

ULTRAMAG

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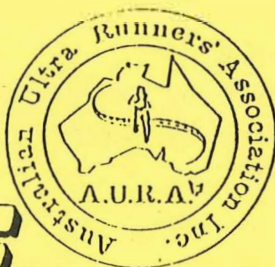


Tony Rafferty after his run with the Olympic Torch, enjoys the experience with his son, Kieran



Proud Torch Bearer
Kevin "KILLER" Mansell

AURA
MAGAZINE



Official publication of the
Australian Ultra Runners'
Association Incorporated.
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The word CHANGE may well be the definitive description. In the 15 years that AURA has been in existence we have seen a number of highs and lows. We can well remember the 80s when membership was around 550 and numerous well patronised events made up the calendar. Material for the magazine was plentiful and it was never any trouble filling 92 pages, in fact one double issue was 132 pages long to clear a backlog of reports.

Currently our membership runs at around 300 and there have been times, I must admit, when filling 92 pages has been a bit of a problem. The format of the magazine has been the subject of some lengthy discussion amongst the new AURA committee. Many ideas have been thrown around and an obvious change that you will find is that we may not be 92 pages long with all issues. At a time when less race reports and stories are being submitted, it seems pointless digging up some less than relevant overseas material just to fill space. Making the magazine a more web based concept has been raised, there are many opinions about this and my own opinion is really not important but the first question I raised was "How many members have web access?" No moves could really be made in this direction without the support of the membership. I have dug up a few figures myself and, to my surprise, discovered that only 46% of the general population are hooked up to the web and I suspect that this figure reflects our membership. we really do need to know how many of our members have web access, so this is where the fun bit comes in.....

If you do have web access, then please reply to me at <KCASSIDY@mfbb.vic.gov.au> and just put the word "AURA" in the message text. This is a very important issue to our organisation so please reply if you are able, it is the only way to gain a knowledge of who has web access. Of course, if you wish to include any comments and opinions in your reply then they would be welcomed and taken on board. I have already canvassed a number of opinions and they seem to favour a hardcopy magazine in what ever form.....It may be that the magazine comes out more regularly in a smaller form. Once again, all opinions are welcomed and encouraged.

Amongst the committee changes, we have seen Phil Essam take on the roles of Secretary, Treasurer and Registrar [sounds a bit like the Minister for Silly Walks to me!!!!].

Phil's contact details are as follows:

164 Civic Parade, Altona. Vic, 3014

phone: 03 9398 4167

03 8604 1920

e-mail: ultraoz@one.net.au

In recent years our most active state has been Queensland, so it was disappointing to hear of the cancellation of both the Rainbow Beach Trail Event and the 24/48 hour Championships in Maryborough. On the plus side is the inaugural running of the "Lest we Forget" run in April next year. The 84 km event will start on the Gold Coast and finish in Brisbane and is loosely based on South Africa's "Comrades Marathon". The biggest event, however, is the "Race of Fire" in January. The 65 day stage race from Perth to Canberra has attracted a world class field including Yiannis Kouros. Information has been hard to come by to date, but there is sure to be plenty of news in the next issue.

Another big plus has been the growth of the Glasshouse Mountains Trail 100 mile race which is now getting an international flavour thanks to the efforts of Ian Javes and others. I may be showing some bias here, but if I lived a bit closer to Queensland, I would love to have some sort of involvement in this event.

Once again, just a quick reminder that Dot Browne is no longer the contact point for "Ultramag" All correspondence and submissions can be made to me at the following postal address:

P.O. Box 2786, Fitzroy Mail Centre, 3065, Vic

or e-mail : KCASSIDY@mfbb.vic.gov.au

or : kc130860@hotmail.com

“Ultramag” is an excellent source of advertising upcoming events and can be utilised by race directors, just send your entry forms and they will be printed.....I have had to do some chasing to get a form for the Caboolture 6 and 12 hour event next February.

As per usual, the magazine never quite makes it to the printer without a hiccup and this edition was no exception when I inadvertently knocked over a can of “Diet Coke” all over several articles that were spread over the floor.....much cursing and swearing then ensued!!

As this is the last magazine before Christmas, all I can say is don't make a pig of yourself on the roast turkey and pudding.....and Christmas Cheers, as well.

Kevin Cassidy

SECRETARY'S REPORT

Hi Everyone. I wish you all a Happy Christmas and all the best for the new year. 2000 has certainly been a big year for AURA and the sport of Ultra running/walking in Australia. As you all know the AURA Committee saw a complete changeover this year with Geoff Hook, Tony Rafferty and Dot Browne resigning and Paul Ashton, Nigel Aylott and myself assuming roles on the Committee. It might seem as though we have done nothing since taking on this task, but these are the projects that we are currently looking at to help improve AURA and the services it provides to it's members:

1. Review of UltraMag and online services,
2. Publicity and promotion in general,
3. Sponsorship proposal to gain corporate backing,
4. Design of new leaflet,
5. AURA Business plan,
6. Conduct of AGM's.
7. AURA to branch into multi-event and other endurance sports, and
8. Provision on professional event management services.

As you can see we have been very busy, but there is a lot of road to cover and it won't progress if it is just left to the Committee and the Interstate Reps. It needs everyone to help if AURA is going to progress as a quality national sporting organisation. If you can help in any way please do not hesitate to call me. All input will be gladly appreciated.

On one last note I must publicly congratulate Gary Parsons for having his paperwork for his Solo Run last year approved by Andy Milroy. This means that Gary can submit his paperwork to Guinness Book of Records to be endorsed as the World's Longest Continuous Run. Apparently Andy Milroy was very impressed with the standard of Gary's paperwork and will be using it as a benchmark for future solo runs. Well done Gary.

Phil Essam
AURA Secretary

ADVICE FOR ASPIRING SOLO RUNNERS

Due to the Australian Solo Records Committee recently ratifying Australian records and then, them not being ratified on the World stage it is recommended that aspiring solo runners send their documentation directly to Andy Milroy for ratification. Andy is not hard in his ratification requirements but there are some areas that he likes covered. These include:

1. Previous credentials as an Ultra runner/walker
2. A comprehensive log book that includes starting and finishing times for each day and location, locations and times during each day, signatures and signature details (not just crew people, but anyone that you meet on the road) and distance covered for the whole run,
3. Letters from anyone involved in the run,
4. Copies of all media coverage during the run.

If Andy ratifies your run it may be eligible for recognition by Guinness or it may join the long list of solo runs that have taken place around Australia, but it least has been ratified by someone with comprehensive knowledge of the whole sport.

If anyone needs any further information please contact myself and If I can't help you I will pass the request onto Andy Milroy.

Phil Essam
03 9398 4167
4 ultraoz@one.net.au
<http://geocities.com/ultraphil>

Current Australian Ultra Calendar

Notes:

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 day, generally listed as "??" this indicates that the run was on in that month LAST year, and THIS years date is not known.
3. All updates and additions gratefully accepted by Kevin Tiller at email kevin@coolrunning.com.au or phone 0419-244-406.

- 17 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 from park adjacent to Kurrawa SLSC Broadbeach. Contact: Eric Markham, Unit 2, 62 Hill Avenue, Burleigh Heads 4220, QLD Ph. (07) 5527 1363 (w) or email eckers@retnet.net.au. A Gold Coast Runners Club event. \$30 entry fee

January 2001

- 6 TRANS-AUSTRALIA: THE RACE OF FIRE
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 via email b.farmer@eisa.net.au. A news announcement on the web is here : www.coolrunning.com.au/news/2000n062.shtml and the official website is at <http://www.transaustraliafootrace.com>.
- 6 COASTAL CLASSIC 12 HOUR TRACK RUN & WALK
Adcock Park, Pacific Highway, West Gosford NSW 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) 9686-9200 (H) or Mobile 0412-250-995 or Email thomo@zeta.org.au. Entries close 31/12/2000. More info available on the web here www.coolrunning.com.au/ultra/coastalclassic1.jpg and here : www.coolrunning.com.au/ultra/coastalclassic2.jpg
- 7 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. 3000m climb! Phone Mike Grayling, Ph. (03) 9720 1962 (H) or (03) 9429 1299 (W), entries close 22nd Dec, 2000. No entries on the day. More info including results and reports on the webpage at www.coolrunning.com.au/ultra/bogong.
- 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 or email cfbrowne@bigpond.net.au
- ?? ULTRA-MARATHON 45KM WALK QLD
Wamuran, QLD. Conducted by the Qld Ultra-Runners & Walkers Club Inc, Contact Ron Grant, Bellmere Convenience Store, Bellmere Rd, Caboolture 4510, Ph. (07) 54989965(W). Start times subject to handicapping to finish at noon, start/finish at Wamuran Bakery, D'Aguilar Highway, Wamuran, 7.5km out & back loop course. \$5.00 entry.

**February
2001**

- 3 46 or 12 HOUR RUN, WALK & RELAY QLD
Caboolture Historic Village, Beerburrum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to : Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496 6437. Enter by 5th February , 6pm start, \$20 entry fee for QURC members, \$25 non-member
- 3 CRADLE MOUNTAIN TRAIL RUN, TAS
6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at PO Box 704, Sandy Bay, Tas 7006 or email sue.drake@trump.net.au or phone (03)6239-1468 for further information. More info including results and reports on the very unofficial webpage at www.coolrunning.com.au/ultra/cradle
- 10 PALM BEACH TO CRONULLA - FAT ASS RUN
20km, 45km, 65km and 90km run on paths, tracks, beach and roads. Starts 7am from North Palm Beach Surf Life saving club, Palm Beach, NSW. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- 17 GREAT LAKE 100 MILE RACE, NEW ZEALAND
100 miles / 160km. The course is around beautiful Lake Taupo, the largest lake in the Southern hemisphere and one of the most picturesque lakes in the world. The venue is at one of New Zealand's top tourist destinations situated just three hours by road from the main international airport of Auckland. For more information contact New Zealand Ultrarunners on ericah@ensynergy.co.nz or the event organizer ingrid@relay.co.nz or via an announcement on the web at www.coolrunning.com.au/ultra/2000014.shtml.
- 18 AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA ACT
Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight from 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.
- ?? WY-WURRY 3 DAY WALK, QLD
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. There is a webpage at www.coolrunning.com.au/races/wy-wurry.

March 2001

- 3 BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW
46km 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 or email bigchris@sixfoot.com or check out the webpage at www.coolrunning.com.au/ultra/sixfoot.shtml
- 25 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

- 18 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.
- ?? AUSTRALIA 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
- ?? NANANGO SHIRE IAU INTERNATIONAL 1000 MILES TRACK CHAMPIONSHIPS, Nanango, QLD
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 or read the webpage at www.coolrunning.com.au/ultra/nanango.
- April 2001**
- 1 FRANKSTON TO PORTSEA ROAD RACE, VIC
34 miler, contact Kev Cassidy Phone 0425-733-336 or email kc130860@hotmail.com or read the website at www.coolrunning.com.au/ultra/frankston. 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.
- 7-8 VICTORIAN 6/12/24 HOUR WALK/RUN TRACK CHAMPIONSHIP, VIC
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
- 13 EXAMINER THREE PEAKS RACE (Good Friday)
Combined running/sailing event across 3 days approx. Legs are Sail/Run/Sail/Run/Sail/Run. Runs legs are between 30km and 60km each. Starts Launceston and finishes in Hobart. Contact web page at www.threepeaks.org.au
- 16 KING & QUEEN OF MT.MEE 50KM, 25KM, & 10KM, QLD
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.
- 21 BRISBANE WATER BUSH BASH - FAT ASS RUN
47km run on bush tracks circumnavigating Brisbane Water [Gosford NSW] - A re-run of that great event on the NSW Central Coast. Starts 7am from Gosford Sailing Club, Gosford, NSW. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- 29 LEST WE FORGET RUN, QLD
84.4km (double marathon). Starts Gold Coast and finishes at Southbank. For individual runners, teams of 2 or 4 runners (either 2 x marathon or 4 x 1/2 marathon). Cutoff 11 hours. Read the website at <http://geocities.com/ultraphil/lestweforget.htm>.

?? GLASSHOUSE MOUNTAINS TRAIL RUNS
50km, 30km, 12km. Starts at Glasshouse Mountains Lookout at 5:30am to 8:30am (depending on distance). Fee from \$20-\$30 (depending on distance). Contact Ian Javes, 25 Fortune Esplanade, Caboolture, QLD, phone (07) 5495 4334. More info at the webpage www.coolrunning.com.au/ultra/glasshouse

May 2001

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

20 GLASSHOUSE MOUNTAINS TRAIL RUNS
50km on looped course. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at the webpage www.coolrunning.com.au/ultra/glasshouse

25-27 SYDNEY TRAILWALKER 100km
Starts 10am, Weil Park, Hunters Hill, Sydney. Teams of 4 only. Time Limit 48hrs. Finishes Brooklyn. Course follows the Great North Walk, an extremely arduous bush track. Sponsorship required as part of entry criteria - organised by Community Aid Abroad. Contact Will Nankervis via email willn@sydney.caa.org.au. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

?? 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

June 2001

?? HERVEY BAY HIKE 50KM, QLD
Contact Brian Evans Ph. (07) 4121 4200

?? SHOALHAVEN KING OF THE MOUNTAIN AND ULTRAMARATHON - NOWRA TO KANGAROO VALLEY, NSW
32km and 46km, 8am start for 46km & 9am for 32km at Cambewarra Public School, near Nowra, NSW and finishing at Kangaroo Valley Showground, 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 Kevin Davis (02) 44218811 (W) or (02) 44478309 (H) or Andrew Johnstone (02) 44213849 (AH) or email jekyll@ozemail.com.au

July 2001

29 HOBSON'S BAY 48KM ULTRA GALLOP/STROLL
48km. Starts 8am. Start and Finish on The Esplanade/Maidstone St, Altona. Travel east along the Esplanade around Cherry Lake and follow the path to Williamstown. Continue along the Esplanade at Williamstown till Memorial park, Westgate Freeway. Then turn around and head back to Altona. Scenic views of Port Philip Bay all the way ! There is nil entry fee, nil prizes and nil assistance in any way. So bring everything that you need including a bike map. There may be one driving Marshall on the course who will do an occasional drive alongside the Course. Get together afterwards for a coffee/lunch/afternoon tea with fellow Ultra and non -Ultra heads in yet to be decided venue. The course is generally a man made bike path except for an unmade section of about four kilometres (almost a trail). Contact Phil Essam by phone (03) 9398-4167 or email ultraoz@one.net.au or website at <http://geocities.com/ultraphil/hobsons.htm>

?? PIONEER ULTRA 51KM RUN, 43KM WALK
Nanango, QLD, 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

?? TAMBORINE TREK, GOLD COAST
60kms out and back course & 3 person relay. Contact: Eric Markham, Unit 2, 62 Hill
Avenue, Burleigh Heads 4220, QLD Ph. (07) 5527 1363 (w) or email
eckers@retnet.net.au

August 2001

?? 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 or (08) 9721-7507

?? AUSTRALIAN 48 HOUR & QUEENSLAND 24 HOUR TRACK CHAMPIONSHIPS
Gold Coast QLD. Rugby League headquarters, Eskdale Park, Maryborough, Brian
Evans (07) 4121 4200. Certified course.

?? LOST WORLDS OF KURINGAI - FAT ASS RUN
15km, 30km, 41km, 56km bush run. Starts 7am from Berowra Clubhouse, next to Oval
between Gully Rd and Crowley Rd, Berowra Waters Road, Berowra, NSW. No Fees,
No Awards, No Aid, No Wimps ! Check Fat Ass webpage
www.coolrunning.com.au/fatass for more info or email Kevin Tiller on
kevin@coolrunning.com.au or phone 0419-244-406.

September 2001

29-30 GLASSHOUSE MOUNTAINS TRAIL RUNS
160km, 80km and 55km on looped course. Contact Ian Javes for further information, 25
Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email
ijaves@caloundra.net. More info at the webpage
www.coolrunning.com.au/ultra/glasshouse

?? 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).

?? ROYAL NATIONAL PARK ULTRA - A FAT ASS STYLE TRAINING RUN
50km bush run. Starts 7am from Grays Point, and finishes at Bundeena, NSW. No Fees,
No Awards, No Aid, No Wimps ! Check Fat Ass webpage
www.coolrunning.com.au/fatass for more info or email Kevin Tiller on
kevin@coolrunning.com.au or phone 0419-244-406.

?? WINEGLASS CLASSIC ULTRA CHALLENGE, TAS
Participants will run, Kayak, road bike ride and Mountain bike ride around parts of the
spectacular Freycinet Peninsula on Tasmania's East Coast. Contact Tim Saul on (03)
6248-9049 or email tasultraevents@tasmail.com

October 2001

? 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.

?? FITZROY FALLS FIRE TRAIL MARATHON, NSW
42km. Starts 8am from Twin Falls Cottages, Fitzroy Falls. Entry fee \$30. Contact Michael Chapman on (02) 9518-9099 or mobile 0419-515-555 or email michael@bonnefinchchapman.com.au or race website

?? ADELAIDE TRAILWALKER 100km
The 100km trail will commence at Millbrook Primary School, Cudlee Creek, at 10.00am on Friday 27 October. The event concludes at Kuitpo Forest Information Centre. All participants must complete the event by 10.00am on Sunday 29 October. Teams of 4 only. Time Limit 48hrs. Sponsorship required as part of entry criteria - organised by Community Aid Abroad. Contact Sarah Lawson via email sarahlawson@sydney.caa.org.au. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

November 2001

?? RAINBOW BEACH TRAIL RUN, QLD
52km Beach and forest trails run, starting at Rainbow Beach, near Gympie, a QURC + Rainbow Surf Club event, contact race organiser Dennis Parton, P.O. Rainbow Beach 4581, phone (07) 5486-3249

?? BRINDABELLA CLASSIC, ACT
Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start at the summit of Mt. Ginnini, finish Cotter Reserver, \$40.00 entry fee with pottery goblet, \$30 without, 7 hour time limit, halfway in 3hrs.20. Includes Relay Race. *"Australia's Toughest Downhill Mountain Race!"*. Contact Hugh Jorgensen (02) 6286 1252 or race website at www.coolrunning.com.au/mountainrunning/events/bclassic

?? NSW 24 HOUR RELAY FOR LIFE
Organised by the NSW Cancer Council. Starts at Campbelltown in Sydney's south-west. Teams of 10 to 15 preferred but teams can be as small as 1 (ie solo runners). All teams must raise \$1000 sponsorship. Take turns at walking or running eg. for 1 hour at a time. Walk in groups, but keep at least one person on the track at all times. Relay for Life is a team event to raise funds for NSW Cancer Council research, support and prevention programs. Contact race website at www.nswcc.org.au/pages/fund/relayforlife.htm

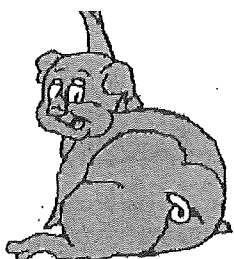
?? COLAC 6 DAY RACE, VIC
Despite promises that 1999 was the last of this illustrious race, it is on again for 2000 as 1999 was such a success. Contact Six Day Race Committee, PO BOX 163, Colac, Vic, 3250. Also these web pages : <http://www.standard.net.au/~petere/6dayrace/index.html> or <http://www.coolrunning.com.au/ultra/colac99.shtml>

?? VICTORIAN 6 HOUR & 50KM CHAMPIONSHIPS
Starts 8am at Moe Athletics Centre, Newborough. Contact Bruce Salisbury on (03) 5174-9869 or email harriers@net-tech.com.au

?? 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

December 2001

?? 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, Phone (03) 6249 7960



Fat Ass

www.coolrunning.com.au / fatass
or call Kevin Tiller 0419 244 406

What ?

FAT ASS is the name given to a series of low key runs that are frequented by experienced runners & walkers and characterised by the phrase "No Fees, No Awards, No Aid, No Wimps". Yes, the runs are totally free to enter (although you may make a donation after the event if you feel the experience warrants payment). However, there is no guarantee of anything other than a course to run (maps and directions will be provided). There will be no course marshals, and likely no course markers, and you should not expect any aid either. They are an exercise in self-help, and as such experienced runners only should start a run - **they are not intended for beginning runners.** The Police, Crown Lands, National Park Authorities or any other landowners will not have been notified of the event and any consequences will rest purely with the runner. In fact they are not organised events at all, and certainly not races in the usual sense. **You will be requested to sign a waiver before starting.**

Why ?

The bottom line is that we have had enough of not having enough runs to compete in, of the type that we are passionately interested in - and it seems to be getting fewer and fewer all the time in the Sydney area ! The objective is put on low key runs, generally long distance, across mainly bush and hills so that we don't have to travel interstate to run. Sydney has great terrain and climate for running and it is a shame that there are so few runs. We are putting on this series of runs, to have fun and get fit. We also carefully check the current race calendars and put on our type of events when there are none scheduled, either for fun in their own right or as stepping stones to Big Ones.

On The Day Details ?

There is no pre-entry to speak of - you can just turn up on the day with no notice given.

On the day, you will be asked to sign the waiver, and then you will 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.

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.

No Fees, No Awards, No Aid, No Wimps

Version : 24th November 2000

Schedule of Events

#3 - 9th December 2000

The Blue Labyrinth FAT ASS 45km, 65km, 85km - A run on Fire Trails and bush tracks in the Blue Mountains.

- 7th January 2001

Bogong to Hotham 60km - This is not a FAT ASS run, but highly recommended.

#4 - 10th February 2001

Palm Beach to Cronulla FAT ASS approx 70-80km

Speaks for itself. A beautiful run taking in virtually every one of Sydney's beaches and headlands. Utilises as many bush tracks and promenades as possible ie not the same route as the Palm Beach to Manly.

- 3rd March 2001

Six Foot Track 46km - This is not a FAT ASS run, but highly recommended.

#5 - 21st April 2001

Brisbane Water Bush Bash FAT ASS 47km

A re-run of that great event on the NSW Central Coast that has been discontinued the last couple of years. A complete circumnavigation of the Brisbane Water via fire-trail, bush track and rainforest.

#6 - 5th May 2001

Lost In The Dark In Kuringai FAT ASS 60km, 30km, 15km - A night-time version of the Lost Worlds of Kuringai but starting at 7pm. A good training run for those attempting Trailwalker in May.

- 25th end May 2001

Sydney Trailwalker 100km - This is not a FAT ASS run, but highly recommended, although requires teams of four.

#7 - end June 2001

Poor Man's Comrades FAT ASS approx 90km

A road run, held about the same time of year as the original Comrades. This will be a hilly route from Gosford to Sydney along the old Pacific Highway and other backroads, finishing on the steps of the Opera House. May alternate directions every year.

#8 - end July 2001

Cotter Winter Wonderland FAT ASS approx 70-80km

A bush run starting from Cotter just outside Canberra in mid-winter. Bring your winter woolies.

#9 - end August/early September 2001

Royal National Park 50km and 80km

A re-run of the old classic and fantastic run South of Sydney. Beaches, rainforests, foot tracks, the works.

- 29th September 2001

Glasshouse Mountains Trail 55km, 80km, 160km

This is not a FAT ASS run, but highly recommended.

Under development

TrailRunner FAT ASS 100km

A solo version of the currently staged Trailwalker, which goes along the extremely technical & difficult Great North Walk from Hunter's Hill to Brooklyn. Trailwalker is for teams of 4, and there is a 48 hour cutoff. TrailRunner is for the trail nazis who want to do it all by themselves, and without having to get any sponsorship.

Twelve Foot Track

An out'n'back along the route of the Six Foot Track from Katoomba to Jenolan Caves.

Wild Dog Mountains 120km

We don't have a name for this run yet, but it's a one way route from Katoomba, across the Wild Dog Mountains to Mittagong via Kanangra Wall. It appears to be the toughest, meanest route you can get.

4TH ANNUAL COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 6 JANUARY 2001

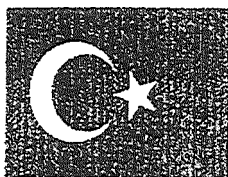
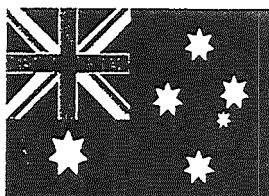
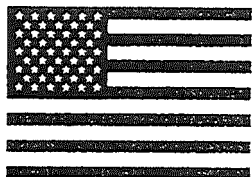
PREVIOUS WINNERS

Male Runner		Female Runner	
2000 Paul Every	123.241 km	2000 Bernadette Robards	95.313 km
1999 David Criniti	128.8 km	1999 Georgina McConnell	85.47 km
1998 Andre' Rayer	139.629 km	1998 Helen Stanger	118.077 km

Male Walker		Female Walker	
2000 Robin Whyte	98.624 km	2000 Carol Baird	95.232 km
1999 Frank Overton	86.809 km	1999 Judy Brown	64.37 km
1998 Caleb Maybir	91.681 km		

Relay

2000 No holder	
1999 Gosford Athletic Inc	154.14 km
1998 Wombi Whoppers No 1	170.544 km



*This is truly an International Event not to be missed!!
Be a part of the spectacular which is the Coastal Classic*

GOSFORD ATHLETICS INC PRESENTS

4TH ANNUAL

COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

Incorporating 6 x 2 hour relay

7.30 PM SATURDAY 6 JANUARY 2001

Random lucky draw prizes.

Trophy to winning relay team.

Prize to the highest fundraiser.

Certificates to every participant.

Trophies to 12 hour placegetters of walk & run.



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

ADCOCK PARK WEST GOSFORD NSW AUSTRALIA

ENTRY FORM

Name: _____
Address: _____
Post Code: _____ Phone: _____ a.h _____ wk
D.O.B: _____ Age on Day: _____ Male / Female: _____
Entries close Friday 31st December 2000. Late entries maybe accepted subject to space availability.

Brief biography including previous ultra performances:

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

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

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

Name of

Team: _____

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

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

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

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

Stamped self addressed envelope required for confirmation of entry form.

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

Signed by entrant or Team Captain for relays: _____

Date: _____

RULES AND INFORMATION

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

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

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

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

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

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

Meals: Central Coast Leagues Club has various restaurants, bistros and snack bars which are of great value. A Canteen will be in operation for the duration of the event. Supermarkets & Motels are only 5 minutes away.

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

AURA 'BOGONG TO HOTHAM' TRAIL RUN - ALIAS "THE ROOFTOP RUN"

carrying on the proud tradition of the Rooftop runners
SUNDAY, 7TH JANUARY, 2001 (16TH EDITION)

COST: ~~\$40.00~~ ~~\$30.00~~ ~~\$35.00~~ ~~\$45~~
\$5.00 (for AURA current financial members)
(for non-members)
Surcharge for transport from where you finish, back to where you started.

CLOSING DATE: 22nd December, ~~1999~~ 2000 (SPECIAL STAGE BEING OFFERED FROM HALF WAY TO FINISH.
DISTANCE: 60km approx. total climb 3,000m approx. START 11.30AM AT LANGFORD GAP, FINISH MT. HOTHAM
START: 6.15am at Mountain Creek Picnic Ground SUMMIT. DISTANCE APPROX. 26KM). (Your chance to do this section if you've had trouble with the cut-off in previous years!)

IMPORTANT NOTES:

- ~~1. Late entries~~ entries on the day will not be accepted. All intending competitors must pre-enter. All entries must be delivered to the organiser by 22nd December. If you are concerned your entry may be delayed by Christmas mail, then hand deliver it. No account will be taken of mailed entries not actually delivered by 22nd December.
2. The carrying of a water-proof spray jacket is MANDATORY no matter what the weather conditions. No jacket, no start!

WARNINGS AND RULES OF THIS EVENT

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

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

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

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

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

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

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

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

Pacing: Pacing will not be permitted in this event.

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

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

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

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

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

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

DESCRIPTION OF THE COURSE

Stage 1:	Mountain Creek to Langford Gap	-	34km approximately
Stage 2:	Langford Gap to Mt. Hotham	-	26km approximately

The START is at the Mountain Creek Picnic Ground at 6.15am. (Turn left - east - off the Kiewa Valley Highway along Mountain Creek Road, opposite the Bogong Hotel, Tawonga).

Participants will be able to withdraw from the event after Stage 1 if they do not wish to finish the run. Anyone not reaching Langford Gap within 5½ hours will not be allowed to continue the run beyond that point. Runners may provide their own support and transport if they wish. Any additional vehicles or helpers on the day will certainly be appreciated.

