan Worswick	9:06
8.	Suzanne Brana	10:03 (1st Female)

ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



Any articles will be considered.
Cartoons, photographs, reports or thoughts!

Please dispatch to the Editor.

COBURG 24 HOUR CARNIVAL APRIL 8/9 2000

A new start time of 10 a.m. Saturday 8th April was set to accommodate the accompanying 6 and 12 hour races and 12 hour relay. This meant that the 24 hour event would end at 10 a.m. on the Sunday morning which seemed popular with the competitors.

The field consisted of 14 entrants in the 24 hours, 5 in the 12 hours and 6 in the 6 hour event. 6 relay teams made up the field adding to the overall colour of the carnival.

The gun went and Helen Stanger (12 hours) set a cracking pace followed by Vlastik Skvaril (12 hours), Ron Campbell (6 hours), Brian Smith (24 hours) and a fast start from Peter Gray!

The pleasant sunny conditions were in fact uncomfortable for the competitors as the temperature reached 27 deg. during the afternoon. The heat took its toll on Isak Ketsakides and Peter Waddell, both finding it difficult to hydrate properly. Helen, Vlastik and Brian slugged it out fairly evenly for the first 3 hours until Helen drew ahead.

Evan Trapalis, a walker, pulled out at 2 hours, Rob Petrie at 3 hours. Ray Carroll seemed to be having trouble but had plenty of support from his team of students who would patch him up and get him back on the track whenever he faltered.

By 4 hours Shirley Young, now 70 years "young", had covered 101 laps, a close-knit group of runners, Ron Campbell, Ken Marsh, Max Carson and Tony Collins, were sitting on 102/103 laps, and the leaders were Helen Stanger, Brian Smith and Vlastik Skvaril.

The 6 hour event finished at 4 p.m. as the heat of the sun was beginning to ebb. Isak was in the hands of Michael Gillan, masseur, but he was destined to pull out after 9 hours. Helen Stanger had completed 172 laps, Brian Smith, 168 laps and Vlastik Skvaril, 156 laps. Ron Campbell was the winner of the 6 hour event, with Ken Marsh second, Carmella Carrassi (walker) 3rd, and Ray Lelkes, 4th. Peter Gray was still circulating well but had dropped to 9th in the 24 hour field.

The relay teams at 6 hours were lead by the Athletics Essendon "Young Guns", closely followed by Coburg Harriers and Coburg Veterans. The Little Athletics team was as usual inspirational and they were supported by a team of their parents (the "Also Rans").

Peter Waddell, feeling the heat at 6-1/2 hours, took a long break and Kóóúóóú Chris Newman in his first 24 hours had set off possibly too quickly and by 11 hours was in the hands of St. Johns Ambulance. His crew took him home but he somehow made it back for the presentation on Sunday morning.

At 10 p.m. the 12 hour race and relays finished with Helen Stanger first, Vlastik Skvaril second, Bruce Ohlennott third in his first 12 hour event, followed by Kevin Mansell and Ken Carter. Helen finished in style by promptly collapsing and received her trophy whilst lying on a St. Johns Ambulance stretcher. The Relay was won by "Young Guns", Coburg Harriers second and Coburg Vets third.

By now (10 p.m.) with so many runners leaving the track, the air getting crisper (it was to come down to 13 degrees), the remaining 24 hour competitors were pulling on tops and tights and settling in for a long night. However, the Little Athletics Relay Team and their parents decided to soldier on for the full 24 hours.

At 15 hours, Brian Smith was leading (346 laps) with Shirley Young second (310 laps) followed by Tony Collins (300 laps).

The night wore on, the canteen was still open, the master computer was churning out hourly reports, Michael Gillan was carrying out his usual sterling masseur duties and the runners and walkers plodded on. By 18 hours (4 a.m. Sunday), Brian Smith was about to achieve his 100 miles, Tony Collins was averaging 20 laps per hour and ready to pass Shirley Young in the next hour. Carol Baird was still walking strongly and averaging 18 laps per hour.

Dawn was breaking at 6 a.m, Tony Collins had passed 100 miles and Shirley Young was about to reach her 100 miles P.B, which is a record for her age at 20 hr 13 min 17 sec. Walker Carol Baird passed 100 miles before 8 a.m. in 21 hr 47 min 47 sec, and with only 2 hours to go the whole race atmosphere changed as competitors realised they were almost there.

At 9.15 a.m, Howard Neville passed 100 miles and as the race approached conclusion at 10 a.m. everyone was putting in a last minute effort to maximise their results. Peter Waddell returned to the track to complete the event and was on hand to congratulate fellow walker Carol Baird on her result.

The race concluded at 10 a.m. with Tony Rafferty making trophy presentations to the tired but happy ultra runners

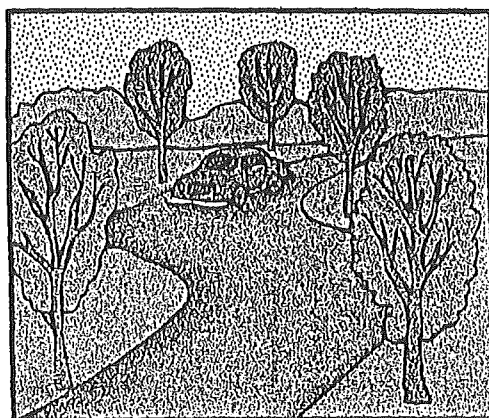


THE THREE WISE MONKEYS!!!!!!!!!!
Retiring AURA committee members
Tony Rafferty, Dot Browne, Geoff Hook
The names Larry, Curly and Moe would
probably be more appropriate !!!!!!!!!!!

What a way to spend Mother's Day running my first 85 kms road race. Yes, on Sunday, 14th May, accompanied by my youngest daughter, Kylie, and my mother who had come up from Melbourne to help crew me, I arrived at the Grafton Post Office ready for the start of the Banana Coast Ultra Marathon along with about 12 other runners. The reporter from the local television station was busy interviewing runners for the news that night. How embarrassing it was when he came over to speak to me!

The run began at 6.00am and even though it was still dark and extremely foggy I managed to stay on the course. It was my daughter I was worried about. She was so nervous about being in the car with her nana driving. Why? The day before I had given her a driving lesson, (it was like being in a dodgem car!!), because she drives an automatic and my car, which she had to drive for the day, was manual. All was going better than expected. Kylie's nerves settled down, my mum got used to my demands and I was running well, just a bit too fast as I soon found out. At about the 30 km mark I seemed to hit a low patch so I slowed down my pace, and within a short time I started to feel better. It was nearly half way until the first town, Glenreah. It was at this point I 'lost' my crew who stopped to have a lunch break. What a shame I couldn't! I kept on running and eventually they caught up to me.

It was a really good course, along the old Pacific Highway, not too hilly and hardly any traffic. After the next town, Nana Glenn, I started to run along with one of the local runners, which helped the time pass by. We soon reached the last main town before Coffs, Coramba. It was around here that the traffic became heavier due to the local football game, but it wasn't too bad. It was my car I was worried about, as my mother had a bad habit of not using the indicators. She is 69 after all and very forgetful. Kylie heard the same stories over and over again all day long as she later told me.



The last part of the run was very undulating, just when you don't want it to be. Luckily the sight of Coffs Harbour was in view, the run was nearing an end. By now Kylie had decided it would be safer to run with me, what a great way to finish a Mother's Day. It may have taken 10 hours and 6 minutes but it was well worth it. And to top it all off, my Mother's Day present from Kylie was a handmade card that she'd been making all day long in the car, as she helped crew me. Thanks to Steel Beveridge again for putting on a great run, one that I highly recommend for anyone that wants a challenge, and, next year it goes in the opposite direction, Coffs to Grafton just for a change.

BANANACOAST ULTRA MARATHON (85km)

Grafton P.O. to Coffs Harbour Hotel via Glenreagh, Nana Glen & Coramba.
Sunday 14 May 2000

Having recently completed my first 100km ultra I needed to challenge myself to a more arduous task seeing that my previous run was basically flat on a 1.4km loop. I liked the idea of having to run over a course that I didn't have any control over whatever type of terrain lay before me, I would have to conquer it along with the distance.

I ran the Sydney Marathon 2 weeks prior to the Bananacoast Ultra using it as a training run and didn't extend myself and felt quite fresh and physically ready to go. Thursday 11 May we flexed off at lunchtime, packed the car and drove to Sydney. We stayed at the Ascot Motor Inn at Wahroonga just a stones throw from the Newcastle Expressway. Very convenient for an early morning start. Enjoyed dinner in a Thai restaurant and early to bed. 6am Friday morning we leave for Coffs Harbour with a stop for brekky and lunch, then drove the 85km course to Grafton, I was quite taken back by all those hills! Some very short, sharp, and many long never-ending hills. I would be running the reverse which I thought would make for an interesting run. I knew the last 3-4kms into Coffs would be a fairly steep descent down through the banana plantations and then flat to the finish.

Arrived in Grafton around 3pm and checked into the motel which Lyn had previously booked, then arranged all my gear for Sunday. The rest of the afternoon was spent sightseeing in the area. Back at the motel we met John Fowler and Peter Wood and their spouses, who had driven down that day from the Gold Coast and were in the room next to ours. These guys are real ultra marathoners - having competed in 24 hour, 6 day and 1000 mile races - I'll be the apprentice!

Pizza for dinner, another early night to bed, a nice sleep-in, brekky, church, lunch, then a very relaxed afternoon admiring some of the beautiful parks and rivers around Grafton city. A big meal of pasta and salad at the local RSL for dinner then back to the motel for a peaceful nights sleep.

Before I know it it's 4am and the alarm is ringing in my ear, a peep outside tells me its cool and a little foggy - come on Lyn - outta bed! I light the primus, visit the loo, consume my brekky of hot milk, weetbix and dates, visit the loo, pack the bags, visit the loo! Soon we're down in the carpark along with 5 other ultra runners, and we remind our wives who are crewing for us that its Mothers Day and we should be serving them brekky in bed!! Oh well - next year - maybe!!

The start line at the Post Office is only a couple of minutes drive away from the motel and as we arrive we see runners milling around the TV camera and

interviews being conducted. I introduce myself to Steele Beveridge, the race organiser, who writes my race number on my arm. We meet 67 yr old Barry Stewart from Wondai, Qld, who will be taking to the roads on a hand-cycle, a vehicle similar to that used by paraplegic John Maclain when he completed the Hawaiian Ironman (you peddle with your hands).

A small field of athletes are assembled - 10 men, 2 women, and 1 hand-cycle - all waiting in anticipation. It's almost 6am and we receive some final instructions from Steele. He makes available to our crew bright orange fluoro vests to wear for ease of visibility by passing motorists. For those runners who had no crew, Steele placed all their drinks and food in a large white heavy-duty plastic bag and placed them at each 5km point.

After a few words of encouragement Steele sends us on our merry way - I'm feeling very relaxed. Even before reaching the Grafton bridge the gun-runners are almost out of sight. I settle into a very easy rhythm for the first few kms as I run with well-known ultra marathoner Peter Gray from Geelong - a fascinating person. He's just come off the 1000 mile race at Nanango, Qld. We are now heading out along Armidale Road looking for the junction that will send us on our way to Glenreagh, the first of 3 small villages we must pass through. Peter's pace is very comfortable - a bit too comfortable for me - so I take the opportunity to join 3 other runners as they begin to pass us. It's John and Jim from the motel and Geoff their friend and for the next 20kms or so we all run together chatting, joking and generally having fun, re-grouping again after each drink/toilet stop! It's up to whoever takes the longest pit stop (mine are quick - don't want to be left behind), to re-join the group. At about 30km Jim decides to leave us and pushes on ahead. The kms are ticking by now and it's a beautiful, sunny, clear morning - just magic. Steele is driving from the front runners to the back runners, checking on their progress and ensuring all is OK, tooting and waving and occasionally stopping to take some photos - he continued this practice throughout the race all day.

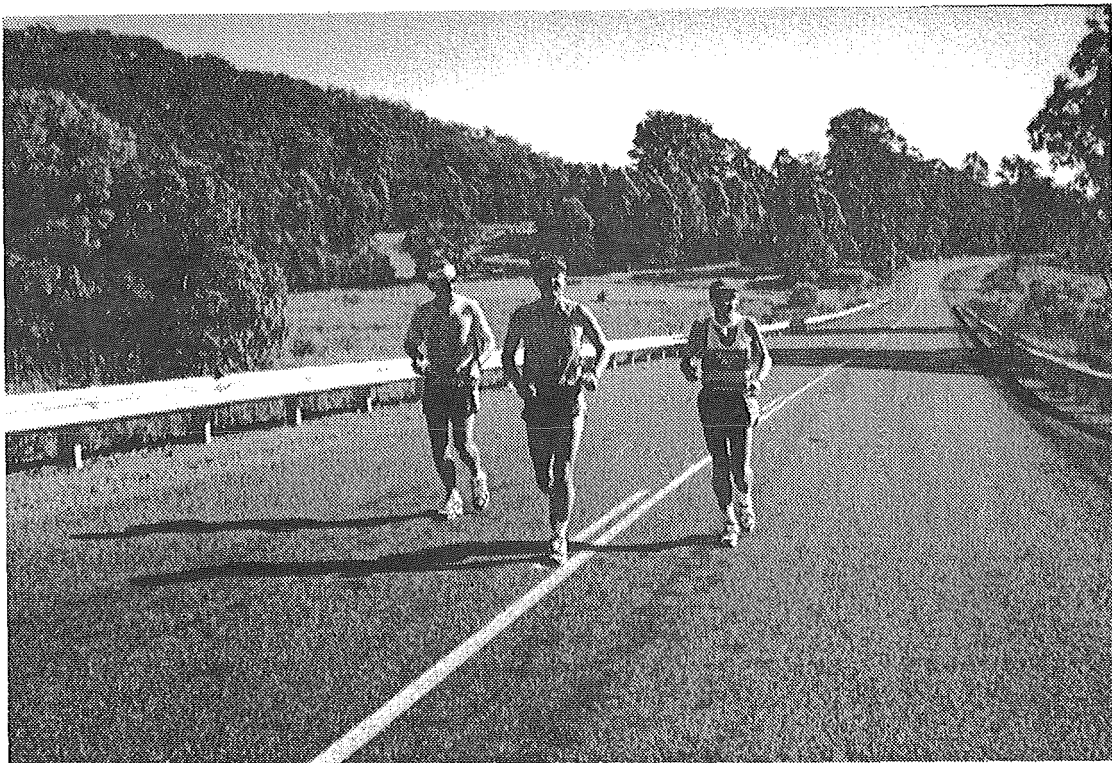
We reached the 42.2km mark in 3hrs 55min working hard over many hills. John remarks "can't you feel that we've just run the marathon distance" and we all agree. The temperatures rising now and I'm consuming 600mls of diluted Gatorade every 5km. The 60kmh road sign looms ahead to indicate Glenreagh is near, we'll be stopping for drinks and take on some food there. Our wives will be waiting to satisfy our every need - we're approaching the 57km mark. The boys have a quick bite, replenish their drink supplies, and they're on their way. I'm having the luxury of enjoying some pancakes and blackberry jam, mmmmm, nice! It's very important to eat in these ultra runs. Top up the drink, slap on some more sunscreen, change from a sunvisor to a wide-brimmed hat as its now up to 28 degrees - and I'm off again, but this time on my own and still feeling very strong. The long downhill sections are pleasant as I listen to some classical music on my headset - not a worry in the world. More drink stops, gatorade, power gel, pancakes, I've had enough classical music - it's just me and the distance now.

Just ran through Nana Glen and notice that one of the plastic supply bags that Steele has dropped off is ripped to pieces and looking worse for wear. Later in the day Lyn tells me they think a wombat or possum was attracted to the contents and decided to help themselves! Luckily the drink bottles were not destroyed. Nobody has passed me, but I've managed to pass three others, with no-one in sight in front or behind. I'd noticed at around the 45km my legs were tiring, but here I am going through 70km and they're actually feeling strong. Before long I arrive in Coramba - about 15km before Coffs Harbour. Lyn is there with my drinks and I finish off the pancakes.

The road from Coramba to Coffs is narrow, windy, and hilly, so I asked Lyn to park in a safe area for the last couple of drink stops. Still feeling very positive and enjoying every step of the way, and thinking to myself "this is another run almost over and they can't take it away from me now". Lyn is up ahead, more gatorade and fill up my bottle for the last time, and head off again. There are more hills to negotiate and as I reach the top the Pacific Ocean comes into view, indicating about 4km to the finish. The quads are screaming out now as I make my way down the hilly mountain range, eventually reaching the flat section that will take me into town. Houses start appearing - won't be long now! A quick glance at my watch indicates 9hrs 15mins have passed since leaving Grafton in the dark that morning! A car goes by and a runner yells out "only 1.5kms to go" - GREAT! Through several roundabouts and there's the Finish banner - I reach it in 9hrs 26mins 26secs, am placed 6th, and feeling just terrific!

A long-awaited cool lemon squash and fresh sandwiches provided by Steele go down extremely well. Paul Mohony won in 7hrs 39mins, what a great run. We all chat amongst ourselves as we wait for the arrival of more runners. Everyone congratulates each other. Steele informs me that we all be receiving a finishers t-shirt, an engraved polished silver goblet, photos, results book - excellent value for a \$10 entry fee.

In conclusion, a very friendly, well organised, low key event. A big thankyou to Steele for ensuring we all had a safe, enjoyable run. Another great run with no injuries, just the personal satisfaction of knowing that I've successfully completed another ultra distance and loved it. My next one will be the Nowra to Kangaroo Valley Ultra, followed the week after by the Gold Coast Marathon.



Keep happy, healthy and fit.

Cheers,
Chris Gamble

Sydney Trailwalker 26-28 May 2000
100km trail race in teams of 4
David Baldwin, Team Rogaine #134

Firstly a big thank you to everyone who generously donated to help our team reach its pledge of \$1000 for Community Aid Abroad. It is much appreciated.

Adrian and I finally got out of Canberra on Thursday night after a few delays and reached Paul and Diane's flat in Turrumurra about 10 where a good pasta feed was laid out for a final carbo-load. We got an early start the next morning, picking up Bob, Paul's dad, who would be driving my car around as support crew. Diane would join him in the afternoon after working in the morning. Down to Weil Park in Hunter's Hill which was already a hive of activity. Nigel was travelling up from Melbourne overnight on the train and arrived shortly after us. We registered, lathered ourselves up with suncream and vaseline, then waited for the start at 10am, chatting. There were a few lean looking teams, including the legendary ghurkas from an elite British army unit of Nepalese nationals. The story had it that they sent the whole unit out on a 100km training run then picked the best 4! There were also 3 Sydney Striders teams, the Berowra Bush runners and a strong looking bunch of triathletes. Everyone was pumped for a big race.

W The start was a typical mad rush. A short hill slowed people down initially, and then it was off through the streets for a few km until we entered the Lane Cove National Park. The track had a few slippery sections and some board walks through the mangroves. The ghurkas had already cleared out, and we were cruising along amongst the first few teams, when I felt my quads starting to cramp. They bunched up fairly badly, and I dropped off the back of the team. As a couple of teams came past, I asked them to tell the others to wait for me. A couple of km further along we re-grouped, but my pace was still slow and about 10 teams had passed us. I was disappointed to be having problems so early, but knew that eventually my legs would loosen up; it just might take an hour or two. The same thing had happened in the Australian Rogaine Champs last year, and we went on to win the title.

Into the first checkpoint (~13km) in Lane Cove National Park, we were in such a hurry noone refilled their water bottles. We grabbed a jam sandwich and hurried off again into the bush. A few more teams passed us, by this stage we estimate we were in about 15th place. Another 5km on we started to catch up to these teams again. One group in blue KPMG shirts were already trying to push their slowest member along who seemed to be having some troubles. With 80km to go they were in for a tough time. Up through the "Step Track" was a lovely section of rainforest gully with cascades and ferns. The country was a wonderful mix of heath and forest and we moved between the sandstone plateau and valley. Apart from the occasional major road, we could have been quite remote from the city. A long steady climb alongside a creek loosened my legs up nicely, and we passed a few more teams. A steep climb led to CP2 at 27km, where again we grabbed some sandwiches, this time remembered to refill water, and hustled off again, passing another 3-4 teams who had stopped for a picnic.

Suburban streets led us to Hornsby Heights, and after some confusion with route finding we crossed Pennant Hills Rd and the railway.

Back into the bush again, we meandered around through the forest until we reached CP3 at 34km in the Cherrybrook guide hall, catching a Sydney Striders team and leaving them behind as we passed through quickly. Back down into the forest, route finding was fairly straightforward, and we were mainly contouring through forest and gradually climbed to the valley side, skirting cliff tops and starting to get a few views at last. A long gradual descent through damp forest took us down to CP4 at about 40km. Diane had linked up with Bob at last, and we had our first taste of the mobile smorgasbord she had put together for us. We headed off towards Galston Gorge with ham and tomato sandwiches in our hands, passing another Striders team as we headed off. There was about 2 hours daylight remaining, so we'd have to keep the pace on to make Crosslands at 56km.

After a climb and descent to a beautiful sandstone gorge and creek crossing, we followed it a way then climbed high onto the ridge before a steep descent to the road crossing in Galston Gorge. The rough rocky descent slowed me a lot, my legs still very tender. We crossed the creek below the bridge and picked up the walking track following the creek down to Crosslands. It undulated along beneath a rainforest canopy, the gathering dusk reducing visibility quickly. In many places the ferns reached across the narrow footpad, which although mostly very smooth, had the occasional hole or branch to trip the unwary. Just on dark we reached the grassy camping area at Crosslands for CP5 at 56km where we grabbed our torches. Another quick but scrumptious feed had us heading off in pursuit of the triathlete team who were in 4th place. The ghurkas were 90 mins ahead, and the 2nd placed Striders team with 3 women and a guy was 30 mins ahead.

A couple of kms along the Berowra river led to Lyrebird creek and a crossing over a long bouncy log bridge. We followed the creek up along a treacherously slippery track, before tackling the climb to Mt Kuring-gai head on. At one stage we saw the lights on 3rd placed Berowra Bushies ahead, and we finally started pulling away from the triathletes on the steep climb up a sealed fire trail. Over the highway and freeway we pulled into CP6 at 63km just as the Berowra team were leaving. A quick turnaround saw us in hot pursuit, munching on some jacket spuds and spinach and cheese bread as we went. A few blocks of suburban streets led to the Mt Kuring-gai trail which cruised across a plateau for a while before a steep descent to the water near Appletree Bay. As we started the descent, a lone runner supporting the Berowra team came by. Since they were locals they had many helpers along the way, and this guy was carrying a back pack of food and water for them.

Down at the water, we turned left along the rough track. Paul was having trouble with his glasses fogging up, and it was hard to maintain a jog with so many obstacles. There were 3 inlets to traverse along this section before the climb to Berowra. At the first we saw the Bushies on the far side, and as we reached that point, looked back to see our pursuers' lights. After the next bay the chasing lights were nowhere to be seen, and we thought we'd made a little time on the team ahead as we reached the third. Each bay necessitated a creek crossing, clambering over slippery boulders in the dark. The tide was down and many oyster shells covered the rocks along the shore. A couple of power boats motored past in the dark and we finally reached the end of the inlet leading to the climb, passing a rusting boat wreck in the shallows. An eroded track following a pipeline led up the creek, then a series of switchbacks, which we steadily climbed, finally crossing the freeway and a few blocks through Berowra to CP7 at 72km.

Another quick feed, but the Bushies gave us the slip again. The 2nd placed girls team had been reeled in to 10 mins now though, so perhaps 2nd place would be within our reach after all.

The next leg had a descent through the streets, many of which I jogged backwards to save my legs. At one point the others had disappeared so far ahead I had no idea where they'd gone. Adrian popped out of a side street though and we were soon on our way again along a contouring fire trail. The streamers marking the trail were fairly erratic, many having been torn down or stolen. After a while we passed a sign marking "Crosslands 3.8km" - in the last 25km or so we were only about 1km further down the Berowra river than a few hours ago! The map came in handy to work out a turn off onto a walking trail again, which eventually led over a ridge to a steep descent. Our hopes were raised when we heard female voices ahead, but they turned out to be two women supporting the Bushies team, who'd been left behind when they could no longer keep up! The descent slowed me again, and we finally reached CP8 at 78km at Berowra Waters. The women's team were still 10 mins ahead, so we'd made no time at all on them. The bushies however seemed to be content to stop and chat, so we cruised off along the river bank leaving them behind.

We had high hopes of making time on 2nd place. This leg was mostly up, and on rough trails, which favoured us. As we started the climb, I took the lead and we poured on the pace, running most of the hill except for rocky outcrops, which had to be climbed on, loops embedded in the rock. We reached the plateau and I kept the pace on through the narrow track in the heathy scrub. As we started to descend into a deep gully, suddenly we saw lights just ahead. We'd caught them at last! We stayed together for the descent, then our team powered off ahead up the hill. 2nd place would be ours! On across the plateau our spirits were high. We reached a fire trail and had some momentary confusion. The streamers led onwards, but a rough hand-drawn sign indicated CP9 to the right, but there were no obvious streamers. Adrian looked at the map and advised that it showed the track hitting the road only a couple of hundred metres along from the checkpoint, so we headed on along the track, passing a sign saying, "Cowan 1km". After a while we popped out onto the road, just after midnight, near the Cowan railway station. The place was deserted. A few minutes consulting the map and looking around led us to the conclusion the checkpoint was 1km back along the road. We'd stuffed up! We ran back along the road out of town and found the turnoff the bushfire shed and CP9 at 86km. The girls had already been through 7 mins ago. Nigel said he'd seen them on the track below as we came along the road.

We were seriously fired up now, and ran strongly back into Cowan and over the railway. The next section was a mixed bag. Rough trails with some climbs in the early stages, then mainly descending fire trails for about 5km to finish. If we passed the girls early, we would have to work hard to hold onto the lead since they were strong on open fire trails and I would be slow on the descents. A long rough descent from the freeway crossing led to Jerusalem Bay. I was well off the back, but used the fresh batteries I'd replaced at the last CP and the high beam on my headtorch to minimise my disadvantage. As we started the climb back up to the plateau we caught the girls again, and gained a few hundred metres. Paul's glasses were fogging up again due to humidity from a passing shower, which had fortunately blown away. Another rough descent and climb. I decided to forge ahead as best I could to minimise the disadvantage of the descents for me. Paul would easily catch up again on the fire trail.

I started to tire a little on the climb, but a banana and good slug of sports drink fixed that. Reaching the trail a sign indicated "Brooklyn 6km". I upped the pace and we ran off along the ridge, not slowing for the occasional short climb and trying not to slow for the descents. Finally we were overlooking the freeway bridge across Broken Bay, and the fire trail descended in earnest. Shortly we turned off onto a steep goat track down to a creek. No lights to be seen behind. Past a camping spot and back onto fire trails, we met a couple of supporters of the girls team who told us it was about 2km to go. We ran off up the steady climb, trying to look as strong as possible. The trail continued to climb before the lights of Brooklyn were seen a long way below us, and at last the trail headed down. It was a steep descent, but some sealed sections meant it was possible for me to go backwards without too much difficulty. Another goat track led us at last to the road into Brooklyn.

The streamers were now replaced with glowsticks. Into town we went, expecting a community hall as the finish. The glowsticks led further on, and we passed closed shops and left town along the shore passing a few more supporters and some campers. Out onto the point, we were puzzled we still hadn't seen the end. Paul was suddenly caught with some gut problems, and headed for the bushes. Maybe we'd get caught with our pants down! We walked on slowly waiting for Paul to catch up, and rounded the point, finally seeing the floodlit finish ahead. Paul joined us again and we jogged into the finish, coming in at 16:55, just before 3am. The ghurkas had finished in 14:30! As we waited for our certificates, the lights of the following team rounded the point, and they ran in on 16:59 for a strong finish. It had been an awesome battle for the minor placings, and we'd been lucky to avoid the irony of a team of rogainers going down due to navigational difficulties!