If required, we will take your gear and/or food to the half-way point and/or finish.

Major aid stations will be at Langford Gap and Mount Hotham Summit. These stations will normally be supplied with water, cordial, fruit bars, fruit (several kinds), jelly beans and fruit loaf. Other manned aid stations on the course will normally be supplied with water, fruit bars, fruit (1 or 2 kinds) and jelly beans.

Manned aid stations on the course depends upon the level of assistance from volunteers which varies from year to year. Please contact the Race Organiser just prior to the close of entry applications to find out which check points will be manned, otherwise this information will be available at the race start.

The route is described below. The following map covers the entire route and is recommended for those unfamiliar with the area (if you can't locate a copy, contact "Bowyangs" Ph. (03) 670 4383) also available in local shops (Mt. Beauty, Falls Creek).

VicMap 1:50,000 Outdoor Leisure Map "Bogong Alpine Area" \$8.00 approximately

If the weather on the day of the event is inclement and likely to present danger to runners, the event will be cancelled.

THE ROUTE:

Stage 1:

From the start at Mountain Creek Car Park (Map Ref. J1), follow the 4WD track for 2km to the start of the Staircase Spur track, after crossing the creek several times. Turn right, and follow the track up past Bivouac Hut, beyond the tree-line and towards the summit. Detour to the cairn on top of Mt. Bogong, then follow the numbered poles (from 1278) back to the north along the ridge. Follow pole line north then east past Cleve Cole Hut then east down Camp Creek valley to pole 1150 and turn right at Madison's Hut site. (Be careful here. The turn-off is across the creek and has often been missed by walkers and runners). Head south down "T" spur then cross Big River at the chain. Turn right along opposite bank for about 30m and look for track to the left going up the hill. Climb Duane Spur south to rejoin snow poles at pole 942.

Follow pole line and track past Roper's Hut junction then follow 4WD track and poles past Mt. Nelse and Holland's Knob to Big River Fire Track/Marum Point Track intersection at pole 740 (this is where we diverge from the old to the new course. Cross the intersection and take the walking track to Langford East Aqueduct at pole 661. Turn right along the Aqueduct to Langford Gap food and drink aid station - End of Stage 1 (Map Ref. M11).

Check Point	Approx. Dist. From the Start km	Local Water Available	Race Aid Station	Radio Check Point
Mountain Creek	-	River	Yes	Yes
Bivouac Hut	6	Water Tank		
Bogong Summit	9	No		
Cleve Cole Hut	13	Inside Hut		
Maddison Hut Site	15	Small Creek		
Big River	18	River		
Roper Hut	23	Water Tank		
Warby Corner	26	No		
Track Intersection	31	No		
Langford Gap	34	Yes	Yes	Yes

Stage 2:

From Langford Gap, continue along the West Langford Aqueduct passing the turnoff to Wallace Hut. Shortly after passing the Rover Hut you arrive at a T-intersection. Turn right and pass Cope Hut to the Bogong High Plains Road at pole 532 (this is where we rejoin the old course). Cross the road and follow the pole line south-west across the Bogong High Plains past the SEC Hut at Cope Saddle. Be careful here - many competitors go astray. The Alpine Track pole line exits from the aqueduct junction on the same side, but opposite direction to the S.E.C. hut. From there, the pole line runs west and then north-west to pole 333 which is north of Mt. Jim. Turn left at pole 333 and head south to a junction at pole 267. Turn right and follow the pole line, soon descending past Basalt Temple to Cobungra Gap (Dibbin's Divide). From here, take track left down to Cobungra River and Dibbin's Hut. Follow poles and track up to Swindler's Spur, past Derrick Hut then north-west to the track junction at pole 60. Turn left (west) and follow track to Mt. Lock car park, then on to the Alpine Road briefly before a short climb to the summit of Mt. Hotham.

Check Point	Approx. Dist. From Start km	Local Water Available	Race Aid Station	Radio Check Point
Omeo Road Crossing	39	No		
Aqueduct Junction	42	Acqueduct*		
Pole 333	46	No		
Pole 267	49	No		
Dibbins Hut	51	Creek*		
Derick Hut	55	Water Tank		
Lock Car Park	59	No		
Mt. Hotham Summit	60	Yes	Yes	Yes

*Beware, possible cattle contamination of the water

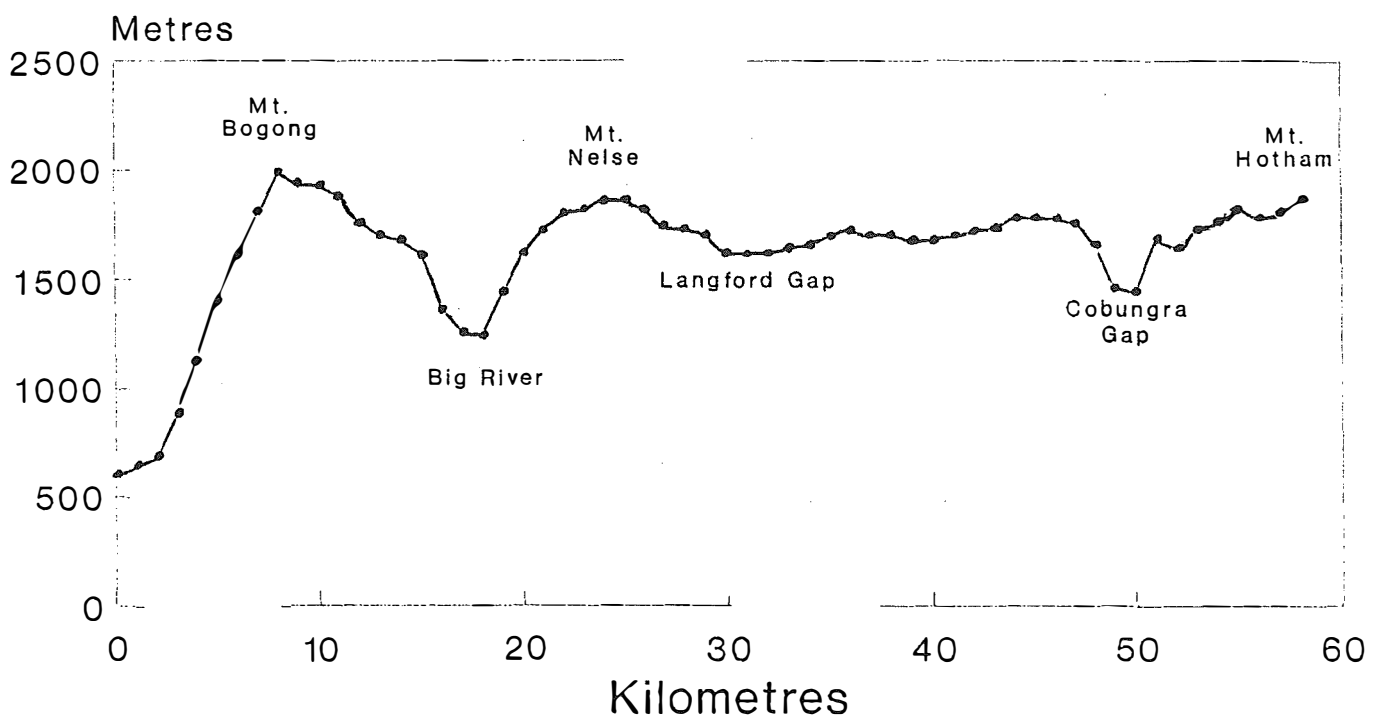
Note: Other small creeks will be encountered along the course which may be a suitable water supply.

~~Enquiries to: Geoff Hook (Race Director) (03) 9808 9739 (to 24/12/99) (0415) 353 377 (after 27/12/99) Alternate,~~
~~only if the mobile number doesn't work: (03) 5758 3255~~ *RACE DIRECTOR Michael Grayling*

0394291299 WORK

03 9720 1962 HOME

Geographic Profile Bogong to Hotham Event



AURA 'THE ROOFTOP RUN' BOGONG TO HOTHAM

SUNDAY 7TH, JANUARY, 2001 (16TH EDITION)

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

ENTRY APPLICATION

NAME:

ADDRESS:

PHONE: (H) (...) MOBILE / WORK (...) Email

AGE ON DAY OF EVENT: DATE OF BIRTH:

DO YOU INTEND TO RUN THE: 1ST HALF: 2ND HALF: FULL DISTANCE? (circle which option)

(NOTE: 1st or 2nd half declarations must be definite; declarations for the full distance is for an organisational guide – you may change your mind on the day but you must start the 1st half).

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

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

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

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

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

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

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

Signed:

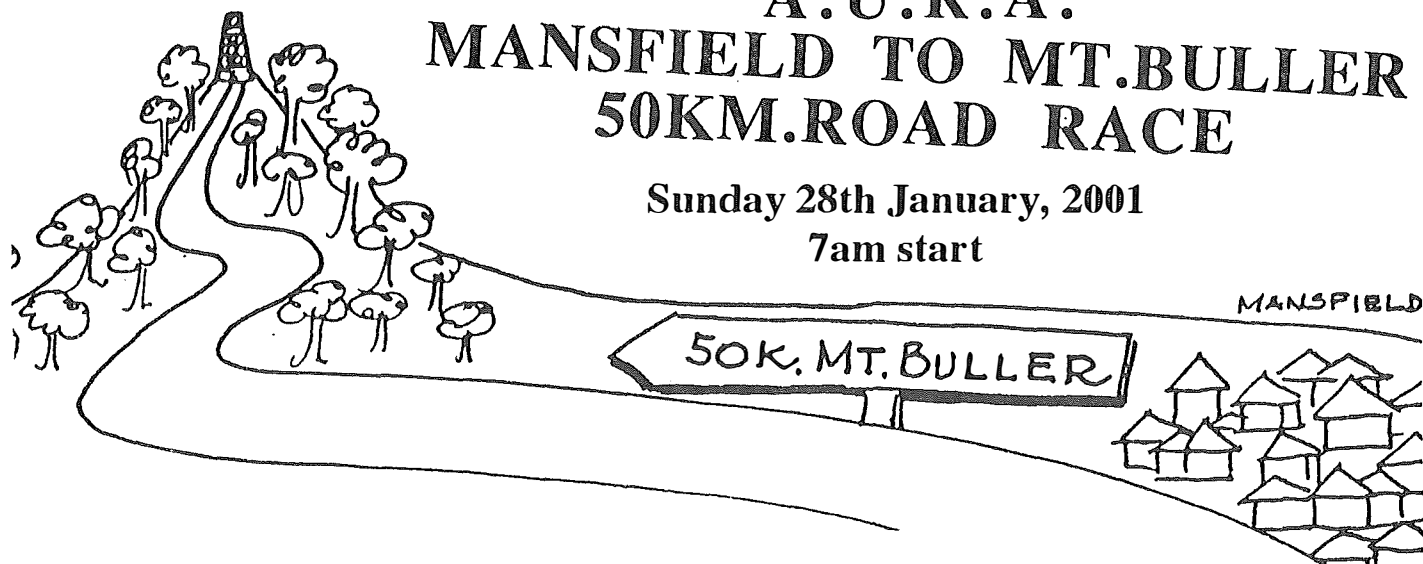
Date:

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

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

Send entry application to: Michael Grayling, 14 Banksia Court, Heathmont, Vic. 3135
Ph: (03) 9720 1962 (H) or (03) 9429 1299 (W)
Cheques payable to: Michael Grayling

I hope you enjoy this run.....cheers.



Race Organiser: Peter Armistead, 26 William Street, Frankston 3199
Ph. (03)9781 4305

Race Director on the day: Dot Browne, 4 Victory Street, Mitcham 3132

(03) 9874 2501 FAX (03) 9873 3223

email : cfbrowne@ozramp.net.au.

An exhilarating challenge on a sealed road through beautiful country, starting on the outskirts of the Victorian town of Mansfield, travelling through undulating farm-land before climbing to the summit of Mt.Buller and finishing finally outside the Arlberg Hotel in Mt.Buller Alpine Village.

First 32km.	Mansfield through Merrijig to Mirimbah	undulating farm-land.
32 - 48km	Mirimbah to the summit of Mt.Buller	uphill climb.
48 - 50km.	Summit of Mt.Buller to Alpine Village	downhill run, 800m on a rocky track.

PRIZES: First Male
Second Male
Third Male First Female

ENTRY FEE: \$20.00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO: Peter Armistead,
26 William Street,
Frankston 3199
(03) 781 4305

CLOSING DATE: Friday 19th January 2001

Confirmation of entry will be posted after the closing date, together with more details of the race, including local accommodation options.

DEDICATION DETERMINATION DISCIPLINE

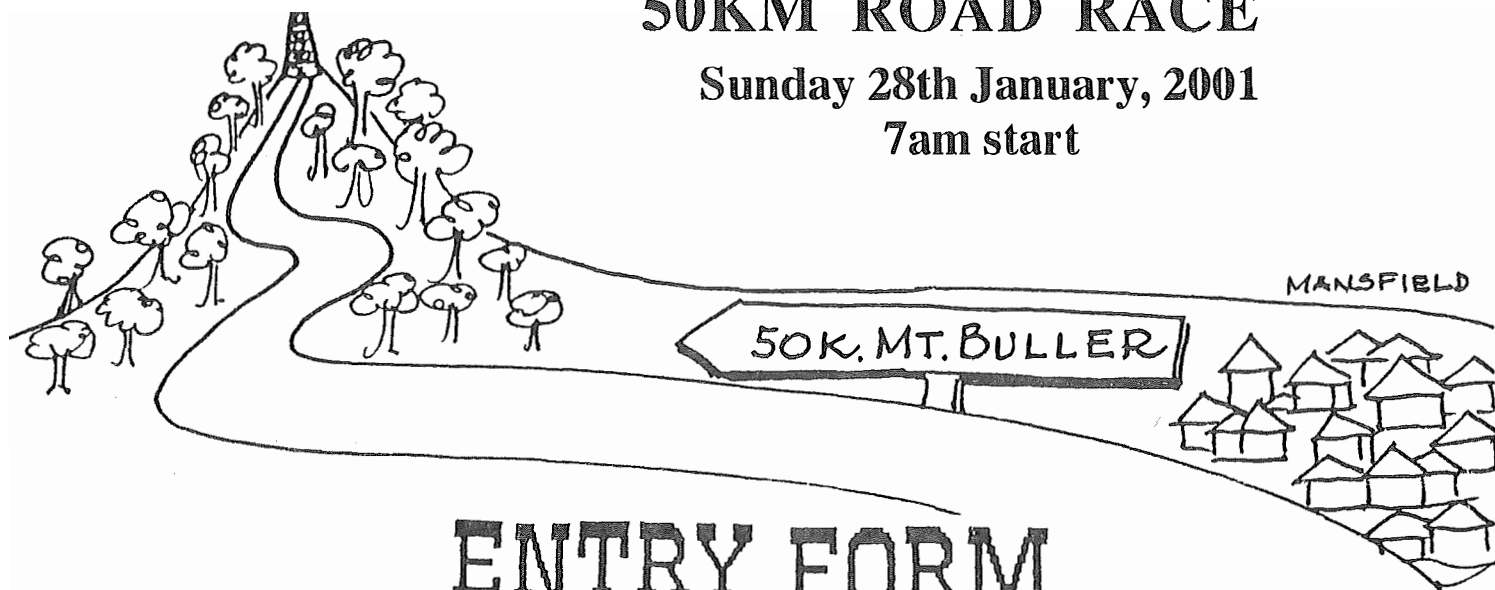
Proudly sponsored by the Australian Ultra Runners' Association Inc.
(AURA Inc.)

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

- Race Date:** Sunday 28th January, 2001
- Start Time:** 7am (daylight savings time)
- Report in:** 6.30am sharp.
- Entry fee:** \$20.00 payable to Peter Armistead,
includes an AURA tee-shirt.
- Entry to:** Peter Armistead, 26 William Street, Frankston 3199 Vic.
- Closing date:** Friday 19th January 2001
- Race start Location:** Corner of Highton Lane & Malcolm Street. (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield, 400 metres on the Mansfield side of Pullins Ski Hire).
- Accommodation:** A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.
- Support team:** It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions:** Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing:** If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish:** Drinks and refreshments available at the Arlberg Hotel at the finish, where the presentations will be held.
- Results:** Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.
- Cut-off Time:** 3 hours 15 min. for 30km.
7 hours 00min for 50km.
Drink stations, official timing or race supervision will not be provided after these cut-off times.

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

Sunday 28th January, 2001
7am start



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

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">SURNAMEFIRST NAME</div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">INITIALSSEX M or F</div>
<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">ADDRESS: number and streetDATE OF BIRTH</div>	
<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">suburb or townPOSTCODETELEPHONE HOMEWORK</div>	

Person to be notified in case of emergency:

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">SURNAMEFIRST NAME</div>		<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">TELEPHONE HOMEWORK</div>
<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="display: flex; justify-content: space-between;">Relationship</div>		

WAIVER

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

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

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

DEDICATION DETERMINATION DISCIPLINE

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

**CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN
6 & 12 HOUR RUN, WALK or RELAY
NEW 50 km CATEGORY**

Conducted by Caboolture Historical Village Inc.

Race Director:- Peter Lewis, 13 Timberidge Court, Wamuran QLD, 4512

Phone (07) 54966437

Incorporating 3 x 2 Hour & 4 x 3 Hour Relay

DATE & TIME Saturday 3rd February, 2001 at 6pm

WHERE Caboolture Historical Village, Beerburum Rd, Caboolture.

COURSE Compacted Decomposed Granite Surface. Certified 500Metre circuit

ENTRIES **First 20 entries receive a free T-shirt.**
Entries on the night by 5pm please.
All entries received by 3rd February, 2001 will be in the draw for a Special momentum random draw.

FACILITIES Toilet adjacent to track. Showers available.
Chairs supplied for lap scorers
Sport drinks fruit and water for competitors only.
Free hamburger for all competitors, breakfast for 12 hours competitors.
Food will be for sale on the night for supporters and spectators.
Local radio station 4 OUR will be broadcasting on site from 6pm to 6am.

RANDOM DRAWS

ALL PROFITS TO CABOOLTURE HISTORICAL SOCIETY INC

RETURN ENTRY APPLICATION AND PAYMENT TO THE ABOVE ADDRESS PLEASE.

.....
ENTRY APPLICATION

SURNAME:.....**CHRISTIAN NAME**.....

SEX.....**D.O.B**.....**AGE ON DAY OF RACE**.....

ADDRESS.....

.....**POSTCODE**.....**PH**.....

Interstate /International competitors only:-

Can you provide a lap scorer:- Yes No

ENTRY FEE (this includes G.S.T.)

		RACE	
\$27.50 Q.U.R.C. member	6HOUR RUN
\$33.00 other competitors	6HOUR WALK
\$49.50 relay team	12HOUR RUN
\$16.50 T-shirt	12HOUR WALK
		50KM
TOTAL	6HOUR RELAY
		12HOUR RELAY

T-shirt size Small () Medium () Large ()

MAKE CHEQUES PAYABLE TO CABOOLTURE HISTORICAL SOCIETY INC.

ABN
76-267-031-031

CABOOLTURE HISTORICAL VILLAGE

DUSK TO DAWN

RACE RULES

1. You can run and walk in the run section, but if you enter the walk category you must walk the entire distance. Officials will be on the course to watch all competitors.
2. No pacing, if in the opinion of the race director, an unfair advantage would result.
3. No competitor under the age of 18 will be accepted for the individual races.
4. The race director reserves the right to reject any applicant.
5. All entrants, except interstate and overseas competitors shall provide one person to assist with lap scoring.
6. A competitor can enter one race only.
7. The race director reserves the right to withdraw any competitor or supporters from the race, in accordance with safety issues, disruptive behavior or deceptive behavior.
8. Race direction changes every 3 hours.
9. Relay competitors can run or walk, but placings are for the teams with the greatest distances. Teams can be mixed (i.e.) male and female in the one team.
10. The Race Directors' decision is final and no correspondence or disputes will be entered into.
11. 50KM competitors can run or walk, but placings are for competitors according to the fastest times to cover the distance.
12. The Race Director's decision is final and no correspondence or disputes will be entered into.

PARTICIPATION MEDALS TO ALL COMPETITORS NOT PLACED IN TOP 3.

WAIVER

I have read the rules and agree to abide by the conditions as stated.
I am medically fit and have adequately prepared for this event.
I my legal heirs or support crew will not hold the Race Director, organizers, or Caboolture Historical Society Inc responsible for any injury, illness or accident sustained, or for loss of property or death resulting directly or indirectly by my participation in this event.

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

TEAM NAME.....

RELAY MEMBERS NAME AND SIGNATURE

1.....SIGN.....DATE.....

2.....SIGN.....DATE.....

3.....SIGN.....DATE.....

4.....SIGN.....DATE.....

Parent/Guardian signature for team competitor under age 18.....DATE.....

LIMITED
NUMBERS

OFFICIAL
ENTRY FORM

GTH



GREAT LAKE RELAY

***The largest relay in New Zealand on one of the
world's most picturesque courses***

**160KM AROUND LAKE TAUPO
FEBRUARY 17TH 2001**

***including the N.Z. 100 Mile Ultra
Runners Road Championships***

OVER \$90,000 IN SPOT PRIZES AND GIVEAWAYS

RUNNERS AND WALKERS



GREAT LAKE RELAY

EVENT INFORMATION

THE EVENT

Don't miss the Ultimate Team Relay on one of the world's most picturesque courses. The 160km Relay hosted over 3700 starters in 2000. Come and join us in 2001: The event has been described as the most social and scenic in N.Z.

Each team consists of ten, eleven, twelve, thirteen or fourteen members, either running or walking to complete the twenty 8km legs around the largest lake in Australasia.

GRADES

SOCIAL RUNNERS: Each team must consist of ten - fourteen runners who each must complete one 16km or one or two 8km legs. There are twenty 8km legs in total. Please note start time is dependent on team estimated time, i.e. over 13 1/2hrs start 2am; under 13 1/2hrs start 3.30am.

WALKERS: Each team must consist of ten - fourteen members who must walk one 16km leg or one or two 8km legs. There are twenty 8km legs in total. Start time 9pm Friday 16 February.

COMPOSITE (Runners & Walkers): Each team must consist of ten - fourteen members. Walkers must complete legs 1, 2, 5, 6, 11, 12, 17, 18. Team members may either run or walk legs 3, 4, 7, 8, 9, 10, 13, 14, 15, 16, 19, 20. Start time is 10pm Friday 16 February.

VETERANS (Runners 35yrs & older): Each team must consist of ten members who complete one 16km leg each. Start time 3.30am.

INDIVIDUALS: One person completes the entire course. This event is the 100 mile N.Z. Championship. Individuals must have their own support crew.

Please note: Start time is dependent on estimated time. i.e. over 14 hrs start 10pm Friday 16 February, under 14 hrs start 2.00am.

TWO PERSON TEAMS: Each runner to run and uninterrupted 50 mile each. Teams must have their own support crew.

Please note: Start time is dependent on estimated time. i.e. over 14 hrs start 10pm Friday 16 February, under 14 hrs start 2.00am

PRIZES / GIVEAWAYS

There are over \$90,000 worth of spot prizes and giveaways. Every competitor receives one complimentary pair of souvenir adidas socks, a can of liquid B, tast snack log plus participants are eligible for a huge number of spot prizes.

They include numerous holiday packages, a Diamondback bike, Tandemskydives, Prawn Park tours & meals, and Floatplane rides. Plus there are two trips to Australia, flying Air New Zealand (one for team manager, one for a team member) and much more.

VETERANS GRADE (Running): The first team home receives ten quality trophies.

THE DUL-X NZ 100 MILE ULTRA CHAMPIONSHIPS (Running): The first male and first female each receive a trophy plus a pair of adidas shoes. Plus the fastest competitor receives the Michael Simons Trophy. All finishers receive a medallion.

TWO PERSON TEAMS: The fastest team receives two quality trophies.

EARLY BIRD TEAM PRIZES

Any team entry postmarked on or before 20 December will be eligible for a special early bird spot prize draw, (the winning team will receive one adidas backpack each).

REGISTRATION

Event packs must be collected from the Great Lake Centre, Tongariro St, Taupo on Friday 16th February 2001 between 5pm - 9pm.

PRIZES

This will take place on the grass area between the Great Lake Centre and the finish from 6.30pm to 7.30pm.

FOR EXTRA ENTRY FORMS OR INFORMATION

You can either photocopy this form or write to:
adidas Great Lake Relay, P.O. Box 1806, Taupo

Ph: 07-378 0455, Fax: 07-378 2028, email: ingrid@relay.co.nz

CHECK OUT OUR WEBSITE: WWW.RELAY.CO.NZ

Event Directors: Murray & Ingrid Fleming

PARTY

This will take place from 7.30pm in the Great Lake Centre, with live music. Competitors receive a complimentary ticket, but supporters will require a ticket costing \$10.00. Numbers are limited so book with your entry form.

EVENT CLOTHING

Polo-shirt: These are high quality navy blue polo shirt (normal retail \$45.00). The event logo is embroidered onto the shirt. Very smart.

T-shirts: This is a good quality forest green adidas t-shirt. A great souvenir of the event. Clothing ordered after the event closing date, 22 January 2001, will incur a \$5.00 postage & handling fee.

ACCOMMODATION

When booking accommodation please support our sponsors first. They include; Acapulco Motor Inn, Cottage Mews Motel, Bay Court Motel, Rainbow Point Motel, Continental Motel, Caboose Taupo, Suncourt Motor Hotel, Bay View Motel, Prince Motor Lodge. For full details see your team manager's information pack which you receive on receipt of your entry.

BUDGET ACCOMMODATION: This is available for a fee of \$10.00 per person for the two nights. Showers and toilet facilities are available.

AC BATHS TEAM WEEKEND PASS

You may purchase a team pass to the AC Baths hot pools which gives your team unlimited use of the complex for \$20.00 for the whole team, for the whole weekend, great value! This complex has pools ranging from 28°C to 41°C.

SUBWAY LUNCHES

6 inch sub (Includes ham, cheese, onions, lettuce, tomato, gherkins, capsicum, carrots and dressing), banana plus a Subway chocolate chip cookie - \$5.50

EVEN TEAM MEMBER RECEIVES

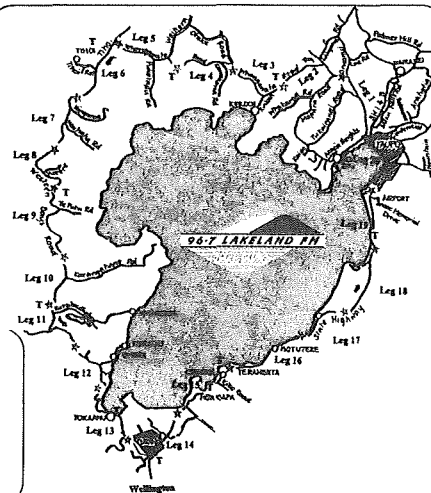
- One pair of adidas sport socks • One Tasti snack log
 - A social ticket • One can of Liquid B sports nutrition drink
 - A chance to win great spot prizes • Certificate
- Plus each team receives four NZ Runner Magazines and more

EVENT RECORDS

Individual men:	Andriy Reyher (Ukraine), 12:35:43, 2000
Individual female:	Lilac Flay, 16:27:05, 1997
Social runners:	Murphy Joggers, 10:04:07, 2000
Walkers:	O'Neill Sportswear, 16:29:30, 1999
Composite:	Bush Survivors, 13:57:07, 2000
Veterans:	Ho Chi Minh Harriers, 10:06:28, 1999

EVENT INFORMATION

On receipt of entry the team manager will be sent a team manager's information booklet. This includes event rules, leg descriptions of each of the twenty legs, course map, accommodation details, registration details etc.





GREAT LAKE RELAY

TEAM No:

(Official Use Only)

Block Letters Please

Team Name:

Manager:

Address:

Telephone:

After Hours:

Email:

GRADES

- Social Runners ☐
- Composite (Runners & Walkers) ☐
- Walkers ☐
- Veteran Runners ☐
- Individual Runners ☐
- Two Person Teams ☐

NUMBERS

Our team consists of the following members

- Runners
- Walkers
- Supporters
- Managers
- Total



TEAM ANALYSIS for complimentary adidas socks

All team competitors receive one complimentary pair of event souvenir adidas sports socks. Please indicate the number of team members and their gender.

Womens ☐

Mens ☐



START TIMES

Estimated Total Time: Hrs Mins

Walkers
9pm Friday ☐

Composite Runners/Walkers
10pm Friday ☐

Individual/Two Person Runners
over 14 hours - 10pm Friday ☐

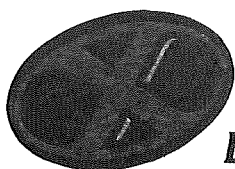
Social Runners
over 13hrs 30min, 2am Saturday ☐

Individual/Two Person Runners
under 14 hours - 2.00am Saturday ☐

Social Runners
under 13hrs 30min, 3.30am Saturday ☐

Veteran Runners
All 35yrs and over, 3.30am Saturday ☐

Please place your team in the appropriate grade. It makes the event more enjoyable for all, thanks.



EXPORT GOLD





GREAT LAKE RELAY

FEES

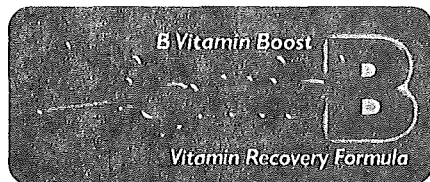
Nos:	Runners / Walkers (includes Social Ticket)	@ \$35.00 ea	= \$
Nos:	Supporters / Managers Social Ticket	@ \$10.00 ea	= \$
Nos:	Event Souvenir Polo Shirts	@ \$37.50 ea	= \$
	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/>		
	Orders taken after 22 January 2001 (P&P)	@ \$5.00 ea	= \$
Nos:	Event T-shirts	@ \$22.00 ea	= \$
	S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL <input type="checkbox"/>		
	Orders taken after 22 January 2001 (P&P)	@ \$5.00 ea	= \$
Nos:	Budget Accommodation for two nights	@ \$10.00 ea	= \$
Nos:	Subway Lunch	@ \$5.50 ea	= \$
	AC Baths Hot Pools weekend team pass	@ \$20.00	= \$
	Late Entry Fee Per Team (no exceptions)	@ \$50.00	= \$

ENTRIES CLOSE 22 JANUARY 2001

Please make cheques payable to: adidas Great Lake Relay
P.O. Box 1806, Taupo. (only one cheque per entry)

Total = \$

NB: In the event of a natural disaster, entry fees will not be refunded.



Do you require a GST receipt Yes ☐
No ☐

Please help us to plan in the future by indicating where you obtained this form.

Direct mail from the organisers ☐ Please Tick

Sports shop / Club: _____
(Please give name & place)

Other sporting event: _____
(Please give name & place)

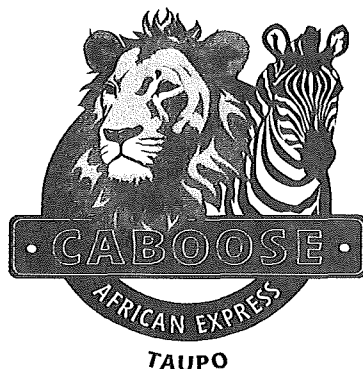
Corporate Mailing List: _____

Other, please specify: _____

Did you participate in 1998 1999 2000
(Please circle which years)


AIR NEW ZEALAND

 **Fulton Hogan Taupo**
Roading and Civil Engineering Contractors



Waiver & Release Statement

We agree to comply with the rules of the 2001 adidas Great Lake Relay. We intend competing entirely at our own risk. We waive all claims against the event organisers, promoters or sponsors.

Signed: _____
(Team manager)

Date: _____

New Zealand
Runner

New Zealand
Multi sport

THE BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE

***3rd March 2001-5.00pm
INCORPORATING STATE 50KM TRACK
CHAMPIONSHIPS
500m Certified Grass Track***

E N T R Y F O R M (Limited to first 30 entries)

SURNAME: _____ FIRST NAME: _____
ADDRESS: _____
PHONE: _____ SEX: _____ DATE OF BIRTH: _____

RUNNERS PROFILE INFORMATION

NUMBER OF MARATHONS: _____ NUMBER OF ULTRAS: _____
DETAILS OF BEST PERFORMANCE OVER EACH DISTANCE: _____

DECLARATION

I, the undersigned, in consideration of and as a condition of entry in the BUNBURY HOLDEN 6 HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever, which I may suffer or sustain in the cause of or consequent upon my entry or participation in this event. The waiver, release and discharge shall be, and operate separately, in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them. I undertake to withdraw from the race if I shall suffer from any viral, gastric or other medical complaint in the 36 hours prior to the start of the event, or are otherwise medically or physically unfit on the day of the race.

SIGNED: _____ DATE _____

**ENTRY FEE: \$30.00 (payable to 'Bunbury Runners Club')
(Entries received by 1st Feb 2001 receive race T-shirt)**

Send entry forms & entry fee to: Mary Morgan
27 Snows Place BUNBURY WA 6230
phone: 08 97217507

Further information from:
Race director: Stephen Peacock 97913452 or John Mealey Bunbury Holden 08 97912990
Shane Walker 97259576

Organising Club: BUNBURY RUNNERS Club (Inc), PO BOX 1161, BUNBURY WA 6231

SPONSORED by BUNBURY HOLDEN

Sunday 18th March, 2001

RED ROCK / COFFS JETTY
Water World Great Ocean Run
45 Kilometres

START: Northern End Red Rock Beach 6 . 00 a.m.

FINISH: Coffs Harbour Jetty

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

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

POST ENTRIES TO: Steel Beveridge
3B Surf St, Emerald Beach NSW 2456 (by 17 March)

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

COURSE SURVEY: Saturday 17 March
(meet at Arrawarra Headland 3 . 00 p.m.)

CARBO LOAD: Unofficial, at Woolgoolga Pizza Place
(from 6 .30 p.m. Saturday 17 March, 2001)

WAIVER

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

2) I will abide by all the competition rules.

SIGNED _____ DATE _____

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

Previous Ultra Marathon experience _____

Best Marathon time _____ Event _____ Year _____

Name _____ Address _____

Age _____ Sex: M or F

ADT50

AURA 'DAM TRAIL 50' PLUS 30km OPTION SUNDAY 25TH MARCH, 2001

COST: \$15.00 (for AURA current financial members) **DISTANCE:** 50km (52.1km) or 30km (31.8km)

\$20.00 (for non-members)
(2000)

RACE RECORD: Sani Badic 4:12:35

START: 9:00am, Fernshaw Reserve Picnic Area (for 50km),
10:30am, Dom Dom Saddle (for 30km)

FINISH: Below the Maroondah Dam Wall

CLOSING DATE FOR ENTRIES: Wednesday 14th March, 2001 (\$5 surcharge for late entry).

IMPORTANT NOTES:

1. A car shuffle will be organised to retrieve your car from Fernshaw Reserve or Dom Dom Saddle.
2. Please be at the start before 8.30am at Fernshaw or 10am at Dom Dom to allow sufficient time for race preliminaries.
3. Chest numbers will be handed out before the start.
4. It is expected that there will be a number of checkpoints with water and limited food (which **may** include provision for personal drinks and food - this will be announced at the start). Don't expect aid stations every 5km but if the day is hot, then water drops will be arranged between the longer checkpoints. The organiser strongly recommends all entrants carry some emergency food, water and a spray jacket (weather conditions can change rapidly in the mountains).

WARNINGS AND RULES OF THIS EVENT

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

Time Limit: There will be a maximum time limit of 2:45 hours for any runner who wishes to complete the run to reach Dom Dom saddle for the second time (approximately 20km).

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

Course Marking: The course will only be marked (type of marking will be announced at the start) at selected locations. Competitors are strongly advised to purchase the detailed maps to ensure they are familiar with the exact course details. Unreduced photocopies (2 x A3 sheets) of the relevant sections of the maps encompassing the course can be obtained from the organiser for \$5.00.

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

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

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

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

ADT 50

AURA 'DAM TRAIL 50'

WITH ALTERNATE RUN OF 30 km

SUNDAY, 25TH MARCH, 2001

A run around Maroondah Dam, Healesville, Victoria

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

ENTRY APPLICATION

NAME:

ADDRESS:

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

AGE ON DAY OF EVENT: DATE OF BIRTH:

INDICATE WHICH RACE (circle distance): 30km 50km

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

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

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

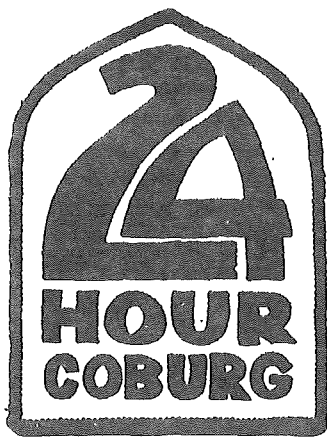
.....
.....
.....

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

Signed: Date:

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

Send entry application to: Nigel Aylott, 19 Bennett Ave, Mt. Waverley, Vic, 3149
Ph: (03) 9634 2776
Cheques payable to: Nigel Aylott



COBURG 24 HOUR CARNIVAL 2001



18th ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

- 24 Hour Run/Walk Event 10.00 AM Saturday 7th April 2001 to
10.00 AM Sunday 8th April
- 12 Hour Run/Walk Event 10.00 AM to 10.00 PM Saturday 7th April
- 6 Hour Run/Walk Event 10.00 AM to 4.00 PM Saturday 7th April
- Plus 12 Hour Team Relay - See Separate Entry Form

ULTRA ENTRY FORM

SURNAME

FIRST NAME

INITIALS

ADDRESS (No. and Street)

DATE OF BIRTH

SUBURB or TOWN

POSTCODE

SEX (M or F)

AGE ON RACE DAY

PHONE (HOME)

PHONE (WORK)

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

♦ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME

FIRST NAME

PHONE (HOME)

PHONE (WORK)

RELATIONSHIP

Details of Your Best Track Ultra Performances:

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

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

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

Best Marathon -----

SEND ENTRIES TO : BERNIE GOGGIN
(HON. SECRETARY)
277 MANNINGHAM RD.
LOWER TEMPLESTOWE
3107, VICTORIA
Entries close 30th March 2001

Conditions of Entry on Back.

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



COBURG HARRIERS



18TH ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP INFORMATION

- Ⓢ AURA regulations apply.
- Ⓢ Computer lap scoring.
- Ⓢ Venue record is 294.504 km set by Yiannis Kouros in 1996.
- Ⓢ Trophies to male and female winners, including walkers.
- Ⓢ Entrants are required to have all of their equipment set up & complete by 8:30 a.m. on day of competition.
- Ⓢ Run on the recently resurfaced Harold Stevens' Athletic Track.
- Ⓢ 24 Hour canteen will provide hot & cold snacks as well as main meals. MEAL TICKETS WILL BE AVAILABLE.
- Ⓢ Male and female hot showers in the clubrooms and large multiple toilets.
- Ⓢ Masseurs available.
- Ⓢ Hourly progress reports.
- Ⓢ Trackside camping (no electricity) allowed for vans and tents.
- Ⓢ Trackside portable toilet available for all ultra runners.
- Ⓢ 24 Hour St. John Ambulance Brigade support.

Please note: **NO CARS ALLOWED ON THE TRACK!**

WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2001, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

This waiver, release and discharge shall be and operate separately in favor of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes, but not limited to, Commonwealth and State departments and instrumentalities, medical and paramedical practitioners and personnel and shall operate whether or not the loss, injury or damage is attributable to the act of neglect of any or more of them.

I have read the rules and conditions of the event as stated in the declaration above and upon literature and other materials distributed in connection with the event and agree to abide by them.

ENTRY FEES: 24 HOUR EVENT: \$50.00 6 HOUR/12 HOUR EVENTS: \$40.00

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

Signature _____

Date _____

Name (please print) _____

'Lest we Forget' Run

The inaugural 'Lest we Forget Run' is planned for the 29th April 2001 in the year that celebrates the Centenary of Federation.

It is loosely based on the 'Comrades Marathon' run annually in South Africa between the towns of Durban and Pietermaritzburg (a distance of about 90km).

Comrades was first run in 1921, when a returned soldier (Victor Clapham) decided to put on an event with a reasonable degree of difficulty to remember not only his fallen comrades, but to undergo some hardship whilst remembering.

The 'Lest we Forget Run' will have some things in common with the South Africa run, but some things will be uniquely Australian.

The main features will be :

- The distance will be 84.4km (twice the normal Olympic Marathon distance).
- It will start on the Gold Coast, which epitomises the great Australian lifestyle of sun, surf and sand which our forefathers fought and worked so hard for.
- It will finish at Southbank, which was the WWII headquarters during our darkest hours.
- Besides individual runners, teams of 2 or 4 runners will be allowed (either 2 x marathon or 4 x 1/2 marathon).
- It will be the responsibility of each individual runner or team, to remember a former soldier who has fought to make this country what it is today.

ie. They must carry a memento of that person.

- We have set a timetable for their people to be remembered.

By 2005, we want to remember the Boer War soldiers.

By 2015 the Gallipoli veterans.

By 2018 the rest of WWI.

By 2045 the WWII people and so on until the Bi-Centenary of Federation.

- This race will, like comrades, have a cut-off time of 11 hours, which is the time which symbolises peace.

We encourage each sub branch to locate their local Roll of Honour. In time each person each person could be remembered. This could be the local community focus point or major objective. Servicemen may enjoy motivating the youth who frequent the RSL Clubs to join a team and participate.

We realise that not everybody can run a double marathon, marathon or even a half marathon, let alone in the required times. We also know that those who do actually run will spend the day well outside their normal comfort zone. Whilst we can't reproduce the hardships of a war zone, our chosen course will certainly create hardships for those competitors beyond what they normally endure.

For those who are not up to the physical challenge, there are many ways to contribute:

- We need course Marshals (all intersections must be protected).
- We need drink stop attendants, unlike a normal fun run where 1 or 2 drink stops are used, we will need between 30-35 drink stops (an ideal opportunity for a sub-branch or regiment to share a day helping those who are remembering our history).

- We need runners and particularly teams, as well as lists of those who should be remembered first, each sub-branch can organise teams of their other members (maybe their children or grandchildren in some cases) into teams, so each sub-branch can remember their own.

After each race, not only will lists be published of who was remembered (we will also put this on the world wide web), but we will break it down into states, so this run will develop into a state of origin challenge about who remembers the most soldiers.

For those sub-branches outside the south-east corner of Queensland, fundraisers may be needed to sponsor teams to the race. In local communities, the lure of a trip to the Gold Coast to celebrate the past will become a prize that will be sort after.

In 1921, when Vic Clapham and 34 of his friends set out from Durban to run to Pietermaritzburg, only 16 made the finish. Clapham could never have dreamed that in the year 2000, the 75th running of his race, that 24, 000 runner would start and over 21, 000 would finish. We can only dream as well, but with your support in the year 2100, we hope that our descendants will be able to look back and be proud of what we have created and how we have remembered those who have made Australia what it is today.

The Race Directors are Don and Trish Griffin of Griffin Jones Accountants who conduct the Brisbane Marathon (now in its tenth year) as a community event attracting 4,500 runners. Each year donations are given to the Asthma Foundation and other charities. Visit the website at www.riverrun.com.au for more information and register your interest so you can be kept up to date with developments.

So join us, not in organising a race, but preparing for a journey into the past as we forge our future.

‘The ‘Lest we Forget Run’, ‘not a race, but a journey!’

As you are aware, the race directors of the Brisbane River Run (Don and Trish Griffin) are adding a double marathon to their race day next year and as far as I know this is the first serious attempt to launch an Ultra in Australia with real money and sponsorship since the Westfield runs. I am a friend of the Griffins and know last years budget was \$250,000 and with the addition of the double marathon, this budget will increase significantly.

This is also an attempt to raise the profile of Ultra running in Australia and deserves the support of all current ultra runners as competitors and past runners as helpers. I hope that you and any running connections you have can be called upon to help promote the concept. Hit the web page www.riverrun.com.au for overall details. Following is some additional information which should be dispersed to runners:

1. This run concept is unashamably an attempt to copy Comrades and for Australians it will be cheaper to compete.
2. Why the RSL? To gain commercial sponsorship, you must have the support of a charitable organisation - ie corporate sponsorship is linked to "feel good" events.
3. The RSL has a network of clubs throughout Australia, most with poker machines and large cash flows.
4. The concept of the run - to remember our forefathers who made this country great - has a lot of affinity with the RSL. This concept does not necessarily mean a soldier, but an ancestor who has contributed and ideally a relation of the runner.
5. To run this race, we need access to 6km of beach, 64 km of road and 15 km of busway and to shut this down for runners, we need political influence.

The interesting bit:

1. We realise that runners living outside SE Qld may not be able to afford to travel and compete.
2. Most RSL members could not run out of sight on a foggy night.
3. Most RSL clubs are aware of the run, but have no idea of how to contribute.

Now the clever bit:

1. If runners across Australia approach their local RSL and offer to run for a particular significant local identity or hero, they may find that the RSL is prepared to reimburse their reasonable expenses.
2. As the runner is obviously experienced in running, he or she can also offer to help train nominated younger members of the community on behalf of the RSL to compete in the 4 x 1/2 marathon relay so that other local identities can be remembered.
3. Each runner will need a second and each relay team a helper. An ideal opportunity for two or more non-running members of the RSL to travel to the Gold Coast on a fully funded trip.

Finally, to make all this work, within the next few weeks we need the following:

1. Runners to make contact with RSLs
2. Runners who want to see this concept succeed, fax or email Don and Trish Griffin with their support because a handful of supporting emails from around Australia works wonders in corporate boardrooms when seeking sponsorship.

Hoping you and your organisation can do all you can to support this new run.

Bruce Hargreaves

MELBOURNE FAT ASS RUNS ?????

I got hold of a couple of Melbourne bike maps today and a great idea sprung to mind. How about a Melbourne series of Fat Ass type runs next year. Low key/do it yourself and all that good stuff.

Here's what I've come up with.

Run 1: Apex Park(Altona) to Memorial Park(WestGate) and return via the Esplanade. 48kms return!

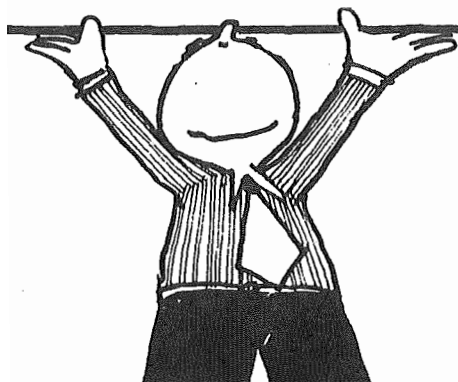
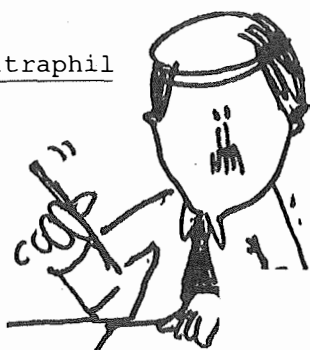
Run 2: Maribynong River Run. Brimbank Park to SouthBank and return. 56kms return.

Run 3: The Outer Circle trail . Yarra Bend Park down to East Malvern Station, then up to east Camberwell Station and back up to Yarra bend Park. Two laps is 64kms.

What do the long term Victorians think? Could be a great way to introduce new people to the sport and to AURA. I was also looking at some of the Rail Trails!

If this comes off I will ask Kevin T and Sean nicely for use of the Fat Ass type trademark stuff in Melbourne

Phil Essam
03 9398 4167
ultraoz@one.net.au
<http://geocities.com/ultraphil>



"Scribe" Essam on the job!!!

21ST 50 MILE TRACK RACE (MEN & WOMEN SEPARATE EVENTS)

AUSTRALIAN CHAMPIONSHIP EVENTS

PLUS 50KM

CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
DATE: Saturday 12th May, 2001
PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood, 3151. (Melway Ref: 62, C8)
TIME: 8.00 a.m. Race Start
REPORT IN AT: 7.30 a.m. sharp
RACE NUMBERS: Will be issued at the venue at 7.30 a.m.
LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.

FACILITIES:

1. Changing room, showers and toilets are all contained in a pavillion adjacent to the track.
2. Tea/coffee, biscuits and sandwiches will be supplied to the lapscorers.
3. Hot water will be available for runners' assistants.
4. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track).
5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.

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

TROPHIES & Perpetual Trophies for both Men & Women.

AWARDS: Other prizes may also be presented. Certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 4.30 p.m. approximately.

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

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

CLOSING DATE: All entries shall be delivered by 5th May, 2001.
Entries received after 5th May 2001 may not be considered.

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

RACE RULES

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

Good running and enjoy these events.

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

50 MILE TRACK RACE
(MEN & WOMEN SEPARATE EVENTS)
AUSTRALIAN CHAMPIONSHIP EVENTS

PLUS 50KM

SATURDAY 12TH MAY, 2001

ENTRY APPLICATION
please print clearly

Surname Initials Call Name

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

Postal Address Postcode

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

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

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

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

CONDITIONS OF ENTRY

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

WAIVER

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the Australian Ultra Runners' Association Inc. 50 Mile and or 50km Track Races for myself, my heirs, executors, and administrators, hereby waive all and any claim, my right or cause of action which I might otherwise have for or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry and participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.
3. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signed Date

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

BANANACOAST ULTRA MARATHON (85kms)

Sunday, 13 May 2001

Entry Form

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

START: Coffs Harbour Hotel 6 A.M.

FINISH: Grafton Post Office

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

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

Enquiries telephone (02) 66562735

RULES.

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

WAIVER.

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

(2) I will abide by the competition rules.

Signed: _____

Date: _____

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____ Year: _____

Name: _____

Address: _____

Date of Birth: _____ Sex(Male or Female): _____



This page last updated: Wednesday, 04-Aug-1999 07:50:21 EST

COOL RUNNING Australia

I Have Finally Found My Hero by Phil Essam



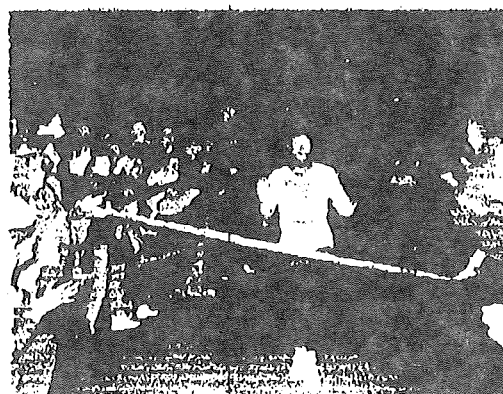
www.coolrunning.com.au



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.



Bob Bruner wins the Westfield in '81

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

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

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

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

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

The Bicentennial Westfield was again won by Kouros. It was slowly becoming two races in one. Yiannis Kouros versus the clock and the rest of the runners versus each other. They tried to handicap Kouros but he still made his way through the field. Kevin Mansell was to run his second Race and knocked thirty four hours 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

Product

"I have finally found my hero"
by Phil Essam

Available only on disc for \$10 plus \$4 postage and handling

contact Phil Essam
164 Civic Parade, Altona. Vic, 3014
phone: 03 9398 4167
03 8604 1920
e-mail: ultraoz@one.net.au

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.

HARDROCK 100 MILE ENDURANCE RUN

The Hardrock 100 mile Endurance Run - An Australians' Experience by Bill Thompson

Introduction

The Hardrock 100 is a 101.7 mile run through the spectacular San Juan mountains of southern Colorado in the USA. It is regarded as one of the more difficult 100 milers and is promoted as "Wild & Tough". The average altitude of the course is over 11,000 feet, the highest point reached is 14,048 feet and 12 ridges over 12,000 feet are crossed. The total vertical climb and descent is over 66,000 feet, more than climbing up and down Everest from sea-level. The run starts and finishes in Silverton and is run in a different direction each year. The course was counterclockwise in 2000. There is quite a debate on which direction is the most difficult. The five long road sections are all uphill in the counterclockwise direction and have to be mostly walked, which is not good for fast times but they could be run flat out downhill, so you could expect potentially faster times for clockwise years. I was pleased with the direction we went as some of the best scenery is travelled in daylight during the latter stages of the race. Although the terrain sounds a little daunting, it is the weather that is often the most threatening factor with daily thunderstorms the norm. After reading accounts of the run in running magazines, I browsed the Hardrock web site and decided immediately that I would have to have a go at this run, and being no spring chicken, the sooner the better. With the 48 hour time limit I thought I would have a good chance of finishing. There are very generous cut-off times at Hardrock to allow participants to sit out extremes of weather. My only experience at ultras was at the "Glasshouse 100" where I had managed to finish the hundred miles twice in just under the 30 hours allowed, walking most of the way. Luckily this was deemed to be a sufficient qualification by the Hardrock selection committee.

Preparation

Looking at a profile of the run, it is pretty obvious that the best preparation is to concentrate on hills, preferably at altitude. Apart from a few miles in the towns, the entire course is up or down. The local Australian scene could provide a few hills but not the altitude, so I decided to make a holiday of it and spend about a month before the race in Colorado. The literature suggests that it takes three to four weeks to become acclimatised. My intention was to get fit enough to enjoy and finish the event while coming out of it in one piece. Although I didn't want to be competitive I realised that the faster you went the less time had to be spent on the second night. I started from a reasonable fitness base being a fruit farmer who spends upwards of 70 hours a week on my bare feet, either walking or climbing trees and ladders. I did a bit of hill work around the Glasshouse Mountains to strengthen the legs before leaving for Colorado. My best effort was six mountains in under six hours, about 5,000 feet up and down. All I had to do was to keep doing this for another 33 hours and I would have finished Hardrock. Piece of cake!

Within two days of arriving in Colorado, my wife Jane and I were sleeping above 9,000 feet and rarely ventured below this altitude. This gave me exactly four weeks acclimatisation. I don't know what the poor old body thought - breathlessness from altitude, reduced caffeine intake, withdrawal from going off the booze and jet lag. I bought a book called "The Colorado Trail" which describes a 470 mile walking track through Colorado. I picked out the best sections for acclimatisation. Many parts of this trail are above 10,000 feet and pass mountains worth investigating. It is well marked, there are plenty of access points, and it provided me with an excellent base for a get fit campaign. Camping out in Colorado is no problem and it appears you can leave your car safely just about anywhere. BLM (the Bureau of Land Management) encourages low impact bush camping and we never failed to find excellent camping spots. It is a good idea to wear shoes in town. What is it about bare feet that gets people so excited? I was close to being arrested for going into a shop that sells food. On the fifth day I climbed to 13,700 feet with no ill effects except from a little sunburn after walking along the summit ridge naked for half an hour. The sun really packs a punch at that altitude. I can't remember if I was wearing shoes.

We passed through Leadville, the home of "The Leadville Trail 100", where I met some of the race committee. They get around 500 starters with another 500 in the mountain bike event!! Close to Leadville are Colorado's highest mountains, Mount Elbert and Mount Massive. Colorado has 54 mountains over 14,000 feet, but none over 15,000. It appears to be a national obsession to climb them all and many people you meet out on the track are on this mission. They then start on those over 13,500, and there are hundreds of these. Most of the higher peaks would usually not be accessible in mid-June but early hot weather had melted much of the snow, so I only had a few small snow fields to contend with on ascents up Elbert and Massive. You could probably see most of Colorado from the top - pretty spectacular stuff and what a way to get fit. I was intending to spend a lot of time on summits above 14,000 feet to acclimatise but usually had to retreat because of high winds and cold. We spent two weeks walking and climbing mountains. I climbed nine mountains over 14,000 feet before arriving in Silverton, the base for the Hardrock run. One of these was Uncompaghre. If you are going to Colorado put this one on your list. I was going to do more walking on the Colorado Trail but was drawn to the mountain like a magnet from many miles away as it looks pretty spectacular. I ended up going up twice. BLM recommends that you get off the summits by 1pm because of thunderstorms. I was on the top of Uncompaghre by 8am in a white-out. After coming down and then climbing to a nearby pass, the mountain cleared, so I returned and went up again for lunch in perfect conditions. Being one of the highest mountains around, it gave a view of most of the country we would be travelling through on the run. I was not disappointed, the Hardrock sales pitch looked spot on.