Diane and Bob had done a fantastic job supporting us, and made sure we had a good feed and drink and rugged up before we drove off back into town. After a shower we were all tucked up in bed by 5am and slept until 9:30. At 10 we were surprised by a knock on the door and found a Salvo collecting for the Red Shield appeal! It was strange to be finished, warm and comfortable, albeit fairly sore while most of the teams were still on the track and many would not finish until the next day. It was only Saturday morning, and we had the whole weekend ahead of us, in contrast to the usual sorry story of dragging ourselves off to work on a Monday morning! Diane cooked up a fantastic breakfast of pancakes, and we finally headed off our separate ways about lunchtime. The drive back to Canberra was through bitter winds with sleet and occasional snow. I hoped the conditions were much better for those still out on the course, many of whom would be going on into Saturday night or even the next morning.

A big thanks to CAA for having the vision to organize such an event, to those who set and marked the course - a huge job in itself, to the army cadets and others in the aid stations, the police who looked after the road crossings, and to all the teams and supporters who turned out for such a great event. Congratulations all!

AUSTRALIANS AT COMRADES

Runner	Club	Cowies Hill	Drummond	Mkondeni	Finish Time	Finish Position
FAITH ANDERSON (12647)	AUSTRAL	02:02:21	05:30:42	10:32:05	11:25:18	14742
PETER ANDERSON (12563)	AUSTRAL	01:35:55	04:16:47	08:15:43	08:56:50	3789
PAUL ASHTON (4880)	AUSTRAL	02:02:20	05:25:57	10:39:30	11:28:11	14985
THOMAS BAMBRICK (24713)	AUSTRAL	02:12:46	05:54:23	10:54:18	11:44:36	17336
LYNNE BARRY (23740)	AUSTRAL	02:06:30	05:32:22	10:22:28	11:14:11	13708
DON BLAIR (16759)	AUSTRAL	01:56:35	05:14:35	10:08:40	10:55:40	12233
CHRISTOPHER BROUN (41280)	AUSTRAL	01:32:23	04:17:23	09:03:14	09:51:21	6401
BOB BURNS (23637)	AUSTRAL	02:07:51	05:40:14	10:46:51	11:48:59	18274
BRUCE CASTLE (9262)	AUSTRAL	02:00:59	05:08:58	10:20:31	11:24:50	14692
CAROLYN CRAMB (44834)	AUSTRAL	01:53:23	05:11:09	10:11:31	10:59:10	12652
ANNE CRAWFORD-NUTT (9832)	AUSTRAL	02:03:19	05:25:15	10:20:46	11:14:20	13727
JOHN DAVIES (9123)	AUSTRAL	01:22:14	03:50:53	07:22:07	07:58:28	1233
RICK DE JONG (8713)	AUSTRAL	01:51:15	04:46:47	09:39:13	10:19:03	8312
GERARD DE SENNEVILLE (37421)	AUSTRAL	01:48:02	05:03:35	10:29:02	11:34:03	15754
JOHN DOOLAN (40292)	AUSTRAL	01:52:10	05:15:39	10:32:47	11:29:45	15196
RON DUNGLISON (9341)	AUSTRAL	01:44:29	04:56:02	10:05:55	10:55:12	12173
SANDRA DUNGLISON (9340)	AUSTRAL	01:44:27	04:54:59	09:15:08	09:56:00	6773
JOHN FARRELL (9077)	AUSTRAL	01:37:26	04:15:31	08:54:26	09:46:49	6104
IAN FINLAY (4534)	AUSTRAL	01:32:57	04:16:47	08:33:15	09:14:53	4422
ROBERT FROST (39820)	AUSTRAL	01:32:22	04:18:24	08:58:48	09:46:48	6103
SIMON GERBER (24097)	AUSTRAL	01:32:59	04:20:38	08:58:02	09:41:46	5790
NICK GLEESON (3578)	AUSTRAL	02:06:28	05:32:35	10:22:29	11:14:10	13705
CARL GLENDINING (23604)	AUSTRAL	02:07:13	05:31:53	10:36:29	11:31:50	15459
RON GREEN (6115)	AUSTRAL	01:48:01	04:43:51	09:00:29	09:45:14	6017
DONALD GRIFFIN (9285)	AUSTRAL	02:04:34	05:19:20	10:57:28	11:46:47	17810
PATRICIA GRIFFIN (12749)	AUSTRAL	02:04:24	05:08:18	09:16:57	09:56:25	6802
BRUCE HARGREAVES (9323)	AUSTRAL	01:26:21	04:05:47	09:01:29	10:09:17	7591

PATRICK HOFER (16120)	AUSTRAL					
DUSAN HORA (9921)	AUSTRAL	01:32:44	04:20:36	09:03:12	09:51:11	6389
JAMES HOWARD (23876)	AUSTRAL	02:06:29	05:32:22	10:22:30	11:14:09	13700
STEPHANY HOWARD (23868)	AUSTRAL	02:10:06	05:36:23	10:20:46	11:14:20	13726
HILARY INGLE (23597)	AUSTRAL	01:32:05	04:19:24	08:38:55	09:23:03	4771
PETER INGLE (4499)	AUSTRAL	01:32:05	04:19:24	08:38:55	09:23:03	4770
PETER JACKSON (16263)	AUSTRAL	01:41:56	04:36:30	08:47:40	09:30:50	5176
ELLIS JANKS (3599)	AUSTRAL	02:06:27	05:32:37	10:22:29	11:14:10	13704
ELIZABETH JONES (24114)	AUSTRAL	02:24:36	06:26:24			
GWEN JONES (24589)	AUSTRAL	02:12:46	05:54:24	11:12:52		
CATHY KATEN (23879)	AUSTRAL	02:06:28	05:32:36	10:22:28	11:14:09	13699
KAREN KOPPENOL (20457)	AUSTRAL	02:06:53	05:55:31	11:14:33		
PHILIP LAWRENCE (39661)	AUSTRAL	01:32:10	04:25:10	08:29:57	09:11:53	4321
DAWN LEWIS (9916)	AUSTRAL	01:25:31	03:53:45	07:33:08	08:10:59	1541
ANTHONY MARTIN (28035)	AUSTRAL	01:58:59	05:40:12	10:49:21	11:46:11	17674
STEWART MATLEY (7354)	AUSTRAL	01:21:31	03:48:28	07:57:22	08:36:52	2451
CHARLIE MCCONNELL (23844)	AUSTRAL	02:06:29	05:32:37	10:22:30	11:14:09	13703
MICHELLE MCGRATH (24583)	AUSTRAL	01:30:09	04:05:21	07:44:14	08:24:15	1977
WILLIAM MCKENNY (18396)	AUSTRAL	01:42:32	04:46:44	09:26:40	10:19:13	8332
CATHERINE MCKEON (13058)	AUSTRAL	01:35:07	04:56:23	10:17:38	11:13:46	13676
MARK MCKEON (13052)	AUSTRAL	01:34:43	04:18:37	08:55:40	09:53:31	6555
GORDON MOR (11883)	AUSTRAL	01:51:07	04:57:51	10:07:56	11:09:38	13319
STUART MULLINS (5758)	AUSTRAL	01:59:55	05:16:56	10:29:10	11:17:30	14039
ANNELISE NESER (23722)	AUSTRAL	01:58:19	05:33:53	10:41:26	11:38:15	16355
POH SUAN NEUMANN (8883)	AUSTRAL	01:52:51	05:07:48	10:33:24	11:29:09	15101
RAINER NEUMANN (9023)	AUSTRAL	01:37:35	04:19:00	08:16:46	08:57:51	3862
MICHAEL NOAKES (13475)	AUSTRAL	01:29:49	04:09:28	09:01:20	09:51:30	6409
MAUREEN O' LOUGHLIN (39664)	AUSTRAL	01:32:11	04:31:35	09:09:18	09:55:33	6738
LAVINIA PETRIE (9526)	AUSTRAL	01:31:17	04:04:40	07:48:08	08:25:47	2044
ROBERT PETRIE (9525)	AUSTRAL	01:53:24	05:39:49			
IAN REED (16401)	AUSTRAL	01:31:08	04:19:54	08:48:07	09:39:31	5641
ANN REID (39819)	AUSTRAL	02:04:42	05:30:40	10:22:24	11:16:51	13986

DAVID REID (40291)	AUSTRAL 02:04:42	05:33:26	10:50:04	11:46:05	17649
HEIDI RETIEF (17692)	AUSTRAL 01:58:20	05:31:24	10:41:28	11:45:03	17436
CHARLES RHEAULT (11554)	AUSTRAL 01:43:01	04:49:07	09:44:03	10:37:55	10037
RICHARD RUSSELL (7642)	AUSTRAL 01:38:56	04:20:39	08:19:31	09:06:05	4136
MARK SAYERS (14918)	AUSTRAL 01:48:12	04:30:18	08:42:08	09:27:26	5011
TIM SLOAN (36161)	AUSTRAL 01:01:27	02:50:00	05:28:02	05:57:43	19
MARK SPARSHOTT (20314)	AUSTRAL 01:20:03	03:36:46	08:18:46	09:17:42	4519
ROBYN STANLEY (23399)	AUSTRAL 01:47:18	05:08:25	10:01:36	10:53:57	11968
DALE STRETEN (11312)	AUSTRAL 02:04:07	05:36:24	10:49:36	11:43:54	17224
BERNIE TIPPINS (39709)	AUSTRAL 01:47:57	05:04:26	10:24:17	11:32:19	15527
DENIS VANCE (7320)	AUSTRAL 01:59:17	05:02:21	09:43:41	10:34:57	9756
JAMES VINCENT (9252)	AUSTRAL				
GRAEME WALKER (11131)	AUSTRAL 01:25:47	04:03:18	08:25:07	09:11:53	4319
SHANE WALKER (5760)	AUSTRAL 01:25:11	03:51:12	07:49:32	08:27:14	2088
DON WALLACE (1902)	AUSTRAL 01:01:01	02:46:38	05:15:41	05:42:49	8
FRANZ WANDERER (4695)	AUSTRAL 01:53:36	05:06:23	10:04:25	10:58:31	12590
EVAN WHAM (9124)	AUSTRAL 01:45:40	05:08:25	10:13:55	11:06:17	13091

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Tomoe Abe smashes world women's 100km mark

6:33:11 time reported Sunday at Lake Saroma 100Km



Lake Saroma, Japan (UW) - Japanese runner Tomoe Abe is reported to have broken Ann Trason's world women's 100Km record by an incredible margin of nearly 27 minutes at the Lake Saroma 1000-Kilometre Race Sunday in the northern Japanese province of Hokkaido. Trason set the old mark of 7:00:48 at the IAU World 100Km Challenge in 1995.

"About five minutes ago I had a telephone call from Malcolm Campbell from Japan," writes Harm Noor, director of this year's International Association of Ultrarunners World 100Km Race in Winscoten, The Netherlands. "He informed me about a new World Best Performance from the Japanese ladies' runner, Tamoe Abe, in the Lake Saroma Run. Tamoe Abe ran the 100 kms in 6.33.11. Incredible, isn't it?"

Tomoe Abe has a marathon personal best of 2:26:09, recorded on 30 June 1994 when she won the Osaka Marathon.

Tomoe Abe challenges world's top 100Km men

World women's record 6:31:11 at Lake Saroma 100Km



Lake Saroma, Japan (UW) - Tomoe Abe came close to defeating all male challengers and winning outright one of the world's premiere ultramarathons when she set smashed Ann Trason's seemingly-invincible world 100 kilometre record at the Lake Saroma 100Km on Sunday in the northern Japanese province of Hokkaido.

The 2:26:09 marathoner cut an astonishing 27 minutes and 37 seconds from the record established by Trason at the 1995 IAU World Challenge in Winscoten, The Netherlands. In the process, she finished second overall to the male race winner, Yasufumi Mikami, trailing him by just three minutes and 58 seconds.

Lake Saroma is one of the biggest and best known 100Km races in the world. This year more than 1,000 competitors, including elite and recreational runners, were entered in the event.

Tomoe Abe is believed to be the fastest elite women's marathoner to compete seriously in the 100Km event.

Top World Women's 100Kms

Tomoe Abe, JPN	6:33:11
Ann Trason, US	7:00:48
Noriko Kawaguchi, JPN	7:11:42
Birgit Lennartz, GER	7:18:57
Maria Auxiliadora, BRA	7:20:22
Valentina Liachova, RUS	7:22:18
Edit Berces, HUN	7:26:47
Carolyn Hunter-Rowe, GB	7:27:19
Valentina Schatyaeva, RUS	7:27:39
Maria Bak, GER	7:30:32

Lake Saroma 100Km
Lake Saroma, Hokkaido, Japan - 25 June 2000

Men			Women		
1	Yasufumi Mikami	06:27:13	1	Tomoe Abe	06:33:11!
2	Shuji Uchishiba	06:37:15	(world women's open 100Km record)		
3	Naruhisa Kojima	06:46:22	2	Makiko Hotta	07:30:26
4	Shuji Uoji	06:57:13	3	Hiroko Noguchi	08:01:55
5	Koichi Imanaga	07:03:02	4	Akiko Sekiya	08:12:51
6	Yoshiaki Shimosakota	07:06:35	5	D. Anke (GER?)	08:20:01
7	Hideo Nogi	07:15:07	6	Kazuko Kondo	08:35:39
8	Junichi Nomura	07:25:03	7	Reiko Ohnuma	08:37:21
9	Yoshio Mori	07:25:24	8	Masako Koyama	08:43:20
10	Masayuki Ohtaki	07:28:40	9	Chieko Ishizaki	08:46:30
(listed sub-7:30)			10	Mayumi Okabe	08:47:45
			11	Toyoko Maeda	08:56:44
			(listed sub-9:00)		

IS THIS THE GREATEST WOMEN'S RUNNING PERFORMANCE IN HISTORY?

A week ago last Sunday, Tomoe Abe, a 26-year-old from Japan, ran what may be the greatest women's running performance ever.

At the Lake Saroma 100 kilometer ultra marathon on June 25, Abe was second overall, just under six minutes behind the men's winner and she set a world best time of 6:33:11.

But it was much more than just another fast time. At most conventional track and road distances, an extraordinary new world record will better the former one by two percent. Back in 1979 Grete Waitz improved the marathon record by 3.25 percent, from 2:32:30 to 2:27:32. Jim Peters did even better on the men's side in 1952, taking the men's marathon best from 2:25:39 to 2:20:43 on a course which turned out to be 155 yards long, still a 3.4 percent improvement. Abe beat Ann Trason's former standard of 7:00:48 by nearly 30 minutes or a whopping 6.6 percent.

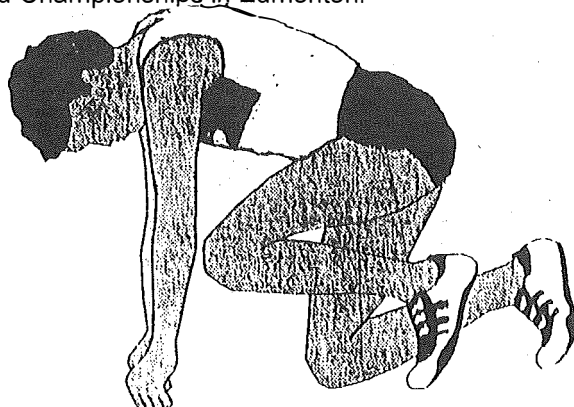
Moreover, Abe's world best is much closer to the contemporary men's record performance than in any other event. Wang Junxia's 8:06.11 for 3000 meters is 10.3 percent slower than Daniel Komen's 7:20.67 and even Florence Griffith Joyner's almost certainly wind-aided 10.49 seconds for 100 meters is 7.2 percent off Maurice Greene's WR of 9.79.

Abe's 6:33:11 is just 6.2 percent slower than the best men's time ever, a 6:10:20 on the track by Don Ritchie. Put it another way, if Abe ran the same percent slower than Khalid Khannouchi's men's marathon record of 2:05:42, she'd run 2:13:28.

Incredibly, Abe's coaches felt that after a 70 kilometer training run, she could have run as much as three minutes faster. However, during the race she was forced to make a pit stop near 15-K due to unseasonably cold temperatures around 10C degrees (50F) at the start, and lost some time. The point-to-point course, which goes from Yubetsu to Tokoro along Lake Saroma in the northern island of Hokkaido, was also buffeted by strong winds.

She still averaged just a bit over 6:20 per mile for the 62.1 mile distance. Another way of looking at it is that Abe ran 20 consecutive 19:40 5-K's or a pair of 2:45:54 marathons plus another 10 miles at the same pace.

Abe's marathon best is 2:26:09 when she won the 1994 Osaka Ladies Marathon. The year before she won the marathon bronze medal at the World Championships. "I have no plans to run another 100-K at the present time," said Abe afterwards. She still considers herself a marathoner and is aiming for a spot on the Japanese team that will compete at next year's World Championships in Edmonton.



"The hardest thing I've ever done ... harder than all my marathons, harder than Six Foot, harder than Comrades, harder even than the 100 km Adelaide Trailwalker."

That's how I described my experience last week on Borneo's Mt Kinabalu, S.E. Asia's highest mountain at 13,455 feet (4094 m). And the verdict still stands, and at 10 hours to cover 17.4 kms, there's ample justification for this opinion.

Mt Kinabalu was the venue for the 1999 World Mountain Running Championship, and every year a high quality International Climbathon race is run on it's walking track . This mountain dominates the landscape for 100 kms around its base, and exerts a magnetic attraction which compels you to look at it.

I was at a resort in Borneo with 165 other people as part of a sales incentive trip for our dealers and employees (I work for a tractor company), and I took advantage of the one free day we had to try and replicate the Climbathon as far as possible. I was accompanied by two others from the group - Ben and Ashley. Ben was a young bloke of around 25 who had done some mountain climbing in the Grampians and at Mt Arapiles in Victoria. Ashley was a 35 year old 6 time Melbourne Marathonner (sub 3 hours), who also had completed the Murray River Canoe Marathon, and was a state level squash player. And I'm 52, a back of the pack runner who for reasons not yet fully comprehended, likes to accomplish running activities most 'normal' people think are not possible.

We rented a car and left at 5.30 in the morning for a 2 hour drive up to Mt Kinabalu Park HQ which sits at 5200 feet (1554 m) above sea level. We met up with our mandatory guide, a 22 year old called William who had made 300 plus ascents of the mountain from when he was six. We drove 4.5 kms to the start at 6200 feet (1890 m) - if the conversion to metric are not perfect, it's due to discrepancies on the various maps and literature we've picked up.

The track runs down hill for a bit, which is not great as it only means you have to come up again. And come up we did ... on stairs ... big buggers up to knee high ... thousands of them ... most of the way in fact between the start at 6200 feet and the Laban Rata rest house at 11,000 feet (3353 m). The steps are made from tree roots, planks and in places cut into the rock. The mountain up to about 9,000 feet is shrouded in mist much of the time, so the surface is wet and at times slippery.

The highest I've ever run is Mt Bogong which is approximately the height of the starting point for Kinabalu. I've read a lot on the web about altitude sickness, but there is little you can do to prepare for this in Australia, as our highest mountain is half the height of Mt Kinabalu.

I estimated a 7 hour round trip, based on my normal practice of doubling the record time for an event to get my time, and then adding some extra for lack of altitude acclimatisation (a guess of course). The record for the 21 km Climbathon (8.7 km up and down, with an additional 4.5 km on the road at the end) is 2 hrs 45 mins set by UK runner Ian Holmes. So 7 hours seemed to me to be conservative ... I was to find out later that the effects of altitude were much greater than I had anticipated.

About 30,000 walkers a year make the journey to the summit. Typically they will stay overnight at the Park HQ, then walk up to 11,000 ft and stay overnight in huts at a Laban Rata rest house for further altitude acclimatisation. Then at 3.00 am on the third day they set out with flash lights to reach the summit by 6.00 am for sunrise.

Along the way there are 7 shelters where people could rest. Near the 2nd shelter, we caught up with a couple of the local women who carry huge loads averaging 80 pounds (about 35 kgs) with slings on their back and over their foreheads. These women make the journey every day for a pittance in money, so that the rest house has supplies for the climbers. They do not stop, they do not eat, and they seldom drink on the way. They just keep up a relentless steady pace while we bust our boilers passing them only to have them catch us at the next shelter. We eventually did pull away from them.

As you'd expect, I started full of energy, running the less steep sections, but that stopped pretty soon. By about 8,000 ft there was no more running, and by 10,000 ft I was stopping every 50 metres with my pulse flat out pounding in my head. I stopped at the 11,000 ft rest house for a cup of tea and something to eat. Ben arrived at the rest house a few minutes ahead of me, with Ashley coming in about 10 minutes later suffering badly from altitude induced nausea and dizziness.

After a half hour or so break, we started out again. Ben took off with a request from me that he wait at the top so we could take some pictures. Ashley took about 10 steps and sunk to his knees as the altitude sickness got a real grip on him. He subsequently made his way slowly down the mountain on his own, with the guide accompanying me and Ben who was widening the gap between us.

The section after the rest house is very hard. It rises about 1000 feet (300 m) in about 700 metres of travel, with much of it up fixed ladder-type steps which at times are at an angle of 60-70 degrees from horizontal. Just under 12,000 feet (around 3600 m), you leave the trees behind and the rest is across granite rock face. They have laid a 1 inch rope from this point to the top, which serves several purposes. In some cases it is needed to pull yourself up on steeper sections, but it's main purpose is to show the way and to serve as a marker in thick cloud. It also provides a sense of security when you realise you are traversing a couple of kms of sloping rock face with nothing between the top and the trees at 12,000 feet.

By this time, I had really started to get into trouble. I could not walk a straight line due to disorientation, and the control and power in my legs had deserted me. I was stopping about every 20 paces with my pulse audibly banging in my head at about 180+ beats per minute. I was starting to get concerned because this was a new experience and it was not a good one to have on top of a mountain devoid of trees or other objects to stop you if you fell.

Low's Peak, the highest point, rises sharply for the last several hundred feet from the summit plateau, and this proved quite a challenge with my wobbly legs and no air, despite the rope. By the time I reached this section, the rain had started and the temperature dropped to around 4 degrees Celsius so I put on my hooded jacket and gloves.

Eventually 6 hrs and 20 mins after starting I reached the top to find Ben. The top has a sign and can hold about 12 people at a push. The other side to which you climb has a sharp drop of 1800 metres (that's right, 1800 metres which is around 6,000 feet) into Low's Gully where 10 British soldiers got lost for 3 weeks in 1994 on a training exercise. Unfortunately, the cloud obscured my view of this, but I was glad they had erected a wire fence over this section.

We took our photos and I waited 10 minutes to see if my head would clear, and when it didn't we started down, Ben leading the way. I sure was glad for the rope which I held onto and allowed to slide through my hands as if I was abseiling. I have always been a stronger runner down-hill than uphill, so I started running to keep up with my guide who was doing a kind of walking shuffle ahead of me. Normally on rough ground down hill, my feet seem to automatically find the exact spot to land without me thinking about it. But I was having great difficulty making this happen at 13,000 feet.

I became aware after a while that I was running faster than was safe, and I attempted to slow the pace. However, my quads were shot and did not respond to my command. I saw a big rock coming up, and decided to land on it, as that would normally slow my descent. However in this case, my leg folded under me, and before I knew it I was tumbling down the mountain side with 1.5 kms of bare rock between me and the trees.

My guide heard me yelling and swearing, and he lunged towards me, catching me half way through what I reckon was my 2nd full 360 degree roll. He was only a little bloke so we both ended up on the ground, eventually grinding to a halt. I had heard rather than felt my head crack on the granite, and was aware that I'd taken a hiding over many parts of the body, so I lay there for a while testing different limbs to see what worked.

My gloves were shredded but had saved my hands except for one deep gouge in the palm. My \$200 Macpac Activent jacket was remarkable in not tearing much, but I still received abrasions through it in many places, destroying my Capeline shirt underneath in the process. My legs were bare and I was bruised and lacerated down a large area of one thigh, and my backside had been clobbered. Surprisingly my head only got a couple of scratches, and I ended up with a sprained finger.

I tried to stand up and immediately fell down again. So I waited a few minutes and tried again, this time with success. Then with the help of my guide pointing out where I should place my feet as my judgement was clearly suspect by now, I commenced the slow trek down to the rest house at 11,000 feet.

My guide suggested I stay up on the mountain overnight and go down in the morning, however that would not work as I had the keys to the hire car and the others by this time were on their way down to the bottom. I also had to take a plane load of people to the Sandakan Orang Utan reserve on the other side of Borneo at 5.30 am the next morning, so I really had to get down the mountain that day. So I had another cup of tea and slowly started the trip down.

I allowed my wounds to bleed with the idea that it was best for the blood to cake over them and seal them off until I could attend to them properly back in my hotel. This caused quite a few stares (and possibly some scares as well) among the walkers still making the trek to the top as I went down.

By the time I reached 3,000 metres I was starting to come good, and this accelerated so that by the time I reached the bottom I was pretty much back to normal, even though I didn't look it.

We arrived back at the hotel around 9 pm, and fortunately I was able to clean myself up before too many people saw me. Having said that, the brown antiseptic I used and the bandaids were clearly visible, and if the truth be known, probably added to my hero status in the group the next day, something which was a bit unfair to the others.

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2ND CLIMB - THIS TIME WITH MY WIFE

It had always been our plan that I would do the run (I still call it a run even though very little running was done by me) in one day, and I'd do it again to accompany my wife Olga up the mountain over 3 days, once my official work duties were over. So on Saturday we rented a car and drove up to the Park HQ to stay over night in what was billed as deluxe accommodation, but in reality was a dump.

I had done some running down Mt St Leonards in the weeks prior to going to Borneo, and as a result of this, despite the thousands of steps on Mt Kinabalu, my legs were in good shape for the start on Sunday morning. Our guide this time was called Moiden, a short solid fellow who worked as a guide 4 days a week and was a rice farmer for the rest.

I must explain here that my wife Olga suffers from Chronic Fatigue Syndrome - has done for over 20 years. With no cure in sight, about 15 years ago she made the decision to live life to the fullest possible despite this handicap, and has since completed 13 marathons in an average time of around 7.5 hours. She has also done the 46.6 km Six Foot (for most people equal to about 1.5 road marathons), and this took her 18 hours and 10 minutes to complete due to the difficulty of the terrain and weather. So for her, Mt Kinabalu was another "mountain to climb", if you'll excuse the pun.

After what I had experienced earlier in the week, I did not expect her to have a snowball's chance in hell of reaching even the rest house at 11,000 feet. However, with lots of guts and determination she did, and in better time (6 hrs 45 mins) than I had anticipated.

The stay at the rest house was 'different', with four people to a room. We shared to with a French woman and her 17 years old half Malaysian son, and spent most of the night on edge trying to keep quiet so that we didn't keep them awake. They were probably doing the same. Not that we could sleep much anyway. Increased urination is one of the effects of altitude, and we and everyone else kept getting up to go to the toilet down the corridor. It seemed that every door on every room creaked when it was opened, and this went on all night until 1.45 am when we decided to call it quits and get up.

So at 3.00 am, together with our guide, we joined the tail end of the line of 80 climbers setting off with flashlights for the summit. We were unsure just how far Olga would get, but having come this far, despite nausea, headache and other symptoms of altitude sickness, she had to give it a go. It was very slow and hard work for her. It took 2 hours to cover 700 metres with 250-300 metres of elevation increase. Then came to the rope section. She took a hold of the rope and tried to pull herself up. Very slowly she made her way a distance of 4 metres, and then had nothing left in her arms. So at 11,900 ft and with another two kms to go, all across rock, she made the decision for safety reasons not to proceed to the top.

SUMMARY

I must admit to being a bit of a mountain freak. I could sit and look at Mt Bogong, Feathertop and the Main Range at Kosciusko all day and not tire of it. But nothing I have ever seen, in photos or in real life, comes close to the overwhelming sense of awe which you experience when you reach the rest house at 11,000 feet and see the multiple peaks and massive cliffs of sheer rock towering above you. Words and pictures do not do it justice. It is easy to understand why the local Dusan people feel a spiritual affinity with the mountain, and they feel an obligation to climb it at least once in their life time.

As for Olga, although yet hardly able to walk due to sore legs and fatigue, she's playing with the idea of returning to the mountain. She's "looked the beast in the eye" and there's unfinished business there. It's too early to make any decisions on this, but clearly a program to increase upper body strength would be required to overcome the problem at the ropes. These things have a way of making their own decisions, so we'll just let time take care of this for now.

If any of you ever get the chance to go to Malaysian Borneo, make sure you include Mt Kinabalu in your plans. The following website contain some pics, none of which really capture the magnificence of the place.

Regards
John Lindsay
Melbourne

How to Acclimatize to High Altitudes

Altitude sickness, or "mountain sickness," can occur when people are unused to high altitudes. Adjusting to decreased oxygen and lower atmospheric pressure may take up to four days. Here's how to make it easier.

Arrive in good physical condition, and don't attempt high altitudes if you have breathing problems. Get plenty of rest and sleep.

Avoid alcohol, drugs and smoking.

Advance slowly to higher altitudes giving your body at least a day to acclimatize.

Spend day one between at less than 7,000 ft. (2,134 m.)

Spend day two between 7,000 and 10,000 ft. (3,048 m.)

Spend day three between 10,000 and 12,000 ft. (3,658 m.)

Spend day four between 12,000 and 14,000 ft. (4,267 m.)

Recognize minor symptoms: Hyperventilation, shortness of breath, fatigue, lightheadedness, increased urination, and trouble sleeping.

Recognize serious symptoms: Vomiting, diarrhea, and feeling very ill.

Recognize life-threatening symptoms: Extreme fatigue, collapse, a racking cough, bubbling noises in the chest, and bloody sputum.

If you experience any symptoms, return to a lower altitude until you adjust.

If you experience life-threatening symptoms, time is of the essence. Seek a lower altitude and medical help immediately.

Tips:

Don't overexert while your body adjusts.

Rest often and enjoy the views.

Take a mild analgesic (acetaminophen, aspirin, or ibuprofen) for headache.

HARDROCK 100 MILE ENDURANCE RUN JULY 7-9 2000 COLORADO USA

Place	Name	Time			
1	Kirk Apt	29:35:00	31	Mike Ehrlich	42:07:59
2	Scott Gordon	29:49:15	32	Matt Mahoney	42:17:42
3	David Horton	30:12:23	33	Tom Rowe	42:22:59
4	James Nelson	30:43:06	34	Joe Prusaitis	42:53:30
5	Jan Fiala	30:43:20	35	Nigel Finney	42:56:00
6	Jonathan Worswick	30:46:16	36	Mike Price	43:39:24
7	Scott Mills	31:11:05	37	Mike Farris	43:39:27
8	Dennis Poolheco	31:32:15	38	Douglas McInturff	43:46:13
9	Ken Jensen	31:42:03	39	Allen Belshaw	43:52:43
10	Sue Johnston	32:20:03	40	Chuck Kroger	43:57:00
11	Betsy Kalmeyer	33:05:50	41	Michael Mitchell	44:16:00
12	Randy Isler	34:01:24	41	Bud Phillips	44:16:00
13	Michael Sandlin	34:06:22	43	Kristina Irvin	44:22:00
14	Gordon Hardman	34:19:37	44	John DeWalt	44:28:00
15	Betsy Nye	34:35:33	45	James Hurley	44:45:00
16	Tyler Curiel	34:35:49	46	Ken DeBeer	44:55:00
17	Michael Tilden	34:39:13	47	Colin Kingsford	45:05:00
18	Roch Horton	34:41:47	48	Dave Capron	45:23:00
19	Charles Thorn	35:29:32	48	Hans Dieter Weisshaar	45:23:00
20	Blake Wood	36:03:00	50	Mark Heaphy	45:29:00
21	Greg Loomis	36:19:47	50	Margaret Heaphy	45:29:00
22	Edward Boggess	36:45:13	52	Susan Gardner	45:44:00
23	Scott Eppelman	37:36:11	53	Dick Curtis	46:07:12
24	Douglas Spencer	37:50:59	54	Rollin Perry	46:28:40
25	Mark Melvin	38:14:35	55	Kathy D'Onofrio	47:11:00
26	Dale Petersen	38:54:09	56	Aki Inoue	47:13:46
27	Emily Loman	38:58:58	57	Ulrich Kamm	47:26:44
28	Dan Tranel	39:22:56	58	Todd Burgess	47:41:03
29	Al Czecholinski	40:57:38	59	Conrad Cole	47:48:59
30	Bill Thompson	41:05:16	60	Bozena Maslanka	47:49:32

SRI CHINMOY 3100 MILE RACE

June 18 to August 8, 2006

The Longest Race

The Sri Chinmoy Marathon Team is proud to offer the fourth annual 3,100 mile race. In this grand test of endurance and survival, a small group of athletes attempt to negotiate 5648.688 laps of a .5488 of a mile course (883 meters) in the timespan of 51 days- an amazing challenge. This is the longest footrace on earth- runners must average 60.7 miles per day to finish within the 51-day limit. The serious athlete must have tremendous courage, physical stamina, concentration and the capacity to endure fatigue, boredom and minor injuries. The predecessor of this very race was the 2700 Mile Race (held in 1996), in which five intrepid runners finished the distance well within the 47-day time limit. In 1997, Sri Chinmoy, race founder, upped the distance to 3100 miles. Two runners finished the inaugural 3100 Mile race in less than 51 days, showing that athletes indeed believe in self-transcendence. In 1998, four runners finished the race, and four finished again in the blistering record heat of 1999's summer. Not surprisingly, this year again we have another group who are ready to take up the challenge.

Roots

The SCMT has been sponsoring multiday races in the New York area for the last fifteen years. In 1985 we offered our first 1000 mile race in Flushing Meadow Park, the first of its kind in this hemisphere in this century. The 1000 has been run every year since 1985. Three runners actually completed the distance in the allowed timeframe. In 1987 Sri Chinmoy increased his vision of the running world. He felt that a longer race of 1,300 miles would inspire a challenge for the ultramarathon runners. The Ultra Trio was born- a set of three ultra races of 700, 1,000 and 1,300 miles. World class distance specialists began to attempt the increasingly difficult mileages.

The Marathon Team held national and world championship events in 1988 and 1989 at Flushing Meadow Park. The 1988 1,000 mile event was the I.A.U. (International Association of Ultrarunners) World Championship. Yiannis Kouros of Greece ran 1,000 miles in 10 days, 10 hours, breaking the previous record by 1 1/2 days. Suprabha Beckjord of Washington D.C. won the women's 700 mile race in American Record time. Sandra Barwick of New Zealand set a new world standard for women at 1000 miles in 14 days, 20 hours. One year later Al Howie of Scotland became the first person to complete the 1,300 mile distance in a certified race (17 days 9 hours).

1990 saw the women's world best for 1000 miles claimed by Suprabha Beckjord as she broke Sandra Barwick's time by a mere 27 minutes. The 1991 Ultra Trio had a field of over 60 runners for all three races- unheard of considering the great distances being attempted. Al Howie came back to break his own record for 1,300 miles by 13 hours and Sandy Barwick became the first woman to run 1,300 miles in a certified race, as well as smashing the 1,000 standard by two days! In 1992 Beckjord returned to join the super elite group who have run 1,300 miles in a certified race, which totals six men and three women. In the 1993 1,300 miler, Istvan Sipos of Hungary broke Al Howie's record by nearly two hours. In 1994 Antana Locs of Canada won the 1300 miler overall, and was the first person to ever complete the 1300 three times. In 1995 Georgs Jermolajevs of Latvia broke the world mark for 1300 miles in 16 days 14 hours.

A New Frontier

Georgs Jermolajevs returned for victory in 1996 in the Sri Chinmoy 2700 Mile Race. He astounded the running world with a fabulous victory in 40 days 11 hours, an average of 66.7 miles a day, leading four other finishers across the line. Suprabha Beckjord became the first female to finish the 2700 miler in 43 days 1 hour. Then Sri Chinmoy announced a longer race would be held the following year. In 1997,

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Edward Kelley of California conquered the heat and humidity of the New York summer to win the 3100 mile race in 47 days, 15 hours- averaging 65.1 miles per day. Suprabha Beckjord became first female ever to finish 3100 miles in 51 days two hours. The runners managed the equivalent of New York to California on foot. In 1998, Istvan Sipos of Hungary outdueled Ed Kelley, leading four finishers across the line in 46 days 17 hours, an astounding 66.3 miles per day. Five starters in 1999 were subject to temperatures reaching between 90° and 100°F for much of a record setting July, but somehow Edward Kelley won for the second time in 48 days 12 hours.

The cornerstone of Sri Chinmoy's philosophy is the expression of self-transcendence- going beyond personal limits and reaching new levels of inner and outer perfection. Whether it be in the athletic world or any endeavor, for someone to transcend his previous achievements is inner progress and an expression of a new determination, which can only bring us closer to our destined goal- real satisfaction. We offer our best wishes to all the seeker-runners who share a dream of going where few have ever gone. The fourth running of this 3100 mile race shows that the horizons of the running world are still expanding, according to the remarkable vision of Sri Chinmoy:

"Run and Become.

Run to succeed in the outer world.

Become to proceed in the inner world."

The Runners ---- June 18th to Aug.8, 2000

Suprabha Beckjord, 44, Washington, DC USA

Suprabha is one of the most prolific super-long distance runners in the world. In the decade of the nineties, she compiled 20,108 multiday racing miles in 14 events. She is the only three-time woman finisher in the Sri Chinmoy 3100 Mile Race. She is the American record holder for 700, 1000 and 1300 miles. She is only one of two people ever to finish the 1300 mile race three times. She was first woman in the 1996 Sri Chinmoy 2700 Mile Race, establishing new records beyond 1300 miles up to 2700 miles. She won the Sri Chinmoy Seven-Day race five times earlier in her career, and has held the world best for 1000 miles as well. She has a six-day best of 459 miles, sixth ranking all-time for women. She owns a gift shop in Washington, DC., and has been a member of the Sri Chinmoy Marathon Team for many years.

Namitabha Arsic, 34, Nis, Yugoslavia

Last year in his third attempt, Namitabha finally reached his goal, finishing 3100 miles in 49 days 16 hours, a terrific second-place performance. Namitabha ran 2831 miles in the 1998 3100 mile race, a long way to go for a fifth place finish. As a provisional starter in the 1997 3100 Mile Race, he completed 2700 miles, good for fourth place. He has 2:48 marathon speed, and has also run 903 miles in a 1000 mile race attempt. Namitabha works as a railroad engineer in Yugoslavia when not running multadays.

John Wallis, 63, Ludington, Michigan USA

John has been running for 22 years, having completed 75 ultras, including 14 multadays. His best races have been: a victory at 1000 miles in 1989 at Flushing Meadow in 14 days 9 hours; a victory in the 700 mile race in 1996 at Wards Island, New York; and an impressive finish in the 1992 Trans America Race (2931 miles) of 64 daily stages. John has also run 446 miles for six days, and 209 miles for 48 hours. He looks forward to the 3100 with enthusiasm.

Pekka Aalto, 29, Helsinki Finland

Last year in his first multiday race, Pekka finished second overall, first for the men, in the Sri Chinmoy 700 Mile Race, in 10 days, 23 hours. Earlier this year, he finished second in the Sri Chinmoy Ten Day Race, completing 670 miles. He has walked and hiked the Appalachian Trail and the Pacific Crest Trail, covering 50 km per day or more for up to six weeks. Pekka's long distance ability is just beginning to emerge.

About Sri Chinmoy and the Sri Chinmoy Marathon Team

Sri Chinmoy is a noted author, musician, artist, athlete and master of meditation. But he is known, above all, as a man of peace. In his tireless efforts to find and explore new roads for inner peace and outer harmony, he has touched countless lives and offered hope to hundreds of thousands struggling in this troubled world. Since coming to America in 1964 from his native India, Sri Chinmoy has dedicated his life to the creative expression of the limitless potential that is the human spirit. He says: "There are no limits to our capacity because we have the Infinite Divine within us."

In keeping with his philosophy of self-transcendence, Sri Chinmoy has embarked on numerous creative endeavors and sporting activities. He is the author of over 1300 books of poetry, plays essays, stories and lectures given at many universities around the world. He has played over 500 musical concerts for peace in many countries in the past few years. He has composed over 15,000 devotional songs, both in Bengali and English, over the last 30 years, as well as honouring heads of state and celebrities with his unique compositions. In a recent art project, Sri Chinmoy completed over 10,000,000 drawings and sketches of birds- symbols of freedom and luminosity.

Sports, particularly running, play an integral role in Sri Chinmoy's philosophy. He feels that running is an outer expression of each human being's personal struggle to achieve inner perfection. Sri Chinmoy, 69, regularly practices rigorous exercise programmes, including strength training, weightlifting, and step up and vertical jumping drills. His weightlifting achievements in the one-arm lift, calf raise, and novelty lifts of people and objects have made age group records and garnered world record status. Recently he astounded the world by lifting two 650 pound dumbbells- one in each arm, simultaneously: a remarkable feat for anyone of any age.

The Sri Chinmoy Marathon Team was founded in 1977 and soon began offering running races for the public. Our first ultramarathon was a 24-hour event in 1980. Today the Marathon Team worldwide offers hundreds of races at all distances, including the world's longest certified race-the 3100 Mile Race. Sri Chinmoy has set a high standard for all his running races and activities to help participants achieve their greatest potential. He says, "Try to be a runner, and try all the time to surpass and go beyond all that is bothering you and standing in your way. Be a real runner so that ignorance, limitations and imperfections will all drop behind you in the race." Every two years the worldwide Sri Chinmoy Oneness-Home Peace Run passes the torch of peace and the message of oneness and brotherhood to over 80 countries on all of the continents. In an inspirational measure, the Peace Run is conducting an event every day during this year leading to the new millennium.

Sri Chinmoy has been invited to open several global sporting events with meditation, including the Pan American Track and Field Masters Championships in Puerto Rico, 1980; the World Masters Games in Puerto Rico, 1983; World Veteran Games in Melbourne, 1987; the Senior National Olympics in the USA, 1992, The New York Games, 1991-1995, and in 1996, the Rome City Marathon. Sri Chinmoy received the Fred Lebow Award for his contributions to the world of running.

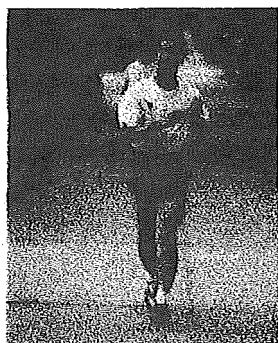
Sri Chinmoy Marathon Team * 150-47 87th Ave., Jamaica, NY 11432 Tel 718-RUNNERS
Fax- 718-380-7651 www.scmtny.org

Sri Chinmoy 3100 Mile Race - Results

June 18 to August 8, 2000 (Updated 8-5, 2000)

Week Seven

Day 48 Pekka Aalto Wins Sri Chinmoy 3100 Mile Race



Finishing in the third fastest time in the history of the race, Pekka Aalto, 29, from Helsinki, Finland made it look easy. With a smooth, light style, Mr. Aalto conquered the concrete monster of a running race in 47 days+13:29:55. He went the 13 extra laps to 5000 km, still basking in a great achievement(47+16:05:13). Namitabha Arsic ran 64.75 miles to place himself within 37 laps of the finish line. Suprabha Beckjord passed the 2700 mile mark for the fifth time (47+04:33:07).

Day 49

Namitabha Arsic finished in second place for the second year in a row. The 35 year old Yugoslavian reached the 3100 mile barrier in 48 days+04:18:38. He went on to 5000 km in 48 days+06:12:09. Mr Arsic transcended his previous finish by 36 hours. John Wallis completed his goal of 2700 miles with some good speed. He is the first over 60 man to ever run 2700 miles in a certified race. Suprabha has been offered an extension, so she accepted, and will continue until Friday evening, August 11.

Day 47

Pekka and Namitabha crossed the 3000 mile barrier today as they got into position to finish. Pekka slipped by in 46+04:35:41, some 31 miles ahead of Mr. Arsic (46+13:20:47). Mr. Aalto should cross the finish line for the winning time on Friday between 6 and 8PM. Namitabha was 43 hours ahead of his 3000 mile split from last year.

Day 46

On a sweltering hot day, Pekka Aalto ran 65.85 miles to edge closer to his goal of 3100 miles. He should finish comfortably on Friday evening. Namitabha should complete his journey on Saturday at midday.

Day 45

Pekka ran 66.95 miles to widen the gap and bring himself within 185 miles of the finish. Namitabha did another 63.11 day to get within 208 miles of the final lap.. Humidity went to high levels today, with occasional sprinkles of rain. Steambath weather for the next two days, then cool again.

Day 44

On a drizzly, cool day, Pekka Aalto increased his lead again with a 66.40 mile day. Namitabha Arsic reached 63.11 miles near midnight to keep on pace to finish a day ahead of last year.

Day 43

Pekka increased his lead with another excellent day of 68.05 miles. Namitabha, fighting fatigue, ran 61.46 miles. It appears that Pekka is a cinch to finish on Friday. Overcast skies and intermittent showers again remained in the region, with temps in the 70's. A cool July. Good running weather.

DAY	43 July30	44 July31	45 Aug 1	46 Aug 2	47 Aug 3	48 Aug 4	49 Aug 5
Pekka Aalto	68.0512	66.4048	66.9536	65.8560	65.8560	53.2336	*
	2781.8672	2848.2720	2915.2256	2981.0816	3046.9376	3100.1712	
Namitabha Arsic	61.4656	63.1120	63.1120	61.4656	62.0144	64.7584	20.3056
	2765.4032	2828.5152	2891.6272	2953.0928	3015.1072	3079.8656	3100.1712
Suprabha Beckjord	51.5972	53.2336	52.1360	52.1360	51.0384	53.2336	52.1360
	2473.9904	2527.7728	2579.9088	2632.0448	2683.0832	2736.3168	2788.4528
John Wallis	51.5872	54.8800	52.6848	52.1360	49.3920	55.4288	54.8800
	2377.9504	2432.8304	2485.5152	2537.6512	2589.7872	2645.2160	2700.0960

Week Six (table below)

Day 42

Pekka extended his lead to 9+ miles with a sparkling 70.24 mile day. He is 18 laps ahead of Namitabha as both men passed 2700 miles. Pekka reached this milestone for the first time in 41 days +14:24:45.

Namitabha reached 2700 for the fourth time (41 days + 16:45:10). Weather was still cooler than normal with overcast skies and little rain as the sixth week came to an end. Both men could possibly finish on next Friday evening

Day 41

The lead changed hands again as Pekka stayed until midnight to reach 71.34 miles, leading Namitabha by a scant five laps. Pekka is averaging 71.9 miles for the last three days, and has made up 21+ miles in this 72 hour period. Suprabha and John continue to navigate the course with good effort.

Day 40

Namitabha Arsic and Pekka Aalto are engaged in a little competition. Mr. Arsic topped 70.79 miles, but lost nine laps to Mr. Aalto, who ran an amazing 75.73 miles on a drizzly, dreary, cool day in New York. Only ten laps separate the two warriors after 40 days of running.

Day 39

It rained all day and night, heavy at times, but the intrepid warriors move on. Pekka Aalto rebounded from a dismal Week 5 with 68.60 miles, staying late but feeling better. Namitabha still has a nine and half mile lead, but looked tired late. Both men have about 600 miles to go and are watching each other. Could be a race!

Day 38

Namitabha Arsic increased his lead to 18+ miles with another 65.30 day. Pekka started to return to his earlier form with a mostly running 59 + mile day. John had his best day in over a week and a half with 54.88 miles. The weather continues to be mild by July standards.

Day 37

A relatively cool and pleasant day, and new leader Namitabha extended his lead to 12.5 miles with a 63.11 effort. Pekka's G I tract is on the mend, and he is running again. John and Suprabha are healing and getting ready for the final push. This race, the weather has been probably 15° to 20° cooler than last year.

Day 36

A new leader emerged at the end of a pleasant, breezy day in New York. Namitabha Arsic made a charge to the front with 65.30 miles as Pekka Aalto faltered in his fourth straight day of intestinal problems. Pekka had been in the lead since Day 13. John Wallis passed 2000 miles for the first time in 35 days + 10:02:04.

DAY	36 July 23	37 July 24	38 July 25	39 July 26	40 July 27	41 July 28	42 July 29
Namitabha Arsic	65.3072	63.1120	65.3072	60.9168	70.7952	63.1120	63.1120
	2317.5824	2380.6944	2446.0016	2506.9184	2577.7136	2640.8256	2703.9376
Pekka Aalto	52.1360	53.2336	59.8192	68.6000	75.7344	71.3440	70.2464
	2314.8384	2368.0720	2427.8912	2496.4912	2572.2256	2643.5696	2713.8160
Suprabha Beckjord	49.3920	50.4896	50.4896	50.4896	50.4896	49.9408	50.4896
	2120.0144	2170.5040	2220.9936	2271.4832	2321.9728	2371.9136	2422.4032
John Wallis	51.5872	49.3920	54.8800	48.2944	51.5872	51.0384	53.7824
	2017.3888	2066.7808	2121.6608	2169.9552	2221.5424	2272.5808	2326.3632

Week Five (table below)

Day 35

Namitabha Arsic closed to within 10.5 miles of the lead with a 64.2 mile day. Pekka Aalto suffered his third day in a row with gastro-intestinal problems, finishing at 50 miles. The weather was sunny and pleasant- high near 80°. Suprabha and John continued their climb up the linear wall, but mileage was a struggle. John should get 2000 miles on Sunday.

Day 34

A breezy, humid day that became hot in the late afternoon saw the race leader have his first 'bad' day. Pekka Aalto's stomach gave him problems and weakness throughout as he was the last person in the race to not pass sixty miles for every day. His 54.88 miles were eclipsed by Namitabha's 63.11. Suprabha passed 2000 miles for the fifth time in a race(33days+10:16:42). She is courage personified.

Day 33

Another perfect day in New York, and the runners keep moving. Pekka Aalto increased his lead to 32+ miles while running 63.11 miles. Namitabha finished at 62.01 miles; Suprabha and John are in a survival mode, barely making 50 miles. The pleasant 75° day with low humidity is a welcome relief and continues the trend of a moderate July.

Day 32

On a cool, overcast day, the four runners seemed tired and ragged by their long ordeal. Only their cheerful attitudes helped immensely. Pekka did not seem to need much help, as he topped 64.2 miles. The others failed to make sixty miles as a group, with poor Suprabha having her worst day in five years. Yet she left at night with a smile. This race is not about one day- it's about a lifetime of effort and determination.

Day 31

Pekka Aalto reached 2000 miles for the first time in 30 days+09:00:43 as he ran 66.95 miles on a steamy hot day in New York. The mercury rose to near 90°, but the high humidity could not rattle Namitabha, as he ran 65.30 miles a second day in a row, slipping past 2000 miles for the fourth time in his competitive career, in 30 days+16:24:24.

Day 30

Namitabha led the day for the first time since Day 12, running 65.30 miles to Pekka's 64.20. But Pekka was in dreamland when Namitabha dashed across the line, having gone home an hour earlier. Tomorrow both men should pass 2000 miles in the race. Namitabha is currently 101 miles ahead of his pace from 1999., when he finished second overall.

Day 29

A warm humid day. Pekka and Namitabha tie for day's high mileage with 63.1120 miles. Pekka was weaker but still cheerful. John and Suprabha are trying to regain strength by going home a little earlier. Rain held off in the evening and cool temps provided for decent running.

DAY	29 July 16	30 July 17	31 July 18	32 July 19	33 July 20	34 July 21	35 July 22
Pekka Aalto	63.1120	64.2096	66.9536	64.2096	63.1120	54.8800	50.4896
	1898.8480	1963.0576	2030.0112	2094.2208	2157.3328	2212.2128	2262.7024
Namitabha Arsic	63.1120	65.3072	65.3072	58.7216	62.0144	63.1120	64.2096
	1873.6032	1938.9104	2004.2176	2062.9392	2124.9536	2188.0656	2252.2752
Suprabha Beckjord	55.4288	54.8800	54.8800	48.2944	52.1360	49.3920	50.4896
	1760.5504	1815.4304	1870.3104	1918.6048	1970.7408	2020.1328	2070.6224
John Wallis	53.2336	51.0384	50.4896	51.0384	51.0384	51.0384	48.2944
	1662.8640	1713.9024	1764.3920	1815.4304	2866.4688	1917.5072	1965.8016

Week Four (table below)

Day 28

Rains pummeled the area but could not subdue the willpower of the runners. Pekka led yet again with 64.75 miles today, as temps hovered at 70°. Attitudes have remained positive and unchanged as the fourth week comes to a close. Pekka's lead is 25 miles over Namitabha with 23 days to go. John and Suprabha look better as they try to remain focused in the face of deep fatigue.

Day 27

A hot, sticky day slowed the gang of four down, as rain showers briefly threatened in the early afternoon. Pekka was the only runner to pass 60 miles with his gallant effort of 63.11. Mr Aalto is now the only runner to stay above 60 for each day of the race. Namitabha is still 98 miles ahead of his finishing pace of last year.

Day 26

Another sunny day in the Big Apple. Pekka continued to pad his lead with 65.30 miles, while Namitabha had to settle for 63.11. Suprabha passed halfway in 25 days+ 04:17:36 and reached 60+ miles again for the day. John hit 1500 miles and looked better still. Temperature reached low eighties.

Day 25

All four runners ran relaxed today, as a beautiful, clear, not-too-hot trend continued. Pekka and Namitabha led the way with 65.85 and 64.20 miles, respectively. John is running better and a little farther each day. The race will be half over tomorrow afternoon.

Day 24

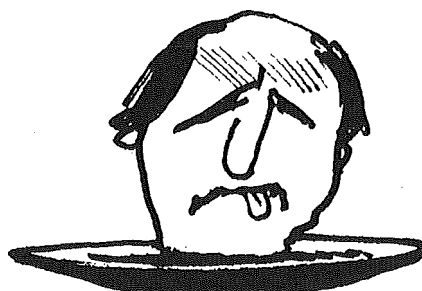
Pekka Aalto remained hot today, racking up 68.05 miles to extend his lead over Namitabha Arsic by 15+ miles. Pekka passed the halfway split(1550 miles) in 23 days+10:16:29. Mr. Arsic was close by the mid-point in 23days+14:06:56. The low humidity allowed for good running throughout the day. John and Suprabha fared better today, with Mr Wallis topping 100 laps for the first time in a week.

Day 23

On a typical hot, hazy, humid day in New York, the four warriors wistood their first 90° day. Pekka led again with 64.20 miles; Namitabha ran 63.11 yet again. Suprabha had a tough day and went home for needed rest a little earlier than in previous weeks. John passed 1300 miles(22 days+04:14:20) and looked better than in the past week

Day 22

The runners entered their fourth week on the road with xest. Pekka and Namitabha led the way with 64.20 and 63.11 miles respectively. Suprabha passed the 1300 mile split for the eighth time in her running career(21 days+00:16:43). Humid weather moved into the area for a few days. Temps are still flirting with 80°F.