Silverton is the headquarters for Hardrock. It is in a great mountain setting and I thought it would have been more appropriate to ride in on a horse spaghetti western style. Charlie Thorn has a house here and makes visitors most welcome. He is responsible for marking the course, an activity which begins about two weeks before the event. First timers are encouraged to join in this activity so as to get to know the course. I spent two days doing this on what I considered to be the most difficult sections. It was a lot of fun and I met plenty of people and their dogs. The Americans are crazy about dogs which are generally well behaved and you find them in the most amazing places. Some of the dogs are gear freaks. We saw a dog in Telluride, a town you pass through on the run, with saddle bags on the side and a moggy on its back in a carrier. On one marking day we went to Virginus Pass

accompanied by a couple of mutts. This is one of the most spectacular and difficult parts of the course. I was getting pretty worried about how we could get back down the very steep snow slope we had just ascended to the pass when one of the great characters of Hardrock, Bozena Maslanka, a lady who has been the last finisher twice, gave a great yell, leaped over the edge and slid down several hundred feet on her bum. Like a mob of lemmings we all followed with no problems except for a Canadian bloke who took plenty of skin of his arse, which lent itself to some great photographs. They put a fixed rope here for the run. I got to know the rest of the course on my own, except for most of the first 30 miles as I thought it would be better to have some surprises on the day and I knew I couldn't get lost with so many people around. I went through plenty of mental ups and downs before the event as did most people we met. There were several days when I had serious doubts about finishing and my sanity. Some sections of the course appear so difficult that you wonder how they will be possible after 80 miles or so. I think the best way to get through Hardrock is to think of it as a series of fourteen different events and just take them one at a time and not think too far into the future.

When you look at previous results for counter clockwise years, most of the dropouts occur after Handies Peak. This is the longest section of the course with a steep climb of 5,248 feet to the top of Handies at 14,048 feet and then a descent of 4,178 feet to the aid station. You are over 30 miles into the event before starting this leg which takes between three and a half to seven hours. I made sure that I got to know this section very well and used it as my last training venue on the Sunday before the event, travelling the leg in both directions in under nine hours. It was a great morale booster and I really believed I had a chance to finish. By race day I had been to the top of Handies five times. After a short walk on Monday, I had three days of relaxation before the big day. We kept sleeping high at around 12,000 feet except for the night before the race where we camped closer to town. Tuesday before the event was July 4. I marched around the town with other entrants under the Hardrock banner in the Silverton parade and we got a good response from the locals who I am sure regarded us as a mob of friendly lunatics. There was a very spectacular fireworks display in the evening put on by local fire brigades, the audible effects being particularly good in the mountain setting.

The Hardrock 2000

There was quite a bit of talk around that this was the year for wimps as there was little snow on the course and the rivers were low. I reckon that some of the steep sections are more difficult and certainly slower without snow and for those of us who ventured out into the second night things turned out a little differently.

Right on 6am 118 participants left the Silverton High School, most running, but quite a few at a fast walk. The first couple of miles are pretty flat which is great for a warm-up. It is important not to underestimate any section of Hardrock and this first leg to Cunningham Gulch, mainly on good trails and 4WD roads is no exception, with a climb of 3,980 feet to 13,000 feet and a descent of 3,190 feet. I went a little faster over this section than I intended as I got carried along by the mob on the steep descent to the aid station where it was a little difficult to pass. This was obviously going to be very different from the Glasshouse Trail where after the first hour I rarely see anyone except when they are going in the opposite direction.

The next section to Maggie Gulch is very similar to the first, a long climb mainly up roads to 13,060 feet and then a very steep descent to the aid station. I went arse over at one point hurting an old war wound in my shoulder but luckily it was more a fright than anything else. The course was very dry at this point in time, making the loose steep gravel slopes extremely slippery. I was praying for a bit of rain but not as much as eventuated.

The next two sections to Pole Creek and Sherman are over gentler grades on good walking tracks, some of the route following the Colorado Trail. The scenery is magnificent but a couple of thunderstorms were licking at our heels and keeping the adrenalin high. There was enough rain to dampen the track and make us haul out the rain jackets. The Gods were with me! You are up fairly high most of the time so being well acclimatised is a distinct advantage. The speciality food at the Pole Creek aid station was peanut butter sandwiches with jelly. Jelly?, the mind boggles. In for a penny in for a pound, I find out that jelly is jam, not a bad combination at all. At Sherman aid station I was about 70th and already two and a half hours behind the leaders. I had my scheduled 15 minutes here to gather strength for the big ascent.

A forty minute steady climb up a road gets you to the bottom of Handies Peak where the terrain gets decidedly steeper. I knew this part of the course really well and this along with my concentration on climbing in preparation for the event, started to pay dividends. I managed to haul in about 15 people on the way up to the top of Handies. I was pleased that I didn't need to stop at all. Quite a few were having difficulty with the altitude and there were several people being sick. There is one very steep scree slope to regain a ridge where good technique conserves energy. I found I had to change gear at about 13,500 feet and start breathing at double the rate in order to keep up a good pace. This altitude became progressively lower further into the event. This was the only effect the altitude had, no headaches or nausea which was great. In fact I believe I felt better up high than down in the valleys. We were told we would have to clip our race number on the top to make sure we reached it but the gear wasn't there. The descent into American Basin is very spectacular, passing a semi-frozen lake on the way. There was a spot here where we did clip our race number to ensure that short cuts were not taken down an environmentally sensitive slope. A short haul back up to 13,000 feet over American-Grouse pass with a little lightening and hail to make life interesting and you are then on the long descent to Grouse Gulch aid station. You can see the station many thousands of feet below but the thought of seeing the "crew", having a Guinness, my performance enhancing drug, and then a good feed, kept me well focussed. I had decided to only have a Guinness if I continued with the race, so I really had no option but to proceed. I had been carrying lights but didn't need them as I was well ahead of schedule. The aid station looks like a small village from above, centred around a huge yurt where they serve you their well renowned food. The Guinness gave me a great appetite and I downed plenty of food including a couple of Buritos which is the speciality of this aid station. As in previous years, the mountain had taken its toll and 24 people dropped out at Grouse. I have a feeling that some of them could have kept going but were disappointed with their times. Many however had trouble with their stomachs. One of the front runners we met can't keep any food down after 50 miles which must make the last bit of the event very difficult. Jane and I have a couple of theories about this, which you probably won't agree with, but it will give you something to think about.

1. Waist packs, which in any way put pressure on your stomach, are bad news.

2. Don't drink anything after eating for as long as possible, preferably at least 15 minutes.

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1. Waist packs, which in any way put pressure on your stomach, are bad news.

2. Don't drink anything after eating for as long as possible, preferably at least 15 minutes.

3. Consume sports drinks in between aid stations.

4. After a good feed, rest for a few minutes. I spent a total of 230 minutes at aid stations, way too long I know, but at least I didn't throw up. Unfortunately, aid stations are usually at the lowest point, requiring strenuous efforts soon after departure. This is not good for digestion.

After just over my scheduled half hour stop I started the long haul up a road to Engineer Mountain in good spirits. A German fellow, Hans Dieter Weisshaar who is quite a character, was just coming in as I left and yelled with great enthusiasm "Vee vill finish ya". "No worries" I replied. I think Hans completed nineteen hundreds this season - a fantastic achievement for a bloke of 60.

You can pick up a pacer at Grouse but I reckon half the fun is to be out there on your own at night, occasionally bumping into other runners. I got the lights going about half way up the road. On looking back nearing the pass it was a great sight seeing all the lights bobbing along behind. It reminded me of the chase scene in "Butch Cassidy and the Sundance Kid". A steep cross country descent to the Engineer aid station is the start of a very long descent to the town of Ouray, the lowest point in the course. I had another good feed at Engineer including a "turkey hamburger roll-over with sauce" I think. This aid station has to be packed in but seemed to have all the luxuries one needs including cheerful people and hot food. A few miles after Engineer the route joins the Bear Creek National Recreation Trail which is a pretty spectacular track with big drop-offs. At night you can't see the bottom but you can hear the water thundering down in the canyon below. One slip and you die. When you break out into the main valley of the Uncompaghre River, you can see the town of Ouray, which appears close enough to touch. This however is not the case and it takes quite a while before you reach the aid station. At this point a very strong wind began to try and blow me off the track, and I was frightened of branches crashing down. After you ford the river with the help of a fixed rope, there is a never ending jeep road which follows a pipe line and when you finally reach town the aid station is on the far side. Needless to say I reached Ouray, the lowest point on the course, on a low. I spent nearly an hour trying to sort myself out with the help of the crew. I had my legs massaged but we couldn't get out of the wind which was still howling. At no time did I think of withdrawing from the race.

I finally struggled out at 2.30am to start the long haul up to Governor Basin, not totally confident of reaching Telluride where I would meet Jane again. She was going to wait until daylight before driving the long way round by bitumen. I definitely found this 3 hour, fairly gradual ascent up a good road the most difficult part of the course. I went for about 2 hours without seeing one course marker and even though I knew I was right it was still a little disconcerting. A half hour refuelling stop at Governor Basin with the dawn coming, changed my mental attitude altogether. And not too soon either, as the next three sections are pretty spectacular with some very steep climbs and descents with marginal footing. A road gets you up to the Virginus mine, and then the fun starts. There are three very steep cross country steps to climb to get to the pass and Kroger's Canteen. The first is up a old mine dump of very hard dirt with almost no traction and if you are not careful a case of up one and down two. After negotiating several hundred feet of this you come out into a basin and get your first view of the pass. It is really just a notch in the ridge and you finally realise that the course designers have a sense of humour. The second step was almost free of snow up a very steep scree slope. No real drama but hard work and a good place to warm up for the third step which is near vertical snow. They had a fixed rope dangling from the top enticing you up the first couple of hundred feet of snow which was rock hard at dawn. Once I got to the rope it was an easy haul up the last hundred feet or so. The aid station is situated in the pass at 13,100 feet, with tremendous views of the route ahead. They were a really friendly crowd who had to pack in all the gear to this spectacular spot. It would have been nice to stay for the rest of the day. After a piping hot cup of coffee with lashings of fresh cream, I felt pretty good. Things don't get much better than this. I had managed to pass quite a few people from Governor, for some reason the steeper it got the better I seemed to feel. The trail ahead is a knee trembling 4,400 feet descent to the town of Telluride, losing in just over an hour most of the height gained in the previous four hours plus.

Although the vertical loss and gain of 33,000 feet over the whole course sounds pretty dramatic, it isn't really as bad as it sounds. There are long sections of either uphill or downhill, so after ascending for maybe 4,000 feet and feeling fairly stuffed, you can then rest those muscles while descending. Just when you think the knees and hips will wear out, you are off on another big climb using different muscles. I tend to go uphill on my toes then use my hips and heels for the descent.

Having said that, the next stage to Chapman is very long and demanding, climbing 4,500 feet and descending 3,090 feet. Luckily this is a very beautiful section of the course and the wild flowers were magnificent. There was certainly no reason to become bored. A lot of this section follows the well maintained Wasatch Trail. There are some great understatements in the course

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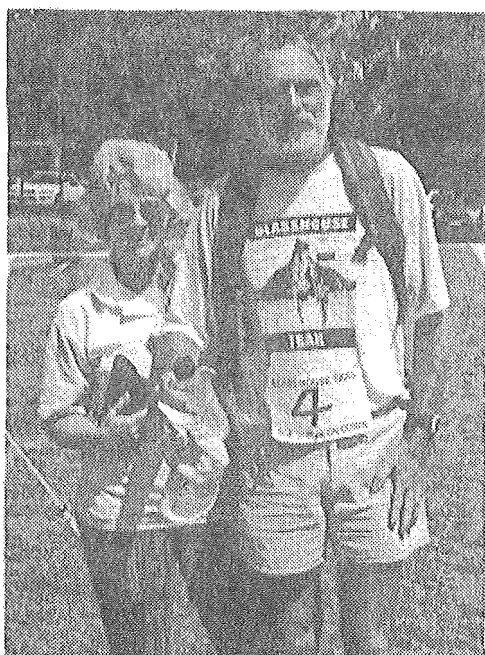
Jane had driven around to Chapman and met me with the news that my drop bag was not there. To make matters worse they had had to move the aid station to get good wireless transmission, so that crew couldn't now get close with vehicles. This was the last station where drop bags were allowed so it had goodies for three sections. I stayed at the aid station for a time drinking soup hoping the bag would turn up while Jane dashed off in a panic to try and work out what I needed. It was difficult to remember what we had actually put in the drop bag. The people at the aid station could remember seeing my number, but it must have been sent back to base in the "used" category. The only essential item for continuation was batteries and luckily I had plenty in the vehicle. I checked out of the aid station and joined Jane at our vehicle where we tried to reconstruct my missing food supplements, clothes and batteries.

After a good feed of bacon and eggs, I took off a little ruffled but in reasonable spirits. There were thunderstorms milling about and the general outlook on the weather didn't look good. Six people had passed me on my extended stay but I managed to haul them all in before Grant-Swamp pass. This part of the course has to be seen to be believed and it confirmed my suspicion that the designers had a sense of humour. The scenery is great but it is the most technically difficult section of the course in this direction.

The route starts up a good road, then a well benched track, then across some scree and finally to a steep climb to the pass with the final section being up a mixture of scree and dirt. This final climb can take ages but I worked out a way of getting up and only spent about ten minutes on the ascent. Several people took ages and consumed vast stores of energy. Some people thought it looked easier on the right up a line of rocks and started rolling great boulders onto those below. An added incentive to my rapid ascent was the approach of a very electrical storm. This, along with a surge of energy from the bacon and eggs, saw me flying down the steep scree on the far side of the pass in order to lose height and get away from the lightning. After removing a large amount of gravel from the shoes at the bottom of the scree, I continued at a fast shuffle to KT. It was obvious that the weather was deteriorating and I was determined to get as far as possible in daylight. For some reason, I was feeling really good and full of energy. In just three miles I managed to get half an hour on those I had left at the pass. After a bit of cross country, then a reasonable track, the KT aid station is reached by the Kamn Traverse. This is a fairly exposed thin track about 1,200 feet above the valley. I am certain you could self arrest before reaching a cliff line but it is best to concentrate and stay on the track. The husband of the KT aid station captain, Lisa Richardson, is an Australian, so I received a fairly raucous reception. Lisa is the Hardrock aid station director, and is one of these people who seems to be constantly happy and has an infectious smile. I doubt if any runners left KT in a bad mood.

I cut my scheduled 15 minute break to eight, quickly downing some food, putting on rain gear and checking my lights. It was just 6pm so I had a good chance of making Putnam Basin before dark. Although regarded as a fairly easy section by Hardrock standards, it still required a climb of 2,465 feet and a descent of 1,705 feet. There was also some very exposed country to cross. I made good time to the tree line (about 11,400 feet at this point) in increasing rain with the route being well sheltered. I should have put on all my warm gear here but was feeling good and warm so I pressed on. After a saddle at about 12,200 feet there is a long exposed easy slightly downhill section before the final climb to 12,600 feet. I started to get very cold here, with no shelter and the rain continuing to pelt down. 30 days in Colorado and this was the first time it had really rained. I couldn't complain as the country really needed it. I was hoping to find a large rock to get out of the worst of the weather but there was nothing. I decided I would have to get on the small amount of warm gear I had, a jumper, gloves and over-mittens. This all took a fair bit of time and energy as my hands were frozen and not working too well. The final climb sapped a fair bit of energy. I was panting like the people you see on Everest and my throat was pretty sore from so much action. On topping the ridge, the sight of the aid station 1,700 feet below was quite an emotional experience and I knew that nothing would stop me now. They had a powerful light which made it look closer than it really was. I sorted myself out on the descent just as the daylight was fading and was heartened when the bloke who met me said that I was the first person to arrive for quite a while with a spring in my step. They were very caring at Putnam Basin and met me several hundred yards out, obviously realising that I had been through a bit of an ordeal. There was another bloke there who had arrived some time before who looked like he was suffering quite a bit. He and his pacer left the aid station with me but arrived at the finish over an hour after me so they must have been feeling exhausted as I wasn't setting any speed records. The aid station tent had blown down but they managed to prop it up in a sort of fashion and serve up a wonderful mug of cocoa. After thawing out a bit, I got my lights going and headed out on the mainly downhill last section. The Hardrock trail markers are very good at night and I had no trouble navigating even though the elk and marmots (low grade ground hogs) had removed quite a few of them and the rain was still coming down. This section is fairly rough over large scree, but well benched high above the valley for most of the descent to Mineral Creek. With a few encouraging words from Jane after crossing the creek, I started on the last two miles or so into Silverton. We had to clip our tag again here to ensure we didn't just run down the road. This took me some time as my hands still weren't working and my race number was on the bottom layer of clothing. The last mile seemed to take an eternity. I finally reached the finish and kissed the Hardrock at 11.05pm. After the reception at KT and Putnam, the finish was a bit of an anticlimax. I suppose I was tired. After a hot shower and a Guinness things seemed a bit better. I had completed Hardrock in 41 hours and 5 minutes, over 5 hours under my schedule. You beauty!!

After a couple of hours sleep we attended the award ceremony and brunch. All the finishers were presented with a poster, after the race director said a few personal words. I received a special prize for being the median finisher. This was more than an ultra, it was an adventure. This is a well organised run in a very spectacular part of the planet. Pity it wasn't a bit closer and our dollar was worth a bit more.



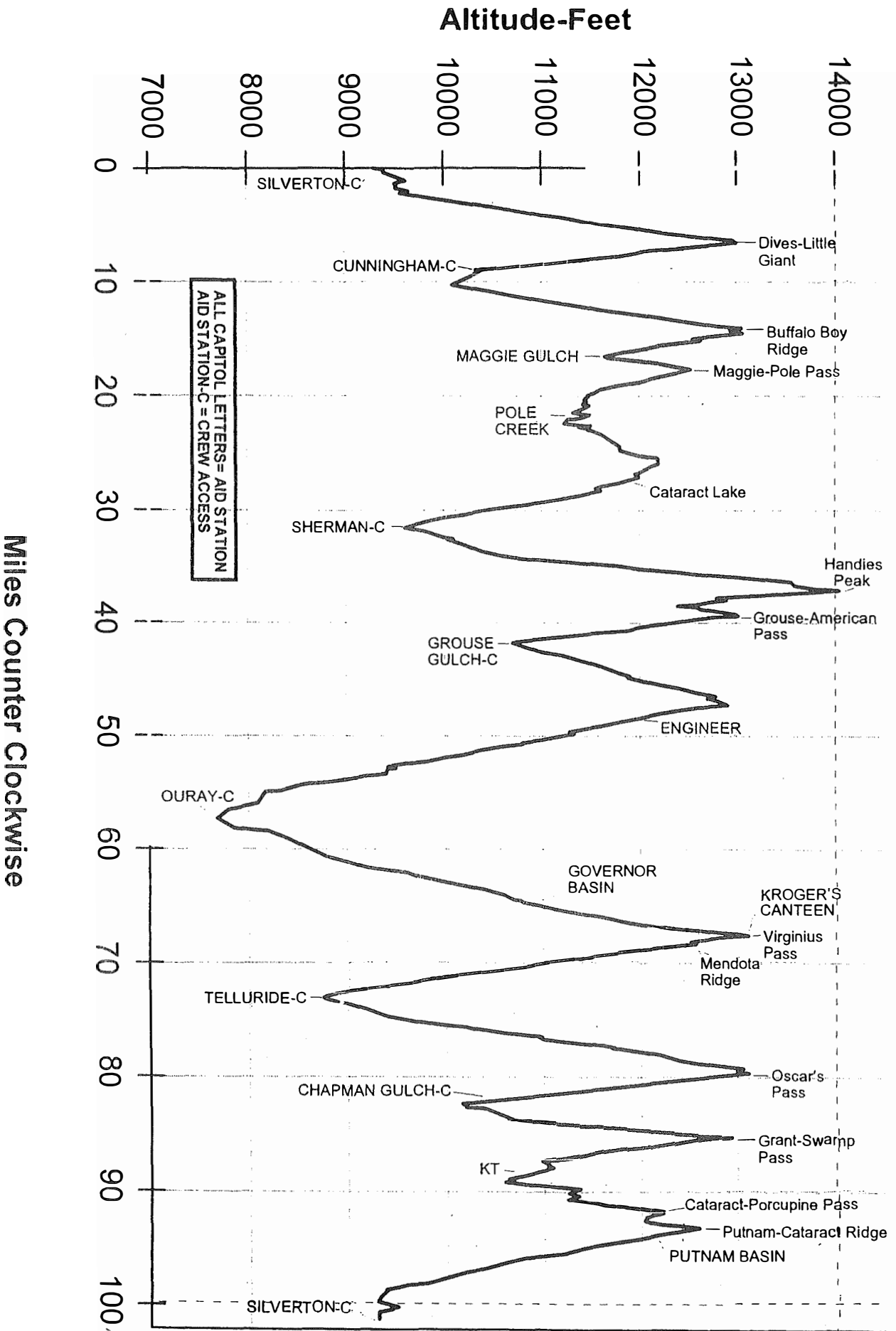
Bill and Jane Thompson



Bill in the hands of the Medicos

Hardrock 100 Mile Mountain Run

101.7 Miles 33,065 Feet of Climb



Photos of the hardrock 100 course



Oscar Pass. looking out over the spectacular and rugged terrain

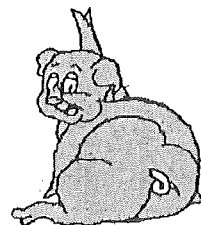


Bill Thompson and friends training over Virginia's Pass, affording incredible views of the snow and high peaks

Lost Worlds of Ku Ring Gai



Fat Ass



26th August 2000 – Berowra NSW

Race Director's Report

Sitting here on the lounge-room sofa, reflecting on yesterday's event, I feel pleasantly satisfied. The idea for putting on a race, and calling it a FAT ASS was borne out of frustration with the dwindling number of ultras, particularly off-road ones, in the Sydney region, although it is a general trend across the whole country. In addition, there are some great tracks and trails that are just asking to be run on and shared with others. FAT ASS runs fit in well with the Australian psyche - low key, laid back, tough and cheap !

Anyway, after spending some time designing a course, drawing a map and a moderately successful email-writing campaign, all that was left was to sit back and wait for a few runners hopefully to turn up on the day. I was assured of at least 10 runners turning up, being close personal friends and all that - but not sure how many others. August 26th was the last weekend of winter and was definitely a bit chilly, but 22 runners turned up and signed the waiver. A couple of bandits from Berowra, the starting place, failed to sign the form, but that was ok really. The big news was the arrival long-travelled ultra nuts from Melbourne Victoria, Kev Cassidy and Ross Shilston who stayed chez Tiller the night before; and some-time ultra bush star, Mike Burton, who took the Piker's option to save himself for the Great Nosh 15km the next day. Any ultra running event in Sydney would not be complete without the presence of Paul Every, who was able to make the run and give us all some credence.

After a pre-race speech, group photo and a ready, set, go they were off on their chosen course : 56km, 41km, 30km or 15km. I waited for about 10 mins in case any stragglers turned up and then bundled the kids in the car [oh yes, being race director doesn't let me off baby-sitting duty, especially as my wife was one of the runners]. We dashed thru the town and into the bush where we could catch the runners going past, and took some photos, then hot-footed it to the local Shell to buy some drinks and snacks for post-race.

Being race director meant I could choose the start location, by the kids park, so that the kids could play without much attention from me. The 15km runners drifted in after approx 2 hrs [it IS a tough course] and then I took the kids to a fairy party - after changing them into fairy costumes in the park. Arriving back at the start/finish I was just in time to catch the first runners from the 30km - Paul Every, Phil Hugill and Dave Cannings in 3:42. The others drifted in all the way up until 5hrs 47mins when Colin Colquhoun brought up the rear with an interesting story of taking a wrong turn and going through a pack of wild dogs.

The 30km route was novel in that all runners cross Berowra Creek via Ferry, and I'd heard that 17 of the runners made it onto one ferry - seems like quite a social affair.

Some the runners kept going further onto the other side of the Kuringai peninsula towards Mt Kuringai and Apple Tree Bay and Bobbin head, although it is fair to say, many had shot their load on the first leg and refused to go any further. Paul Every & Phil Hugill were joint first place winners of the 56km option in 7:25, with Sean Greenhill being 3rd and final finisher in 9:56, still running strongly and training for his 100 mile debut in the Glasshouse Mtns in October.

Thomas Lenzenhofer was the lone finisher in the 41km option, in 6:16, which he took purely to finish quicker so he could spend time with his wife on her birthday. He did comment on the toughness and technical difficulty of the course, with some many rocks and roots, although all commented on the beautiful vistas of the area's scenery.

It appears that no one got lost, and most people were happy with their day's efforts, so I think you could call it a success !

Kevin Tiller
Race Director

<http://www.coolrunning.com.au/fatass>





Fat Ass

Results - 26th August 2000 – Berowra NSW

56km

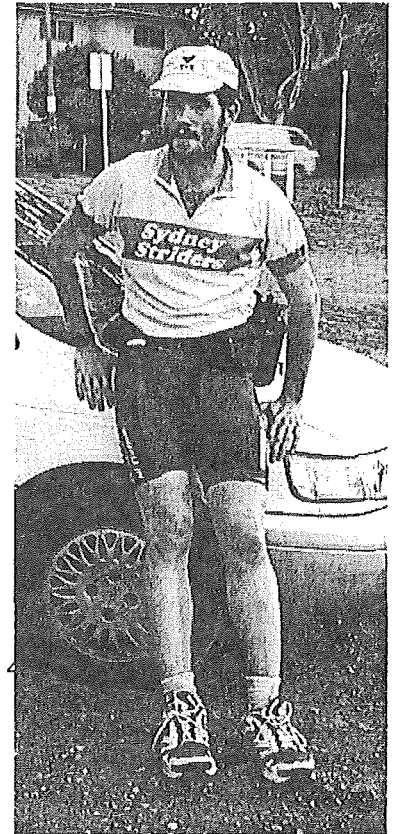
- 1= Paul Every [Male, Turramurra, 36yrs] 7:25
- 1= Phil Hugill [Male, Hornsby, 42yrs] 7:25
- 3 Sean Greenhill [Male, Burwood, 22yrs] 9:56

41km

- 1 Thomas Lenzenhofer [Male, Sydney, 26yrs] 6:16

30km

- 1= Paul Every [Male, Turramurra, 36yrs] 3:42
- 1= Phil Hugill [Male, Hornsby, 42yrs] 3:42
- 1= Dave Cannings [Male, Normanhurst, 39yrs] 3:42
- 4 Victoria Tanner [Female, Lavender Bay, 39yrs] 3:44 [short cut ?]
- 5 Dave Jenkins [Male, Lane Cove, 41yrs] 3:45
- 6 Julian Dennis [Male, Harbord, 42yrs] 3:46
- 7 Dawn Tiller [Female, Berowra, 34yrs] 3:53
- 8= Jan Herrmann [Male, St Ives, 37yrs] 4:03
- 8= Thomas Lenzenhofer [Male, Sydney, 26yrs] 4:03
- 10= Dave Pettit [Male, Canley Heights, 32yrs] 4:12
- 10= Lawrence Mead [Male, Rozelle, 32yrs] 4:12, continued to The Sphinx at 4
- 12= Mike Ward [Male, Balmain, 47yrs] 4:19
- 12= Darryl Chrisp [Male, Paddington, 51yrs] 4:19
- 14= Sean Greenhill [Male, Burwood, 22yrs] 4:45
- 14= Kevin Cassidy [Male, Melbourne, 40yrs] 4:45
- 16 Ross Shilston [Male, Melbourne, 46yrs] 5:13 [short cut ?]
- 17 Colin Colquhoun [Male, Sydney, 46yrs] 5:47



A "finished" Sean Greenhill

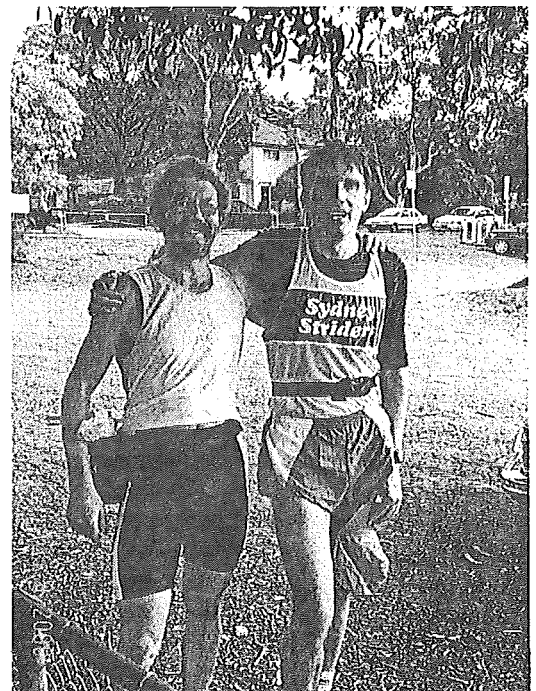
15km

- 1 Michael Burton [Male, Coogee, 39yrs] 1:58
- 2 Michael Flanagan [Male, Woodbine, 41yrs] 2:20
- 3 Peter Yabsley [Male, Cherrybrook, 37yrs] 2:22

<http://www.coolrunning.com.au/fatass>



Kev Cassidy



Paul Every & Phil Hugill – Joint Winners

No Fees, No Awards, No Aid, No Wimps
149

It was with great trepidation indeed that I motored up the Hume Highway from Melbourne to Sydney with the intent of getting through the first Australian Fat Ass run, being the "Lost Worlds of Kuringai" a 56km jaunt through the beautiful Kuringai Chase National Park on Sydney's northern outskirts, the day also offered a number of shorter options.