DAY	22 July 9	23July 10	24 July11	25July 12	26July 13	27July 14	28 July 15
Pekka Aalto	64.2096	64.2096	68.0512	65.8560	65.3072	63.1120	64.7504
	1444.4416	1508.6512	1576.7024	1642.5584	1707.8656	1770.9776	1835.7360
Namitabha Arsic	63.1120	63.1120	65.3072	64.2096	63.1120	58.7216	63.1120
	1432.9168	1496.0288	1561.3360	1625.5456	1688.6576	1747.3792	1810.4912
Suprabha Beckjord	60.9168	57.0752	59.8192	56.5264	60.3680	53.7824	57.6240
	1359.9264	1417.0016	1476.8208	1533.3472	1593.7152	1647.4976	1705.1216
John Wallis	43.3552	49.3920	54.8800	55.4288	57.0752	53.7824	54.8800
	1284.1920	1333.5840	1388.4640	1443.8928	1500.9680	1554.7504	1609.6304

Week Three

Day 21 Another beautiful sunny day. Pekka and Namitabha extended themselves a little, both finishing with over 64 miles. John looked and felt better, reaching 45 miles after suffering back pain for days. Suprabha is still struggling to reach 60 miles.

Day 20 A beautiful sunny day with pleasant breezes accompanied the four intrepid runners. Pekka passed 1300 miles in 19+12:31:59, while Namitabha followed in 19+15:54:09. John struggled to a slow walk again, and was treated by a chiropractor for his ailing back. The journey continues.

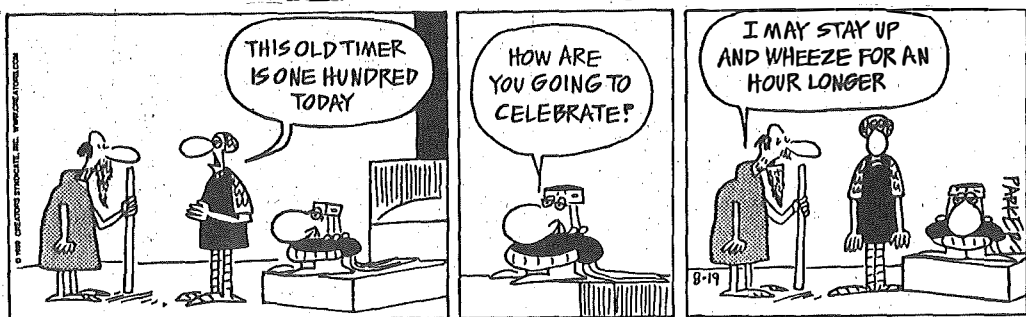
Day 19 All four struggled a bit today, with Namitabha getting 63.11 miles on a beautiful sunny day in New York. John Wallis had back problems which reduced him to a walk, but the 50 mile rule was lifted in favor of his recovery. Pekka showed signs that he is human with a struggle to 61.46 miles.

Day 18 It was drier and sunny today, and the runners moved well. Pekka Aalto increased his lead to 11 miles with a 66.95 mile day. Namitabha moved to 65.30 miles. John and Suprabha both reached 61.46 miles. Namitabha is 75 miles ahead of his total from last year. Last year on this day the mercury reached 101°F. Today it peaked at 85°.

Day 17 Another sweltering Fourth of July, but we are 10 to 15°s cooler than last year. John Wallis (16days+00:07:50) and Suprabha Beckjord (16 days+01:12:21) went through 1000 miles without a hitch. This was Suprabha's *tenth* time through the 1000 mile split in a race. Pekka Aalto continued his dominance with another 66.40 mile day. Should be a little cooler tomorrow.

Day 16 On a humid, steamy day in New York, the four warriors continued the journey. Pekka Aalto topped 1000 miles(15 days+01:51:08) and reached 65.30 miles. Namitabha Arsic reached 1000 miles in 15 days+02:47:21, his best ever time. Heavy downpours accompanied the evening dinnerbell, the temperature dropped 15° in minutes, yet the runners kept going.. By nightfall the steambath effect returned; Pekka also widened his lead to 12 laps. Tomorrow should be a firecracker of a day!

Day 15 Pekka moved out to the front and stayed in the lead with a solid 65.85 miles. Namitabha stayed late to get within one lap of Pekka's day total.. The mercury hovered in the mid-eighties, but the direct sun was intense, with nary a cloud cover. These runners are tough!



Day	15 July 2	16	17	18	19	20	21 July 8
Pekka Aalto	65.8560	65.3072	66.4048	66.9536	61.4656	63.1120	64.7584
	992.2304	1057.5376	1123.9424	1190.8960	1252.3616	1315.4736	1380.2320
Namitabha Arsic	65.3072	63.1120	63.1120	65.3072	63.1120	63.1120	64.2096
	987.8400	1050.9520	1114.0640	1179.3712	1242.4832	1305.5952	1369.8048
John Wallis	61.4656	61.4656	61.4656	61.4656	38.4160	34.5744	45.0016
	938.4480	999.9136	1061.3792	1122.8448	1161.2608	1195.8352	1240.8368
Suprabha Beckjord	61.4656	61.4656	60.3680	61.4656	60.9168	60.9168	59.8192
	934.0576	995.5232	1055.8912	1117.3568	1178.2736	1239.1904	1299.0096

Week Two

Day 14 A new leader emerges on the last day of the second week, as Pekka Aalto from Helsinki runs 66.95 miles. Warm, sunny skies prevailed, with temps hitting 82°. All four runners are meeting their daily goals as the breaking-in period begins its last phase. Mr. Aalto leads by a thin seven laps, but he also goes home first to get precious rest. More later!

Day 13 Pekka and Namitabha finished tied for the lead at the end of a glorious summer day in New York. Mr. Aalto ran 67.50 miles to Mr. Arsic's 65.30 miles, ending in a dead heat. John and Suprabha continued their journey with 61.46 miles each as the mercury reached 79° with clear skies.

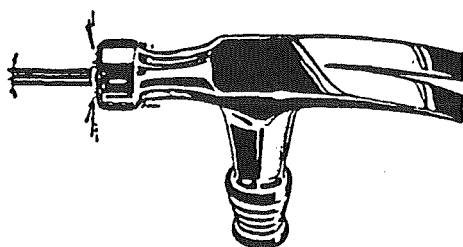
Day 12 Pekka Aalto took the lead at midday, as an overcast day changed to sunny and humid quickly. Pekka ran 66.95 miles and went home to sleep, only to be passed by Namitabha before the clock struck midnight; the Yugoslav ran 67.50 miles and regained the lead by four laps.

Day 11 Pekka Aalto ran 65.85 miles to creep even closer to the lead. Namitabha ran 63.12 miles, but seems to have a lot left in reserve. John Wallis missed 63 for the first time, but his hard-fought 61.46 miles were still adding to his sizable cushion. Suprabha is rounding into shape and is tough as always.

Day 10 Hot and muggy conditions finally gave way to a few downpours, but the gang of four continued on. Pekka Aalto again edged closer to Namitabha Arsic, but could not catch him. This was Pekka's seventh straight day as mileage leader, but he has yet to lead overall.

Day 9 Still hot and muggy, near 90°. Pekka Aalto is still hot, too, rattling off 65.85 to close within six laps of Namitabha Arsic. However, Mr. Arsic stayed late to hit 600+ miles, and only gave back one lap to Pekka. John and Suprabha continued their super steady journeys, still consistent and building a cushion.

Day 8 On a hot, muggy day in New York, Pekka Aalto from Finland crept to within six miles of the lead with a 65.85 mile day. Mr. Consistent John Wallis ran his eighth straight 63.11 miles. Namitabha Arsic, the leader, ran 63.11 also, but is complaining of deep leg soreness. Temps hit 86° with high humidity.



DAY	8 June 25	9 June 26	10 June 27	11 June 28	12 June 29	13 June 30	14 July 1
Namitabha Arsic	63.1120	65.3072	63.1120	63.1120	67.5024	65.3072	63.1120
	535.0800	600.3872	663.4992	726.6112	794.1136	859.4208	922.5328
Pekka Aalto	65.8560	65.8560	64.2096	65.8560	66.9536	67.5024	66.9536
	529.0432	594.8992	659.1068	724.9648	791.9184	859.4208	926.3744
John Wallis	63.1120	63.1120	63.1120	61.4656	61.4656	61.4656	61.4656
	504.8960	568.0080	631.1200	692.5856	754.0512	815.5168	876.9824
Suprabha Beckjord	62.0144	62.0144	62.0144	61.4656	61.4656	61.4656	61.4656
	502.7008	564.7152	626.7296	688.1952	749.6608	811.1264	872.5920

Day 1 The Start

A smaller field of four runners started at 6:08 am after a brief silent meditation by Sri Chinmoy. Three time finisher Suprabha Beckjord and last year's runner-up Namitabha Arsic(nee Aleks) were back, along with newcomers Pekka Aalto from Finland and John Wallis from Michigan, USA. Cloudy skies and moderate temps in the mid-70s helped the runners off to a good start. Noticeably absent was Ed Kelley from California, who had run a seven or eight week ultra for the last previous eight summers. Good luck to all four this year!

Day 2 Cloudy skies gave way to a beautiful late afternoon and evening. Namitabha left right off from yesterday with another great day of 73.53 miles. Pekka Aalto ran well with 66.40 miles.

Day 3 A picture perfect day:, high in low 80's, clear skies, lower humidity, slight breezes. Namitabha ran an excellent 67.50 mile day. Only Pekka gave chase, and ever so slightly. Mr. Arsic looks as good as any runner after three days. More to follow.

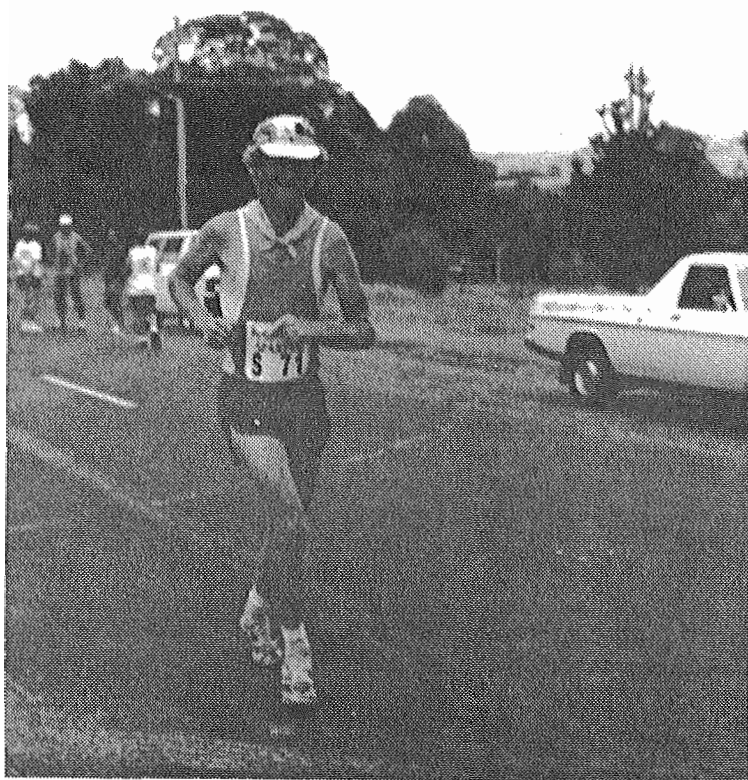
Day 4 A sunny breezy day, perfect for the journey runner or multiday specialist. Pekka Aalto from Finland had the best day with 64.20, despite leaning a little to the right. John Wallis is the most consistent, having reached 63.11 miles four days in a row.

Day 5 Another sunny and breezy day, with the temps in the 80's. Pekka won day leader awards with his 65.85 miles. John is gradually overcoming stomach problems that have been around for three days.

Day 6 Pekka continues to impress with 65.85 miles again. He is very light on his feet and maintains a solid running pace throughout the day. The other three each ran 63.11 miles on a beautiful summer day with nice breezes.

Day 7 On a bright, sunny summer day, all four ran well. Pekka topped out with 67.50 miles, inching closer to Namitabha, who rallied late to reach 64.20 miles.

Day	1 June 18	2	3	4	5	6	7
Namitabha Arsic	77.3808	73.5392	67.5024	63.1120	63.1120	63.1120	64.2096
		150.9200	218.4224	281.5344	344.6464	407.7584	471.9680
Pekka Aalto	70.2464	66.4048	63.1120	64.2096	65.8560	65.8560	67.5024
		136.6512	199.7632	263.9728	329.8288	395.6848	463.1872
Suprabha Beckjord	68.6000	60.9168	61.4656	61.4656	61.4656	63.1120	63.6608
		129.5168	190.9824	252.4480	313.9136	377.0256	440.6864
John Wallis	63.1120	63.1120	63.1120	63.1120	63.1120	63.1120	63.1120
		126.2240	189.3360	252.4480	315.5600	378.6720	441.7840



Two old ultra regulars in one photo!!!
The old sea dog himself, Peter Armistead,
and the Yellow Peril "Kevin Cassidy" ute!!!



Peter Nelson. Ultra runner and
accredited course measurer



Nigel Aylott proving that as a musician, he is a very good runner

SHOALHAVEN 46KM

June 18th 2000

Whilst most Sydney Striders were travelling to Woodford in the Blue Mountains to contest the Woodford- Glenbrook 25K, I was travelling down Nowra way for my second running of the Shoalhaven Ultramarathon 46K, a longer extension of the well frequented King of the Mountain 32K which winds from Cambewarra (just outside Nowra) to picturesque Kangaroo Valley over roughly half tarmac and half fire trail style tracks.

I arrived in Nowra the night before the race a much different runner than last year, when I ran it for the first time. Last year I had been plagued by IT Band trouble and kept fit with a lot of cycling and running two or three times a week. The week before last years Shoalhaven I ran 36.48 in the Woodstock 8K, and two weeks later would run around 48 and a half minutes for 10K, a PB at the time. Form this year is not so different- I ran Woodstock in 36.33 this time and ran 45.50 odd for 10K a fortnight ago. This year however I was running a lot more than twice a week, including plenty of long runs, up to 60K. My intention this year was to run around the same time as last year (4.57) but finish in much better shape- a long training run for the Glasshouse ultra in October.

After staying up the night before to see Australia hammer Argentina in the Rugby Union, I fronted up this morning at Cambewarra to join a reduced field from last year- only about 14 started. Last year's top two, Trevor Jacobs and Peter Goonpan, weren't there but two living legends of Australian ultrarunning took their places- Kelvin Marshall and Paul Every did front up for what promised to be an intriguing battle for line honours. Another such legend, Peter Gray, had started at 7am, having been given a dispensation because of a gammy knee.

The weather was cool but not cold, cloudy but not overcast. Essentially, a perfect day for running. I stood on the start line next to Kelvin and Paul, and when the gun was fired at 8am these two took off. For about the first ten metres, I ran behind them- in third place, woo hoo! Then I settled down as the course wound through the waking streets of Cambewarra. A number of residents were standing in their front yards to clap us past. After a couple of minutes I settled in next to Nick Drayton, fellow UltraOz list member, who had run me down a few kilometres from the finish of this race last year. Very quickly we were at the back of the field, which felt very odd as the first four kilometres flashed by at 5 minutes per kilometre. The road started to roll and dip and climb, and we settled down to pass 10K in exactly 60 minutes.

It's funny how you can meet someone for the first time and within a few minutes be chatting away like brothers, because Nick and I were doing exactly that, nattering away about work life, family life, ultramarathoning life. Before today we'd run in the same race a few times and swapped a few emails, but that was all. We were still hovering precisely on 6 minutes/kilometre pace as twenty, then twenty five kilometres came and went. By now we had left the bitumen and set a course on fire road through the Morton National Park. Nick wasn't out to run himself into the ground either, so we walked a few steep climbs, and made up the time on the downhills. This course can be run the entire way- all the hills can be run- but we couldn't see the point in running ourselves out to do so. The race passed through rainforest type surroundings, then farmland, and, as we climbed higher on the escarpment, dry eucalypt forest. We passed Peter Gray, exchanged a few words, then kept on.

Nick was a fabulous running companion. No potential go get bored with him around, and he was setting a good pace for the pair of us. At around the 32K mark we emerged onto the long stretch of hilly bitumen that would take us right into Kangaroo Valley and the finish. At times we had spectacular views of the ranges of Morton National Park, still in some parts enveloped in fog as the clock approached lunch. In the foreground, we had trees, spinifex type scrub and a number of farms and properties. This road wasn't closed to traffic- cars came by not infrequently, and the drivers and passengers of every car- every single one- waved as they passed these two runners who had come a long way. Nick's muscular frame and my 190cm body must have looked an incongruous pair in an ultramarathon. At around 41K we passed the road where the King of the Mountain runners came down to join this main road. We didn't see any at that point, but the prospect of running down a few KOM runners who had gone 14K less in an hour shorter time perked us up considerably.

We reached the marathon mark, 42K, in around 4.15 (my second best time ever). Nick worked out that we still had a chance to finish in 4.36- precisely 6 minute kilometres the whole way- if we pushed hard over the final four Ks. At that point I couldn't believe how good I felt- as though

I'd only been jogging for 20 minutes. I really didn't feel tired or sore, which was a great sign, but then Nick picked up the pace hard and I went with him. We passed a pair of KOM runners, raced to the top of the next hill (after debating at the bottom whether we'd walk it or not), hauled in two more KOM runners further down the road ("like stalking prey, isn't it?" said

Nick), then reached the 45K mark and the turnoff to Kangaroo Valley in 4.30.

Nick was slowly pulling ahead, but I was managing to stay within a few metres of him. My legs were hurting now- a dull pain and heavy lead like feeling. They just didn't want to turn over fast any more. Just hang on a couple more minutes, I thought, gritting my teeth as we ran through the town to the applause of pedestrians and passerby, then reached the last rise.

Nick was bellowing at me to keep it up, and slowed a little for me as we turned left off the road into the Sportsgrounds and the finish gate. We finished with arms round each others shoulders in 4.36.19 and feeling pretty good.

I was delighted, actually- I had finished twenty minutes ahead of last year's time but with legs that felt fine (the soreness and heaviness vanished as soon as I stopped), as opposed to last year's race where I destroyed myself for about three weeks afterwards. I scoffed a Coke and chatted to Nick and Paul Every while we awaited the presentations in bright sunlight. Kelvin Marshall won in around 3.26, with Paul coming in second (three weeks after taking second in the Trailwalker 100K) in around 3.33. I caught up with Kelvin after the awards, just before he set off to drive back to Melbourne. "Get home around midnight tonight," he said (I suppose he's still going as I type) "and tomorrow I'll be nodding over the PC a bit, but the guys at the office are used to that." He was genuinely delighted with his win.

I like this run. It's potentially quite fast, and scenic, even from the road sections. Aid stations are not too frequent, so you have to carry your own stuff (unless you run as fast as Paul or Kelvin, who both ran without packs and relied on special drinks at the aid stations and the water those stations served up). I ate regularly throughout the run, mainly mars bars

and potato chips (really healthy eating) and finished with a stable stomach, even after the hard running at the end. Quite a contrast to my vomiting episode at Glasshouse 50K 7 weeks ago after drinking lots of fluids and not eating a thing. I got a lot out of this race- confirmation of my ideas on eating on the run, and a great long hard training run. If you ever do it, a good choice of running companion can heighten the experience further.

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"One person's backyard is another's backcountry."
- Yon Lambert

Shoalhaven Ultra Marathon (46Km)

#	Name	Sex	Age	Time	CAT
====	=====	===	===	=====	===
1.	Kelvin Marshall		36	3:26:23	
2.	Paul Every		35	3:39:52	
3.	Alan Watson		48	3:42:36	M45
4.	Michael Corlis		41	3:53:08	M40
5.	James Rooney		48	3:55:39	M45
6.	Chris Gamble		48	4:07:28	M45
7.	Tania Newsome	F		4:13:52	
8.	Ludwig Herpich		65	4:20:57	M65
9.	Terry Threlfall		53	4:24:57	M50
10.	Nick Drayton		43	4:36:16	M40
11.	Sean Greenhill		22	4:36:16	
12.	Rajiv Oberoi			5:24:06	
13.	Peter Gray		36	6:50:44	

Rune Larsson: speed and ultradistance

What if ultrarunners could train like professional marathoners?

■ ■ ■ **Trollhättan, Sweden (UW)** - Tomoe Abe's fantastic 100-kilometer result will most likely make many people believe that speed is the key to good performances in ultradistance running. Some individuals who view the issue from a narrow point of outlook sometimes perceive ultradistance runners as underachievers. Those individuals tend to believe that marathon runners are some kind of superior breeds of people, too great to bother with distances longer than marathon.

Let us look at what it takes in order to perform a great result in ultra distance running! It takes a talented runner with an excellent training background and the right kind of spirit. All world class marathon runners do probably fit that description as far as the training background goes.

All of them do not have the right mental capacity, muscular surplus, proper metabolic pathway or physical talent for ultradistance running. But some have. Tomoe Abe did obviously have what it took. She did most likely perform relatively better as a 100-kilometer runner than what she ever did as a marathoner. Maybe we can say that Abe physically and mentally is more of a 100-kilometer runner than marathoner?

Comrades comparison

Comrades is the only ultrarace that can compare to the big time marathons. The winner of that race can earn a good day's pay, and possibly extend the earnings by getting sponsors. What stops a talented South African marathon runner from just going out and winning it?

South Africa has many excellent runners. The very best, those who can earn more money at the races in Berlin, Rotterdam, London, and maybe in the Championships, may be excused. But why don't some 2:11 marathoner come out and make Charl Mattheus, Nick Bester, and the Russians look like jolly joggers?

Mattheus has, as far as I understand, never broken 2:20 in the marathon. He should be very easy to keep behind all the way to the finish line, according to the underachiever theory. Are those marathon runners who are reputed to be able to do training runs of 80 kilometers at 2:20 marathon pace stupid enough to turn such an opportunity down, or is somebody else believing in tales that are not true?

The most absurd display of the underachiever theory is when "experts" try to explain the superiority of Yannis Kouros by claiming that he is the best because he is, with his marathon result of 2:24, the 24-hour runner with the most speed. I have run 2:18,38 for the marathon, but only 262.6 kilometers for 24 hours. With 16 years of experience as an ultrarunner, I have come to the conclusion that one needs enough speed. But "more than enough" speed is not the key to better performances. Especially the long ultras demand very complex qualities. Durability counts more than speed.

Amateurs

The problem for us ultrarunners is that we are amateurs. We compete in one of the most demanding sports one can find, but since we can't support our selves by running, we must work full time, and fit training and resting in to our lives whenever we can. When I was at my peak, I could train 200 kilometers per week, but then I did only have time to sleep six hours per night.

A professional runner can give training full priority, and can rest enough so the body will absorb the training. How many ultrarunners have had the privilege to live like that for some years? As far as I have understood it, some of the Russians can train full time; Kouros can, and some runners who have been using the safety net of unemployment benefits and the welfare system in order to give ultrarunning their full attention.

How many of those fantastic marathonrunners who are the hypothetical winners of all ultra races do work 40 hours per week in offices or factories, like almost every ultrarunner has to do?

If many talented ultrarunners would get the chance to train and live as professionals, we would see radical improvements as far as results go. Ultrarunners need professionalism more than speed. We are not underachievers - we are high performing amateurs. Besides, we do only compete against those who start in the races.

Veteran marathon runner suffers stroke

By HUGH MARTIN

Veteran ultra-marathon runner Cliff Young, 78, is recovering at Colac Hospital after suffering a mild stroke two weeks ago.

Mr Young collapsed at his Gellibrand home a week after completing 921 kilometres of a 15-day 1600-kilometre marathon.

His former wife, Mary Howell, who was minding Mr Young's home, said the marathon could have taken its toll on the runner's health.

He had a hereditary condition of blood clotting in the arteries of his heart and doctors attributed the stroke to a blood clot.

Mr Young is expected to make a full recovery but is taking the drug warfarin to help prevent further clotting. He should be discharged from hospital next week, she said.

"Over the last few years he hasn't been able to run properly. His physical form hasn't been as good as when he was 60," Ms Howell said.



Cliff Young

She said it was not known whether Mr Young's running feats had contributed to or delayed his hereditary condition, which was detected after the stroke.

Mr Young is receiving daily physiotherapy and is looking forward to returning to the bush.

Ms Howell said visitors to see Mr Young had been restricted to family despite widespread sympathy for the runner from the community.

Publican Linda Elsworth of the Gellibrand River Hotel said the hotel was considering an event to speed up the recovery of Mr Young, a teetotaler.

"There been a bit of talk about Cliffy. I have only learned today that he's been in hospital. Sometimes the bush telegraph works quickly, but then there are times it's very slow," Ms Elsworth said.

AUSTRALIAN 100KM CHAMPIONSHIPS Canberra 20-2-2000

Males:

1.Mike Wheatley	7.43.02
2.Trevor Jacobs	8.31.50
3.Rudy Kinshofer	8.42.05
4.Rob Zwierlein	9.08.09
5.Martin Boyd	9.20.36
6.Kelvin Marshall	9.46.06
7.Robert Hybler	10.26.59
8.Robert Embleton	10.30.33
9.Chris Gippel	10.46.52
10.Paul Every	10.48.36
11.Mal Wilson	11.41.49
12.Nick Drayton	12.03.01
13.Brock McKinley	12.13.07
14.Chris Gamble	12.15.32
15.Peter Gray	12.51.23
16.Robin Whyte	12.56.42
17.Dale Sinclair	13.43.37
18.Victor Hessel	14.35.04
19.Andrew Watt	14.35.04
Carl Allars	dnf
Peter Waddell	dnf
Ernest Warner	dnf

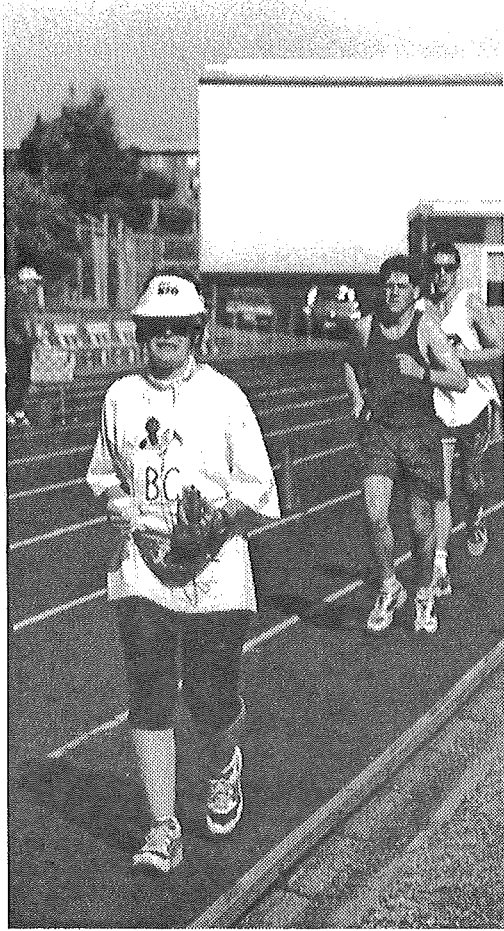
Females:

1.Shirley Young	10.59.00
[new world record 70+ female]	
Sharon Pitcher	dnf

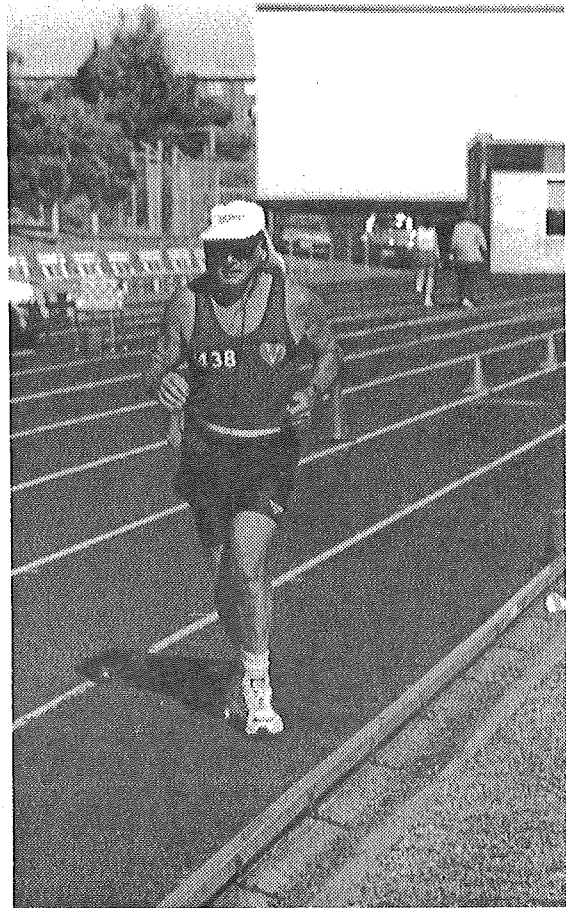
Australian Six Day Race Results

Year	Runners Name	Total kms	Distance run each day (km)					
			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1984	KOUROS	1023.2	248.0	174.0	169.0	160.0	152.0	119.0
1986	ZABALO	876.8	207.2	152.0	153.2	138.8	144.8	80.8
1987	RECORD	890.8	203.6	141.6	155.6	150.8	129.6	109.6
1988	MAINIX	963.2	210.4	154.0	152.4	156.4	156.4	133.6
1989	SMITH	1002.0	220.8	165.6	156.4	149.2	150.0	160.0
1991	SMITH	878.4	197.6	146.4	145.6	138.0	122.0	128.8
1992	SMITH	904.8	211.2	146.0	149.2	151.6	156.0	90.8
1993	RECORD	777.4	202.4	129.6	138.8	127.2	102.2	74.0
1994	KRUGLIKOV	750.0	184.0	103.2	110.8	124.8	118.4	108.8
1995	KRUGLIKOV	820.8	237.2	113.6	130.0	106.0	126.0	108.0
1996	CURTIS	836.0	186.8	152.8	129.6	122.0	130.8	114.0
1997	GRAY	778.8	163.2	137.2	129.6	118.8	111.6	118.4
1998	KOCOUREK	901.2	211.6	138.8	158.4	141.6	144.0	106.0

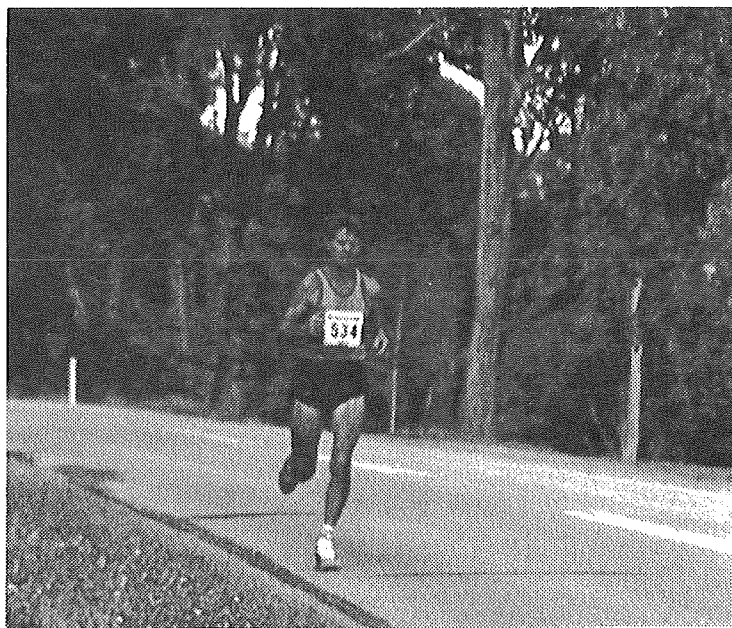




Bev Carr. Long time publicity chief
for the Coburg 24 hour race



Long time ultra stalwart, Ron Hill



76 year old Randall Hughes
defies the age barrier

"TAXATION WITHOUT REPRESENTATION!" by Andy Milroy

The proposed IAU constitution would mean the IAU would become dominated by IAAF member federations, and would be accountable principally to the IAAF. Ultrarunners would be marginalized. For further details see my analysis of the proposed IAU constitution.

Taking the maxim of he who pays the piper calls the tune, if the IAAF and its member federations are going to have control of the IAU, the assumption should therefore be that the funding for the IAU's major event, the World Challenge, should obviously come from IAAF member federations and the IAAF. However this is far from the case I have discovered.

I spent a considerable amount of time obtaining the most accurate figures available for the financial contribution made by different groups to the funding of the last World 100km at Chavagnes in France last year.

Following a detailed study of airfares, accommodation and food costs paid, plus information supplied by team members, I estimate that the total financial contribution by the IAAF and its Member Federations to the 1999 World 100km Challenge at Chavagnes, France totalled around \$35,000 US, \$20,000 of which was contributed by the IAAF.

The overall financial support from individual national athletic federations is hard to compute but:

Only France, Great Britain and South Africa fund their teams to the extent that runners are required to pay none of the costs personally.

The Britain, French, South African and US federations contributed an estimated \$14,500

Based on information from the various nations involved, here are the cost estimates for ultrarunners for the Chavagnes World Challenge.

The Canadian ultrarunners spent around a minimum of \$29,200 US on airfares, bus, rooms, uniform, food and race entry fees.

The US ultrarunners spent something like a minimum of \$24,500 US on airfares, bus, rooms, and official meals.

A minimum figure for the contribution by Canadian and US Ultrarunners to the World Challenge was therefore probably around \$53,000 US

Other countries brought smaller teams and fewer handlers. Australian, Mexican, Taiwanese, and additional British spending, along with one individual Japanese runner who arrange his own travel funding, contributed \$21,000 to the total. [Apparently the Japanese team also fund their own travel, which would add greatly to the total contribution coming from ultrarunners. This would possibly be close to \$10,000, but since I am not certain of this, I will not include this sum in the total.]

So thus far around \$74,000 US we know came from the ultrarunners.

The total spent on travel for the teams by the ultra race organisers hosting the event was 237,000FF/\$36,600 US [buses not included] This travel budget is in fact greater than the funding from the IAAF and federations combined!

The total race budget at Chavagnes was 1,345,160 FF/\$208,000 US Thus a sum equivalent to a quarter of the total race budget was spent by the US and Canadian ultrarunners alone.

When comparing the relative contributions of the IAAF and its member federations, and Ultrarunners, the latter are contributing close to FOUR times the amount that the IAAF are towards the World Challenge, and over FOUR times what the federations are contributing in total. Ultrarunners are contributing TWICE the amount that the IAAF and Federations are contributing combined.

Chavagnes is not a typical World 100km. It was widely regarded by the US team as the "cheapest" 100km World Challenge event thus far. In other words the costs incurred by Ultrarunners quoted for Chavagnes are unusually low.

When the World Challenge goes to a non-European venue, the IAAF grant stays fixed, federation costs rise, but they also tend to cut back on the size of the teams and management. The costs to Ultrarunners rise the most. So Chavagnes gives the IAAF/Federation funding a favourable ratio in comparison with ultrarunners' contributions, to that which exists normally at such events!

Ultrarunners and the ultra race hosting the event contributed over \$280,000 towards the World 100km at Chavagnes. The IAAF and its member federations contributed \$35,000. Thus Ultrarunning is contributing EIGHT times that of the IAAF and its federations. Yet despite that the IAU is to be dominated by these bodies.

A couple of hundred years ago there was a revolution where the slogan was "No taxation without representation". The proposed IAU constitution effectively denies Ultrarunners representation, when they are making a greater financial contribution to the IAU's flagship championships than those who have been given control of the IAU. Perhaps the IAU is in need of a revolution! Perhaps then, those paying the bulk of the cost of the World 100km would be represented in the IAU!



The brains trust at the start of the Mansfield to Buller organising the days proceedings !!!!!!!!!!!!!!!
This mouldy looking lot couldn't organise a chook raffle.
Bob Petrie, George Christadoulou, Peter Armistead,
Clive Davies, Dot Browne, Geoff Hook



Kevin "Killer" Mansell. One of the worlds best multi day runners

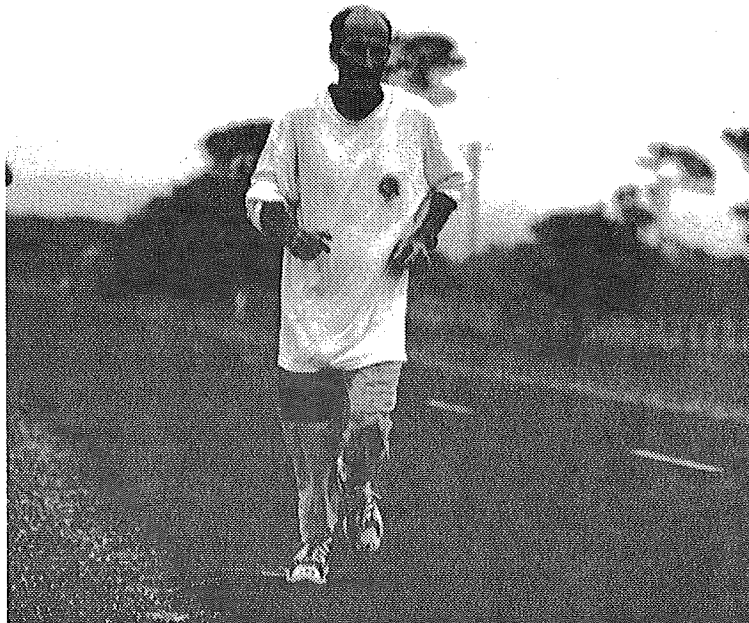
Feats of the 'Piemman'

William Francis King, who became known as the "Flying Pieman", performed countless bizarre and eccentric feats in public in the 1840s, including a walk of 1634 miles.

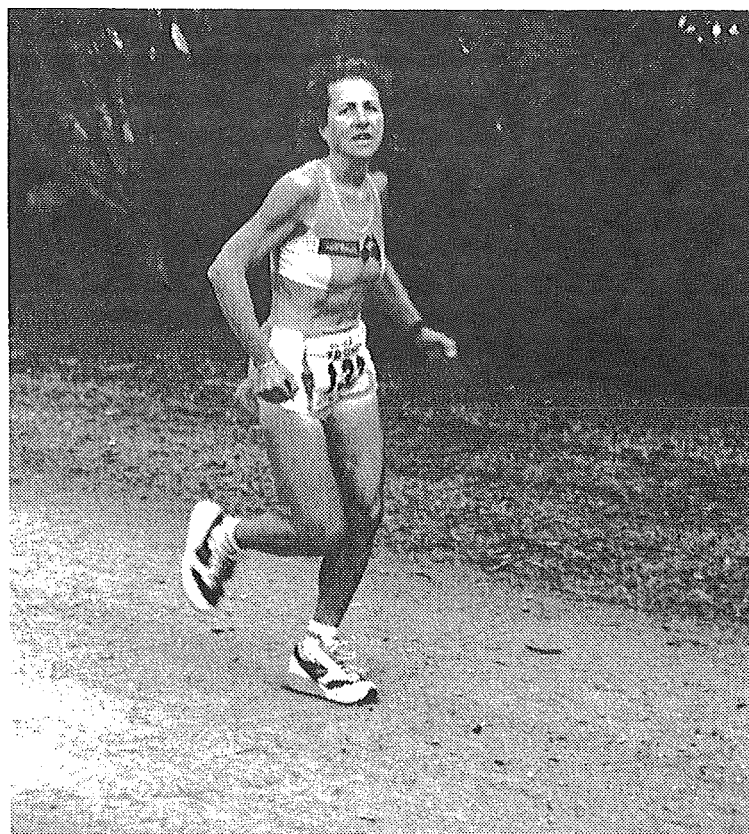
DURING this period of many, varied and extraordinary pedestrian feats, one performer who stood out was a quite remarkable man called William Francis King, later known exquisitely as the Flying Pieman, who came to Sydney from England in 1829 at the age of 22, became a clerk and a schoolmaster near Bong Bong, and then served as tutor to the children of William Kern, near Campbelltown. In a fit of irritation he left his post, intending to return to England, but instead became a barman at the Hope and Anchor (in) Sydney. He enjoyed performing feats of pedestrianism as a pastime. On one occasion, he walked 1634 miles (2614 km) in 39 days, only nine of which were reported to have offered fair weather. He carried a 70 lb (32 kg) dog in walking from Campbelltown to Sydney in just over eight and a half hours, and a 92 lb (41.7 kg) live goat, plus a dead weight of 12 lbs (5.4 kg) in walking from Brickfield Hill, Sydney, to Parramatta in six hours 48 minutes. He beat the coach from Windsor to Sydney by seven minutes and walked from Sydney to Parramatta and back twice a day for six consecutive days.

Sometimes King's efforts caused his friends understandable concern. For £30 a side, he undertook to walk 360 miles (579 km) in 72 hours, starting on 15 November 1844. To sustain him on his arduous journey, he drank a small tumbler of brandy and ate a biscuit every two hours. Quite a crowd accompanied him to and from Black Watch Swamp, most of them in gigs or on horseback. In the end, he accomplished his feat within two minutes of the time allowed, but many of his friends and backers became alarmed that he would kill himself. On the last day, his strength began to fail and he showed symptoms of extreme exhaustion. The Pieman assured his friends that he knew his own constitution, he had trained well and "there was not the slightest cause for any apprehension on his account". He proved that he was right.

In October 1847, now called the "Ladies' Flying Pieman", he was reported to have performed "the unparallel Feat, of Walking 192 miles in 46 hours". This feat, performed at the 'Maitland Race Course' with "three minutes to spare", was in fact much less unparallelled than the 1844 feat. He was then "rusticating" on the Hunter River and seems to have regarded his 192 mile (308 km) effort as something of a warm up for a walk, between 8 and 18 November, of "a thousand quarter-miles in a thousand quarter-hours" and, three months later, "500 half-miles in 500 half-hours". While these two efforts were less demanding than some of his earlier feats, the punters bet against him because he had become so "corpulent". However, King won. Then he went to Moreton Bay where, carrying a heavy pole, he beat the coach from Brisbane to Ipswich by about an hour and still had enough wind left to deliver a long speech to his open-mouthed admirers.



Committee member Michael Grayling strides out in his traditional long pants



Linda Meadows, one of Australia's finest



The Last PR

How to Cope with the Physical and Psychological Realities of Aging and Run with Them

BY JEFF HAGEN

WOULDN'T LIFE be wonderful if we could expect a never-ending string of personal records (PRs) throughout our running careers? We might not want a new PR every time we raced, of course—that would soon become boring and would devalue the effort involved in training for better races. But wouldn't it be nice to be able to set new PRs in our 40s, 50s, 60s, or however long we continue to race?

Unfortunately, as we all know, becoming faster forever is a concept comparable to the fabled Perpetual Motion Machine. The reality is more like this scenario: First, we enjoy a string of PRs in our early running years, as we condition our bodies and hone our running skills. Then, we reach and maintain a plateau, during which time we might occasionally see a new PR on an exceptional day when everything clicks. Finally, we go through the “long downhill slide,” with no PRs and an increasing frequency of PW (personal worst) performances.

There are many reasons PRs tend to disappear. A common reason is injury—usually an overuse injury due to improper training techniques, excessive mileage, or participation in too many races. At the other end of the spectrum, too little training, often due to constraints on our time because of job and family commitments, can have a negative effect on PR production as well. Finally, and probably the most important factor, is the dreaded, unstoppable aging process.

Even if we stay injury free and find the time for adequate training, we have little control over the aging process. Granted, we can watch our diets carefully and maintain the other elements of a healthy lifestyle, but there are many things about the aging process that we absolutely cannot alter.



JANE BYNG

The longer the distance of the race, the more opportunities aging runners have to apply hard-earned knowledge.

For example, if you are now 35 years old, have 20/20 vision, and find it amusing that all of your 45- to 50-year-old friends have reading glasses or bifocals, don't become too complacent. You might think that you will never lose your near vision, but I've got some news for you: Your time will come!

One of my running friends is an ophthalmologist. Several years ago he confided in me that deep inside he was convinced that he would be the “one person in a thousand” who would never need reading glasses, even though his medical training told him otherwise. You can guess the rest of the story. He managed to make it to age 45 without glasses, but then he faced the choice between never reading anything again or admitting defeat to the “god of presbyopia.”

One can only wonder how many other things that happen to the aging body—some known to science and some yet undiscovered—profoundly affect our running ability. Even something as innocuous as the aforementioned presbyopia can cause problems during races, especially long trail races that have cutoff times. Aging runners with normal distance vision will find that they cannot

read their watches and, therefore, cannot tell if they are dangerously close to missing a cutoff time. If they wear reading glasses so they can see their watches, then the trail is blurry, and they risk tripping on rocks or tree roots.

Nearsighted aging runners in the same situation have a similar choice: Wear bifocals so they can see their watches, and then put up with a blurry view of the trail, or wear single-vision glasses, which provide a clear view of the trail but a blurry view of their watches. Actually, in this situation the nearsighted runner may have an advantage because many bifocal wearers can wear their single-vision glasses for distance and still see close up by removing their glasses.

So if you see older runners out on the trail in the middle of the night with their glasses on their foreheads and their flashlights shining toward their watches, you will know what is happening. Being able to read watches at a glance is something younger runners take for granted.

THE MARCH OF YEARS

The aging process causes other problems for runners, most of them far more serious than not being able to read a stopwatch. For example, the ability to heal quickly and completely diminishes as the body ages. Runners over the age of 40 who use the same rigorous training regimen that they used in their younger years are playing a dangerous game of “injury roulette.” All it takes is the wrong combination of training too hard, racing too often, and allowing an inadequate number of recovery days, and BANG!!, you’ve sustained an injury that can take seemingly forever to heal. If you are really unlucky, the injury may end your running career.

I have a fair number of friends with whom I’ve enjoyed many a spirited race in years past; now many are no longer able to run because of injuries. Most of them have switched to bicycling, which is also a fine sport; but when we talk, it is easy to tell that they miss running those 10Ks, marathons, and ultras.

And then there is the gradual loss in aerobic capacity and muscle strength that accompanies aging. Fortunately, some scientific studies have shown that these losses progress more slowly in people who exercise regularly. This is good news for runners, especially those who also weight train. The bad news is that strength and aerobic capacity still diminish to some extent with age, even for people who are active and fit. This does not bode well for people who are trying to set PRs.

The evidence that runners become slower as they age is virtually indisputable. There may be some exceptions to this rule—for example, people who don’t start running until their 40s or 50s and who are, therefore, still in the PR-setting phase of their careers. But the truth is that they, too, will eventually slow because of age. As runners, we must eventually face the physical and psychological realities of aging and their effect on our running performance. This leads us to a big question: How can we best deal with the fact that we may have seen our last PR?

Fortunately, there are many ways we can deal with the toll that aging takes on our inherent running speed. I lump these strategies into two categories—physical and psychological.

PHYSICAL STRATEGIES

Avoid Injuries

Staying injury-free is critical for the aging runner. One way to avoid injury is to eliminate running on consecutive days. Either use the “off” days for aerobic cross-training (such as bicycling or cross-country skiing) or for weight

workouts. Besides providing a break from the pounding that your legs take during running, weight training will strengthen your muscles, which can provide additional protection from muscle and joint injuries.

Another way to avoid injury, as mentioned earlier, is to use common sense regarding the amount of training mileage, the intensity of training, and the intensity and frequency of races. Running every other day automatically takes care of the training mileage issue, as long as you don’t try to double your mileage on the “on” days to make up for the off days. The same goes for the intensity of the workout. You might be able to increase the intensity somewhat if you run only every other day, but don’t increase the intensity drastically, or you will defeat the purpose of the rest day. Finally, when selecting your races, allow enough recovery time between events. Racing every weekend is probably not a good idea, unless you run the races truly at training speed, not racing speed.

Eat Properly and Get Sufficient Rest

Not much needs to be said here. As a group, runners are generally very conscientious when it comes to proper nutrition and the need for rest. With our busy lives, getting enough rest is always a challenge, but most of us have found that we run better and avoid illness more effectively if we get enough sleep.

Regarding vitamin supplements, in recent years the medical community has reversed its former position that vitamins are not necessary if we eat a healthy, balanced diet. Scientific evidence now suggests that the vitamin advocates were probably on the right track.

Moderation certainly applies to vitamin intake, however. Taking a multivitamin tablet, a 1,000-milligram tablet of vitamin C, and 400 international units of vitamin E daily seems to have increased my own resistance to illness considerably, compared to the days when I followed the former medical wisdom and avoided vitamin supplements entirely. While we may not see any more PRs, those of us who get proper nutrition and rest are likely to maintain a performance level that is higher than those who neglect these important areas of life.

Run Efficiently and Effectively

Learning how to make the most of the ability you have is something that comes with experience, and experience is one of the advantages that aging runners have. Like aging racquetball players who may be slow and out of shape but who still beat younger, faster opponents through sheer craftiness (i.e., “Hit the ball where they ain’t!”), experienced runners who use their heads can enjoy some very satisfying results.

In the shorter 5K and 10K events, the most important factor, aside from proper training, is proper pacing. Most experienced runners know that starting fast and then trying to “hang on” almost never works as well as starting at a moderate pace, increasing the pace gradually, and then finishing with a powerful kick.

In the longer events, such as the marathon, drinking the proper amount and types of fluids comes into play. For some marathoners, food intake during the



JANE BYNG

Knowing when to meet your crew in an ultra event comes with years of experience.

conservative and walk, and when to pull out the stops and go for it.

Pick the Right Distance

The longer the distance of the race, the more opportunities aging runners have to apply hard-earned knowledge, including all the sneaky tricks they have learned over the years. I have observed that, relatively speaking, older runners tend to perform much better in ultramarathons than they do in 5Ks, 10Ks, and marathons. Furthermore, the longer the ultra event, the better they seem to do.

If you are an older runner who has always focused on short-distance races, you may want to consider trying the longer distances. There is a side benefit, too. If you race at a new distance, a PR is a given if you merely finish the event.

I have experienced this phenomenon personally. After being a mediocre short-distance runner for many years, I discovered that I could do relatively

race is also a factor in racing success. The more experience a runner has, the easier it is to design a strategy that will work.

In ultramarathons, especially in 100-mile trail races, there are a myriad of factors that can provide opportunities for crafty, aging runners to make up enough time to finish well ahead of the stronger but less knowledgeable runners. Some examples include knowing which shoes to wear, what kind of food to eat and when to eat it, where to have your crew meet you, when to be

better in 50-mile and 100K races. When I switched my emphasis to 100-mile trail races, I had even more success, which I attribute to an ability to pay attention to the many details associated with these events and to a previously-undiscovered gift of mental toughness. Then I tried several 24-hour and 48-hour races, which turned out to be events in which I actually could place in the top five overall and even occasionally win outright.

This success has been difficult to comprehend for someone who in 5K and 10K events rarely placed high enough to earn even a third-place age-group award. But I must admit that I don't mind finishing near the top of the list for a change.

The point is that you will never know what your best race distance is until you've tried them all, and aging runners tend to perform better in the long events where experience and judgment may be more important than aerobic capacity.

PSYCHOLOGICAL STRATEGIES

Look at Running from a Different Perspective

Instead of feeling sorry for ourselves because we can't run a 10K or a marathon as fast as we could at age 20 or 30, we aging runners would do well to count our blessings. Think about all the former runners who can no longer run at all because of sickness or injury. If we realize that just being able to run at all is a blessing, the fact that we can't run as fast as we could when we were younger becomes less important. Try to view *all* races the way ultrarunners have traditionally looked at ultramarathons: anyone who finishes is a “winner.”

Compete in Age Groups, Not in the Open Division

Aging runners who still feel a strong urge to compete can train their minds to ignore the open division and focus instead on age groups. Try to exclude all competitors from your consciousness except those in your own age group.

On the other hand, if you are typically last in your age group, you can compare yourself to other age groups. Check the race results to see how many younger runners of the same or opposite sex finished behind you. And even if you finished dead last in the race, you can compare yourself to the runners who DNFed or to the sedentary folks your age who stayed at home.

You also can use age-adjusted performance charts to see how your current performances compare to those of previous years, after applying the age-adjustment factor. The trick is to find your victories where you can, even if the only victory you can claim is that you finished before the race director pulled the plug on the timing clock.

Set Attainable Goals

One school of thought recommends setting lofty goals in order to pressure yourself into high performance. Personally, I have had more success by taking the pressure off myself and setting goals that are readily attainable. When running a marathon or ultramarathon, I usually carry a split time sheet with five columns. The middle column displays split times for my probable pace for the event, using a conservative estimate of my current ability.

To the right are two columns displaying splits for two slower paces, one for a “bad” day and one for a “terrible” day. To the left of the center column is a column with a faster pace than my anticipated pace, just in case I am having a “good” day. To the far left is a faster “dream” pace, in the event that I find myself having a “fantastic” day.

More often than not, I am able to run at least as fast as my goal pace in the middle column, and once in a while I even surprise myself and maintain the pace in the “dream” column. Were I to carry a split time sheet containing only my “dream” splits, I would usually be far off that pace, which is demoralizing. Any runner who becomes demoralized at mile five in a marathon or a 50-miler is not likely to have a successful race. Expecting less and accomplishing more is much easier and sweeter for the psyche than expecting more and accomplishing less, and few would deny that the condition of the psyche is directly related to performance.



JANE BYING

Make your goals attainable by keeping two sets of PRs—a pre-injury set and a post-injury set.

If you are an unfortunate aging runner who has sustained a long-term injury, you can make your goals attainable by keeping two sets of PRs—a pre-injury set and a post-injury set. My mountaineering/backcountry skiing friend Al sustained such an injury, a persistent plantar fasciitis, about 15 years ago. Before the injury he was able to run a 40-minute 10K, but the injury has forced him to give up running almost entirely. Now he occasionally tries a 10K for old times' sake, but his goal has shifted to the 50-minute barrier. This seems reasonable, considering the severity and duration of his injury.

Allow for Miracles

Strange things happen in the lives of runners. After years of slower and slower race times, sometimes we find ourselves enjoying a period during which some of that lost speed miraculously reappears for a time. Either by accident or design, maybe we have hit just the right balance of training, nutrition, mental attitude, and other factors, and suddenly we are running faster than we have for many years.

I experienced something like this recently. Maybe it was the large garden we raised this year, our first really good one in more than 10 years. There was so much produce that I spent the summer and fall eating large quantities of fresh fruits and vegetables, which left room in my diet for only small amounts of meats and other fatty foods.

Unintentionally, I found myself dropping seven or eight pounds, and at the same time I noticed that my training runs were becoming faster and easier. Soon thereafter I ran a half-marathon in heavy rain on a tough, hilly course and came within a minute of the PR I had set in 1984 at the peak of my running prowess. Unfortunately, just as I was about to have a go at my old 10-mile and marathon PRs, my lucky streak ended when I caught a bad cold; but it was great while it lasted.

If you are fortunate enough to experience such a phenomenon, enjoy it; but beyond that, try to determine why it happened and use the information to your advantage. Perhaps your PRs aren't a thing of the past.

CONCLUSIONS

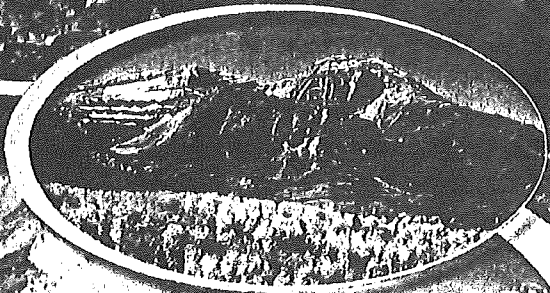
By keeping ourselves physically healthy and by developing a mental attitude that focuses on the positive aspects of our running, aging runners can enjoy training and racing even if we have long since seen our last PR. We should also remember that trying new distances will guarantee a new PR and will provide us with an opportunity to determine which distance is best for us as individuals. Above all, as long as we can still run, we are winners, and every day that we are still running is a new PR for the number of days run in our lifetime!