With the exception of having to step over some guy vomiting in the corner of the toilet block in Tarcutta, the drive to Sydney was uneventful, however I did have to purchase a new Sydney street directory because stupid me had forgotten to bring along my old one. Arriving at the Berowra railway station, I managed to find one Ross Shilston who had flown up that day on one of Impulses cheap fares. Ross then proceeded to lead me into a dead end street while trying to find the Tiller household, he still insists that I should have turned left!!! After much back tracking, we arrive at the home of Kevin and Dawn Tiller. I soon learnt that wiser heads know not to stand in the driveway, Dawn can hit 200kph on the small stretch of concrete and she almost had me splattered all over the rock garden.

Friday night at the Tillers saw me suffer a narrow but courageous defeat at the hands of the Tiller daughters in a game of lounge room volleyball with a bright yellow balloon before hoeing into some good vegetarian tucker. Most people finish a meal with either Coffee or Tea, but not Dawn, she prefers a rather unusual mix that she calls a "pissy".....Ask her about it, next time you see her!!!

Saturday morning saw 22 runners arrive at the Berowra Oval to tackle the various distances on offer. This was a great turn up that pleased the Fat Ass series organisers in Kevin Tiller and Sean Greenhill, I was enjoying meeting up with a number of old faces as well as meeting 2 people that I had only ever had e-mail contact with, they were Darryl Chrisp and Sean Greenhill.

With everyone keen and ready, Kevin said "GO" and we were away. Carrying a number of long term injuries and a few too many kilograms soon saw me settle at the back of the field and I linked up with Sean Greenhill, Sean was wearing the biggest bum bag I had ever seen, it looked like he had packed everything that wasn't bolted down before going to work with a spanner!!!

To sum up my own run, I would have to say "Pathetic" I knew long before I got back to the oval that I would not be able to complete the second section so 30km had to do. Yes, I know, I have "retired" three times in the last year but I am actually meaning it this time. The huge plus was the opportunity to explore a new forest and all I can say is "WOW" this area is very rugged and spectacular and I would recommend running here to anyone.

After a warm shower, Ross finally arrived after walking up the last section via the road, his chronic calf injury had beaten him again. It was good to stick around and go out to meet Sean who had gone on to complete the entire 56km. Sean was a picture of focus and determination during the later stages and he sure seems to have the right attitude for his attack on the Glasshouse 100 miler in October.

With the day almost over, Ross and I headed for Gosford to visit the Frame household and catch up with Sue, Noeline and children. Ross had been promising to return some photos for almost 5 years and when he finally went to get them out of his bag.....Yes, that's right, he had lost them!!!!!! Dinner that night was with the incomparable Greg "Romeo" Love and Ann Snow before returning to Sydney to witness the Brisbane Broncos defeat the Sydney Roosters in the National Rugby League Grand Final, A lovely experience being stuck in a seat next to three chain smokers.....

Kevin Cassidy

MEANWHILE...

■ **THAT EXTRA BUZZ:** A Japanese marathon star who won Olympic gold in Sydney got a crucial extra buzz by drinking the stomach juice of giant, killer hornets. Naoko Takahashi, who became a national heroine by winning the women's marathon, drank the 100 per cent natural beverage before and during the race after Japanese scientists found it gave an astonishing boost to human performance.

Lost Worlds of Kuringai Fat Ass 56K

Around 22 runners arrived in the northern extremities of Sydney on Saturday August 26 for the first event in the Sydney Fat Ass series- including the 56K ultra option, the first new ultra event in Sydney for several years. For a smallish field, there was quite an array of talent and "names" assembled at Berowra Oval for the 7am start. Glasshouse Trail 100 winner Paul Every, Brisbane Water Bush Bash and Royal National Park ultra winner Mike Burton, Glasshouse Trail 50 co winner Mike Ward, Six Foot Track course record holder Dawn Tiller, at least 7 finishers of Australia's most gruelling ultra, the Bogong- Hotham, and 5 competitors training up for the upcoming Glasshouse Trail events in October. As well, there were those interested in a morning outing in tough bush, aiming for the 15 and 30K options. The real highlight was two of Australia's best credentialled ultra runners coming up from Melbourne. Kevin Cassidy and Ross Shilston have completed just about every event on the Australian calendar, and to add to this Kevin has completed the American Angeles Crest, Wasatch, Leadville and Western States 100 Milers; Ross has completed Western States and was forced out of Leadville by a persistent calf problem that had reduced him to attempting the 30K option today.

The course (described at <http://www.coolrunning.com.au/fatass/lostworlds/index.shtml>) promised a tough mixture of highly technical bush tracks connected by some road sections and a punt across Berowra Waters. No aid- runners carried their own supplies, or got what they needed from taps and shops along the way. The remark was heard that, seeing as this was Sydney's affluent Northern suburbs, runners would need to carry their credit cards because a ten dollar note just wouldn't cut it. At 7am, Kevin Tiller assembled the runners, took some photos of this inaugural Fat Ass field, and delivered a quick briefing. He had marked the course in one spot, Kevin noted- writing "FA" on the trails behind Berowra to mark the turnoff to Berowra Waters. Kevin Cassidy pondered whether FA actually stood for "Fuck All" rather than Fat Ass. Otherwise, the course was unmarked and we'd have to rely on our maps.

"I make it 7.06," Kevin Tiller intoned. "Ready? Set? GO!" The runners took to the streets for a hilly road section that led to the trail turnoff, and I was jogging easily enough along next to Ross Shilston. We must have looked an unlikely pair, because I'm built like a Rugby flanker and Ross's compact frame couldn't look any more different- his head would have reached my chest. The course turned off the roads at Ti Tree Close and onto a long, undulating fire trail which gave the occasional glimpse through the trees to Berowra Waters. Kevin Cassidy settled in behind the two of us, and in the back of my head I was saying "Jesus, I'm running with KEVIN CASSIDY AND ROSS SHILSTON!" I'd never met these guys before, I had exchanged emails with Kevin but more or less knew of them only by reputation- and that was a formidable reputation. I just didn't think I deserved to run one on one with these guys.

It was a great time, however, as Ross spoke of the ultra running scene in Australia in the 1980s and early 1990s- well before my time- and the now extinct races that existed in that period. It sounded like, around 1990, there was a regular contingent of Australian ultra runners training together and building up for the American 100s. Max Bogenhuber was the first, and as well as Ross and Kevin there were others like Geoff Hook, who ran under 24 hours at Western States.

There was plenty of opportunity to talk on the sure footing of the fire trail, but when we reached the "FA" and turned off towards the water, conversation was stifled as the course went over a narrow, rocky technical path which wound up and over a ridge, then dropped sharply towards the water. Most of this route was via steps cut into the rock face of the escarpment, and it was slow going. My IT band played up a little on this tough descent, but sure enough we dropped to the waters edge and ran along a narrow path to Berowra Waters, where the ferry waited. Not a suburb, but a few restaurants and plenty of boat moorings, this was the turnaround for the 15K, and two runners headed back past Ross and I as we arrived. We had timed it well- we had just missed the ferry which was carrying all the other competitors!

Kevin arrived just after us, and accompanied by Colin from Sydney Striders, we boarded the next punt across the water. Crossing the broad, flat peaceful expanse of water beneath a pale blue sky, we exchanged plenty of comments about the fun (or lack thereof) of boating and yachting, and bemoaning our luck for being unable to afford any of the craft that were moored all around

us. When the punt alighted, the four of us set off up the road towards Berrilee, avoiding several cars on the narrow, winding bitumen. Colin dropped off as we climbed steadily upwards for about 3km, and it was the two Victorian legends and myself turning off the road onto an old 4wd track. This wound through farmlands, then into dense Australian bush. Easy enough going at first, but then the trail got rockier and tougher as it started to drop. Ross fell behind us as his damaged calf started to act up again, so Kevin and I kept onwards, running easily enough and doing a bit of rock hopping where needed.

Fellow competitors started to come back to us, all in a tight group. Up front were Paul Every and Phil Hugill, two top ultra runners with not much between them for fitness. Then came the rest of the menagerie, including Dawn Tiller- already falling behind with a calf problem that would terminate her run at 30K- and the "looking very lean, mean and fit brigade" of Mike Ward and Darryl Chrisp running together. Kevin and I trotted out to the ruins of the Calabash Hotel- the turnaround point overlooking the water- after 2.10 or so. The return leg back up via the same rocks was slow and unpleasant, and we passed Ross fairly quickly and Colin a bit after that, then swung back onto the road for the drop back to the ferry. Our timing this time was a bit better- the ferry arrived within a couple of minutes of us.

Once we alighted on the Berowra side, we retraced our earlier steps up and up and up through technical bush. Kevin, whose training has been affected in recent years by injury and commitments beyond running, took this climb slowly and I stayed with him- this was, after all, a Glasshouse training run for me, no need to hurry. And any extra time I could squeeze in with this guy was well worth it. I joked as well that if we got truly lost, I might need to have someone around to cannibalise. "This course'd be more fun if I was fitter," Kevin remarked. He was starting to feel the effects of an old back problem, and decided that he'd finish at the 30K mark. Jogging and walking, we reached the fire trail, jogged back along the fire trail (which seemed far longer than when we ran the other way along it earlier), came out of the bush, and returned to Berowra Oval along the roads to bring up 30K.

Sitting there were the Tillers (including the kids), Mike Ward and Darryl Chrisp. Darryl's bid to cover the full 56Km had been cut short by cramps, so the attrition rate for the run was starting to mount. I treated myself to a Coke and Kevin (Tiller, that is) asked me if I was going on. "Of course," I replied, "this is Glasshouse training." "You're the fifth, then," Kevin added- ahead of me were Paul and Phil, Bogong- Hotham finisher Larry Mead and another guy. As Kevin Cassidy relaxed with a Coke of his own, I bade them all farewell and set off, having taken 4.40 to cover a measly 30K. It took me another 15 minutes to leave Berowra- I stopped at a service station to buy an iced coffee, and, when crossing the Pacific Highway and train tracks, realised my water bottles weren't refilled and had to duck down to the train station to refill them. Then into the Kuringai Chase National Park via the Waratah Track.

Dawn had run this track during the Sydney Trailwalker 100K and warned me that it was technical. But I didn't expect what I found, which was a narrow singletrack covered in rocks and often petering out in fields of boulders where creeks crossed the tracks. My progress through the bush at Berowra Waters was slow, I thought, but I walked all of this, basically, taking in the pleasant scenery as the route wound its way along the edge of the steel grey waters of Cowan Creek. An experienced bush runner, light on her feet, might make decent headway on such technical surfaces, but when you're 190cm and 90kg (like me), light on the feet is not a term that applies. In fact, I nearly fell and damaged myself any number of times. After an interminable time, the trail came out at the boat moorings of Apple Tree Bay, and trotting down the road towards me were Phil and Paul, looking comfortable and returning from the long haul round Bobbin Head and the Sphinx. It had taken me almost two hours to cover the 8K from Berowra to here via the Waratah track. Was the Sphinx trail any better, I asked these two, and Paul said it was pretty decent singletrack. I left them and set off, as they jogged back to tie for first place.

Along the road to Bobbin Head, the biggest aquatic playground of northern Sydney. If there was a lot of boats moored at Berowra Waters, there were several times as many here, as well as parklands with kids running around and BBQs being cooked up by family groups. Grimly I ran through all this down to the kiosk, bought two cartons of milk and drank them quickly, then ran behind the boat sheds to follow the Warrimoo track.

This was mostly much better going than the Waratah track (ie it was runnable, except for a couple of sporty sections) and it wound its way along the waterline, with a steep cliff rising above my head on the right, and the trail cutting its way through mangroves on the waters edge. After around 7K of this I came to a trail junction, leading upwards to the Sphinx war memorial. I followed wooden stairs, and steps cut into the rock, as I ascended the escarpment, came to a singletrack, and followed it to the Sphinx, a replica of the real Sphinx that had been reproduced here in the Australian bush in the 1920s by an ex soldier as a memorial to his World War One companions, as they had all trained together in Egypt. From here, to complete the loop back to Bobbin Head I followed a good firetrail along the top of the ridgeline. Open to the sky and unprotected by tree cover, the trail was swept by regular crosswinds, and I was shuffling along puzzlingly slowly. In plenty of training runs I had been running much better than this after covering a greater distance; why was I so sluggish now? I should have been making up time here. A wave of light headedness and dizziness swept over me, so, figuring I hadn't eaten enough, I consumed all the food in my pack- powerbars, fruit bars, mars bars- and washed the down with a big shot of water. Gradually I started to come good, and followed the trail as it switchbacked down to the waterline again.

I set off again along the road back to Apple Tree Bay, then back into the bush along the dreaded Warrimoo track. Luckily I didn't have to trace this all the way back to Berowra, just for a kilometre until I reached a turnoff to Mount Kuringai. I started climbing upwards again along more steps of wood and stone. For anyone who thinks Sydney is flat, a run along this route, switching back and forth between the waterline and these northern suburbs (the highest points in metropolitan Sydney) will convince them otherwise. I almost started to wish I was living in Melbourne where it was nice and flat.

By now I was really starting to come good, and when the two Kevins, Ross and the Tiller kids appeared on the trail ahead brandishing several cameras, I powered right past them, through the streets of Mt Kuringai and onto the shoulder of the Pacific Highway for the last few kilometres to the finish back at Berowra Oval. I had been out for around 9.40, and this section was more or less the first time since the return road section from Berrilee that I really had a chance to open my stride right up. Focussing on the tarmac beneath my feet and a sub 10 hour finish (10 hours for 56K? what kind of race was this???) I hardly noticed the Tillers white people mover pass me a couple of times for more photo opportunities. Rising up to a hard sprint, I powered through Berowra, turned left onto Berowra Waters Rd and ran back to Berowra Oval, pumping my fist, just as Kevin Tiller drove up for a finish line photo, followed by Ross and Kevin Cassidy in the latter's legendary yellow ute. As it turned out, the two guys between Phil and Paul and myself took shortcuts out of the course, so I was only the third and last person to cover the full 56K- and a rough, tough haul it was too. My final time was 9.56.

A succession of people had covered the 15 and 30K options, so, as far as Kevin Tiller and I were concerned, this was successful- originally we were thinking maybe 10 people would show up in total. And despite the tough nature of the course, no one seemed to have a bad word to say- so hopefully they'll spread a few good words around in the Sydney running community for the next Fat Ass event. This race has also, however, probably created an expectation of tough runs in the future, so hopefully the Blue Labyrinth in December (<http://www.coolrunning.com.au/fatass/bluelabyrinth/index.shtml>) will meet all expectations of a hard trail run.

Sean Greenhill
Burwood, Sydney, Australia

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CENTURION 24 HOUR RACEWALK RESULTS

02-03 September 2000

Coburg Harriers Track, Coburg, Melbourne

This year's race saw a field of 13 walkers. The race started at noon on Saturday 02 Sept and ended at noon on Sunday 03 Sept. The venue was the Coburg Athletics Track in Melbourne and the ultimate aim of the race was to try to complete 100 miles of walking within the 24 hour period.

Right from the gun, Michael Harvey went to the front and was already 3 laps ahead of the next placed walker after the first hour. Michael, coming from a background which included Australian representation over the 50 km racewalk, was keen to challenge our Australian ultra walking records and set out at the pace required to break Clarrie Jack's long standing 50 mile record of just under 8 hours.

Behind Michael, the other walkers were clustered closely together, perhaps matching their own pace to those around them. Over the course of the next few hours, the field gradually separated but a group of 4 – Gerald Manderson, Carol Baird, Robin Whyte and Kelvin Marshall, continued to walk together at a very steady 20 laps per hour. It was not till nearly 6PM that the first break occurred and Gerald dropped off the back, almost certainly showing tiredness from the heavy ultra racing program of the previous 12 months.

But Michael could only maintain his pace until the 46 km mark and, abruptly, he dropped from 2:20 per lap to 5 minutes per lap. He was spent. To his credit, he took stock of the situation, kept moving, tried to take in the right sort of nourishment and modified his aims. He set off once again with all thoughts of records forgotten. The aim now was to keep going for as long as possible and just see what eventuated. He passed the 50 km mark in 5:16:36 and settled down to a long battle against self.

Saturday afternoon had been windy and cool but the promised rain had held off. As night fell and walkers faced the long 12 hours of darkness and cold, he was still there but looking decidedly tired. His inexperience over such distances showed as his pace varied from fast to slow but he kept at it. The 50 mile mark was passed in a good time of 09:06:38 but the end was in sight. Behind Michael, the field was still closely packed and 50 mile splits for those still walking were as follows

Michael Harvey	09:06:38
Carol Baird	10:21:43
Boyd Millen	10:25:59
Robin Whyte	10:24:58
Ross Jackson	10:37:24
Kelvin Marshall	10:55:24
Gerald Manderson	11:08:56
Ken Riches	11:32:42
Steel Beveridge	11:51:34



Kelvin Marshall
Mr Indestructible

Michael set himself to reach 100 km and did so just after midnight in 12:08:52. With that goal reached, he retired from the race and Carol Baird became the new leader. Just before 1AM, she also passed the 100 km mark in a new Australian Ladies Residential record time of 12:57:47.

Soon after this, the heavens opened with heavy rain and strong buffeting winds. By the time conditions cleared some 40 minutes later, the damage was done. Walkers were cold and wet and there were still 5 hours to go to sunrise. Changes of clothes and nourishment was taken and walkers drew on their inner reserves to battle self doubt and tiredness.

While this was going on, the 2 competitors in the 100 km race had other thoughts on their minds and they ignored the rain to walk towards their own personal goal. Just before 2AM and in the drizzling rain, Ross Jackson completed a fine first up 100 km in 13:40:30. Then Ken Riches followed soon afterwards in 14:33:26. Now only the 24 hour walkers were left on the track.

As dawn broke at 7AM, only 4 competitors were still there. Perhaps not surprisingly, all were Centurions – Carol Baird, Robin Whyte, Boyd Millen and Gerald Manderson. They had faced this sort of challenge before and, once again, had been able to overcome tough cold night time conditions. With a weak morning sun and under clear skies, the pace quickened and flagging spirits regenerated. The end was in sight and the mood brightened.

The final results tell the story. Gerald did his calculations and realised that he was too far back to reach the 100 mile mark so he retired just after 9AM at 141 km. That left just a final 3 to triumphantly reach 100 miles and achieve yet another Centurion performance. First was Carol with yet another Australian Ladies Residential record and then Robin followed by Boyd. Carol kept going to improve on her Australian Ladies Residential 24 hour record with a fine 175.460 km.

100 Mile Finishers

Full results are as follows

Carol Baird	ACT	21:26:10	C39	
Robin Whyte	ACT	22:29:32	C29	
Boyd Millen	UK	23:25:43	C41	***

24 Hour / 100 Mile Walk Results

Carol Baird	51	ACT	175.460 km	24:00:00
Robin Whyte	58	ACT	162.8 km	22:43:10
Boyd Millen	64	UK	162.0 km	23:32:05
Gerald Manderson	56	NZ	140.8 km	21:08:50
Michael Harvey	37	VIC	102.2 km	12:27:43
Steel Beveridge	49	NSW	100.4 km	16:48:55
Kelvin Marshall	36	VIC	84.4 km	12:02:02
Graham Watt	24	VIC	60.0 km	09:04:16

100 Km Walk

1	Ross Jackson	41	VIC	100 km	13:21:34
2	Ken Riches	47	VIC	100 km	14:30:14

50 Km Walk

1	Peter Gray	35	VIC	50 km	07:53:05
2	Spiros Galatis	71	VIC	50 km	08:55:10
	Brian Glover	57	VIC	36.4 km	

AUSTRALIAN RESIDENTIAL RECORDS

Carol Baird	ACT	100 km	12:57:47
Carol Baird	ACT	100 miles	21:26:10
Carol Baird	ACT	24 hours	175.460 km

Jack Webber Trophy Carol Baird

The Jack Webber Trophy is awarded to the most meritorious Centurion performance. This year, it was once again awarded to Carol Baird for another outstanding walk.

Congratulations to those who competed. I look forward to seeing some of you back again next year to try to improve on your performances when we host the Year 2001 Centurions Walk in New South Wales.

Tim Erickson 06 Sept 2000

Phil Essam adds.....

Last weekend saw the running(walking) of the annual Australian Centurions event. It was held at the Harold Stephens track in Coburg. If anyone doesn't know, a Centurion is anyone that can walk 100 miles in 24 hours. This was the first time I was seeing a 24 hr event from the other side of the fence. I was looking forward to it, but knew that I would be envious of the competitors that were doing the hard yards.

There were 13 starters for the event which also included a 100km walk and 50km walk. This is a great way of getting new people into the sport. Perfect weather for walking presented itself on Saturday and at midday the walkers were soon on their way. The gun walker in the event was Michael Harvey who started off at a cracking pace. Centurions, Carol Baird, Gerald Mendersohn, Robyn Whyte and Boyd Millen started off very conservatively. The field also had a smattering of Ultra runners(who were walking) in the field including Peter Gray, Ken Ritches and Steel Beveridge. The man who most impressed me during the event was 71 year old Spiros Galatis. He fills in his time with strolls around his local suburb and ended up completing the 50km in just under 9 hours. I won't give an hour by hour description of the event but here are some highlights and lowlights of the day:

- * Catching up with old friends and making new friends,
- * Spiros getting his 50km,
- * Melbourne weather opening up shortly after midnight,
- * Boyd Millen not being able to eat or drink anything for the duration, but still managed to become an Australian Centurion ,
- * Learning some new strategies that i'm going to try in my next 24hr (no Im not going to reveal them)
- * Carol Baird breaking three of her own records,
- * Doing some laps myself and my feet holding up,
- * Feeling the pain for those who didn't make their goals.

I could go on with a more detailed race report, but I will leave that to the Race Director, Tim Erickson (who did a great job on the day). The weekend has reignited me with fresh hope and ambition!

PEOPLE & PLACES

BLAIRATHOL KITCHEN HAND RAISES \$80,000 FOR SICK CHILDREN

John's heart takes long, winding road

Endurance runner John Moyle.

Moyle sets new distance world mark

MARATHON runner John Moyle, of Blair Athol, has set a new world record for long-distance running.

In his latest run around Australia he clocked up 19,502km, running every day.

The run was to raise money for children with cancer and underprivileged children. Mr Moyle began on March 22 and completed the run at Football Park on April 30.

It took him 13 months and eight days.

Last week Mr Moyle was presented with an award by Port Adelaide Enfield Council.



Moyle's marathon



HOME: John Moyle had company as he acknowledged well-wishers on Main North Rd, Enfield, yesterday near the end of his epic run.

Picture: DAVID CRONIN

By NICOLE LLOYD

JOHN Moyle set off on a run 11 months ago and is still going - 17,344km later.

Yesterday, the 48-year-old, of Blair Athol, became the only person to have run the equivalent of twice running around Australia as he jogged into Adelaide.

Today, he will be back on the track as part of a seven-week goal to clock up a further 1700km in the parklands to capture the record for the longest-ever distance run.

Moyle began his latest epic journey in Darwin on March 22, six years after his first run around the coast of Australia.

From Darwin he followed a coastal route to Perth then crossed the Nullarbor to Port Augusta.

During his run he passed through Broken Hill, Mt Gambier, Melbourne, Sydney, Cairns and Tennant Creek before heading back to Adelaide via Alice Springs.

To accomplish the feat, he has run the equivalent of 1½ marathons every day.

Along the way, he has survived muscle meltdown, an infected bladder and being hit by a car.

Not bad for someone who was advised he would find it difficult to walk more than a kilometre at any given time.

After a work accident, Moyle

underwent back surgery in 1984. "I was down and nearly out in those days," he said.

"Then I saw a television program on a guy with cancer (Terry Fox) walking across Canada," he said. "That was it."

"I decided then to stop feeling sorry for myself and start doing things for people in a less fortunate position than I was."

Moyle, a kitchen hand, says when he is in pain he thinks of the children for whom he is raising funds.

"This is not the John Moyle show," he said.

"When it's 3am in the morning and pouring with rain I think 'what about the children you are running for' - my pain is nothing compared to theirs."

But he confessed: "Many times I've had tears in my eyes under my sunglasses."

Moyle's "Running for Kids" journey has raised \$80,000 for the Apex Foundation's Children's Cancer and Leukaemia Trust and the Underprivileged Children's Trust.

Nursing a torn hamstring, he limped into the city yesterday, escorted by the SA Metropolitan Fire Service for a civic reception at Parliament House. He was also looking forward to having his first sleep-in after 11 months: "I've only had about four hours sleep a night since I set off from Darwin."

Tax deductible donations can be made to the Apex Clubs of Australia, Running for Kids, PO Box Albury NSW 2640.

A charity dinner and auction will be held at the Feathers Hotel on March 17.