RUNNING



THE GRAND SLAM



OF

The 88 runners gathered in four-in-the-morning darkness in the hardscrabble Virginia town of Woodstock, awaiting the start of the Old Dominion trail run. Over the next 28 hours, they traced a winding 100-mile loop across both spines of the Massanutten Mountains.

ULTRARUNNING

BY MICHAEL STRZELECKI

PHOTOGRAPH BY JEFFREY M. HARRIS

"ALL THINGS NOBLE ARE DIFFICULT AS THEY ARE RARE."

— SPINOZA

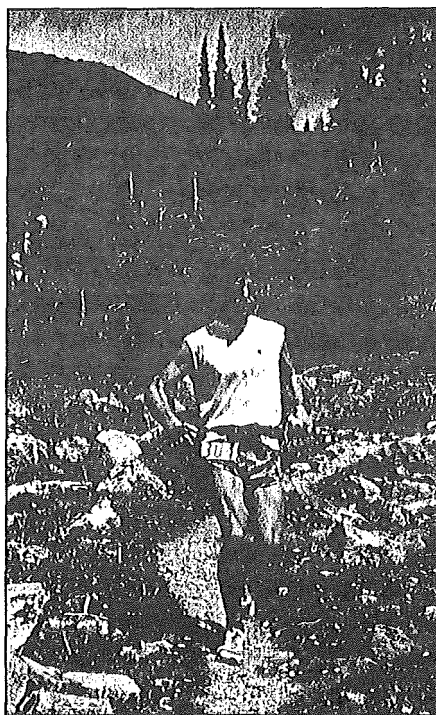
GRAND SLAMMERS ARE THE GREAT EXPLORERS' MODERN-DAY EQUIVALENTS, AT ONCE EXPLORING REMOTE GEOGRAPHICAL REGIONS, ABSOLUTE PHYSICAL THRESHOLDS, DEEPEST VISCERAL EMOTIONS AND THE ABILITY TO MENTALLY ENTOUR.

They forged streams, climbed boulders and pounded dirt. Those with the tenacity to complete the distance returned to Woodstock, to the very point from which they embarked. For 21 of those runners, however, the journey was not over. Theirs would continue on for three more 100-milers, over three more months, across three more states. It would end in the gritty town of Midway, tucked somewhere between two Wasatch Mountain foothills in wild Utah. Those runners were the finishers of the Grand Slam of ultramarathoning.

THE EVENTS

To Grand Slam is to run the following four 100-mile trail races in one summer: Old Dominion, Western States, Leadville and Wasatch. Each is considered progressively more difficult, and each offers its own tricks and treats. Old Dominion is run in early June through the rolling and verdant mountains of antebellum Virginia. Runners contend with thick humidity, and spend much of the day swatting at horseflies and relieving their legs of bloodthirsty ticks and briars. Cobble strewn across the trail sections continually tear at ankle ligaments. Spectacular views of historic Fort Valley assuage the torment. As an alternative to Old Dominion, Slammers may run the Vermont 100-Mile, which loops through the undulant Green Mountain foothills during the heat of July.

Western States is run in late June, and traverses the Sierra Mountains of northern California. The race is known for its extremes: Runners may stumble through 20 miles of snow and sub-freezing tem-



peratures in the morning, and then descend the scorching tinderbox canyons in the afternoon, where temperatures can reach 100° and shade is nowhere to be found. The trails on Western States are dusty and desolate, and the ubiquitous downhill are enough to jar fillings loose. Western States is the Boston Marathon of trail running, complete with media helicopters, masseurs and 1,300 volunteers.

The third leg of the Slam is Leadville, an out-and-back across Colorado's Rocky Mountains held in late July. Aptly monickered "Race Across the Sky," Leadville is run entirely above 9,000 feet of elevation, where oxygen is a rare commodity. Mere mention of the race's name sends

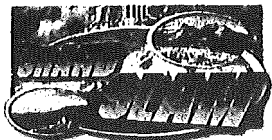
runners' chests heaving in Pavlovian anticipation. Its crucible climb, and possibly the most merciless of the Grand Slam, is over the 12,600-foot Hope Pass, where runners ascend 3,500 vertical feet in a matter of miles. Participants navigate it not once, but twice. Because of the altitude, Leadville's finishing rate hovers around 45%, the lowest among the Slam events.

The final event is considered the toughest of the four. Wasatch sends runners through remote mountains of northern Utah in early September. It gleans the most tortuous elements of the other three races and packages them into one hay-making gut-punch. The climbs are taxing, the trails brutal and the weather raw and tempestuous. Runners climb 26,000 vertical feet over the 100 miles, like scaling the Empire State building 21 times. Wasatch is frequently mentioned as the most beautiful of the Slam events, with much of the course crossing high alpine meadows strewn with wildflowers and glacial ponds.

THE HISTORY OF THE SLAM

The origin of the 100-mile trail run can be traced to Gordy Ansleigh, a gritty woodsman-cum-chiropractor. Ansleigh regularly participated in a 100-mile endurance horse race in northern California known as the Tevis Cup. Just before the 1979 event, Ansleigh's horse became lame. In what can be called either a stroke of genius or a lapse of common sense, Ansleigh covered the course on foot. He finished just shy of 24 hours, keeping pace with the equine competitors. The Western States 100-mile footrace was born. (Ansleigh continues to run Western States regularly, and Grand Slammed in 1995.)

Soon after, other 100-mile trail races appeared, the next three being the other Slam events. *Ultrarunning* editor Fred Pilon in 1985 contrived the concept of running all four 100-milers in one summer, and offered the name "Grand Slam" to the task. Pilon's own Slam attempt



"MORE THAN ANYTHING, WE'RE STRATEGISTS," SAYS GRAND SLAMMER KEVIN SAYERS. "WE HAVE TO BE ANALYTICAL AND DISCIPLINED." PERHAPS THAT'S WHY A DISPROPORTIONATE NUMBER OF GRAND SLAMMERS WORK IN ANALYTICAL PROFESSIONS SUCH AS ENGINEERING, ACCOUNTING, RESEARCH AND COMPUTER SCIENCE.

proved unsuccessful. Tom Green, a house painter and seasoned ultramarathoner from Columbia, MD, took a fancy to Pilon's idea, and in 1986 became the first person ever to complete the Grand Slam. "I did it as redemption," the venerable Green recently ruminated. "In 1985, I ran poorly, dropping out of two of my three 100-milers. I thought I would feel much better if I could come back the next year and Slam." According to Stan Jensen, the Grand Slam's unofficial historian, 97 runners (14 of them women) have completed the Grand Slam a combined 113 times. Jensen himself Grand Slammed in 1999; his Web site (www.run100s.com) is the repository for Grand Slam data and information.

MEET THE GRAND SLAMMERS

Twenty-one runners (three of them women) Grand Slammed in 1998, the most ever in one year. The oldest, at age

66, was Richard Opsahl, a retired consultant from New York; the youngest, Robert Youngren, a 24-year-old student from California (and the youngest American Slammer ever). The group represents a mish-mash of abilities and personalities, each with his or her own story.

Dan Barger and the inimitable Ann Trason were clearly the class of the 1998 Grand Slammers. Barger finished all four 100s with a combined running time of 78 hours, 46 minutes, the fastest ever (average time: about 19:41). He won Old Dominion outright, a rare accomplishment because Slammers tend to run conservatively. Trason is unquestionably the finest female runner in the sport. She ruins with the silken stride of a fleeing doe, her feet barely touching the trail. Trason won all four Slam events that year, and holds the course record for each. Her combined Slam time was 79 hours, 23 minutes (average time: 19:50), just minutes behind Barger's record.

Though the speedsters garner the headlines, formidable tales are often cultivated from the other side of the pack. Bill Andrews is a medical researcher from California whose stocky and bearded physique seems more attuned to chopping wood than hammering miles. He runs in bohemian black and is rarely seen without his trademark straw hat. Andrews started running in 1997, and ran 13 50-milers that year. In 1998 he encored by running eight 100-milers, including the Grand Slam. He attributes his success to his profound love of the process of running. "I greatly enjoy being out there," he says. "Reaching the finish line is not my goal. Being out there is."

Andrews experienced a frightening episode in the final miles of the final Slam event. "I had already completed 98 miles of Wasatch, and was feeling like I could run it again," he said. "The weakness hit me very suddenly. I immediately collapsed to the ground, convinced I was having a heart attack." Paramedics revived Andrews, and performed an on-site EKG. His fears were allayed when paramedics determined the malady to be potassium deficiency. "They said my muscles wouldn't function without potassium, and a potassium IV would have disqualified me from competition," Andrews added. "So I drank some electrolyte solution, got up, and finished the race." An ambulance escorted Andrews the final two miles.

Stephen Simmons is clean-cut and affable, a landscaper from rural West Virginia. Like Andrews, he took up running three years ago. Simmons, however, was a voracious hiker, which fostered a seamless transition to trail ultramarathoning. His passion for running is surpassed only by his religious zeal. Simmons sometimes carries a Bible during races, and at the finish often drops to his knees and reads Bible verses, which is often mistaken for a call for medical attention. On a bet, Simmons ran the entire 100 miles at Western States with his race number pinned directly to his chest skin.

Simmons' exhaustive efforts to reach the starting lines make for better yarns than his efforts to reach the finish. He drives cross-country to most races, lives sometimes for weeks out



CONVENTIONAL WISDOM IS THAT TOTAL RECOVERY FROM AN ULTRAMARATHON IS
ONE DAY FOR EACH MILE RACED, MORE THAN THREE MONTHS FOR A 100-MILER.
SLAMMERS MUST COME BACK STRONG IN A MATTER OF WEEKS.

of his truck (leaky truck, he reminds others), and subsists on the most basic of comestibles. A Grand Slam summer for Simmons goes like this: drive 30 hours, run 100 miles, and drive 30 hours home. Repeat three or four times. When driving becomes too tedious, he hops a Greyhound or hitchhikes. Simmons' vagabond escapades dispel the belief that Slamming is merely a quixotic adventure of romance and intrigue; it can also be a grind.

Janine Duplessis flies 747s for United Airlines, and partakes in endurance events as time permits. She was suffering severe back pains in the spring of '98, and doctors advised her to quit running. Janine responded by Grand Slamming.

Robert Youngren injected youthful exuberance into the Slam. When asked the most difficult aspect of Grand Slamming, he responded, "Being away from my girlfriend, Kathy, for so long. What I spent using my calling cards was crazy."



Youngren ran each race with his hair dyed a different Crayola color.

Kevin Sayers is tall and unassuming, with hair as gold as Leadville aspens. He works as a systems analyst for a government contractor. Sayers' Grand Slam hopes were nearly derailed by foot problems. Repeated blistering over the course of the four races cost Sayers both foot pads and several layers of skin. Metatarsal ailments compounded his difficulties. But Sayers persevered and finished. Asked what impelled him to Grand Slam in the first place, Sayers offered, "It just sounded neat."

The fraternity of Grand Slammers has interesting members from past years. Deaf runner King Jordan is president of Gallaudet University, in Washington, D.C., the country's premier institution of higher education for the deaf; he Grand Slammed in 1996. Joe Schlereth is a two-time Slammer who relies on extraordinarily high training mileage; in 1997, he logged over 9,000 training miles, almost a marathon a day.

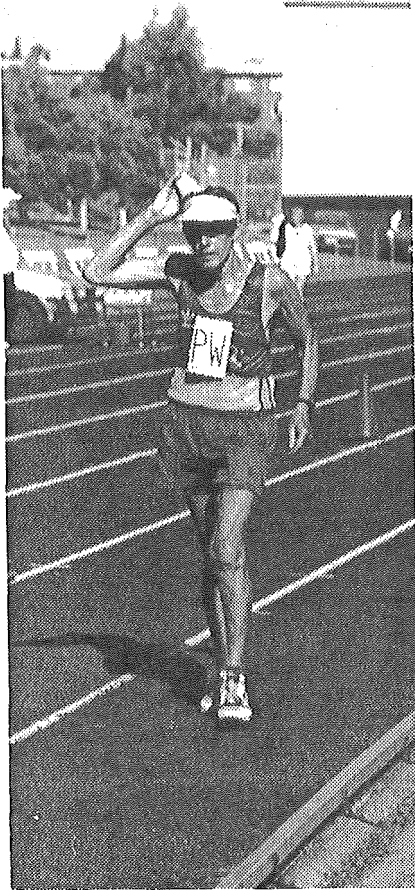
Grandmother Helen Klein waited until the age of 55 to begin running. She Grand Slammed in 1990, at age 67, and continues to shatter age-group records today.

Gary Wright completed what can only be called the Grandest Slam, when in 1993 he finished 10 100-mile trail races in one year. His attempt to complete all 11 available 100-milers was sullied only by a DNF at Hardrock, in Colorado's San Juan Mountains, considered the toughest ultramarathon of all. In 1998, the prolific Burgess Harmer completed his sixth Grand Slam. "One for each grandchild," he quips.

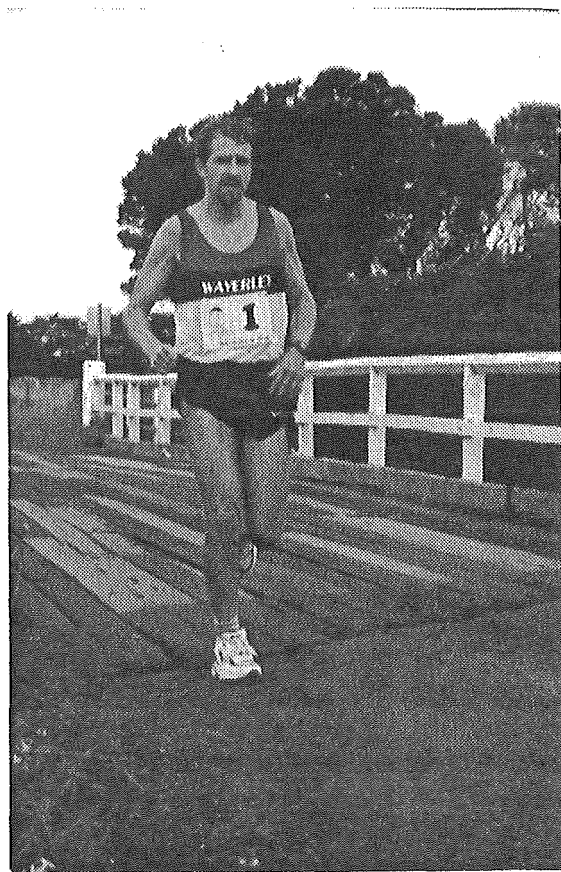
SO you want to give the Grand Slam a go? Training for the Slam demands more than just high-mileage training runs. You need to tailor your runs to the specific conditions you'll encounter during the races by running on similar terrain and in similar weather and climactic conditions. Back-to-back long runs are advisable to accustom your body to running while fatigued. Partake in occasional nighttime training runs to acclimate yourself to running in the dark on trails, with a flashlight. During your training runs, experiment with food and liquid intake because you'll need to replenish the approximately 15,000 calories you'll burn during each race, and the five gallons of liquid you'll perspire or pass.

Pay attention to race day coordination. Decide beforehand whether you'll need a crew and/or pacer, and where you'll meet them throughout the race. Pacers are typically allowed later in the race for safety reasons. Calculate how often and when you'll change clothes and shoes. Find out where water and food are available on the course, and figure how much nourishment you'll need to carry between aid stations. Do you want to carry such amenities as Vaseline, spare batteries, electrolyte tabs, medications, bug spray, toilet paper and perhaps a coat?

Develop a running strategy. The ultrarunner's credo "start out slow and taper" cannot be over-emphasized. Eat early and often; drink early and often. Monitor your urine for blood (an indication of dehydration and possible kidney problems). And be mindful that most 100-mile races require participants to be weighed occasionally to check for possible dehydration. Develop a comfortable run/walk cadence; on trails, most runners walk the uphill and run the downhill and flats. And during the race, seek the company of other runners, as 30 hours of continuous trail running can lose its novelty.



Centurion walker, Peter Waddel



Nigel Aylott in full flight



Bill Hick from "Billies Bushies"

MICHAEL WHEATLEY

MARATHON RUNNER WITH 'ULTRA' POTENTIAL

Minutes after winning the Australian 50-Mile Championships at East Burwood 35 year-old Michael Wheatley answered questions from TONY RAFFERTY.

TONY RAFFERTY: Congratulations Michael. Tough conditions out there?

MICHAEL WHEATLEY: Thanks Tony. Yes. Up the back straight all of us suffered the strong northerly wind. At times I felt I was being blown backwards. However on other sections the tail wind helped. I've great admiration for everyone competing here today.

TR: How were you affected by the surface of this new track?

MW: Very supportive. You don't get much bounce on a hard track to absorb some of the shock. This track was fine.

TR: It seems you've been attracted to ultra-distance events in recent times?

MW: Yes. I competed in the World 100K Championships last year. Since then I've become hooked on ultras. Three this year: Mansfield to Bulla, 50K and the Australian 100K Championships on the road in Canberra in February. So the combination of the longer races and more K's on the training track have helped me a lot. Recently I've increased my distances weekly from 120k to about 160k.

TR: What are your future ultrarunning plans?

MW: I'm not looking too far ahead. I ran the Sydney Marathon two weeks ago. Today's 50-Mile event I decided to enter just three days ago. Based on how I pulled up after the marathon: good recovery, strength good made this race worthwhile. I hope to run in the Gold Coast Marathon. As far as ultras are concerned I'm keen to go to Holland for the World 100K Championships. I don't see myself competing in races longer than 100k. And I'm always keen to perform better marathon times. Too many ultras may wash out some of my speed. My main aim is the World Championships in October.

TR: What is your best marathon time?

MW: 2h-44m. In Sydney I managed 2h-44m-50s.

TR: What was your impression of the Olympic Marathon course?

MW: Very Pretty. Quite exhilarating running into the Stadium even though there were only 17,000 people there. But it will be awesome when the runners enter it in September with 110,000 spectators to greet them. It was my first time at Homebush and I got a buzz to actually run on the track. I got a tingle up my spine. The course is a tough one because the hills come

later, 30k onwards, which is when you don't need them. I ran strongly to the finish.

TR: So we look forward to an interesting Olympic Marathon?

MW: Oh yes. Not only will all runners need to be mentally tough but the hills will test also their physical condition. Monaggetti should run a good race on that course in his own country.

TR: What for you is a normal training program?

MW: I live at Mount Eliza on the Mornington Peninsula and I train on its many hills. There's no other choice.

TR: You're close to the sea. What about beach running?

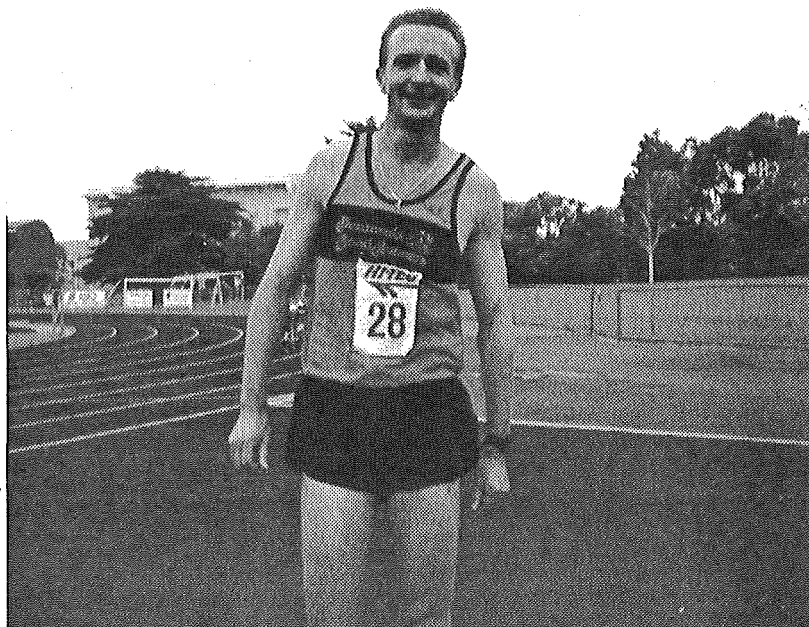
MW: Not a great deal. I work in the city as a computer councillor. I train round the Tan track at Botanical Gardens and sometimes round Albert Park Lake. I travel every day to the city which is a bit of a pain. It's my work. I have to do it.

TR: What's your normal diet?

MW: I'm not fussy. I try to eat a lot of carbohydrate foods. Not much fat. If I eat junk food I don't feel good and this effects my training. With a lazy diet I don't race well. I've got a sweet tooth so I tend to eat a lot of sugar. I have desert every night. High energy foods work well for me. I have a substantial breakfast.

TR: Michael, at 35 you've many ultras ahead of you. We'll see your name on a number of trophies. Good running at the World Championships. Again, thanks for your time.

TONY RAFFERTY - July 2000
www.tonyrafferty.com.au



70 YEARS YOUNG AND FLEET OF FOOT

AS SHE LAPPED THE EAST BURWOOD TRACK DURING THE AUSTRALIAN 50-MILE CHAMPIONSHIP TONY RAFFERTY TALKED WITH SHIRLEY YOUNG'S HUSBAND, RON.

TONY RAFFERTY: Since we last spoke Ron, Shirley's had a busy schedule. Tell us about it please.

RON YOUNG: The last six months have been exceptional. She turned 70 on Christmas Eve. Since then she's bowled along. In the Canberra 100k she knocked about 1hr-50m off the World 70 and over Age Group record. Then she fired up with 176.8km at Coburg in the 24-hour event. The World age group record was 139km. Because of her current fitness level she decided to compete here in this 50-mile championship. However this one may be the last for a while. I think she should tail off a little.

TR: What are her future running plans?

RY: She'll compete in the Traralgon Marathon and then of course the Melbourne Marathon. She's never missed one. One of only a few people to compete in all - I think - 23 of them.

TR: What's her best time in that race?

RY: In the early 80's. I think 1984, she completed the circuit in 3h-19m-38s. For her age, at that time, she showed extreme fitness and strength.

TR: Yes, there's no doubt she's certainly mentally and physically tough. And Shirley is demonstrating that right now. With that strong wind at the moment how is she coping?

RY: Well... understandably she's very tired. The gusts have been continuous. It was worse earlier and it has taken a toll on her strength, although she seems to be back into a routine of maintaining a slower pace. For about ten or fifteen laps she was in a depressive state. Her mind is much more positive now. The doldrums are behind her. She's picked up a lot. The last few laps are down four or five seconds on the previous ten or twelve.

TR: At this moment she seems relaxed and free even against that wind.

RY: I told her not to be concerned, just maintain the effort and she'd hold together at the finish. There is no chance of her stopping unless a serious injury occurs.

TR: Ron, Shirley is a relative late-comer to running especially long-distance, when and why did she start?

RY: She commenced at 47 years with no history in sport before then except for some social tennis when the kids were at primary school. The Mothers' Club met mid-week and she played. She was dragged into it really. I've been running 54

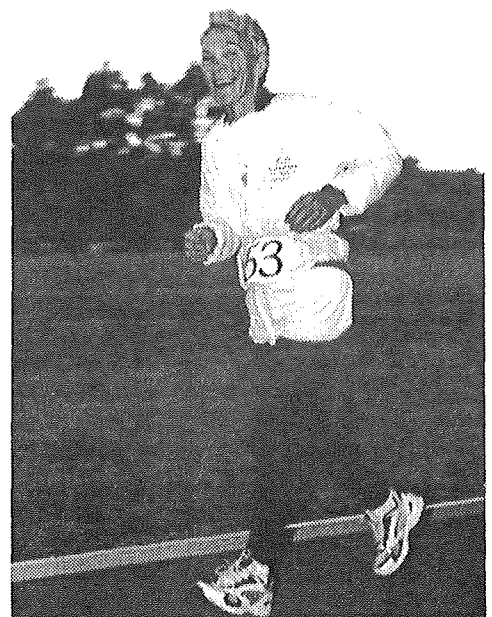
years and the kids were involved in Little Athletics and Senior Aths. My daughter was an international athlete for a number of years. Every year in January we camped at Tidal River. We had a ritual: A run along the beach and a swim with the kids before breakfast. One year, I think 1977, Lorraine said to Shirl: 'You're coming too Mum. And you're not getting out of it.' When we finished the workout we told her she must keep it up from then on. And, of course, she did in a big way. She joined the Vets and St. Stephens Women's Club, with two daughters.

TR: Does she realise that she is unique in the sport of ultra-distance running?

RY: To be honest I don't think she realises what she has actually achieved. She gets a lot of personal satisfaction. She just loves the long stuff. She's come a long way since her birth in Yarraville and from about the age of six in Eltham until we were married in 1952. Since then we've lived in Blackburn.

Shirley Young took six place in the Australian 50-Mile Track Championships. Along the journey in a biting-cold gusty wind she broke the 30-mile, 50-km, 40-mile and 50-mile World 70-74 Age Group records which await ratification.

TONY RAFFERTY - July 2000
www.tonyrafferty.com.au



By Gordon Burrowes

Bitten by the Bug

Y2K BUG savages ultra runner. *Gordon*

January 2 & I sit here with very painful calf muscles & quads having been savagely attacked by the Y2K Bug. In my arrogance I had sneered at the Bug - making wordplays on the name [Botanical Ultra Gallop] but it bided its time & it got me. And when it bit, it bit hard. In the ninth hour of my 25hr millenium run I became aware of its presence, hour ten I fought it off & thought I had won but hour 11 & 12 it attacked again & again & hour 13 it had me down & by the throat & so I gave up!

This all began in September when I was thinking about things millennium & I became aware that there was no runners celebration of the year 2000.

Then the VRR proposed making something special of the happy conjunction of their New Years Eve run & their regular [first Sat of the month] January 2000 TTT - a **TWIN** Tan Time Trials T shirt. Great - but somehow it didn't seem enough.

I have been aware of a peculiar set of Ultra records known as "Barclays" [see story below] & I'd been thinking about a suitable "**Barclay**" to for my 65th birthday in August because my days of long distance runs seemed over with the knee problems I now have. Suddenly it clicked - link the two VRR events by completing a 4K lap of the Tan every hour. But wait, let's not be greedy about this, others might want to do it also. So I put a proposal to the VRR committee for a Y2K Botanical Ultra Gallop. No, said the committee - insurance and possible legal problems from runners suing if they were injured! A bit disappointing but we elect these people to look after us so we have to accept their decisions.

By now though this idea was possessing me & so I just had to go ahead with a solo run. So down to some serious training. Several weekday visits to the Tan to try out a schedule of 30mins run & 30mins rest convinced me that the knees would handle this schedule with my current training regime of low impact gym work, deep water running, swimming, Pump[light weights] classes and a minimal amount of weekly running. Nearby Brimbank Park has a number of 4K & 5K circuits [each one with an "Anderson St" hill] for training.

Now to commit myself: a letter to Strideout to make the solo effort public so there could be no backing down & no letting up on the training. Told the family - they thought I was mad, but now I was committed.

Some apprehension as Jeff announced his New Years Eve party plans involving the Yarra banks & the Domain but then Steve shifts the rock concert from the

Bowl to Southbank - I'm glad I voted for him.

A couple of trial laps in the early morning dark [after late night partying] before the Nov/Dec TTTs revealed good lighting & 24hr toilets - so all systems go. **New Years Eve** came & I did my 1st lap at 7.30am with the Road Runners. While you were having your champagne breakfast I did my 2nd lap. By the end of the 3rd lap you had all gone home. **Peter Niccoll** appeared several times during the day to pace me up the Anderson St hill in his car & tell me my speed, my wife brought in lunch & extra supplies, **Shane Walthers** had made a date to come in at 3am & run with me & I was looking forward to that. During the day there were the usual sights & sounds of the Tan with runners & walkers conscientiously having their final workout for 1999. All afternoon, people were filtering in for the NYEve festivities on the Yarra - but no pedestrian traffic worries on the Tan.

For me time became irrelevant, I soon lost contact with what hour of the day it was - the focus was just the next hour. Resting between 4K circuits brings its own peculiar problems of cold, sweaty clothing so I had a supply of 24 T shirts & caps! The intervals between runs were times to top up with water, glucose supplements & small snacks, change clothing, stretch etc.; somehow it seemed the 30mins rest was more hectic than in the training sessions.

10hrs gone & halfway approaching, fatigue was now a problem but even more worrying was cramp in the calf muscles. This was where the Bug struck. I had been worried about my knees standing the pressure but the Bug struck at the calf. Suddenly the 11th & 12th hour were very difficult & then hour 13 was a disaster. It took me nearly 3 hours to recover enough to stagger over to the Shrine for midnight to join the small crowd of smarties there with a grandstand view of a 120deg cityscape of fireworks. Back to the van to await Shane with her magic massage. A massage table at 3am at the Tan - the young people filling in time between NYEve & the NYDay rock party at the Bowl had some comments about that! Despite Shanes magic hands, I was gone, & couldn't even earn my T shirt for the Twin Tans. The Y2K Bug had struck & I was the victim. The Y2K Bug featured on my T Shirt had 25legs but 12 of them remain untested - my contribution to year 2000 celebrations was a 52K/13 hour run - a Kil for each week of the new year. I am disappointed but the thing I'm proudest of is that I beat the b——y Anderson Street hill 12 times - only on lap 13 did it beat me.

1809 England - For a bet of 1000guineas, a Capt.Barclay-Allardice completes 1mile each hour for a 1000hrs [= 6 weeks]. Many match & better this during the 1800s in a flurry of "Barclays". Many variations were tried eg. a female Suffragette ran 1000 1/2miles in 1000 1/2hrs to publicise that new article of womens freedom clothing - the bloomers. More than 100 years later, Australian Ultra runners decide to have a go at this type of endurance event - each one extending the distance per hour just that little bit further.

1988 Qu Ron Grant 2.5K/hr for 1000hrs

1989 ACT Trevor Harris 2.7K/hr for 1000hrs

1991 Qu Ron Grant 3K/hr for 1000hrs

1993 NSW Craig Rowe 3.2K/hr for 1000hrs

Running Around Australia They're all doing it.

Gordon

Ron Grant started it with a 13 383K run around the mainland in 1983 [approx 217days]; **Nobby Young** walked around the mainland in 93/94 [he's now walking around the World].

In 1997 **Cliff Young** set out with a plan to include Tasmania [sickness caused **Cliff** to pull out]

Now, in 1999, the roads are crowded with runners. They all seem oblivious to each other but they all have web sites & I'm sure are tracking each other closely.

Frenchman **Serge Girard** left Perth on 24 September for a transcontinental run to Sydney. **John Moyle** left Darwin on March 22, **Gary Parsons** left Brisbane on

25 April & **Pat Farmer** left Canberra on May 31. All three are running in an anti-clockwise direction around the

mainland coast with aims to do more than just the perimeter.

Serge plans to cross the continent in 45 days to beat the 63 day 1998 transaustralia run of American Jesse Riley.

John ran into Hornsby NSW on Sunday 10

Oct. He will not complete the circumnavigation of the mainland but turn left at Cairns through Alice Springs to Adelaide. His aim is 17 344K to beat the longest individual run ever recorded - 17 071K by American **R Swettgali** in 1983. Approx 198 days so far to Hornsby NSW for **John**.

Gary was in Sydney on 5 October claiming 183 days to beat **Ron's** Australian "long run" of 13 383K by 34 days. He plans to close the circuit by continuing on to Brisbane. Then comes Tasmania & then he will continue on to do whatever is necessary to run 20 000K.

Pat's plan was to finish in Sydney on the first day of the year 2 000 to celebrate the

Follow all these great runners on the Internet as they continue on their journey.
Serge http://membres.tripod.fr/trans_australia/indexieng.htm
John <http://www.coolrunning.com.au/1999n001.shtml>
Gary <http://enterprise.powerup.com.au/~cause/rar2.HTM>
Pat <http://www.patfarmer.com/newsroom/>
OR just check out the COOL RUNNING AUSTRALIA.
OR search YAHOO under ultra running australia.

Centenary of Federation. but, by Oct 2, as he ran into Perth, he was 2 weeks ahead of schedule & when he got to Adelaide on Nov 6, before flying to

Tas., he was 3 weeks ahead of his schedule. I have tabulated some comparisons of **Gary & Pat**, but remember that distances may vary according to routes taken. Both runners are keeping meticulous run diaries & any true comparison would have to research these.

NOTE "approx" in the article above & the table below = my estimate from available data

Gary Parsons		Pat Farmer	
Distance	Time	Distance	Time
Brisbane to Darwin	52d23h20min	3955.2K	51d6h21min
Brisbane to NT border	33d7h57min	2535.4K	31d8h55min
Northern T long run	30d17h29min	2201K	29d6h58min
Tropic[Qu] to Tropic[WA]	86d20h36min		83d1h44min
Darwin to Perth			43d [approx]
Brisbane to Perth	110d0h52min		
WA long run	5335.6K 71d11h18min		
10 000K	10 000K 135d9h50min		129d1h36min
Australian Long Run	13 383K 183d2h33min		
Brisbane to Adelaide	155d approx		141d approx

TAMBORINE TREK 2000 61.4kms

Sunday the 30th July saw the 7th staging of the Gold Coasts longest Ultra Marathon, "The Tamborine Trek". The course was slightly shorter this year as it was decided to change the start finish to Owen Park Southport as this is the new home of the Gold Coast Runners Club, who now promote the event.

With the advent of a three-person relay the event has kept its viability alive, as unfortunately there are not that many ultra enthusiasts on the Gold Coast.

Fourteen athletes contested the full distance with Kelvin Marshall all the way from Melbourne taking out first place for the sixth time in succession in a time of 5.15.35. Local athlete and Nike storeowner Peter Hall took second place with a time of 5.24.10 in his longest ever ultra marathon. Third place went to Shane Dennis in a time of 5.38.10.

The ladies section was won again by Aileene Markham in a time of 7.01.36 being the fourth win in this event for Aileene dubbed the "galloping grandmother" by proud husband Eric. Second place went to seasoned ultra distance race walker Kerry Hall in a time of 9.39.57.

The hotly contested relay included twelve teams and was won by the combination of Russell Forrestal, Alan Whittle and Peter Lawton in a time of 5.07.27.

2001 will see a push to include more teams so that we can break the relay competition into all male, all-female and mixed teams.

Many thanks to all who assisted and a special thanks to our sponsors Marina & Honey Whittle of "Talle Fencing" and Jo Ward of "Site Signs".

ERIC MARKHAM
RACE DIRECTOR

	SECT 1	TOP	SECT 2	FINISH
1 KELVIN MARSHALL	1.27.40	2.31	3.24.53	5.15.35
2 PETER HALL	1.38.16	2.39	3.26.52	5.24.10
3 SHANE DENNIS	1.40.03	2.44	3.38.12	5.38.10
4 SEAN SWAIN	1.50.49	3.01	4.03.47	5.55.33
5 ANTHONY KIMMINS	1.51.20	3.03	4.09.30	6.17.08
6 ROY TRELOAR	1.45.44	3.00	4.02.00	6.26.04
7 JEAN MARC HEUSSLER	1.45.44	3.01	4.07.44	6.26.04
8 JIM DONOGHUE	2.01.27	3.18	4.33.39	6.31.09
9 JOHN FOWLER	2.01.27	3.19	4.30.00	6.44.09
10 GEOFF LAST	2.01.27	3.19	4.30.00	6.44.09
11 AILEENE MARKHAM	2.00.00	3.23	4.33.40	7.01.36
12 GEOFF HAIN	2.05.07	3.35	4.53.55	7.21.17
13 JEFF WILLIAMS	1.43.47	3.07	4.30.00	7.40.09
14 KERRY HALL	2.28.47	4.27	4.08.48	9.39.57

Godale conquers pain, sets record in Ultradistance running

By JOHN AFFLECK

CLEVELAND (December 18, 1999 9:30 a.m. EST <http://www.sportserver.com>) - Some recent entries from Mark Godale's running log: climbed over the Sierra Nevada mountains, cruised through Death Valley, set an American record for a 24-hour run, won the national 50-mile title.

Godale, named ultradistance runner of the year by USA Track & Field, is among the best at his extreme sport that makes marathoners look like weekend joggers.

He regularly blasts through runs of at least 50 kilometers (31 miles and the shortest ultramarathon distance) at a pace much faster than most people can complete the 26.2-mile marathon. His stamina is astounding. He's run about 900 miles this year, and that's just in competition.

But for all the 140-mile training weeks, the dehydration and cramps he has endured to become an elite ultramarathoner, Godale has received few rewards compared with less-accomplished athletes in more visible sports.

There's no money in ultramarathoning; Godale spends his paychecks traveling to events far from his home in suburban Cleveland. There are no major sponsorships; he gets some free PowerBars and that's about it.

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There's little glamour. When he pushed himself 135 miles across Death Valley and 8,360 feet up Mt. Whitney in the ovenlike heat of the Badwater UltraMarathon, guess how many spectators were there to see his third-place finish? Four, give or take a fan or two.

"Yeah, I think about whether it's worth it," Godale admits.

But it's not all about masochism.

Godale has been to remote and beautiful places. He's worn the United States' track uniform several times, most recently when he finished second among Americans and 32nd overall at this year's International Association of Ultrarunners 100K World Challenge, the most competitive ultrarace anywhere.

And as the 29-year-old Godale goes about his life, working full time as a graphic artist, dating his girlfriend, and knocking back a beer or two with his buddies, he knows something separates him from the crowd.

"I like the challenge of it, both physical and mental," Godale said. "And how many people can say they ran across Death Valley in the middle of July?"

Godale started running ultramarathons four years ago. A distance runner since high school, Godale went to college at Akron and was on the track team. There he ran a good but not exceptional time of 1 minute, 56 seconds for the 800 meters.

At the end of his freshman year, he egged on a friend to try a 10-kilometer race, saying he would run a marathon the same day. Godale finished in a respectable 3 hours, 17 minutes, took an age group award and got hooked on distance.

Since then, the miles have been piling up. Godale's steadily become better at the longest races and 1999 has been a breakthrough year.

"Mark's one of our up-and-coming stars," said Fred Pilon, publisher and editor in chief of UltraRunning magazine.

Wayne Vereb, a friend of Godale's who often acts as his support crew at big races, said the key to Godale's success has been handling pain, something every runner must confront.

"Most of us get to a point in a marathon or an ultramarathon where we say 'that's it' and we start to back down," Vereb said. "Mark runs through the pain. He's not superhuman - he does it with heart."

Godale has needed a lot of heart in 1999.

This summer he finished Badwater, regarded as one of the sport's most difficult courses, and the Western States 100-Mile Endurance Run, a grueling trek over the Sierra Nevadas.

Those races, and several other ultras, were just warm-ups. In November, he won the national road racing title at 50 miles in 5 hours, 35 minutes, 12 seconds - a pace that would have comfortably broken 3 hours for the marathon.

His gutsiest performance, however, was back in September at the Olander Park 24 Hour Race near Toldeo, which also serves as the American championship for that distance.

Godale finished second to longtime ultramarathoning star Yiannis Kouros of Greece. But he ran 162.4 miles that day, breaking the old American road record for a 24-hour run of 160.4 miles held by Kevin Setnes.

After 21 hours of running - not even stopping to change shoes - Godale learned he had a shot at the record. He forced himself to drop his pace to around 7 minutes a mile, faster than what he ran at his first marathon.

"You almost relax," Godale said, explaining how he tries to blot out discomfort and fatigue. "It's almost like you fall asleep. But instead of saying 'Wake me up when it's over,' it's more like 'Kill me when it's over.'"

For a second, Godale seemed just about dead after the race. He suffered badly from dehydration and was taken to the medical tent, where he needed three intravenous drips to replenish his fluids.

Asked what was hurting at that moment, Godale said: "I think it was basically everything."

He didn't stay down for long, though. Within days, Godale was back at his two-runs-a-day training regimen, including weekend runs with a local club, which includes Vereb and Godale's brother Stephen, also a talented ultrarunner.

With the club, Godale acts just like one of the guys, trading barbs and stories on 15-mile routes through the rolling hills of northeast Ohio. From looking at the crowd, no one would think one of the runners is among the nation's best.

But each runner knows who has conquered pain and mastered long distances.

"I have as much respect for Mark as I have for any athlete," Vereb said. "He is one tough son of a gun."

Profile

FROM 1978

George Perdon, of Melbourne, is not only the greatest Ultra-distance Veteran, but he is also the World's best ultra-distance man of all time.

He is now 53 years old and still not yet a Veteran Club member. George took up running at the age of 43, and six years later, he ran from Perth to Sydney (including 1,000 miles of desert), a total distance of 2,897 miles at a daily average of 60 miles. Now, at 53, he has run from Sydney to Melbourne along a narrow, undulating, busy coast road; a distance of 670 miles in just nine days, and thus taking two whole days off the record set by Don Cameron of New Zealand (a much younger Veteran). It has been noted that George competes with the amateurs by invitation, and has been running 5,000 metres on the track at about 17m 30 secs.

One of George's performances is recorded in the 1974 handbook of the *World Congress of Sports Medicine*. The medical data is presented by Dr P.S. Roberts, B.Sc., MBBS under the heading "an account of an endurance performance". The subject submitted blood and urine, and his blood-pressure taken at each hour of a 24 hour run, during which time he completed a distance of 143 miles. The investigation opens up the question of what are the limits of human endurance and fatigue. It is possible that the well-trained athlete is in fact a "normal person"? And if this is the case then the conception of fatigue, endurance, ability, and the various physiological and biochemical data, which flow from this, will have to be revised. Dr Roberts goes on - "It is with deep appreciation that I acknowledge the courage of Mr. George Perdon who submitted graciously to a number of assaults on his person, and because of this he was robbed of a world record."

In the century long history of distance running, I am not able to find a better performance than George Perdon's run from Perth to Sydney, in 1974. The USA foot races were longer, and the conditions were rougher, but they averaged only 40 odd miles per day. For instance, 100 runners, of various nationalities, set out for a 3,500 miler in 1928, they were bedded down in trucks, and there was a great deal of riding through the night, and some sabotage. However, Johnny Salo beat Peter Gavuzzi by one whole minute, during 79 days.

Yet in 1909, Edward Payson, aged 70, walked this distance in 77 days, and in 1910 he completed the return trip in 181 days.

There have been many similar runs. The two most recent were by Bruce Tulloch (sub-4 minute miler) in 1969, when, choosing the shortest route, he covered 2,876 miles in 65 days. A year or so later, Don Shepherd of South Africa, unsponsored and unheralded, carried his own pack across 3,200 miles in 73 days.

In 1889, George Littlewood of England, ran 623 miles in six days but this was in the shelter of Madison Square Garden. So, I think it fair to say that George Perdon is the greatest. One must now ask the question, "Is there any amateur who would refuse to shake George's hand?" If not, why is he considered unfit to compete in our Veteran titles? Let us not beat about the bloody bush, our top amateurs are demanding around \$1,000 dollars per race, and the price extracted often decides the speed the race is run at. Those who live in glass houses should not throw stones, so George Perdon, make an application to join a Veteran club. You might have a case to go before the United Nations Commission on Human Rights. In the name of old Percy, I salute you. I hope to compete against you again one day.

ject



That's LIFE

LONDON Marathon competitors who enjoy a night of passion on the eve of the event clock faster times for the race than those who do not.

Runners who had sex on the eve of last year's marathon completed the 42km course in an average of 3 hours and 51 minutes while those who did not finished in 3 hours and 56 minutes.

Researchers from Oxford's Social Issues Research Centre found 20 per cent of men and 16 per cent of women claimed that a last-minute love-making session had helped them.

They also found that 30 per cent of competitors believed that marathon running had improved their performance in bed.

MEANWHILE ...

■ **RUN-IN:** Dave Jamieson, a runner in Cape Town's Two Oceans marathon, was arrested and spent an hour in handcuffs after bumping into a policeman directing traffic along the 56km route yesterday.

spectacular Simpson Desert Saga

By Pete Lewis

It was January 1985, last millennium to be exact, when a well-known fella, Ron Grant, was contemplating what surprise his wife, Dell, had in stall for him. Pretty much anything would do. She was an expert at them all, so it didn't matter whether the surprise was a lamington, fruitcake, pikelets, her fantastic carrot cake, or yummy Anzac biscuits. The tummy was rumbling and in need of attention, aroma from the kitchen tantalising, with Dell slowing down just a little in the hope that Ron would set a record to iron a basket of clothes.

Only a week had passed since Ron entered the history books as the first person to cross the Simpson Desert, during summer, by foot. A cuppa was brewed for the couple, that magical treat placed demurely on the table, with time to relax a little and read the evening paper, probably the Daily Telegraph. Lo and behold Ron read about his hero, Tony Rafferty. As he read on, it turned to disbelief when the full impact of what he was reading sunk in. Tony Rafferty, who had the best performance for the American Death Valley crossing, had challenged Ron in a race across the mighty Simpson.

What a way to find out about a race, a challenge of monumental proportion, only one week after getting away from the desert. The media jumped at this opportunity of a challenge between two ultra running machines. Our Queensland fella expressed that there were a few loaves of bread to bake at his business. Staff to tend to, flour to order, customers to serve, the usual businessman type response. Australian media however, was attracted like bees to honey, with Ron finally agreeing, with the stage set for January, 1986. There was so much interest that media from around the world entertained the event.

Tony flew up and stayed with Ron's family the night before they flew out to Charleville. The flight to Charleville had its share of turbulence. From Charleville to Birdsville was even worse, with both fellas throwing up, Ron winning this minor activity admirably.

The race was off with both fellas chatting about a dingo's meanderings, with Tony taking a lead during the first 10 km. He went out hard, setting the pace, so Ron felt obliged to do the chase. Ron well knew how tough Tony was, with the reputation of being a strong finisher. Tony dared to do things never been done before, something which takes tenacity. This great Rafferty brought his adventures alive with media and public alike, on the edge of their seats, wondering what Tony would get up to next.

A very talented Adelaide pilot became very busy over those 4 days, due to his ability to land with nothing but sand hills all around. The plane activity was so busy over the Simpson for that time, you could have taken it as a tourist drop off. A couple of reporters from a Melbourne newspaper went along for the adventure and they didn't miss out. With flies thicker than a fully packed Melbourne Cricket Ground, ground temperatures over 65 degrees, a never ending supply of sandhills, dust storms and a willie willie, all that was missing was shade. Fauna and flora gathered some interest, with a dingo, a camel, a snake, some scorpions and their most avid spectators, flies. Spinifex grass provided fleeting botanical attention. Of an evening, the Southern Cross was blazing brilliantly along with thousands of other stars, while during the day, snake tracks were a common sight.

On the last day, Ron was presented with what he described as a gooey mess by his mate Bob Hill. Bob feeling this manna needed a special touch, poured so much sugar in with it, Ron couldn't taste anything else. It was a welcome diet change. 50 ks from the finish a massive sandhill they called Big Red, reminded them that Mother Nature wouldn't want them to forget their experience. Ron eventually won the great adventure in 3 days 17 hours 52 minutes and 18 seconds. Tony came after the 4, day mark. Massive crowds greeted both adventurers as a **Spectacular Simpson Desert Saga** came to an end.

Yiannis Kouros

Athletic Biography

Yiannis Kouros was born in Tripoli, Arcadia, Greece, on 13th February, 1956. He studied literature and music but his main love was athletics. He wrote hundreds of poems, composed many pieces of music and songs and he loves painting. In his career of ultra-running, Kouros won the following Ultra-marathons:

- 1) Spartathlon '83 (Athens to Sparta 250 kms), 21hrs. 53' 40", course record.
- 2) Austrian 3 day-stage race '84 (Danube 320 kms), course record.
- 3) Six-day run, New York '84 (1,022.8 kms), 15 world records.
- 4) Spartathlon '84, 20hrs. 25', course record.
- 5) 24 hour run, New York '84, Sri Chinmoy, (177 miles), 3 world records.
- 6) Six-day run '84, Colak Vic. Australia, (1,023.2 kms) 10 world records.
- 7) 48 hour run, World Championship, France '85 (452 kms), 6 world records.
- 8) Sydney-Melbourne '85, (960 kms), course record plus 11 world records
- 9) 100 kms European Championship, Belgium '85, 6 hrs. 25', course record.
- 10) 24-hour run, New York '85, Sri Chinmoy (178 miles), world record.
- 11) Six-day run, New Zealand '85, (718 kms), course record.
- 12) 24-hour run Indoor World Championship, Chicago '86, 6 world records.
- 13) 24-hour run, Montmany, Canada '86, (225kms), course record.
- 14) 100 & 70 miles run, New York '86, Sri Chinmoy, course record.
- 15) Spartathlon '86, 21 hrs. 57'
- 16) Sydney-Melbourne '87, (1,060 kms), course record, 9 world records.
- 17) 24-hour run, Montmany, Canada '87, (236 kms) course record.
- 18) 24-hour run, Westport, N. Y. (142 miles), course record.
- 19) Sydney-Melbourne '88, (1,015 kms), course record.
- 20) 1,000 miles run, World Championship, New York '88, Sri Chinmoy, (10 days, 10 hrs. 30'), world records.
- 21) Hiroshima-Nagasaki Peace Run '88, (430 kms), 54 hrs, course record.
- 22) 24-hour Indoor World Championship, England '89, (272.8 kms), world record.
- 23) Olympia-Athens Sri Chinmoy '89 Peace Run, (350 kms), 34 hrs, course record.
- 24) Sydney-Melbourne '89, (1,011 kms) 5 days, 2 hrs., 32', course record.
- 25) Sydney-Melbourne '90, (1,008 kms) 5 days, 23 hrs., 55'.
- 26) 24-hour run, Olympic Park, Melbourne '90, (280 kms., 369m.).
- 27) Spartathlon '90, 20 hrs. 29'.
- 28) 24-hour run, Wyong N.S.W. '91, (258 kms)
- 29) Sydney-Melbourne '91, Southern Motors, (1,070 kms), 5 days, 7 hrs.
- 30) 12-day Kelethos run, Crete, Greece '94, course record.
- 31) 24-hour run, Coburg Stadium, Melbourne, '95, (282,981kms) 5 Australian records
- 32) 48-hour World Championship '95, France, 2 world records (24h: 285,363Kms & 48h: 470, 781kms)
- 33) 24-hour run, Coburg Stadium, Melbourne, '96, (293,704kms) 5 World records (294:504k) recorded.
- 34) 48-hour World Championship '96, France, world records (473, 797kms)
- 35) 100km Australian Championship '96, Shepparton (6h:56'46"), course record.
- 36) 24-hour run, (Sri Chinmoy) AIS Stadium, Canberra, 2-3/3/97 (295,030kms), 4 W. R. & 7 Austral.
- 37) 24-hour run, Coburg Stadium, Melbourne, 12-13/4/97 (266.180kms)
- 38) 48-hour World Championship '97, France (422.829kms)
- 39) Sri Chinmoy Peace Blossoms Run by passing the Swiss Alpes. Tenero to Rapperswil (250kms in 24h)
- 40) 24-hour Australian Championship '97, Adelaide, 4-5/10/97 (303,506kms) 5 W. Records (in 200 k, 150 miles, 250 k, 300 k, 24 h.) & 3 Australian (100 k, 150 k. 100 mil)
- 41) Radio-marathon for the disciple children (600 kms), from Ancient Olympia to Athens and through many villages of Cyprus (Larnaca, Limasol, Nicosia, 8-11/11/97)

PROFILE FOR ULTRA MAGAZINE

ROD MORGAN - Date of Birth 16th December 1947

Ran in primary school and interschool sports in sprint events when young. Very moderate performer. First promise as athlete shown at high school in Nambour over 800m and 1500 metres, winning at interhouse and interschool level. Won Nambour High's first ever cross country in 1963. Stopped running between ages 20-30 years as other interests seemed more important.

Weight started to creep onto me and I took up running again at 30 years. Very slow.

A serious car accident in 1978 left me in hospital for 10 weeks. Wasted muscles, broken femur and on a walking stick for another 5 months. To cap it off I got married as well in this year.

The desire to walk then run was strong and, despite a poor misaligned spine and many other physical problems, have continued running until this day.

In 1988 I won the 40-44 years Q.V.A.C. half marathon at West End in 82 minutes. Despite a gradual improvement in 5-20 km runs I found I was always beset by small bugs, chest complaints, colds and flus.

In stepped Ron Grant. Ron introduced me and a number of others to ultra running during his sojourn in Nanango. My first event being a six hour nightmare at Centenary Lakes, Caboolture in 1995. I completed 51 klms.

My health has improved dramatically and I find I can compete regularly and maintain a modest training regime. I believe I had more talent in shorter journeys, as you well know I have precious little on the longer trips as I run out of juice after about 4 hours, but I am grateful to be involved in the sport.

Thanks Ron for conning me into ultras. Thanks to all the other great people I have met in the ultra scene.

Probably my best effort was at the Historical Village where I completed 57.6 kms in 1996. Because my work is demanding I don't train for long distances. I expect little future improvement so for all you good to great athletes out there, I will continue to plug along in your wake.



Rod Morgan

Crossing the Millennium

First, a quick roundup of some performances from 1999. At Ole-Spa-Oline 63.3 Km trail race in Belgium on November 28, Paul Beckers emerged as the winner in 5:01:00, from fellow countryman Joel Petit, who was in second in 5:08:22, with another Belgian, Avelino Antunez, third in 5:16:52.

In the six-hour race at Epe in the Netherlands on December 18, Piet de Reuter took the title with 75.443 km.

The Millennium was celebrated at Amersfoort in the Netherlands with a 200 km, which spanned the turn of the year. December 31/January 1 saw Paul Beckers winning yet again, with a time of 18:23:26. Wim Epskamp of the Netherlands was second in 18:39:15. Russian Anatoli Laputz was third in 20:13:40. The first woman was the vastly experienced Helga Backhaus of Germany in 24:30:13, from her fellow German, Anke Drescher, moving up from her usual 100-km events to record 26:41:25.

Early 2000 saw Geert Breynaerts of Belgium in good form over the 50 km. On January 2 he won the Dutch Cranendonck 50 Km in 3:11:26, then six weeks later won the Zolder 50 Km in Belgium in 3:02:19. In the latter race he faced strong opposition from the leading Belgian ultrarunner, Jan Vandendriessche, who finished just 33 seconds back in 3:02:52. A more distant third was Alain Bourdon in 3:10:32. The top female Belgian ultrarunner, Anny Van Butsele, won the women's race in 3:54:12.

Heat and Wind Plague "Marathon of the Sands"

The Marathon des Sables (The Marathon of the Sands), the famous 238 km/149 mile six-day stage race, gives Moroccan ultrarunners a chance to compete internationally. Mohamed Ahansal from the city of Quarzaazate in southern Morocco won the event for the third time. Second in the race was Mohamed Ahansal's younger brother Lahcen. The two brothers have dominated the race since 1997, Mohamed winning in 1997, 1999, and 2000, and Lahcen in 1998.