End finally in sight

IAU 100Km World Challenge

Winschoten, Holland - 9 September 2000

Place	Name	Time		
1	Fetizon, Pascal	6:23:15	68 Graf, Karl	7:59:55
2	Radiuchenko, Dmitriy	6:29:13	69 Gallik, Frantisek	8:03:40
3	Kharitonov, Oleg	6:29:29	70 Kuo, Tzong Chih	8:04:39
4	Held, Dan	6:33:12	71 Sherman, Mark	8:04:41
5	Ganiev, Farid	6:38:57	72 Botzon, Ricarda	8:05:21
6	Guichard, Thierry	6:41:35	73 Clark, Edgar	8:05:23
7	Diehl, Gilles	6:41:35	74 Mazibuko, Mangena	8:07:14
8	Tiupin, Igor	6:43:40	75 Philips, Herb	8:07:34
9	Wright, Donovan	6:46:10	76 Martinez, Miguel	8:07:54
10	Vozar, Attila	6:50:00	77 Bollig, Deb	8:08:03
11	Sartori, Stefano	6:50:53	78 Huang, Chung Hua	8:10:06
12	Vandendriessche, Jan	6:52:11	79 Lario, Alzira Portela	8:10:25
13	Boisselier, Nicolas	6:53:48	80 Brunner, Ludwig	8:11:25
14	Oliveira, Marcio Batista	6:54:52	81 Bazzana, Lucio	8:11:25
15	Piveteau, Pascal	6:54:59	82 Godale, Mark	8:12:53
16	Mikami, Yasuumi	6:55:07	83 Sekiya, Akiko	8:15:15
17	Kanarsky, Valery	6:55:45	84 Sakovitch, Ivan	8:17:21
18	Sommer, Michael	6:57:29	85 Schaefer, Tanja	8:19:08
19	Olsen, Jesper	6:58:31	86 Lien, Jorgen Andre	8:19:11
20	Siniushkin, Valeriy	7:00:27	87 Gomez Rosas, Camilo	8:19:18
21	Magroun, Mohamed	7:01:22	88 Montgomery, Marietjie	8:22:37
22	Krajenski, Volker	7:03:26	89 Park, Luanne	8:24:59
23	Hostens, Yvan	7:03:56	90 Dierckx, Emiel	8:25:39
24	Nippert, Howard	7:04:08	91 Costetti, Maria Luisa	8:25:39
25	Ruiter, Edward de	7:04:57	92 Brionne, Murielle	8:27:36
26	Heubi, Bruno	7:06:34	93 Krause, Stephan	8:28:26
27	Santner, Bernhard	7:06:48	94 Czerniak, Daniel	8:29:59
28	Zsigovics, Andras	7:07:45	95 Tiggelkamp, Ferdinand	8:30:05
29	Garcia, James	7:08:22	96 Drescher, Anke	8:31:09
30	Kelehe, Andrew	7:09:42	97 Kawaliauskiene, Austra	8:33:46
31	Mteto, Welcome	7:09:44	98 Hendriks, Tom	8:40:20
32	Beckers, Paul	7:13:24	99 Sefanovskis, Arvids	8:40:30
33	Tretto, Livio	7:17:53	100 Chester, Ann	8:40:56
34	Muehl, Volkmar	7:18:17	101 Duval, Dominique	8:43:24
35	Bernabei, Andrea	7:18:37	102 Cosgrove, ChristyWynn	8:43:24
36	Rodriguez, Juan	7:20:18	103 Savoskina, Svetlana	8:47:38
37	Lust, Veron	7:20:25	104 Vekemans, Alfons	8:48:09
38	Moore, Steve	7:20:55	105 Mann, Peter	8:48:44
39	Anderson, Ian	7:21:51	106 Drach, Nancy	8:52:09
40	Setnes, Kevin	7:22:12	107 Suijkerbuijk, Jan	8:52:09
41	Finill, Chris	7:22:50	108 Senfelds, Raimonds	8:52:30
42	Grallath, Ulrich	7:23:04	109 Sessions, Matthew	8:54:22
43	Sweeney, Bob	7:23:12	110 Wigard, Jeroen	8:56:30
44	Berces, Edit	7:25:21	111 Rademaker, Koos	8:57:25
45	Alvarez, Ramon	7:25:25	112 Davidson, Brian	8:58:11
46	Epskamp, Wim	7:27:50	113 Westhuis, Cor	8:58:38
47	Crawford, Russell	7:32:10	114 Iademarco, Nicola	8:59:06
48	Wheatley, Michael	7:32:31	115 Andersen, Jan Michael	8:59:52
49	Murillo, Manuel	7:33:00	116 Billet, Christine Denis	9:02:59
50	Kolpakova, Elvira	7:35:01	117 Reid, Alan	9:04:29
51	Hrmo, Lubomir	7:36:28	118 Walker, Hilary	9:04:29
52	Wagner, Constanze	7:39:35	119 Corgier, Alain	9:05:59
53	Carlson, Michael	7:39:47	120 Smit, Guus	9:06:58
54	Perez Acevedo, Luis	7:40:12	121 Saetran, Lars	9:07:11
55	Graesser, Peter	7:42:06	122 Oonk, Jeffry	9:07:29
56	Rimashevsky, Alexandre	7:44:15	123 Ponchelet, Alain	9:08:05
57	Vuilllemenot, Roland	7:45:40	124 Brunner, Radek	9:08:59
58	Maggiolini, Magali	7:46:05	125 Sanders, Ina	9:09:41
59	Schneider, Wolfgang	7:47:32	126 Neys, Xavier	9:14:49
60	Beaulieu, Sylvie	7:52:50	127 Jakobs, Herman	9:15:18
61	Thomas, Colin	7:53:08	128 Backhaus, Helga	9:17:42
62	Hiebl, Elke	7:54:32	129 Barantobas, Antonas	9:19:52
63	Karaseva, Nadezha	7:54:35	130 Visschedijk, Johan	9:20:35
64	Ritchie, Donald A	7:54:45	131 Worsnick, Jonathan	9:22:20
65	Gajdos, Peter	7:54:59	132 Gohner, Michael	9:23:36
66	Noguchi, Hiroko	7:55:02	133 Touw, Bert	9:27:24
67	Amador Estrade, Juan Lui	7:55:29	134 Folli, Ivano	9:29:21

135 Jermolajevs, Georgs	9:32:23	165 Andonie, Silvia	11:02:10
136 Nillessen, Gerrit	9:35:51	166 Spieker, Johann	11:02:10
137 Durkovsky, Ivan	9:37:49	167 Molen, Egbert van der	11:02:53
138 Juarez Campuzano, Arcadi	9:41:07	168 Solfrizzo, Paolo	11:08:28
139 Courtillon, Max	9:43:20	169 Laiguillon, Remi	11:11:59
140 Gayter, Sharon	9:44:19	170 Culhane, John	11:19:55
141 Rose, Tracy	9:44:55	171 Melcher, Ryne	11:19:55
142 Fergusson, Chrissy	9:44:55	172 Butter, Cor	11:21:42
143 Noor, Henk	9:45:34	173 Wiltjer, Jan	11:22:32
144 Vedilei, Enrico	9:51:18	174 Schipper, Dirk	11:24:23
145 Feller, Robert	9:54:41	175 Pawzik, Heike	11:31:55
146 Schleyer, Ernst	9:55:26	176 Hoekert, Henk	11:32:30
147 Sojka, Franciszek	9:55:32	177 Bainbridge, Roy	11:35:48
148 Darinka, Uhan	10:00:59	178 Bennink, Peter	11:38:52
149 Pieger, Ludwig	10:07:59	179 Nicolleau, Michel	11:42:50
150 Driesum, Feike van	10:08:32	180 Sourmay, Jean Paul	11:42:50
151 Petit, Thierry	10:10:11	181 Basillais, Pascal	11:42:50
152 Feller, Franz	10:13:15	182 Dijkgraaf, Jan Willem	11:44:57
153 Plumet, Carine	10:14:13	183 Klooster, Richard van	11:51:46
154 Nugteren, Edo	10:28:02	184 Lozano, Mario Alberto	11:52:47
155 Abdelkarim, Machichy	10:34:26	185 Del Valle, Alejandro	11:52:47
156 Beaulieu, Ghislaine	10:35:46	186 Mathieu, Stephane	11:56:20
157 Petit, Daniel	10:36:47	187 Govier, Virginia	11:57:14
158 Camacho, Joseph FRA	10:39:44	188 Thomassin, Patrick	12:13:20
159 Vries, Wietze de	10:42:49	189 Cornuel, Miche	12:19:34
160 Hofstede, Jacq W.A.M.	10:46:12	190 Weerts, Wilfried	12:23:08
161 Mallouh, Raouf	10:49:28	191 Kocemba, Rosemarie von	12:37:14
162 Bogh Jensen, Brian	10:49:57	192 Girault, Henri	12:46:42
163 Jeppesen, Anders	10:49:57	193 Goldbeck, Margitha	12:52:06
164 Weijde, Jan van der	10:57:33	194 Kupke, Ingrid	12:52:42

Results: 100km of Rotorua

02 September 2000

1 Gavin Smith	47	Tauranga Ramblers	8:31:22	1st VM	NZUA
2 Albie Jane	47	Stratford Harriers	9:10:58	2nd VM	
3 Nathan McKay	28	Thames Harriers	9:55:34	1st OM	
4 Peter Bloore	51	Lake City AC	10:15:31	3rd VM	
5 Ashley Smith	59	Waitara Harriers	10:23:16	1st SVM	
6 Des Botting	56	Auckland Presbyterian	10:33:10	2nd SVM	
7 Vesa Murto	52	ODE Christchurch	10:35:43	4th VM	
8 Desmond Hussey	38	Stratford Harriers	10:43:56	2nd OM	
9 Ian Scott	38	Thames Harriers	10:46:58	3rd OM	
10 Dion Uys	40	Thames Hash Harriers	10:54:21	5th VM	
11 Margaret Hazlewood	50	Marlborough Harriers	11:01:41	1st SVM	NZUA
12 Arthur Purnell	49	Lake City AC	11:26:04	5th VM	
13 Roger Moroney	45	NZ Ultrarunners	11:58:23	6th VM	
14 David Sutcliffe	63	Thames Harriers	13:34:07	3rd SVM	
15 Eric Westra	35	Lake City AC	14:33:48	4th OM	
16 Ronald Taylor	58	ODE Auckland	15:10:54	4th SVM	
DNF Garth Barfoot	64	Calliope	70km		
DNF John Thirkettle	49	Waimea Harriers	60km		
DNF Henry Beex	46	Hamilton Hawks	50km		
DNF Chikako Miyauchi	49	Japan	50km		
DNF Pam Dickson	46	Lake City AC	42.2km		

Results - 50km Fun Run

1 Liz Thodey	51	Gisborne Harriers Club	4:20:03	1st W	
2 Ian Kemp	40	Valleys United	4:21:07	1st M	
3 Annie Faletanoai	37	Marlborough	5:03:12	2nd W	
4 Dianne Kowalewski	43	Stratford Harriers	5:04:49	3rd W	
5 John Lykles	42	Taranaki Triathlon Club	7:59:25	2nd M	
DNF Junko Okazoe	54	Japan	25km		

by Sean Greenhill

I think Bill Thompson described it best. The morning after his own DNF at the Glasshouse Trail 100, at the awards brunch, he had leaned over and said, "don't you hate it when you feel fine the day after?" I nodded in agreement, because not long before Tony Howes, who I had run with for the last 5 hours of my own non finish, had crossed the line in just under 29 hours and in good shape. My legs felt fine, no stiffness, soreness or fatigue, and I wondered what might have been, if my feet had stayed in the same shape.

On the evening of Friday October 6, runners had gathered at the Glasshouse Mountains Sportsground for the pre race dinner and briefing. Paul Every, last years winner, was there after a last minute entry, as were two American visitors, Carol La Plant (a 2 time finisher) and Charlie Dermody, who had apparently run several sub 24 hour efforts and seemed a likely rival for overall honours with Paul. Another who I suspected could take line honours was fellow Sydney Strider Martin Fryer, co winner of the 50 mile event here two years ago. He had DNFd in the 100 last year but had had an excellent build up this year, with some fine results in shorter ultras.

Bill Thompson, 2 time finisher in this 100, Assitant Race Director to Ian Javes, and finisher of the epic Hardrock 100 this year, did the course briefing. Roughly speaking, the course described the shape of a clover leaf, starting at the Sportsground, following a trail alongside Glasshouse Mountains Road until passing through the town of Beerburum, then winding through bush and pine plantations to Lookout 589 (checkpoint 5), from where runners described an out and back, then from the Lookout again a loop around Mt Beerwah, then back on a separate route to Glasshouse Mountains Road and back to the Sportsground. That was 50 Miles, then runners doing the 100 did the course again. Apparently this had been the driest spring in Queensland since World War 2, and as a result the course was bone dry, dusty and eroded enough for Bill to describe some sections as "interesting". Martin and I exchanged glances at that word and smiled, while a few other runners chuckled, wondering to themselves what exactly "interesting" meant.

In the pre dawn gloom the next morning, 100 and 50 mile runners, relay team members, crews, relatives, friends were gathered at the Sportsground. I had my medical check while munching on some toast- weight 89.7 kilos, pulse 80, blood pressure 150/90- seemed I was more nervous than I felt. In the week before I had, at times, been consumed by terror at the thought of what I was undertaking, but on the morning I felt pretty good. I thought of all the lonely long runs I had done in May, June, July and August, the times where I had done double sessions 4 or 5 days a week; the 102 mile week I ran in mid July. I had done the preparation, realistically I could be no fitter.

Last year the start had been proceeded by a speech from Ian Javes and start line photos of competitors. This year it was more hurried- Ian ran down to the oval calling "100 Mile runners start in 5 minutes!", did a roll call of the 15 starters, then sent the runners off with "ready, set, GO!" We trotted out of the Sportsground, passed under Glasshouse Mountains Road, then along the track towards Beerburum. I fell in quickly with an amiable academic from Brisbane named Tony Howes; I had seen his name in results for several of the shorter Glasshouse Trail runs, and two years ago he had attempted the 100 and DNFd. Tony and I took our pace very easily, and ahead of us Kerrie Hall had run off with some faster guys. Kerrie had walked the entire 100 in each of the past two years but had both times missed the final 30 hour cutoff by less than 15 minutes. This year she had trained as a runner in order to get the job done.

The sky was clear and a spectacular sunrise was creeping over the farms that lined the roadside. Tony remarked that we had paid a lot, so we deserved the same quality sunrise tomorrow morning. The forecast for the day was 26 C, but it would turn out much hotter. In any case, I was already drinking plenty; by the time we reached checkpoint 1, 4.5km in, I had already emptied one of my three 800ml bottles. We ran on through the bush, through the silent town of Beerburum, then swung onto the path that would take us to the 278m summit of Mt Beerburum, a treat that had been added to the course for the first loop only. 50 mile runners had to run halfway up. Pushing upwards steadily on the sealed path, Tony fell back as we passed through rainforest and reached the dry, sparsely vegetated upper slopes. The lead runners came back down, first Rainer Neumann of Brisbane (2nd place last year) then Martin, Charlie and Paul all close together. As he passed, Paul advised the view from the top was tremendous, and so it was, looking out across farmland to the sea, coloured a fantastic orange by the rising sun.

Coming down the mountain we passed some of the 50 mile leaders, who had started half an hour behind. Two friends of mine, Adam Barron, the 50 mile second place last year, and Darryl Chrisp, a fellow Sydney Strider, were doing their half climb of the mountain. Further down the path I passed Kevin Cassidy, who was going to pace me that night. Kevin has retired from ultras, but still edits Ultra Mag, and had his camera out for some photos to go in the next edition.

Darryl and Adam passed me quickly enough as we left Beerburum and cut through plantations. However I did start to make ground on Carol LaPlant, who I could see ahead of me mixing up walking and running on the gentle undulations that the logging trails passed over. I caught her just as we reached checkpoint 3, and we trudged together though sand covered trails before emerging on more logging roads. She urged me to go ahead, which I was reluctant to do- she has a hell of a lot more experience in these things than me, so I figured hanging out with her may have been a smart thing to do. However, I left her and caught up to Kerrie, only to have Carol pass the two of us on the next downhill. Then she walked the next uphill and Kerrie and I passed her; Carol ran past again on the next downhill, and this process was repeated through most of the long slog through pine plantations to checkpoint 4, where the trail crosses Woodford- Beerburum Road. I set off along the trail as it climbed shallowly towards the ridge topped by

Lookout 589 and checkpoint 5. I was walking most of these slopes and was soon caught by fellow 100 runner John Stanley, a stocky, affable local. After traversing some badly eroded, steeply rising and falling trail, John, Kerrie and I climbed across a slope of recently burned forest and came out on road just down from the lookout. Bill and Ian had marked the course particularly well; we had had no problems navigating this difficult section.

By now the heat was starting to beat down and the early morning breeze had died away. All my bottles were empty, but I was sweating profusely and wondering if I could "make the weight" at the medical. My blood pressure and pulse were fine, but my weight had dropped somewhat to 89.0kg. The medicos advised John and Kerrie to delay their departure until they had drunk more fluid, but I was okay to leave. However, I spent a little too long fooling around with the food and drink in my drop bag and left after John and Tony (who had arrived just after us). I munched down several packets of potato chips and sipped my bottles, two of which and diluted sportsdrink and the third filled with So Good. The next section was the notorious Goat Track, a badly eroded, steep trail cutting through rainforest. The slope would rise steeply enough to require one's hands, then drop so suddenly you were in danger of losing your footing and sliding to the bottom of the slope. The trail then jagged hard right and ascended through bush along Hennessy's Hill, the trail of which was festooned with large fallen trees to keep trail bikers away. I slipped and fell on one loose section, but eventually emerged onto dirt road and trotted down to checkpoint 6. Last year this station had been perched above a dense, mature pinr plantation, but now it looked over a rolling moonscape after logging activities had removed the trees. I was dismayed- less shelter from the sun.

The out and back section to checkpoint seven was long and boring, a descent over rough tracks to a madadamia plantation, where Paul Every came speeding past me in the lead. Then through more bush until we finally emerged onto another dirt road just down from 7. I had passed Martin (in second place), Rainer, Charlie, Adam, Darryl and others, who were all coming back towards me. I ate some sandwiches at 7, refilled my bottles and set out on a 4.5km square through more pine plantations that would finish back at 7. Last year I had walked all of this section due to the fierce heat. I was faster this year, but still walked a lot of it. My energy had drained away and I felt flat and bored by the continuous pines. I trotted slowly back into 7 feeling ill; I had drunk two litres of fluid in just 4.5km, but the sweat was pouring off me and I could see no other way to keep my weight up. I picked another sandwich, but had to fight to keep just one bite down and tossed the rest of the sandwich away. Kerrie walked up behind me just as Bill Thompson jauntily strode past us the other way, heading out to 7 with his backpack slung over one arm. Kerrie asked if she could stay with me a while, which I was happy about. We didn't run back to six, but strode briskly, almost being knocked down by some trailbikers while crossing the madcadamia plantation. Pushing back into the bush, we saw Carol walking down towards us, a LONG way behind. She explained that she had had blood pressure problems at the first medical and had lain down in the caravan there for an hour and a half. Kerrie and I climbed the hill back to 6, where Carol's husband Phil asked how we were. "Hot and bored," I replied as I tipped water over my head to cool off.

We trudged down a long steep hill, then ascended a long steep rise with the sun beating down on our backs. Kerrie produced a string of insults describing this hill that I think they heard back at the Sportsground, then we walked along the top of a ridge, dropped down another slope and headed back along rolling dirt roads back to 5. All of this was in the open and in the full glare of the sun, and we could only manage to run the final few metres into 5. Kerrie had her medical first and set off, I said I'd catch up after my own medical. My weight was stable at 89 kilos, as was my blood pressure and pulse. I was, however, too nauseous to eat; I just refilled my bottles and jogged down the dirt road after Kerrie. Martin Fryer was coming back the other way after doing the loop around Beerwah, and he also came up with some colourful insults to describe the course. This was not what I needed to hear, but I rejoined Kerrie and we headed once again into the bush, heading out towards the imposing, deformed pyramid of Mt Beerwah.

This section is meant to be 9km long, but its the longest 9km I know of. A mixture of badly eroded, winding, unstable trails that rise and fall steeply, we were sliding on the dust of the trail like it was some kind of bizarre escalator. Still, the trail was well marked, but the constant twisting to get a foothold started to create a blister on my right heel. I usually don't get blisters, and this would be a hint of what would happen to me later.

It took the two of us a long, long time to reach the dirt road on the far side of Beerwah, and we walked down the road past farms and over a few hills to checkpoint 8. I still felt tired and listless, but on the way around Mt Beerwah I had started to think of a big bottle of coke, so when I reached 8 I asked them to fill one bottle with coke and I drank almost the whole thing right away. My energy levels were restored within minutes. For the rest of my run I had one bottle filled with coke, another with milk or So Good, and the third with sportsdrink, and my energy levels were high and consistent right till the end of my run.

From 8 we headed down the dirt road and turned right onto Judds Road, another dirt road that passed through properties and came out just down from 5. Kevin Cassidy drove past in his car, got out and took a photo of the two of us with the imposing stone finger of Crookneck behind.

Back at 5 I was surprised to see Tony Howes resting in a chair shaded by the medical caravan. After my medical (weight back up to 90.5, blood pressure and pulse okay) I munched some sandwiches (my stomach had come good again) and asked what he was up to. He explained that he had been fatigued and had rested there for around 40 minutes. Before I set off after Kerrie (who had already vanished down the road heading back to 1 and the Glasshouse Mountains Road), I told Tony to "beware the chair" or he'd never get going again.

Running after Kerrie, first on bitumen road then on dirt, I felt fantastic, even though I had 70km in my legs. The sun was lowering, a breeze had picked up and the heat no longer bothered me. With each step I ran stronger and taller, and was convinced right there that I was going to finish as long as I could keep it together during the night. Kerrie and I alternated walking and running the trails, climbed the hunkered ridge of Tibberooowuccum (where I had fallen during the 50 Mile last year after being caught in the darkness without a torch) and were heading comfortably down to 1 when Tony ran up behind us. Despite the pain in my right heel and a few hot spots forming on the ball of my left foot, I was now in excellent spirits; if the three of us could work together, the finish seemed to be ours. We ran down next to the road and arrived at the Sportsground in 12.21 hours, a long way ahead of my 50 Mile finish time of last year of 14.06. After another medical (everything stable; I pointed out to the medicos that I had started running to lose weight and to be told now that losing weight was not on was terribly unfair) and some food, we headed out again to begin the second loop. I was running strong; I was fresh, the sun was setting but we had our torches to light the way. A light started to come towards us; it was fellow 100 mile entrant John Lindsay completing his own loop perhaps 30 minutes behind us. We slowed to a fast, brisk walk; Tony said that he planned to walk almost the whole second loop except for some of the smoother downhills, and I resolved to keep with him.

Idly, I wondered where Bill Thompson was; surely he was pushing the cutoff close. Just after this thought passed through my head he came out of the night grinning like a demented phantom; his bright blue eyes shone and he gave us a cheery "G'day" and trotted on towards the Sportsground. Bill's splits when he finished were usually something remarkable like 13.5/14.5, so I assumed he was in good shape and on schedule.

My feet were starting to bother me, however. The hot spots on the ball of my left foot had become full blown blisters; something which had never really bothered me before (but then I had never done this distance before) and more hot spots were forming on the ball of my right foot and left heel. I was still striding easily enough with my two companions through the cooling, breezy night, however.

Checkpoint 2 doesn't exist on the second loop; after leaving 1 (we were in high spirits and full of food) you have to press right through to 3. Kerrie met her pacer in Beerburum and started running hard, leaving Tony and I behind. We were walking fast in the bright moonlight; the sun had gone but the moon shone brightly enough that we didn't need our torches to see the trail. We resolved to stick together until the end, but every time I trod on stones or rough spots the pain in my feet was getting worse and I wondered what would happen on the twisting, treacherous footing of the goat track and the Beerwah loop. For the time being, I was keeping a steady pace with Tony, even when we ran the downhills, but just a few metres down the trail after leaving 3 I put my left foot down and a bolt of pain shot through my leg; a jet of warm fluid sprayed out between my first and second toes. I lurched reflexively, my foot came down at a different angle on the burst blister and brought a new jolt of pain. I staggered for several steps, stopped and called out to Tony. Then I took an experimental step, then another. I could keep walking, though the pain was now severe in my left foot and my right was blistering up fast to match it.

I fell in around ten metres behind Tony, though going at the same pace, and started to think about what lay in store for me ahead. I fell into a dark frame of mind for a while; then I looked at the heavily forested surroundings and called ahead to Tony "I thought the trail to 4 was open, not through the bush." "I've been thinking the same thing," he replied, "and we seem to be too far to the right." We debated this for a few minutes then turned back. Apart from my feet, I felt fit and full of energy, and thought the 100 finish was still on. Sure enough, we found the tape and signage marking the turnoff we had absent mindedly missed in the dark, and turned onto the right trail.

We pushed on through the night, torches lit only occasionally for confidence; otherwise the moon showed us the way. My feet were degenerating rapidly and a few tears welled up in my eyes; not just from the pain (though that was bad enough, believe me, worse than I had ever felt) but also frustration that the rest of me felt so good and fit but a few square inches of tissue were threatening to shut down my race. Just as the two of us reached a glowstick marking a corner of the course, a cramp gripped my right hamstring- no doubt a result of altered mechanics- and I knew I was going to injure myself if I kept going on in the shape I was in. And the Goat Track couldn't be traversed in this state. I stopped in the darkness, hands on knees, and contemplated the impending end of my run. Tony had stopped a few metres up the trail and thoughtfully shone his torch back at me to check how I was. "I think I've had it," I told him; then after a few slow steps told him to go on. "Tell them at 4 that I'm going to come in and drop out." He nodded and set off into the darkness and towards his own finish in just under 29 hours.

The rest of my trek through the darkness to 4 took an eternity, walking a few steps, then pausing till the pain went away, then walking again. Eventually I staggered into checkpoint 4, after 101km and 16 hours 44 minutes (a real slow down after doing 80km in 12.21) sat down, and announced my race was over. Before long Kevin Cassidy came driving out of the darkness to pick me up and drive me back to my motel. I don't think there could have been better company to have right after the death than him. Once I got to the shower at the motel, I couldn't remove my shoes, my feet were too swollen. After unlacing them I prised them off to reveal a bloody mess that had once been my left sock; my blisters weren't large but very deep and vivid purple; evidently they had bled quite a bit. The right foot hadn't bled but looked pretty bad as well.

After a solid sleep. I was fine the next day, apart from my feet; I arrived at the Sportsground just after Tony had completed his run, which I reacted to with mixed feelings; Tony had done an excellent job and revenged his previous DNF; but I looked at him, thought of how good I felt and

figured that I should have been sitting right there next to him getting the finisher's medical. Kerrie had come in a few minutes earlier, third time lucky.

The story up at the front sounded dramatic. Paul had been at checkpoint 8 on the second loop when Martin came running in after, in his own words, "going animalistic" on the treacherous Beerwah loop. Paul had apparently thrown down his sandwich and headed straight out into the night; hurried through the last medical (determined to leave before Martin arrived) and completed the last section from 1 to the finish in 32 minutes in the dark and after 157km; on the first loop it took him 30 flat. He won in a new course record of 20.31; Martin came in in 20.58. When I saw Martin at the brunch the next day, I shook his hand and the compliments came forth from my mouth- "outstanding, fabulous," I enthused. 8 of the 15 starters in the 100 had

finished, the best strike rate so far, in tough conditions. Personally, I tried to rationalise away my own DNF, but ultimately it's another year of hard training and focus until I can come back next year and get it done properly.

100 miles

1	PAUL EVERY	20:31:58
2	MARTIN FRYER	20:58:35
3	ROGER GUARD	24:15:00
4	CHARLIE DERMODY [usa]	26:24:11
5	RAINER NEUMANN	27:14:14
6	KERRIE HALL	28:36:53
7	TONY HOWES	28:41:55
8	ROGER LEBISH	28:49:26

50 miles

1	ADAM BARRON	8:56:14
2	KEN STACEY	9:02:40
3	GRAHAM MEDILL	9:05:29
4	TRACEY STRAIN	11:07:04
5	DARRYL CHRISP	11:20:30
6	PHILLIPA BOLT	12:06:35
7	JOHN HARRIS	14:03:00
8	JIM MILLER [usa]	14:46:01
9	MELANIE JONKER	15:25:48

55km

1	MALCOLM BUCHANAN	4:38:18
2	DARREN SKILLICORN	4:49:44
3	RODNEY LADYMAN	5:52:00
4	RICHARD WEBB	6:58:05
5	PETER EDMISTON	7:03:22
6	ARNSTEN PRYTZ	7:06:05
7	ANDREAS KELCH	7:10:27
8	MIRYAM ZESCHKE	7:14:37
9	JOHN FISHER	7:14:38
10	GEOFF WILLIAMS	7:27:49
11	IRENE DAVEY	7:36:10
12	MARTIN DRENNAN	7:44:32
13	JOHN DOOLAN	7:47:44
14	ANDREW KRUCK	8:09:09
15	LEONIE TOWNSEND	9:10:28
16	JENNY CHASTON	9:31:10
17	JULIE SCHRAG	9:55:13
18	ART VAN WENSVEEN	11:24:43

AURA AGM

26TH MAR 01

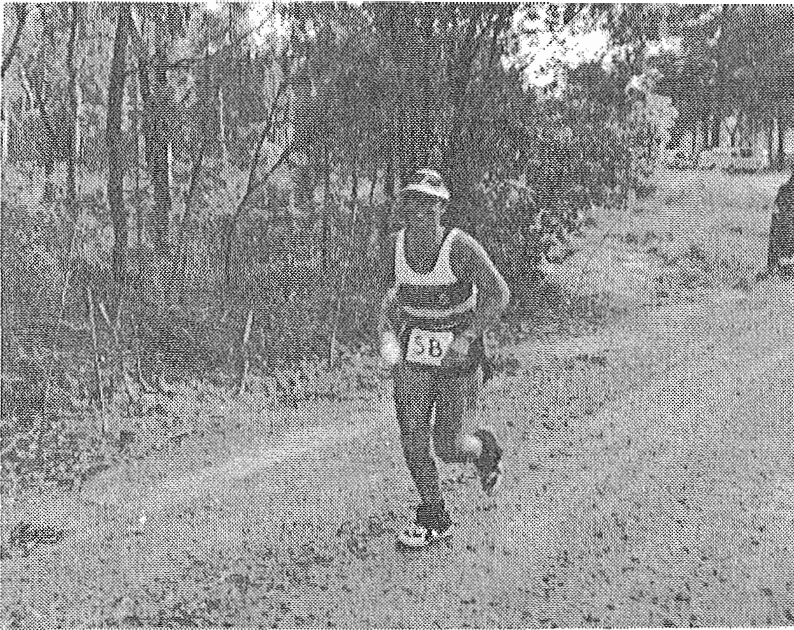
IT'S YOUR CHANCE TO MAKE A DIFFERENCE AND MAKE
AURA A TRULY NATIONAL ORGANISATION:

BY TAKING PART IN THE FIRST AURA AGM TO INCLUDE A
NATIONAL HOOKUP AND TELECONFERENCE (contact Nigel
Aylott for more details)

ITEMS TO BE DISCUSSED INCLUDE SUGGESTED
IMPROVEMENTS TO ULTRAMAG, MORE INFORMATION ON
THE INTERNET, AURA BUSINESS PLAN, ELECTION OF
MORE INTERSTATE MEMBERS ON NATIONAL COMMITTEE
AND PROMOTION OF AURA AROUND AUSTRALIA.