This year's race was hit by extreme heat, reaching 50°C on occasion, along with strong sandstorms. A record 680 competitors participated in the race, but in the difficult conditions it is hardly surprising that the race also saw its highest number of retirements as well.

Aside from Khalid Taikal who ran in the 1992 Palamos World 100 Km, leading at halfway and finishing in 7:09:04, Moroccan runners have not competed internationally over the 100-km distance, as far as I know. However, some French residents from northern Africa have run 100-km races. At least two of these have subsequently competed in the French national team.

Big Win for Peterson at Two Oceans

Fast marathon runners moving up to the ultras have been a constant theme in re-

cent years. Over the longer distances of 80 to 100 km, they have met with variable success, but over the shorter ultra events they have made a big impact.

The biggest of the South African short ultras is Two Oceans 56 Km, held this year on April 22. The race saw Joshua Peterson, twice winner of the Soweto Marathon, and winner of the Dubai marathon this year, run 3:13:13 to win on what was regarded as a difficult course. Falling rocks made a section of the traditional course unsafe, and therefore an alternate route was employed.

Peterson went through the marathon in 2:21:17 in sixth position, with the Zimbabwean runner Morgen Sithole in the lead at that point in 2:20:31. He made his move at 46 km. He found the race tough in the final five km, and feared he would be caught.

The 2:11:28 marathon runner Luketz Swartbooi of Namibia was in contention for second place until the Russian veteran Vladimir Kotau came through with a well judged run to take second place in 3:13:21. Forty-four-year-old Kotau was fourth in 2:10:58 at the 1980 Moscow Olympics. He had been some two minutes back at the marathon point. This was not Vladimir Kotau's first ultra. He attempted the Comrades last year, but was forced to retire at 56 km.

Namibian runner Luketz Swartbooi, who was third in 3:13:38, found the downhill difficult. He is a very thin runner; his legs are probably not strong enough to cope with the downhill pounding. Last year's winner Isaac Tshabalala was fourth in 3:14:53, and 1998 winner Vusi Nhlalopo sixth in 3:15:42.

The women's winner, Sarah Mahlangu, led from the gun, but had a tough battle to the marathon point with last year's runner-up Gwen van Lingen (better known as Gwen Griffiths with excellent short-distance credentials). The pair reached the marathon in 2:48:38, then Mahlangu pulled away and Van Lingen dropped back, to be then overtaken by former Comrades and Two Oceans champion Maria Bak, who was making her return to the sport after a two-year suspension for a positive drug test.

Sarah Mahlangu won in 3:48:58, with Maria Bak taking second in 3:49:29. Second placer in last year's Comrades, Grace de Oliveira, also overtook Van Lingen in the final stages of the race to take third in 3:51:31. Van Lingen was fourth in 3:54:27. She found the race very hard and intends to return to the shorter distances, aiming to run 15:30 over 5,000 meters to qualify for

the Olympics, before returning to marathon running next year.

Other South African Ultras

Also in South Africa, a Comrades legend recently established herself firmly on the comeback trail. The Rolux Korkie 50 Km on April 2 was won by Frith van der Merwe, leading from gun to tape, recording a time of 3:31:10. She beat Rene du Plessis, who is also coming back into form, by

some eight minutes (3:39:57), with the steady Madeleen Otto taking third with 3:44:50.

Peter Huwele won the men's race in a close contest with Hector Mahlangu, the two men finishing in 2:52:19 to 2:52:22. Samuel Mtambana took the third slot with a time of 3:05:26.

Another South African 50-km race was held on April 8. The Columbus Loskop 50 Km saw Honest Mutsakani run 2:45:04 to finish well clear of Elias Mabena's 2:49:48 with Stemmer Lekoto in third in 2:52:01.

The Pioniers 50 Km was yet another South African ultra, held on April 15. Shadrack Seetelo won in 2:55:09 from Piet Hurwete's 2:59:52, with Thabiso Mokgo-di, running what must have been a frustrating 3:00:00 for third. Winning the women's race was Ina Sanders, former winner of the London to Brighton, in a time of 3:53:23, with Sonja Theron in second, some five minutes back in 3:58:21. Elsabe Pieterse took the third spot in 4:03:00.

Around the Horn

In a Belgian ultra, the six-hour race at La Louvière on April 2, Alain Bourdon covered 86.765 km/53.9 miles to finish ahead of the veteran Lucien Taelman, who recorded 84.800 km/52.6 miles, well clear of the third placed Emiel Dierckx's 81.610 km/50.7 miles.

The international indoor 48 Hour race at Brno in the Czech Republic on March 17/19 was won by currently the world's best multi-day performer, Jaroslav Koucký, running on home soil. He covered 236.367 km/146.8 miles in the first 24 hours, ahead of the second placed male runner Vlastimil Dvoracek, also of the Czech Republic, who was some 30 km behind, with 206.990 km/128.6 miles. The winner then maintained that gap over the following day, to win with 404.759 km/251.5 miles with Dvoracek well back with 372.085 km/231.2 miles. The Pole August Jakubik was third with a total of 370,381 km/230.1 miles. Only two other men managed to surpass 300 km: Petr Solnicka of the Czech Republic and Ivan Durkovski of Slovakia with 361.584 km/224.6 miles and 350.828

km/217.9 miles, respectively.

The leading female runner was Irina Reutovich of Russia, who totaled 221.867 km/137.8 miles in the first 24 hours, and showed her 48-hour potential in the second day, setting a new world indoor best of 368.644 km/229 miles 113 yards, the second best 48-hour performance yet, with only Sue Ellen Trapp's world track best surpassing it. Helga Backhaus of Germany also covered more than 200 miles, with 333.875 km/207.4 miles.

In Stockholm, Sweden, on April 1, the Ursvik 75 Km trail race took place on a 15-km loop on forest trails. It started at midnight, thus lights were needed for the first six hours. The event was the first such race

in Sweden for many years and attracted a wide range of runners and athletes who normally do not run ultras. The race was won by Sweden's leading ultrarunner, Rune Larsson, in 6:49:50, with Mats Ekman in second, recording 7:02:05. Soren Jonsson took third with 7:51:21. Birgit Falt, a talented 20-km walker, finished fourth, running on this occasion. The first woman was Clarinda Larsson in 10:12:32 followed by Ida Bolinder in a time of 10:28:09.

On April 8 the Italian National 100 Km Championship was held at the "Ultramaratona Le Cerchie", Romano di Lombardia on a 5-km loop. The race was dominated by the Hungarian runner Attila Vozar, who passed the marathon point in 2:45:57 ahead of his fellow Hungarian Mi-

haly Molnar's 2:50:34. Molnar stopped at 65 km, however. Vozar went on to win in 6:52:10 from the Italian Andrea Bernabei's 7:13:41, which gave him the Italian Championships, with another Italian Maurizio Toma in third, clocking 7:33:34. The winner of the women's title was Giuseppina Fadigati in 8:41:36. Antonio Caponetto, age 65, ran 9:07:28.

In Germany, the Troisdorf 6 Hour took place on April 9. Birgit Lennartz looked to be in the kind of form to run close to 50 miles in the six hours, but she encountered problems. Despite that, she still managed to win the race with a final distance of 73.360 km/45.5 miles, after passing the 50-km point in 3:55:38. Second was Astrid Benöhr with a total of 72.602 km/45.1 miles with Anke Drescher third with 72.285 km/44.9 miles.

The men's race was won by Karl Graf, who covered a distance of 78.285 km/48.6 miles from Rainer Steinhörst's 74.530 km/46.3 miles, with Urs Femerling taking third with 73.976 km/45.9 miles.

At the Coburg 24 hours at Melbourne in Australia on April 8/9, Brian Smith won the race in 201.130 km, but it was a performance lower down the field which was more significant: 70-year-old Shirley Young ran 176.810 km/ 109.8 miles to set a new world age-track best, subject to the usual checks.

A widely scattered collection of results this month, as the 2000 ultra season starts to get underway.

Trans-Australia: the Race of Fire



Canberra, Australia (UW) - January 6, 2001, is the tentative starting date for the Race of Fire, an invitational Trans-Australian footrace that will taken some of the best runners in the world on a 4,000-kilometre journey from Perth to Canberra over a period of nine weeks in stages of roughly 70 kilometres a day.

Bernie Farmer, the brother of Australian ultrarunner Pat Farmer, will be directing the race along with Jesse Dale Riley, the organizer of four Trans-American footraces in the early 1990s. January 6 has been chosen as the tentative starting date in order to allow the race to finish at Canberra, the Australian capital, on March 11 -- Canberra Day, a territorial holiday.

The finish will coincide with Sky Fire, a huge fireworks celebration where the arrival of the runners will be one of the major highlights. A crowd of 100,000 or more could be on hand for the occasion. Approximately 25 runners are being invited from around the world to compete in the event.

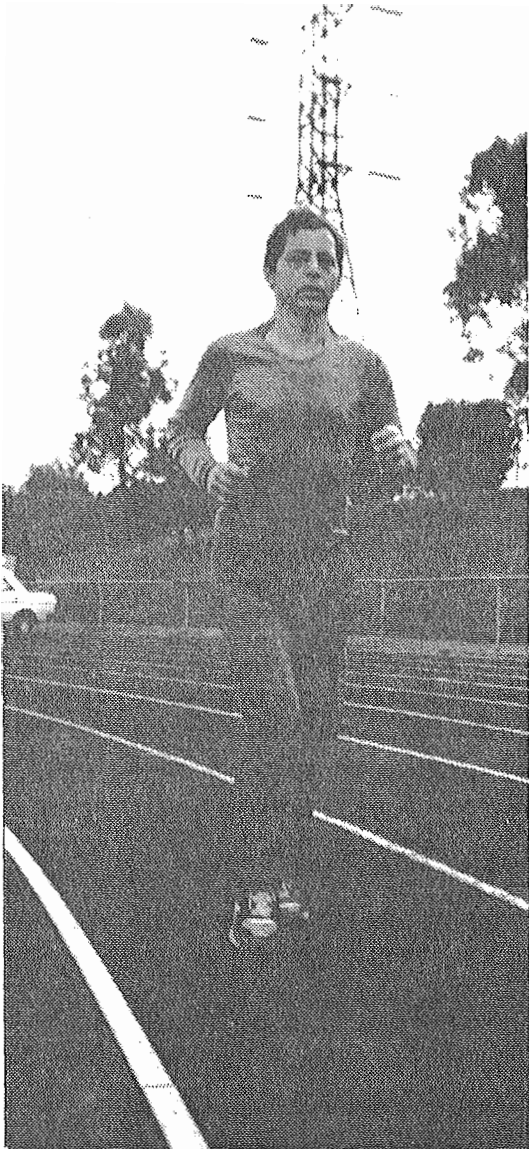
The course will take runners from Perth across the Nullabor Plain through South Australia to Adelaide and on into New South Wales and Canberra -- all in the intense heat of the Australian summer. Prize money will total \$40,000 U.S. and there will be prizes on the line for each stage of the race. A documentary film crew will follow the race and produce a full-length feature.

"We want it to be spectacular," Farmer says. "The media coverage in Australia will be huge, and being so close after the Olympic games, the focus of the world will still be on Australia.

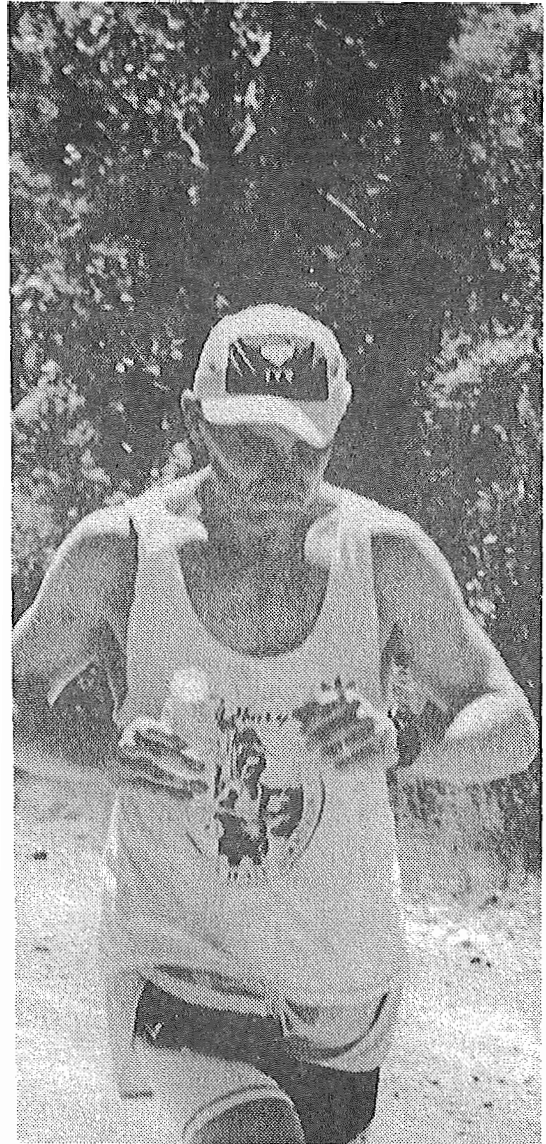
"The scenery that the runners will encounter is breathtaking, and while this race will test the limits of all competitors, I can promise them a finish that they will remember for the rest of their lives."



A FEW FACES WE HAVEN'T SEEN FOR A WHILE



Joe Scrobolak



Peter Hoskinson
He who flew home to Tassie
after leaving his bag behind
in Shepparton



Sandra Kerr

Ratified world best ultra performances

TRACK

Men

30 miles	Jeff	Norman	GBR	2:42:00	Timperley	7 Jun 80
50 Km	Jeff	Norman	GBR	2:48:06	Timperley	7 Jun 80
40 miles	Don	Ritchie	GBR	3:48:35	Hendon	16 Oct 82
50 miles	Don	Ritchie	GBR	4:51:49	Hendon	12 Mar 83
100km	Don	Ritchie	GBR	6:10:20	Crystal Palace	28 Oct 78
150 Km	Don	Ritchie	GBR	10:36:42	Crystal Palace	15 Oct 77
100 miles	Don	Ritchie	GBR	11:30:51	Crystal Palace	15 Oct 77
200 Km	Yiannis	Kouros	AUS	15:10:27	Adelaide	4/5 Oct 97
1000 miles	Petrus	Silkinas	LIT11d	13:54:58	Nanango	11/23 Mar 98
6 Hours	Don	Ritchie	GBR	97.200km	Crystal Palace	28 Oct 78
12 Hours	Yiannis	Kouros	GRE	162.400km	Montauban	15 Mar 85
24 Hours	Yiannis	Kouros	AUS	303.506km	Adelaide	4/5 Oct 97
48 Hours	Yiannis	Kouros	AUS	473.797km	Surgeres	3/5 May 96
6 Days	Yiannis	Kouros	GRE	1022.068km	New York	2/8 Jul 84

Women

30 miles	Carolyn	Hunter-Rowe	GBR	3:12:25	Barry	3 Mar 96
50 Km	Carolyn	Hunter-Rowe	GBR	3:18:52	Barry	3 Mar 96
40 miles	Carolyn	Hunter-Rowe	GBR	4:26:43	Barry	7 Mar 93
50 miles	Valentina	Lyachova	RUS	5:55:41	Nantes	28 Sep 96
100 Km	Valentina	Lyachova	RUS	7:23:28	Nantes	28 Sep 96
150km	Hilary	Walker	GBR	13:45:54	Blackpool	5/6 Nov 88
100 miles	Ann	Trason	USA	14:29:44	Santa Rosa	18/19 Mar 89
200 Km	Irina	Reutovich	RUS	19:49:36	Verona	25/26 Sep 99
1000 miles	Eleanor	Robinson	GBR	13d02:16:49	Nanango	11/24 Mar 98
6 Hours	Valentina	Lyachova	RUS	81.200km	Nantes	28 Sep 96
12 Hours	Ann	Trason	USA	147.600km	Hayward	3/4 Aug 91
24 Hours	Eleanor	Adams	GBR	240.169km	Melbourne	19/20 Aug 89
	Irina	Reutovich	RUS	242.624kmp	Moscow	9/10 May 98
48 Hours	Sue Ellen	Trapp	USA	377.892km	Surgeres	2/4 May 97
6 Days	Sandra	Barwick	NZL	883.631km	Campbelltown	18/24 Nov 90

ROAD

Men

30 miles	Thompson	Magawana	RSA	2:37:31	Claremont	12 Apr 88
50km	Thompson	Magawana	RSA	2:43:38	Claremont	12 Apr 88
40 miles	Andy	Jones	CAN	3:45:39	Houston	23 Feb 91
50 miles	Bruce	Fordyce	RSA	4:50:51	Chicago	14 Oct 84
100km	Jean-Paul	Praet	BEL	6:16:41*	Winschoten	12 Sep 92
100 miles	Andy	Jones	CAN	12:05:43#	Sylvania	27 Sep 97
200km	Yiannis	Kouros	AUS	15:57:50	Basle	2/3 May 98
1000 miles	Georgs	Jermolajevs	UKR	12:20:14:27+	New York	11/24 Sep 95
12 Hours	Andy	Jones	CAN	159.750km	Sylvania	27 Sep 97
24 Hours	Yiannis	Kouros	AUS	290.221km	Basle	2/3 May 98
48 Hours	Yiannis	Kouros	GRE	408.773km	New York	21/23 May 88
6 Days	Yiannis	Kouros	GRE	1028.370km	New York	21/26 May 88

Noteworthy point to point marks superior to listed world bests

50 miles	Bruce	Fordyce	RSA	4:50:21	London to Brighton	25 Sep 8
100km	Takahiro	Sunada	JPN	6:13:33	Yufutsu	21 Jun 9

Women

30 miles	Frith	Van Der Merwe	RSA	3:01:16	Claremont	25 Mar 89
50km	Frith	Van Der Merwe	RSA	3:08:39	Claremont	25 Mar 89
40 miles	Ann	Trason	USA	4:26:13	Huston	23 Feb 91
50 miles	Ann	Trason	USA	5:40:18	Huston	23 Feb 91
100km	Ann	Trason	USA	7:00:48	Winschoten	16 Sep 95
100 miles	Ann	Trason	USA	13:47:41	New York	4 May 91
200km	Eleanor	Adams	GBR	19:00:31	Milton Keynes(i)	3/4 Feb 90
1000 miles	Sandra	Barwick	NZL	12d14:38:40	New York	16/29 Sep 91
12 Hours	Ann	Trason	USA	144.840km	New York	4 May 91
24 Hours	Sigrid	Lomsky	GER	243.657km	Basel	1/2 May 93
48 Hours	Sue Ellen	Trapp	USA	360.109km	Sacramento	13/15 Nov 93
6 Days	Catherine	Cunningham	GBR/AUS	888.109km	New York	11/17 May 98

Notes

p = pending.

- ! Eleanor Adams' 19:28:48 Melbourne 19/20 August 1989 full details of stop times not available.
- * Domingo Catalan's 6:15:17 Aulon-Nice 16 Nov 87 status of course unknown; drop of 16 metres per kilometre.
- * Jean-Paul Praet's 6:15:30 Torhout 24 June 89 set when he was under suspension by his national federation.
- * Konstantin Santalov's 6:15:17 Moscow 8 May 93 shown to be short on re-measure
- * Santalov's 6:16:21 Kalingrad 9 April 94 course measurement not verified.
- # Don Ritchie's 11:51:12 New York 15 June 1979 documentation not available.
- # Yiannis Kouros' 11:46:37 New York 7/8 Nov 84 course cannot be validated.
- # Yiannis Kouros' 11:53:31 New York 28/29 Sept 85 course cannot be validated.
- | Yiannis Kouros' 15:11:48 New York 7/8 Nov 84 course cannot be validated.
- | Yiannis Kouros' 15:24:24 New York 28/29 Sept 85 course cannot be validated.
- + Yiannis Kouros' 10:10:30:35 New York 20/31 May 88 only one stop time take
- + Stu Mittelman's 11:20:36:50 New York 26 Apr/11 May 86 course cannot be valid
- + Al Howie's 12:01:42:52 New York 16/29 Sept 91 stop times not available.
- + Siggy Bauer's 12:12:36:20 Melbourne-Colac 15/28 Nov 83 course cannot be valid

Trudy Rae's 100k's for Cancer

Last year I made a commitment to run 100k's for charity. Why 100k's you ask? To make it a real challenge. So I took off my competitive hat and put on the community spirit. This was not an intention of a sporting achievement, rather a goal to raise money for hospitals, and I was motivated to do so by 3 special people - Wlad, Jonathon and my goddaughter, Camellia.

I spent 6 months in training and 7 months of planning, preparation and administration. I was aware of the amount of work involved, but I guess the challenge was the balancing act. Working full-time, maintaining family commitments, home chores, a social life, training 14 hrs a week and planning an event (and an overseas trip), sometimes burnt the candle at both ends. But my heart was in it so much, it was a pleasure to do and well worth all the effort.

On Saturday, 27th November I ran 100k's from Terrigal to Westmead (it was actually 102k's all up) but mind you, 15 hrs 26 mins is not fabulous time. What was fabulous was all the support and contributions made on the day; drivers and pedestrians stopping to donate along the way was absolutely overwhelming. The community response was unbelievable. I've received so many touching letters from people wishing me well and giving love and affection to my 3 special friends. Then at the end of the day, it was an "ironman" sprint finish to a heartrenching welcome at Westmead Hospital to be greeted by a small crowd including Jonathon, Camellia, family, friends, nurses, Oncology staff, and topped off with a delightful supper.

I'd like to sincerely thank each and every one of you for that great send-off at the start. Thanks Wlad for being right beside me when the gun went off, and everyone's company during the first 7k's was much appreciated (and for running slow) and thanks to all those who purchased a T-Shirt (kindly printed and donated by Margaret Beardslee) totalling \$305. Thanks to Brenda Holmes (SeaFM), Jenny Harwood, Barry & Debbie Willis (and their daughter), and Sandy Harvey and Sue Ingham for joining me on the run. Thanks Sue for all those training sessions beforehand, and if only I could have kept up with legends like Ken Hickson & Murray Antony who ran 52k's for me - good on ya guys. My brother Ken did really well to run 50k's with me and my darling Harry ran beside me for the final 50. Thanks also to Ian Lovegrove for donating that sensational Pan Pacs T-Shirt. A special mention to Les Lowe for contributing such a big part of the event, and a final big THANK YOU to young Jonathon, the lovely Wlad, and dear Camellia for allowing me to run in your honour.

I would thoroughly recommend anyone considering doing anything to raise money for a worthwhile charity they believed in. It is the most satisfying, rewarding and unselfish activity I have ever accomplished. However, without all the wonderful support I received from everyone, the run would not have been so successful - in fact the thank you's could go on forever. For the small contribution I have made to the hospitals, may it make a positive change to the care and treatment of a cancer patient's life."

TRUDY RAE'S 100K'S FOR CANCER

SPRINTER AND MARATHON RUNNER **Trudy Rae** of Terrigal Trotters and Tuggerah Lakes Athletics Club on the Central Coast of New South Wales ran 100kms for charity - officially raising a total of **\$17,515.00** for the Cancer and Leukaemia Research Fund of Westmead Childrens Hospital and Cancer Care Appeal.

Trudy took on the challenge to raise money for a worthy cause by doubling her maximum racing distance and dedicated her run in honour of her goddaughter, Camellia Thistleton, 13 of who suffered cancer for half her life, and two other close friends, Wlad Fabiszewski (of Terrigal Trotters) and Jonathon Lowe, who are also cancer victims. Jonathon's father, Les, ran the final 31km with Trudy to honour of his son's 31 radiation treatments - as the final treatment was on the day of the run.

Trudy, 35, completed the 100km run in 15 hrs 26 mins, stopping all the way to collect money. She commenced from Terrigal Beach at 6am on 27/11/99 which was officially started by Shadow Minister for the Olympic Games, Chris Hartcher MP. Trudy finished at 9:30pm that evening at Westmead Childrens Hospital where Camellia, Jonathon, Oncology staff, friends and families welcomed Trudy home to a heartrenching finish. She was supported by marathon runner Grahame Kerruish (Mountain Man) who ran with her all the way and ultra runner Tony Collins, who ran with her for the first 35km. She was safely escorted by Deputy Mayor of Wyong, Councillor Bob Graham (of Central Coast Hash House Harriers) in a supporting vehicle, and by her parents, Max and Deidre Rae, in the leading car along the old Pacific Highway from the Central Coast to Sydney.

"The response I received from the community was absolutely overwhelming" she said. "During the run I collected \$1,800 in bucket collections all the way to Sydney and since then, donations have been pouring in" she added. Trudy received many phone calls on the day from the Mayor, interviews from the local radio station SeaFM, and from athlete, Heather Turland.

Trudy recently handed over a cheque to the hospital and appeared on live television.

Since then the Wyong Council Administration Officer has embarked on part-time University doing a degree in business, she now utilises her training time to study, but hopes to get back on the track this Summer.



IAU Web Site and Internet Service

by

Malcolm Campbell

The need for an IAU Web site has become increasingly apparent and the intention is to be operational in the near future. We do not wish to commence the project by "cybersquatting" - registering a domain name that is thought to belong rightfully to someone else- and "IAU" seems to be well represented on the internet by the International Astronomical Union, the International Association of Universities and the Internet Anarchist Union. Our site address will be registered shortly.

Following registration, and completion of our web page design, we shall start to feed in the initial information. It is intended that the site will serve a number of functions and whilst the distribution of information internationally is of prime importance the web site will serve as "The virtual headquarters of IAU". It will be the official web site of IAU.

The information structure of the web site will be sectionalized and wide ranging and it will provide an international service to all concerned with the sport.

Technical development on the internet has been rapid and the distribution of information becomes easier. IAU Championship events and other major projects will be better promoted and ultradistance running generally will reach a wider international audience.

The IAU Internet Service will have a multi-lingual team headed by a University Lecturer in Computer Sciences and the aim will be to provide an efficient and ethical service meeting the high standards associated with international ultradistance running.

Our intention is to have the site open in time to report on the IAU European 100km Championships under the Patronage of EAA on April 30th. This event, at Belves, France, is included in the IAU Race of Champions Circuit 2000 and many outstanding 100km runners will be taking part.

We are very grateful to those who have made the IAU Web site possible and our appreciation is best expressed after the site is open. For now it is enough to state that another step in our development is about to be made.

Surgeres 48 Hour Race Surgeres, France - 2 June 2000

1- Yiannis KOUROS (AUS)	404.43219km	*
2- Seiji ARITA (JAP)	378.19386km	
3- Roy PIRRUNG (USA)	372.46365km	
4- Vlas DVORACEK (TCH)	358.59051km	
5- Danny RIPKA (USA)	348.33645km	
6- Tom ANDREWS (USA)	339.28875km	
7- Susan OLSEN (USA)	332.35210km	1st Lady
8- J-C PERRONNET (FRA)	320.53670km	
9- J-G BOUSSIQUET (FRA)	318.17745km	
10- Paulette FEVRE (FRA)	304.30431km	2nd Lady
11- Martina HAUSMANN (GER)	303.70113km	3rd Lady
12- Pierre RUSSIAS (FRA)	286.20890km	
12- J-François GOBIN (FRA)	281.08188km	
14- Don WINKLEY (USA)	268.41510km	
15- Guy MALLEREAU (FRA)	268.11351km	
16- Else BAYER (GER)	260.87535km	4th Lady
17- Gisela FRICKE (GER)	237.65202km	5th Lady
18- Andre Al VAZQUEZ (BRA)	229.50999km	
19- Henry WEHDER (GER)	225.58932km	
20- Tomas RUSEK (TCH)	20.50812km	

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. I 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 desired rate:

\$ 30

within Australia

Air Mail (up to 1 week delivery)

NZ

Asia

USA

Europe

\$ 39

\$ 43

\$ 46

\$ 48

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

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

Also note: A Proposer and 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!