TAKE PART AND HELP MOVE YOUR SPORT FORWARDS!

PHOTOS FROM THE GLASSHOUSE TRAIL EVENTS



Philipa Bolt can always manage a smile. Philipa is a long time Ultra stalwart and producer of the "Glasshouse Trail" clothing range

40 miles down and 60 to go !!!!!!!
Sean Greenhill and Kerrie Hall



Kerrie Hall even has the benefit of her two sons operating an aid station

The Glasshouse 100 mile Trail Run

My first attempt by John Lindsay

I was one of 6 non-finishers from 14 starters at this years Glasshouse 100 mile race. It was my first attempt at the 100 mile distance, and I DNF'd 112.5 kms and 21 hours into the event.

I've DNF'd once before. I missed the last cut-off at the Six Foot Marathon in the Blue Mountains by 2 minutes, the first time I ever tried to go beyond the standard marathon. I've since done 3 Six Foot events within the time. My DNF at Six Foot was undoubtedly a stimulus for me to find out, and then do, whatever it would take complete that course within the cut off time.

So it's no surprise that my DNF at Glasshouse is having a similar effect, intensifying my desire to run a 100 mile race. But first I need to deal with the issues which caused me not to finish my first attempt at that distance. Here's how things unfolded.

THE SCHEDULE

Based on my past times for other distances, it was always going to be a big ask for me to finish Glasshouse within the 30 hour time limit. In virtually all events I have run from the 10 km to the 90 Comrades Marathon, my time ends up being pretty close to double the would best time for the distance. 100 mile runs in the US are completed by the best runners in around 17 hours, so my projected time based on this criteria would be something close to 34 hours, well outside the 30 hour cut-off.

So for me to have a chance at finishing under 30 hours, running to a pre-determined schedule was of vital importance. I felt it necessary to know where I was at all times in relation to this schedule, as to get behind by too much would mean I simply would not finish in time. This approach had worked well for me at Comrades.

I set my schedule for a faster first half in the certain knowledge that I would slow down during the 2nd half. My first half was fixed at 13.30 and the 2nd half at 15.30, giving me a 29 hour finish, with one hour up my sleeve, which I was sure I would need.

I also typed the official cut-off times for each aid station onto my schedule. I noted with interest that they appeared very liberal for the early aid stations, but got real at the end. For instance, the cut off for CP6 was 6.30 am. This was 3-1/4 hours later than my schedule said it needed to be for me to get to the finish on time. I concluded that these progressive cut-offs were not built around the pace of a slower runner like me, but were designed to give a faster runner time to make it, should he or she get lost or otherwise lose time out on the course. What was clear was that I had to disregard them for the purpose of deciding whether I would make the finish line under 30 hours.

FIRST LAP

I started slow and was soon running on my own. This was not new, and I was unconcerned about that as I knew I had to run my own race. I made it to CP5 thirty minutes ahead of schedule, feeling very fresh. I stood on the scales and they told me I needed to drink a bottle of water and then get weighed again. This surprised me as I thought I had been drinking OK, but the scales said I'd lost 2 kgs. I drank up and they let me go 1.5 kgs down.

I was still 30 minutes ahead of schedule when I did the loop around CP7 and back to CP5. This time I was 2.6 kgs down and they made me drink 2 litres of water before they would let me go. I was delayed here for 36 minutes while this took place and while they sorted out a potential blister on my toe. This killed my 30 minute margin.

By the time I left I was so full of water I couldn't face eating anything, and I headed out on that dreadful loop around Mt Beerwah feeling very uncomfortable. I drank like a fish in some discomfort but managed to maintain my weight at the end of the loop.

My stomach by now was in considerable distress. Burping and hiccuping constantly, I headed off towards the Base Station and crossed the half way line 3 minutes ahead of schedule. I rested for 20 minutes here and after about 3 spoons full of shepherd's pie, I left again.

SECOND LAP

Although I was running slower than on the first lap, which the schedule provided for, I was still surprised when I arrived at CP3 a full 47 minutes behind where I thought I'd be. I missed the same turn off that Sean missed between CP3 and CP4, and lost some time there, so my deficit when I reached CP5 was now 1 hour. The one hour buffer built into my schedule was now gone.

I considered what was happening, the fact that I now had no margin for error and was clearly running well below the

schedule pace. I decided that I was still in with a chance, and took off down the goat track. I got lost once which cost me another 10 minutes. I was finding it hard to stay awake, even though I was puffing and exerting myself on the steep hills. The glass of coke I had at CP5 soon wore off.

I saw the light of CP6 in the distance, and was keen to see if I had maintained my time. I looked at my watch, and saw that I was now 1.40 behind. I had lost a further 40 minutes on that one leg alone.

It was time for some objective thinking here. In order to finish under 30 hours, I'd have to make up the 40 minute deficit, plus stay on schedule pace from then on. And I'd have to do this with an energy level that had seen me lose 1 hour and 40 minutes over the preceding 7 hours. It was crystal clear to me that that was never going to happen.

If I decided to continue, because of the way the cut-offs worked I'd probably make it back to CP5 again, head out around Mt Beerwah, and then be pulled from the race back at CP5 just before the last leg.

I had set only one goal for Glasshouse and that was to finish, which for Glasshouse means within 30 hours. In a normal marathon, if it becomes clear that my target time is not going to be met, my secondary goal is to finish in the best time I can, but more to the point, just to finish. At Glasshouse this was not an option, because the rules of the race mean that the cut-offs will eventually get you if you are not going to make it in, or close to, 30 hours.

Since I had never developed a secondary goal for this event, when the only goal I had became unachievable, the decision to withdraw from the event was automatic.

SUNDAY

I got back to the motel around 3.15 in the morning. Olga's first response when I arrived at the door was to look for the blood, because I have some past form in coming home from trail runs with blood caked over me. Once that issue was out of the way, she said "Does that mean we're coming back next year?" At that time, I didn't want to think about next year, but I knew from experience that this would pass quickly.

I had a shower and went to bed. I didn't sleep much and got up around 7am and decided to walk the 12 km with Olga who had registered for that event. It was a very hot day (for a Melbourne person anyway). She set a cracking pace and I had to run from time to time to keep up. I had done some heat acclimatisation before Glasshouse by driving 1-1/2 hours a day for 2 weeks with the heater on full bore. I'm convinced this helped me, but Olga felt the full force of the heat and humidity. She made it to the end but required medical attention for heat stress once she got there. She has recovered completely.

AFTER-THOUGHTS

On both the occasions on which I have had a DNF, I've felt afterwards that if only I had been stronger mentally, I could have done better. There may be some substance to that, but by any objective measure, on both occasions I was running close to my limit, given the need to maintain some reserve for the distance yet to be covered.

In the case of Glasshouse, something caused me to have a significant drop in energy on the 2nd lap. I reviewed my hydration and fuelling. I was OK with hydration, but only because someone weighed me and made me drink. I suspect that had this not occurred I would have failed later from dehydration anyway.

I added up the calories I consumed during the day, and it came to 2200. I wrote the US UltraList to draw on their experience. Rule of thumb ... you need 100 calories per mile. For the 70 miles (112.5 kms) I completed, I needed 7000 calories. I consumed 2200, which meant in simple terms that I didn't have sufficient fuel in my body to keep me going at the pace required to finish under 30 hours.

The reason for this lack of fuel is undoubtedly linked to the problems I had with hydration. With a gut full of water, and my stomach in distress as a consequence of this, I could only tolerate small amounts of food at a time.

I believe I took adequate electrolyte, so poor fluid absorption due to lack of sodium was not the cause. According to the advice I received from an experienced Leadville finisher, it's important to train your body over time to take into the gut, and absorb, larger volumes of water than you would normally drink. This is especially important if you are tackling an event at altitude or in hotter temperatures than you are used to, as the body's water requirements are greater.

This is what I will now work on before my next long event.

GOALS

I guess in hindsight I was surprised how easy it was for me to take the decision to withdraw. As I said earlier, it was automatic. This has caused me to ponder the goal setting process with regard to an event like this, because the goals we set generally determine the way we act (at least that is so for me).

So, for a back of the pack runner, is it sensible to have a secondary goal in case the primary goal (to finish in the 30 hours) slips out of reach? And if so, what should that secondary goal be?

Two options present themselves for consideration. The first is to continue on as long as you can with the view to finishing, irrespective of the time it takes. To do this, you would need to breach the race rules regarding cut-offs, which according to the race book would mean you would be barred from future Glasshouse events. This is not an option I would consider.

The second choice is to continue on for as long as you can, and eventually be pulled from the course at one of the cut-off points. For me that would have meant a further 8-10 hours on the course, all the while knowing that I could not finish. It had zero appeal to me at the time, and it has zero appeal to me now.

Hypothetically, had the race rules allowed me to continue to an unofficial finish instead of withdrawing at a cut-off point (and I understand and accept the reasons they don't), I have no doubt I would have taken this option, because it is the "finishing" that is important to me rather than the time.

WHAT'S NEXT

I've got a pretty full schedule for the next 6 months. We're planning to do the Jindabyne Marathon in November. In January we have Bogong to Hotham (first half), plus Mansfield to Mt Buller. Since I didn't complete the Glasshouse I think I'll let the idea of running Cradle Mountain ride for another year. In March there's Six Foot and Aura Dam 50 KM. Then in April, I'm playing with the notion of running my first 24 hour event at Coburg. Who knows, I might even complete 100 miles in that time, given the lack of hills, cooler climate and consistent surface. At worst, I'll get some more experience at a long run before tackling Glasshouse again.



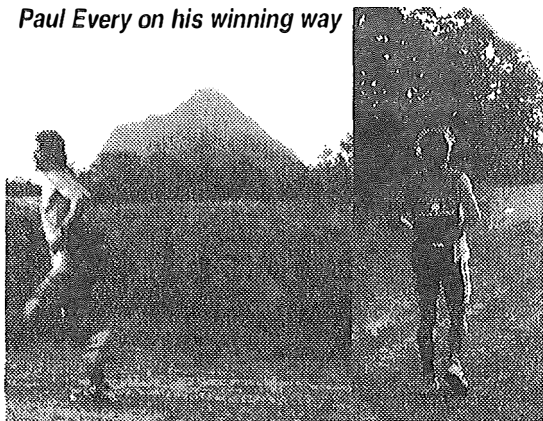
KERRIE HALL
Female winner of the Glasshouse 100 and the first ever Australian female winner.
Kerrie's two previous Glasshouse runs saw her finish on the wrong side of the 30 hour cut off.
With a new focus and determination to her training, Kerrie chalked up a win



GLASSHOUSE 100 Winner, Paul Every, receives his trophy from the local Mayor. Race Director, Ian Javes in the background

GLASSHOUSE MOUNTAINS TRAIL RUN

Paul Every on his winning way



Every year the Glasshouse Mountains exert an irresistible magnetic pull on runners from around the world. They come from far and near to compete in a series of trail runs held in the scenic splendour of these remarkable mountains. This year 240 runners competed over five distances over the weekend of 7-8 October — 100 mile, 50 mile, 55 kilometres, 27

kilometres, and 12 kilometres.

In the very early hours of Sunday morning and in his second consecutive win in the 100-mile event, Sydneysider Paul Every broke the previous record in his time of 20 hours and 31 minutes. The second placegetter, Martin Fryer of Canberra, was hot on Paul's heels and also broke the record in a time of 20 hours and 58 minutes. The previous record of 22 hours and 46 minutes has stood since 1997 and was set by Graham Medill of Toowoomba. Eight runners out of a starting group of 14 finished the race. Kerrie Hall of Caboolture was the only woman to finish in a gutsy time of 28 hours and 36 minutes.

Local custard apple farmer Bill Thompson, a regular in the 100-mile event in the Glasshouse Mountains, is fresh from his recent conquest of what is considered one of the world's toughest ultra events in Hard Rock, Colorado. Many ultra runners think more than twice before committing themselves to this aptly named course.

The number of runners has grown considerably especially in the 100-mile relay event, which has doubled since last year. Out of a field of nine relay teams, this event was won by the Ashgrove Rangers

in a time of 10 hours and 30 minutes.

The 50-mile race was convincingly won by Adam Barron of Aspley in a time of 8 hours and 26 minutes, with Ken Stacey of The Gap close behind in 8 hours and 32 minutes. The first woman to finish was Tracey Strain of Woodridge in her time of 10 hours and 37 minutes.

The winner of the 55-kilometre race was ex-Scot Malcolm Buchanan with a time of four hours and 38 minutes, followed by Darren Skillicorn from Cleveland just 11 minutes later. Miryam Zeschke of Toombul was the first woman to finish. Art van Wensveen, aged 71, from the Glasshouse Mountains has the distinction of being the oldest ultra runner — Art finished the race in good form and is expecting to be competing when he's 84 (at least).

Local man Phil McClure of Elimbah won the 27-kilometre race in just one hour and

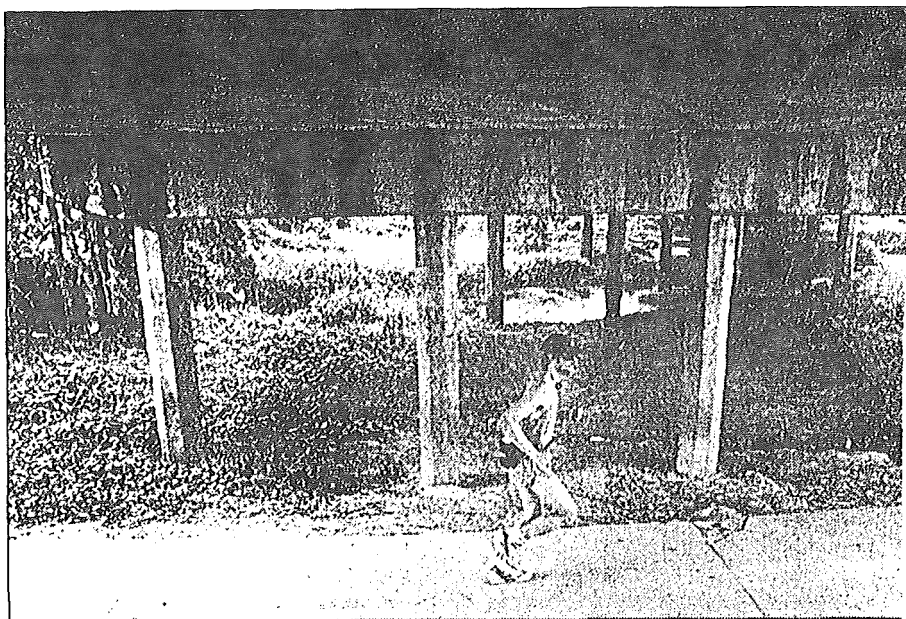
58 minutes pursued by Peter Hunt of Toowoomba in his time of two hours and three minutes. This was a particularly exciting race for the female competitors since three women finished within half a minute of each other. They were Jeanette O'Keefe first in two hours and 36 minutes, with Kerrie Miller second and Denise Drury third.

The 12-kilometre run attracted a large group of runners and this was won by Albert Van Der Wyk of Toowoomba in a time of 46 minutes and 56 seconds. The second placegetter, Ken Marshall of Morayfield, was five minutes behind and only three minutes ahead of the first woman to finish, Tracey Austin of West End.

In the 12-kilometre run a special category for over-65s was won by Veronica Fisher, aged 73, of Maryborough in her time of one hour and 46 minutes. The second and third placegetters were also women, Shirley Behrens aged 65, and Margaret Chessells aged 71.

The Queensland Marathon and Road Runners Club organises the trail runs assisted by the Glasshouse Mountains Advancement Network. This year there were eight checkpoints strategically located to monitor and help the runners as well as the main base set up at the Glasshouse Mountains Sports Club. The Sunshine Coast Division of Sports Medicine Australia offers a very professional service to the runners, providing blood pressure and weight checks.

Barking dogs help ultra distance run



BRIDGING THE GAP: Rick Webb runs under the highway bridge during the 50mile run race.

By **GORDON CLARK**

SYDNEY zookeeper Paul Every ran throughout Saturday night in the dark to smash the race record in the Glasshouse 100 mile footrace on the weekend.

Every was pushed all the way by Canberra sports physio Martin Fryer, both runners electing to run without the usual torches so they didn't give their positions away.

"I knew Martin was close but I wasn't sure how close so I kept

the torch off," Every said.

"In the end, I could work it out by the dogs barking after he ran past one of the houses each lap."

The margin in the end was quite comfortable — about 23 minutes — although at times Fryer had been within 10 minutes of Every.

The winning time for the event was 22 hours 46 minutes.

Toowoomba's Roger Guard finished third.

Just eight of the 14 starters finished within the 30 hour

limit, one of them being Caboolture's Kerrie Hall who crossed the line in 28-1/2 hours to earn the honour of being the only female finisher.

The six-person relay section was won by the Ashgrove Rangers Athletics Club who smashed the record to win in 10-1/2 hours.

Other results: 50 mile (men) Adam Barron; (women) Tracey Strain. 55km (men) Paul Buchanan; (women) Miryam Zeschke. 27km (men) Phil McClure; (women) Jeanette O'Keefe. 12km (men) Albert Van Der Wyk; (women) Tracy Austin. Champion team — Caboolture Runners Club.

**Sri Chinmoy 2000 Ultra Results, 21-22nd October.
Adelaide, South Australia.**

24 Hour (National Championship)		
Name	State	Distance
John Twartz	S.A.	185.805
Fiona Baird	S.A.	183.240
David Criniti	N.S.W.	162.882
Michael Grayling	Vic.	154.260
Jerry Zukowski	S.A.	146.726
Paul Every	N.S.W.	140.038
Jean Colquhoun	S.A.	133.135
Peter Gray	Vic.	131.782
Matt Boulton	Vic.	131.539
Don Maclurcan	N.S.W.	122.058
Stan Miskin	Vic.	120.148
Jessie Riley	U.S.A. (Florida)	1 18.0 00
Ross Martin	S.A.	112.484
Susan Bardy	S.A.	112.135
Anyce 'Kip' Melham	N.S.W.	54.882
Bernice matthews	--	51.459
12 Hour		
Jeevan McPhee	S.A.	122.507
Stuart Blair	S.A.	90.853
Richard Boyle	S.A.	64.868
Graeme cox	S.A.	43.600
6 Hour		
Rudi Kinshofer	S.A.	62.450
Michael Nelhams	--	52.800
100 Km		
Carl Allars	ACT.	--
Mark Devenish	--	--

Dear Kevin and fellow ultra runners,

Here is my yearly Bri Chinmoy 24 hour report.

In the week prior to the race the weather forecast was pretty scary as lightening and storms were predicted and as the day got closer the weather reports got a bit kinder day by day, the final forecast was for 27 and sunny. Boy, was it sunny, and bloody hot, but we all had to cope with it.

Saturday morning arrived with everyone being introduced and as soon as it was eight o'clock, we were off.

Anyce'kip'Melham soon had a couple of laps lead and was looking good as he made it look so effortless, Paul Every and David Criniti were soon second and third. It stayed that way for a few hours until 'Kip' started having problems with his hip and started to fall off the pace which brought up John Twartz and (the star performer) Fiona Baird.

The rest of the runners just did the best that we could and kept going around and around. The day was soon getting too hot and the cinder track was starting to cook the feet.

The heat began to effect Paul Every and pretty soon he had to have a rest and cool down, meanwhile David Criniti reached his goal, which was to qualify for the Race of Fire, as soon as he got to 161k's, he went for a shower and a rest. That left John Twartz in the lead with Fiona Baird running at his heels, and that is how they finished with John getting 185k's and Fiona 183, and David with 162.

Michael Grayling ran 154 for fourth place, and what a race he ran. One minute he was in shorts the next in tights and then in his trade mark pj's. And he always ran at the same pace (which was quick and steady).

I ended up with fifth place with 146k's, But I think next year I'll be looking at doing the Coburg 24 as the track is a whole lot better for the feet, and maybe running the 12 hour or the 100 k race in Adelaide as the cinder track is so bloody hard and it just wears me out and gives me monster blister and I'm walking around like I've just shit myself for weeks later.

p.s. I've enclosed the results of the 24, 12, 6 and 100k. Here's to Coburg. Hoping to see you all there.....

Jerry Zukowski.

e-mail...jerry.zukowski@whyalla.sa.gov.au

SPARTATHLON 2000.

It is 7am - 29th September 2000. At the foot of Acropolis in Athens in Greece, some 200 runners from 28 countries have started towards Sparta - 246 km away. Many runners who failed previously to reach Sparta in cut off time of 36 hours are here again to give it another go. One runner from Sweden is making his 6th attempt. One year he made it to 220 km mark and that was it. Unfortunately for him, he is going to fail again. The distance and time limits make this race very tough. It is being described as the worlds most gruelling race. Mostly only about one third of the runners starting in Athens finish in Sparta.

I am the only Australian in the race. I have been waiting for this moment for many months. Ever since seeing the documentary featuring last year's Spartathlon on TV, I could not think of anything else. The condition for acceptance in the race was to have official results from a race of at least 100 km under 11 hours and also endorsement from an athletic club that the applicant was known ultrarunner in his country capable of running that sort of distance. Thanks to Coburg Harriers I obtained both after taking part in their 12 hour race. After sending the Entry form and several weeks of anxious waiting I was so happy to learn that I had been accepted to run the Spartathlon.

Normally I run about 100 km per week, but leading to the Race I doubled the distance to 200 km per week, most of it on steep hills. I was very lucky to avoid any serious injury (when you are 61 you need to be especially careful) so my physical part of the training went very well. However I was aware even though being very new to ultras, that race like that is perhaps 25% physical and 75% mental. I watched the video of the race dozens of times trying to find reasons why so many runners failed to finish. Also of a great help was Phil Essam's book "I have finally found my hero", the history of Westfield races from Sydney to Melbourne. I found so much inspiration in it that I was bursting with confidence. A lot of my training was done after dark and I always imagined myself touching the statue of king Leonidas in Sparta. With so many supporters in Burnie, especially after the local newspaper ran a story about my intentions, I knew that I could not let them down. I was absolutely certain, that I will do it.

Now, at last we are on the way. It is 14degC, very comfortable temperature. But the sun is rising and by midday it will reach 27degC. That was expected and I am ready for it. It was cold in Tassie previous 6 months, but I trained in warm clothes to get used to running hot.

There are 75 check points, each displaying a board informing us about the distance we have covered, the cut off time, how far to Sparta, the distance to the next check point and the cut off time.

The first part of the race follows The National Highway to Corinth, then open country to Peloponnese and after crossing overnight the Artemission Mountain Barrier it is back on the roads towards Sparta.

I am running to survive. The first marathon about 3hrs 40 minutes - I was aiming for 4 hrs so I can slow down a bit. The 81 km mark under 8 hrs, just about where I wanted to be. And still feeling great! Another 40 km and it is half way to Sparta. It is 9 pm and the temperature is dropping. I put on my thermal clothes delivered to Nemea. The cut off time here is 11pm so in spite of having two hours to spare, I continue without wasting any time.

All of the sudden I am not running alone. A large dog joined me and insisted on running with me no matter how I tried to send him back. An official car went by and a lady called out from the window: "Don't worry, it is a friendly dog. He's been running with us for a long time!" Well, I love dogs, but did not want the responsibility for taking him further from his home. There is a couple of Japanese runners behind me so I stopped for a moment and let them pass. The dog seeing moving targets promptly joined them. When I caught up with them two hours later, they were still trying to turn him back without any result. I do not know how it all ended.

Approaching the mountains, the temperature dropped to 4degC. Now I was running with a torch and had to be very careful as the good roads became "goat tracks". At 2 am I reached Kapareli village with less then 100 km left to Sparta. It was amusing to see all the people in the street, including small children, cheering with "Bravo!" and running with me for a while and then turning back to greet other runners. Soon the top of the mountain appeared, the track marked by flashing lights. It was a spectacular view. The slope was full of small rocks and very slippery so one had to be very careful. Another check point at the top (No48) and it was easy to feel really sorry for the crew manning it. It was freezing and windy. I was very glad to start the descent but the freezing temperature continued till sunrise. Then it started to warm up very quickly. I took off my thermal clothes and deposited them at the next check point to be delivered to Sparta. I was still well ahead of cut off time and by midday I knew I could take it easy and enjoy the scenery. Temperature reached 32degC but I was still OK. A few more check points and here is Sparta. It did not seem to be THAT far! There I was joined by a small boy on a bike, who did not speak any English, but obviously his role was to show me the way to the centre of the city. About 1km from the finish I was joined by two young ladies, speaking very good English who accompanied me right to the steps of the statue of King Leonidas. There they left me to make the final few steps and touch and kiss the statue. What a feeling! I cannot find words to describe it. All the time spent preparing myself mentally and physically, the hard work running 200 km a week and the financial cost was worth it. I still can hear the cheering of the large crowd waiting for us in the city, still can see the Australian flag flying close to the statue, the president of the Spartathlon Association congratulating me, placing an Olive branch on my head, giving me a medal and a drink from Evrotas River. Just as I saw it in the documentary from the previous year. An ambulance was waiting for us and promptly took us to the Hospital for a compulsory medical check up. They also washed our feet, massaged our legs and provided us with a food parcel,

before taking us again by ambulance to our hotel. I had no problems, no injuries and not even a blister! How lucky.

All together 88 runners from 14 countries finished the race, 112 did not. How happy I was to be amongst the finishers after 35 hours of non stop running. During the whole race I never lost confidence that I will finish it. I was well prepared and set up a pace I was comfortable with and never exhausted myself. I can say that I enjoyed every minute of the 35 hours and would love to do it again if I could afford it.

And the hardest part of it? The trip on a bus back to Athens. It seemed to be so far!

Vlastik Skvaril
10 Amanda Court
Burnie, Tasmania 7320



Vlastik Skvaril travelled to Greece for the traditional and gruelling Spartathlon



Vlastick is proudly displaying the wreath around his head at the finish

Race Results: Fitzroy Falls Fire Trail Marathon

Saturday, 21 October 2000

Fitzroy Falls, NSW

The inaugural event was run under excellent conditions, 15 degrees, overcast and dead calm. Considering this was the very first running of this event a field of 50 plus runners was quite an achievement.

The organisers of this event should be congratulated. There were officials, helpers and others at every stage of the run. The sheer volume of signs directing the runners in the right direction would fill a small truck. In places runners were escorted by motorcycle riders. At the finish runners were treated to a festival, bbq lunch and a recital in the park. Volunteers escorted runners back to the start to collect their cars and then off to shower facilities.

The course itself winds its way through the fire trails around Fitzroy Falls. Definitely not a flat course but not a difficult course either. Runners are either climbing or descending. The only flat section near the finish.

PLACE	NAME	SEX	TIME	PLACE	NAME	SEX	TIME
1	Greg Love	M	2:59:25	26	Michelle Krelle	F	4:02:43
2	Geoff Stalker	M	3:04:55	27	Chris Solarz	M	4:07:56
3	Michael Burton	M	3:06:32	28	Ludwig Herpich	M	4:09:25
4	George Lisson	M	3:13:59	29	Wayne Donges	M	4:10:57
5	Kelvin Marshall	M	3:14:31	30	Dave Pettit	M	4:12:07
6	Stuart Perry	M	3:17:57	31	Dusan Hora	M	4:15:55
7	Andrew Godsman	M	3:18:41	32	Gregory Reid	M	4:29:03
8	Ray James	M	3:25:03	33	Mick Kilham	M	4:31:30
9	Gregory Osborne	M	3:25:20	34	Bob Fickel	M	4:33:15
10	Andrew Dunlop	M	3:26:05	35	Derek Smith	M	4:37:57
11	David Jenkins	M	3:26:25	36	Louis Commins	M	4:49:25
12	Peter Goonpan	M	3:26:53	37	Vic Anderson	M	4:49:50
13	Alan Watson	M	3:27:28	38	William Rannard	M	4:49:50
14	Paul Stein	M	3:29:20	39	Warren Hughes	M	4:56:53
15	Bill Broughton	M	3:31:55	40	John Trotter	M	5:03:35
16	Peter Cook	M	3:36:10	41	Ray Wales	M	5:06:41
17	Dave Hromow	M	3:36:10	42	Domonic Boidin	M	5:09:55
18	David Styles	M	3:40:21	43	Graham Jones	M	5:14:12
19	Steve Appleby	M	3:41:11	44	Barry Whitton	M	5:41:19
20	Willwam Proctor	M	3:42:53	45	John Brett	M	5:41:19
21	Joe Khoury	M	3:44:39	46	Grahame Kerruish	M	5:55:50
22	Phil Clarke	M	3:46:10		Philip Kennedy	M	dnf
23	Michael Corlis	M	3:46:38		Neil Harper	M	dnf
24	Darryl Chrisp	M	3:49:14		Kevin Tiller	M	dnf
25	Glenn Knott	M	4:01:35		Troy Dawson	M	dnf

I would like to take this opportunity to wish every one in the Ultra community a Happy Christmas and a prosperous New Year. I believe that 2001 is going to be a great year for the Ultra running community with the two new major events planned in Australia. These are the Race of Fire and the Lest We Forget Run. But it is imperative that we capitalise on the potential that these runs bring us. It is essential that every member of the Ultra community talks and spreads the words about Ultra Marathoning in their local area and converts new people to the sport. We will have a mass produced leaflet available shortly in the new year and these can be given out anywhere at any time.

My New Years Eve wish for 2001 is that every member of AURA cast aside any petty jealousies or problems and work together for the sport in Australia. The reason is that we are a small organisation and new members in some states are soon going to realise that there are personal problems within the State that have the potential to close down the sport within that State. Come on - Let's move on.

On a positive note - I would like to publicly congratulate Kevin Tiller and Sean Greenhill for their contribution to the sport in 2000. They saw a need for more short trail races this year. So they went and created them. Well done Guys.

Bring on 2001

Phil Essam

Fitzroy Falls Fire Trail Marathon [42km]

21-10-00

by Dave Pettit

Shortly after dawn on the 21st of October, as Chris Solarz and I drove south towards Fitzroy Falls, the subject of race reports was raised. "If Sean Greenhill isn't there, one of us will have to write the race report". Well, it has been nine days and I haven't seen anything from Chris, so I guess I'll give it a go.

The weather was cool and overcast as the start drew near at 8 am. There appeared a realistic chance of rain at some stage during the event. I saw some familiar faces at the start like Darryl from the FAT ASS series and a couple of guys who ran the RNP training run last month (one was Peter - shit, I am hopeless with names). The race briefing went over the usual territory with one noteworthy inclusion; army training exercises were being held adjacent to sections of the course and if runners encountered the sound of gunfire this would not be live ammunition. No doubt this reassured the forty or so of us as we soon assembled for the start with Heather Turland getting the race underway, sans starter's gun. Surprisingly, there appeared to be only one female entrant in the field (if the women's course record virtual line - a la the Olympic swimming - was used, it would have been fixed on this runner for her entire journey).

I shared the race lead for about fifty metres (this distance was inflated by the fairly narrow opening stretch...difficult for overtaking) until the real runners began moving forward. After about a kilometre the course briefly skirted the escarpment of Kangaroo Valley at Twin Falls, although the valley was filled with low cloud and the visibility poor. Chris and I soon settled into a pace which many would consider pedestrian, but I don't like training and Chris was taking it easy before the Auckland Marathon the following weekend. Besides, he was getting a lift back with me so there was not much to be gained by leaving me for dead.

The course hit the fire trails early and there was one short descent and climb before the 5km mark and the first drink station. Chris and I were running without any bags or belts as were most others; the cool conditions ensured more frequent fluid intake would be unnecessary. From here the route headed north and there was a couple of kilometres of undulating sealed road though there were no cars in sight. However, soon we were directed back off the road and into the bush and I left Chris behind shortly after as he felt a pressing need which only an unscheduled detour off the track could satisfy. When I joked that he would have to wipe his arse with leaves, he informed me that he was, in fact, otherwise prepared for such an emergency. I did not know then that my remark would come back to bite me in the bum a little later.

As I ran alone towards the 10km mark, dreaming of the Nashville Marathon, which Chris had just told me about (a different country band beside the course every mile) a course marshal warned me of the steep descent approaching. The section was a little rocky but quite runnable as it wound down to a creek crossing and a steep pinch back up the other side which I walked. The drink stations here at 11km and 16km were a blur. In a small field of competitors like this, with fairly nondescript native forest scenery, a runner is very often alone and easily disoriented. In this run, where the course direction changed and switched every few kilometres, I found my internal compass could not find it's bearings and I was entirely at the mercy of course signs and marshalls, which were, it must be said, tremendous.

At around 18km I began to feel an uncomfortable, yet familiar, awakening within my intestines. I hurriedly jumped behind some thick bushes where I became intimately acquainted with the native flora before emerging back onto the course relatively unscathed. Chris had caught me due to this delay, and so we ran together again along a straight rollercoaster section beneath the high voltage power lines and then past a Port-a-Loo (in the middle of nowhere but a kilometre too late - isn't that always the way) and on towards the half way mark. Even though the rain was holding off, and would continue to do so for the duration of the run, there were isolated sections of the course which were muddy, possibly chopped up a little by the fire brigade vehicles, and I had the impression that running this marathon in the wet would be an entirely different proposition.

At halfway, I think Chris and myself were beginning to run out of energy. To this point the aid stations had only provided water. However, as the 21.7km station came into view, and as watermelon of the deepest red we had ever seen came into focus, we were filled with overwhelming joy. We reached the station and attacked the defenceless melon. It was here I began to fathom the depth of the unnatural attraction which watermelon held for Chris. We had reached this point in exactly two hours. From this point, although neither of us spoke about it, the race objective was no longer to finish, but merely to eat watermelon and then run to the next station and eat some more watermelon, and so on. A simple plan, but devilishly cunning.

The course now headed south on fire trails to an aid station situated at a road junction at about 26km. From here it was down the hill to the turnaround atop Meryla Pass (about one kilometre) and back to the aid station before heading east and homeward. This out-and-back was the only section of course where runners passed each other in opposite directions and we saw a few here, including the only woman a few minutes ahead of us. I guarantee that if the attendants at that aid station had a dollar for every runner who half-heartedly jibed about not running the out-and-back but merely heading straight for home from here, they would have about forty dollars!

From this point the trail was fairly level and unremarkable; we ground on past another drink station at 30km and to the final station at 35km just as the grey sky began to clear and the sun began to emerge from it's shroud. Chris must have felt an affinity for the Bush Fire Brigade who organised the run because he seemed to have innumerable tree-watering stops which allowed me to repeatedly surge ahead before the increasing volume of his footfalls behind me augured his return each time. Seriously, this is one guy who needs a Public Urination Pass.

After 35km, the course retraced the first five kilometres back to Twin Falls before crossing the main road and a couple of kilometres further on at Prittlewell. The minor descent and ascent near the start of the run seemed to have grown somewhat and we walked sections of the climb. When I walked some more short sections a little further on (later analysis with a spirit level have confirmed that these were uphill) I lost contact with Chris. I ran past the 40km marker in exactly 4 hours and headed back past the start and the cars, then across and along the shoulder of the main road and off across a paddock where a wide path had been mown through the grass for the runners to follow. Managing to avoid the cow pats in the final kilometre I came up to the finish line at the Waratah fair in 4:12:07 to the applause of a handful of enthusiastic stallholders. Chris had finished about four minutes ahead of me and had overtaken a couple of runners on the final sections.

Unfortunately, I do not know who won the race or what times were run over this course. I am not sure if results will be mailed to competitors; I was told a certificate will be sent to all finishers but I have not received one yet. Personally, I felt my time was probably the equivalent of a road marathon of 4 hours or just under although I do not have much experience in this area so comparison is difficult. Overall, the course had some hills but was mostly flat or slightly undulating. The surface was mostly good with some isolated rocky and muddy patches where footing had to be watched. No doubt the ideally cool weather contributed to my comfort during the run and had conditions been different I may have had a harsher evaluation.

In conclusion, the run was excellently marked and marshalls and there was no chance of getting lost. The marshalls were all in good spirits and very encouraging towards the small field of runners. The drinks stations every 5km were adequate but there probably needed to be either a provision for special drinks to be taken to the stations from the start, or something other than just water for the first half of the run, or both. Hopefully, the small turnout will not discourage the organisers from holding the event in future years; from what I have heard many enduring runs began with humbler origins. Thanks to the organisers and marshalls on the course and all the runners as well, particularly Chris for running most of the way with me at my snail's pace.

PS I want a copy of Sean Greenhill's itinerary - no more non-Sean runs and no more race reports.



PAUL EVERY

Paul, who earns a living as a "Snake Handler", and winner of the recent Glasshouse 100 mile race, is seeking your assistance for the upcoming Trans Australia Race

TRANS-AUSTRALIA RUN 'RACE of FIRE' Support Crew Needed

Ultramarathon runner Paul Every is seeking a support crew (probably 1 person) for the Race of Fire (Perth to Canberra 5.1.01 to 11.03.01). Expenses (food, accommodation and travel costs) paid. I'm looking for someone organised, committed, with prefereably some ultramarathon crewing experience and definitely with a sense of adventure and humour. Drivers licence obviously mandatory. If you're interest contact Paul on (02) 9449.2234 or email Diane at d.weaver@ozco.gov.au

Appreciate your help and all of your hard work.

Race Results: Brindabella Classic

Sunday, 12 November 2000

Canberra, ACT

1.	Trevor Jacobs	48	4:03:00	M45	34.	Alan Watson	47	5:52:14	
2.	Shannon Swords	30	4:17:20		35.	Chris Gamble	49	5:54:21	M45
3.	Guy Griffin	41	4:31:55	M40	36.	Hugh Moore	52	6:00:52	M50
4.	Kelvin Marshall	36	4:34:40		37.	Phil Coggins	35	6:01:10	
5.	Hugh Jorgensen	35	4:44:19		38.	Bill Tomiczek	53	6:01:47	M50
6.	William Landers	30	4:46:10		39.	Allan Wilson	52	6:01:47	M50
7.	Dave Hromow	32	4:47:49						
8.	Steve Appleby	47	4:52:26	M45	40.	Chris Solarz	22	6:02:59	
9.	Judd Boeker	31	4:56:11		41.	Franz Wanderer	59	6:03:38	M55
					42.	Andrew Watt	39	6:09:33	
10.	Steve Jago	56	5:00:32	M55					
11.	Mary Morgan	F 43	5:00:33	W40	43.	Kevin Tiller	34	6:11:42	
12.	Mel Robbie	42	5:02:04	M40	44.	Mark Causer	34	6:13:24	
13.	Joel Mackay	32	5:03:02		45.	Keith White	49	6:19:35	
14.	David King	52	5:06:15	M50	46.	Hugh Crawley	57	6:24:42	M55
15.	Stuart Bouveng	29	5:10:34		47.	Mick Kilham	44	6:24:56	M40
16.	Peter Clarke	50	5:11:49	M50	48.	Russell Hammond	43	6:28:10	M40
17.	Darryl Chrisp	52	5:16:38	M50	49.	Stephen Holm	39	6:28:11	
18.	Michael Corlis	41	5:20:24	M40					
19.	Gary Pickering	45	5:22:58	M45	50.	Vic Anderson	47	6:37:07	M45
					51.	Paul Ashton	44	6:37:07	M40
20.	David Cannings	40	5:23:58		52.	Melissa Thomas	F 21	6:37:07	
21.	Dave Gilbert	40	5:26:21	M40	53.	Brian Hewson	60	6:45:45	M60
22.	Gary Leahey	48	5:33:15	M45	54.	Bill Rannard	47	6:49:08	M45
23.	Andrew Burgess	55	5:37:05	M55	55.	Brian Millett	48	6:53:49	M45
24.	Jenny McKinlay	F 32	5:37:12		56.	John Brett	61	7:03:07	M60
25.	Mike Ward	47	5:37:42	M45	57.	Victor Hessel	42	7:08:43	M40
26.	Philip Clarke	48	5:38:33	M45	58.	Warren Hughes	45	7:14:35	M45
27.	Garry Wilson	33	5:41:12		59.	Colin Colquhoun	46	7:18:48	M45
28.	Ian Green	55	5:44:09						
29.	Rob Martyn	47	5:45:15	M45	60.	Grahame Kerruish	61	7:50:29	M60
					61.	Ludwig Herpich	65	Dnf:	M65
30.	Sean Greenhill	22	5:47:06		62.	Derek Smith	59	Dnf:	M55
31.	Ian Brown	45	5:48:20	M45	63.	Mario Larocca	51	Dns:	M50
32.	Gordon Forsyth	52	5:50:08	M50	64.	Shannon McGann	27	Dns:	
33.	Scott Ross	31	5:50:56		65.	Carl Simpson	46	Dns:	M45

BRINDABELLA CLASSIC 2000 RACE REPORT Sunday 12th November 2000

Sean Greenhill

The Brindabella Range, west of Canberra, represents the most northerly aspect of the Australian Alps. Crossed by trails and containing alpine peaks that are capped by snow each winter, it offers excellent territory for the trailrunner; so it seems strange that, to date, the only ultra offered in this terrain is the 54K Brindabella Classic, billed as "Australia's Toughest Downhill Mountain Race".

For me, this was a race of redemption. Last year I had started this race but DNF'd early on, stricken with cramps in both legs. Last month, I started in the Glasshouse Trail 100 Miler, and succumbed to blisters and cramp at mile 63. So I went into this event with an unusual amount of emotional baggage, for an event covering a distance I had accomplished plenty of times. After recovering from Glasshouse, my training ramped back up to 130-140km/week, and I did not ease off in the week before the race- I trained right through, except for taking Friday off.

Having driven down to Canberra on Saturday afternoon with fellow Sydney Striders Guy Griffin and Kevin Tiller (in his comeback ultra after a shocking ankle injury), I was one of eleven runners fronting up at the La Rustica restaurant in Kingston Saturday night for an unofficial pre race

dinner. Most were Striders; the collection included Mike Ward, the only man to run every Classic; Martin Fryer, who came second at Glasshouse 100 and couldn't race due to injury; and the evergreen Darryl Chrisp, fronting for his third race of marathon distance or longer in the last 5 weeks. When a waitress took a collective photo, Mike's twisted humour bubbled to the surface. Rather than saying "cheese" or "sex" etc to bring a smile to his face, he chanted "it doesn't huuuuurrrt..." After a couple of post dinner beers with Kevin, Martin and Ian Wright, I went for a 40 minute run around Canberra's streets at 11pm to keep my training streak for the week going. The weather was miserable, as it had been since the afternoon; my breath came in misty gusts and the rain drizzled down, diffusing the glare of streetlights.

Early next morning, Guy, Kevin and myself drove out to Cotter Reserve, the race finish and organising area, with Mary Morgan, former winner of the Lake Saroma 100K. From here runners took a 2 1/2 hour bus ride to the 1762m summit of Mt Ginini, high in the Brindabellas. There were a number of familiar faces; Chris Solarz, Mountain Man Kerruish; Gordon Forsyth; Kelvin Marshall to whom the normal laws of nature (such as fatigue, or variations in form) do not apply; amongst others.

Apparently the view from Mt Ginini is spectacular; you have views of the other high peaks of the Brindabellas such as Gingera; Bimberi; Morgan; and the distant brooding giant that is Mt Jagungal. Today, however, there was no view; Ginini's treeless, alpine summit was swathed in rolling grey fog, and winds chilled runners to the bone, even before the falling rain soaked through our clothes. We were sent on our way half an hour late at 9am with a crack of a starting pistol.

Straight away we descended a rough rocky path that connected with the road that we had just driven over to reach the summit. Soaked with rain, this dirt road had become slick mud and utmost caution was needed. I had warmed up as best I could, and my legs seemed free of cramp; however I was going sluggishly and was near the back of the pack as we followed the road as it wound its way down; to my left was a wall of grey mist. After about 5km of slow, unpleasant slogging I reached the first aid station and we were directed up a rocky, narrow singletrack that led to the 1644m summit of Mt Franklin. A voice hailed me from behind as I started up; it was Paul Ashton, the President of AURA, who I had run with at the Bogong- Hotham way back in January. We had little time to talk, however. I'm a strong uphill walker for someone of my running speed, and I passed quite a few people on the walk to the trig marker on Franklin summit. From here we followed signs, gaffer tape and witches hats to a rough, overgrown old access track that led back down to the road. Unmaintained for many years, the track was an obstacle course of sharp, spiky undergrowth, young trees, loose stones and mud. It was a slick, sliding escalator that made the last 3km of the Six Foot Track run seem easy.

Without suffering too much damage, the group of four or five I was part of reached the road together, went through the aid station, and descended a grassy, muddy fire trail littered with the detritus of the forest. The slog up and down Franklin had done my legs a power of good; I was now running with strength and confidence, and linked up with another bearded mountain man in Ian Brown; together we set a fast pace and overtook several runners as the trail angled downhill; then it gradually started to curve back uphill. Ian hails from Mt Victoria and I quizzed him at length on the trails of the upper Blue Mountains that I didn't know; we shared race stories and took the mickey out of every fast relay runner that went past. The gradual uphill came out at the road again; we paused at the aid station, then hooked back into the bush.

The rain had stopped; and the mist had either started to lift, or we had descended beneath most of it by now, for the conditions were much clearer than before. However, the sky and valleys were still a featureless grey void, so we couldn't enjoy the spectacular views of the mountains that were normally available. Ian and I overtook more runners; this included fellow Strider Keith White. At first I wondered what I was doing overtaking a runner of Keith's calibre, then I realised that I could work my way past other Striders who were still ahead. Most likely, the next Striders in front would be Gordon Forsyth and Kevin Tiller. I asked Keith how he was, asked if he knew where Kevin was, then struck out aggressively on this downward slope, still grassy and

littered with deadfall. Ian fell behind, and then the trail started to curve uphill to Bulls Head, which was, at 27K, the halfway point of the course. Runners actually emerge past a gate onto a dirt road (Bendora Rd), follow it 600m up to Bulls Head, turn around and follow Bendora Rd back down past the gate and onwards. As I passed the gate Gordon Forsyth came running past on his way down; we exchanged greetings, then I trudged up the climb to Bulls Head. I reached the halfway in around 3.04.

I charged hard downhill, determined to catch Gordon quickly, then Kevin (or whichever Strider was next) after that. Legs pounding the long, steady downhill, arms pumping, I felt strong and fast; I was also cocommitting the Brindabella rookie's sin of going too hard on the downhill surprisingly, after 20 minutes of hammering, I passed through an aid station and my quads seized right up, just as I ran out of energy. I tried to shift my hips forward to get some strength from my hamstrings, because my quads had become too stiff and sore to give me any real power to move along. I had no energy; I was as flat as an old beer, and trudged the trail feeling miserable, as, fittingly, the mists descended once more and the winds picked up. Just before the next aid station, I passed two relay runners; this puzzled me, as I thought I was going too slowly to catch anyone. No one came past me. The trail switchbacked and passed over a number of gullies where water was flowing downhill forcefully; I recognised this terrain, I had run it back in July with Martin and Ian during my Canberra visit.

Just as the sun almost fought its way out from behind the clouds (casting a harsh white glare over the ranges) I spotted a figure in Striders green and white descending the far side of the switchback; Gordon Forsyth. Slowly he was coming back to me, or I was catching him; gradually I was coming good and the pain in my legs was fading to a dull ache. Slowly, I reeled Gordon in as the trail descended into lush, rainforestry vegetation past a fast flowing creek. Only four hours before, we had been atop an alpine peak with no vegetation except for ground hugging grey grasses. I drew up to Gordon just before an aid station; he went through quickly, I lingered, drinking three cups of coke to restore my depleted sugar levels. I caught up to him just as the trail started to enter the pine plantations that sit at the foot of the Brindabellas. We turned a corner, and Kevin was only a few metres in front of us. He was obviously doing it hard; the "Tiller shuffle" was in full effect and, when we spoke to him, he said he had descended into a "twilight zone" some time after leaving Bulls Head as he was chasing Mike.

Leaving Kevin behind, Gordon and I pushed on along the trail as it undulated through the pines. From here to the finish the trail would rollercoaster, testing legs beaten up by the long descent from Ginini. I was feeling poor, but still moving steadily; Gordon groaned at every downhill as the pounding produced new pain in his quads and calves. "It's a guts run from here, Gordon," I said, as my watch passed five hours of racing and no sign yet of Vanitys, the major river crossing on the course. We had managed to pass four or five runners since entering the pines. Gordon and I were eager to finish in under six hours; Vanitys was just over six kilometres from the finish, which seemed to give us plenty of time. Back in July, however, running with Martin and Ian, I had folded like a deckchair climbing up out of Vanitys and really struggled back to Cotter Reserve; and I had not run as far or as hard then before I reached Vanitys as I had today. I was worried when Vanitys hadn't arrived after five hours.

Ian Brown then passed the two of us; I had left him behind before Bulls Head, so he must have run strongly but steadily to reel us in. "Get a move on, guys," he said as he passed, "Tiller the Killer's coming!" This was not what I wanted to hear; then we turned a corner and Vanitys was there below us. The water was flowing fast and strong and a rope had been fixed across the ford to help runners cross. Ian was first over, then I took the rope in my right hand and charged across as fast as I could. Then it was Gordon's turn, and the three of us trudged up out of Vanitys with the cheers and clapping of the Vanitys aid station's enthusiastic female staff echoing in our ears.

The longish climb out of Vanitys we dealt with in a mixture of running and walking; I dropped back at one point to remove a stone from my shoe, then caught sight of another runner behind me,

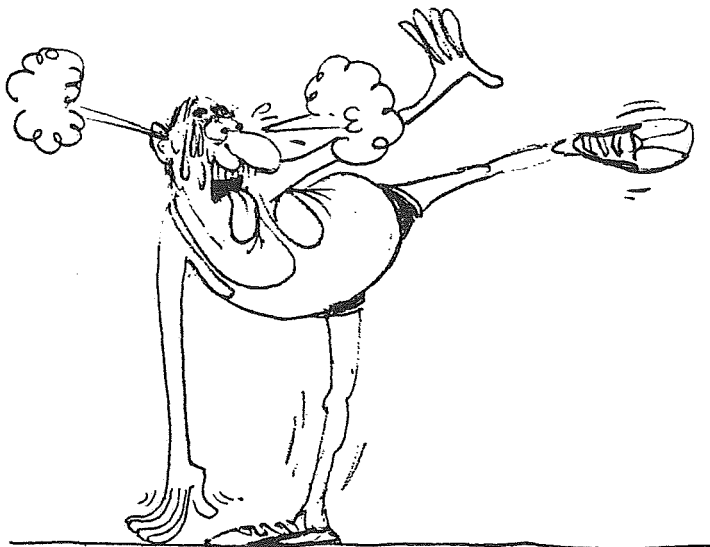
advancing. I didn't know who it was- I thought possibly Kevin was making a late charge- but the thought of being overtaken this late spurred me to catch Gordon and Ian on the last rises out of Vanitys. The dirt road then dropped steeply to a minor weir, Paddys Crossing, which was three kilometres from the finish. My right shin was starting to bther me; each downhill step was painful in the muscles at the base of the bone; but I passed Gordon on the downhill approach to Paddys, passed Ian just on the far side of the ford, then ran away from both on the climb out. Looking back, both were walking, but I felt strong enough to run all of this climb.

It didn't seem to make sense. Gordon is a fine runner, running Comrades in around 9.30 in June this year and then doing two marathons after that in around 3.40 off not much training. But, there I was, running strongly uphill as I did at the finish of the Mt Wilson- Bilpin run back in August. The course undulated through Pierces Creek village, then went steadily downhill to cross Paddys River Rd. On the downhill, my thoroughly soaked socks started to bunch and fold under my feet, but I changed my stride, shifted my weight, gritted my teeth to ignore it. Nothing would stop me now.

When runners reach Paddys River Rd, a marshal directs them across and down a grassy slope into Cotter Reserve when the traffic is clear. I was able to pass straight across, dropped into Cotter Reserve, then along a long dirt trail to the finish line. The way cars are parked and seating arranged, each runner passes through a corridor of encouragement and congratulations in the final few metres before reaching the finish line, and the voices and clapping of my fellow Striders were in my ears as I finished, vigorously pumping a fist, in 5.47.06. Gordon and Ian came in three minutes later; I congratulated myself on running so strongly late in the race that I could put a minute per kilometre on a runner of Gordon's calibre. Kevin Tiller's comeback ultra was complete with his 6.11 finish.

Despite running a tactically poor race and not drinking or eating enough, this was an excellent time as far I was concerned; 30th of 62 starters, the first time I've come in the top half of a field since the 1998 Six Foot Track (where I was the "halfway man"). Up front, Trevor Jacobs had won yet again, with no one close to him; Guy had run an excellent race to come in third, just ahead of Kelvin Marshall.

Finish times of Brindabella compare with Six Foot Track, but Brindabella is a longer, more "raceable" event, but still plenty tough. The format- running from the top of a peak- is unusual, and probably borrows, as Guy suggested, from Comrades. There is enough aid to probably get by without carrying your own food/ drink (most runners carried nothing, but I took a bottle and some powerbars and squeezies, which I basically didn't use). Robbie Costmeyer, Hugh Jorgensen, and the other ACT Cross Country Club officials put in a great effort to keep this event going, and I intend to return next year, when hopefully the weather is better and we can enjoy the full, majestic scenery of the Brindabella Range.



Sean Greenhill put up a mighty effort on the brutal Brindabella course.

The effort took its toll, though. Poor Sean was forced to miss three weeks of ballet lessons due to sore quads!!

AUSTRALIAN 6 DAY RACE

19-25TH NOVEMBER 2000

MEMORIAL SQUARE – COLAC

	NAME	TOTAL	DAY 1	DAY2	DAY 3	DAY 4	DAY 5	DAY 6
1	Y KOUROS	801.760	242.8	177.6	147.2	98.8	89.2	46.0
2	T . COLLINS	716.960	156.4	129.2	121.6	118.8	107.6	83.2
3	D LAPIERRE	710.299	160.4	115.6	113.2	104.0	104.8	112.0
4	D. PARRIS	696.509	139.6	99.6	122.4	106.4	112.4	116.0
5	V.DVORACEK	631.01	174.0	108.8	83.2	93.6	86.8	84.4
6	A MARAZINA	628.442	136.4	122.8	92	101.2	82.0	94.0
7	P GRAY	573.661	126.4	90.0	91.6	88.0	76.8	100.8
8	J TIMMS	546.081	109.6	88.4	102.4	76.4	100.0	69.2
9	D RICHES	516.528	120.4	80.0	72.8	56.8	81.6	104.0
10	H NEVILLE	512.41	139.2	94.0	86.4	82.4	72.0	38.4
11	P. HOSKINSON	500.4	122.8	106.0	86.0	66.8	58.4	60.4
12	S SCANLON	480.188	108.8	88.0	76.4	70.4	69.2	67.2
13	D MACLERCAN	413.728	82.8	80.0	57.2	50.4	61.2	81.6
14	B SUTCLIFFE	406.080	82.0	74.8	58.0	62.4	55.6	73.2
15	D KETTLE	388.408	78.4	69.6	52.4	66.8	59.2	62.0
16	B FARMER	320.5606	84.8	62.0	54.8	40.0	42.0	36.8
17	E JANOSI	304.0	128.0	96.0	80.0	0	0	0
18	G AUDLEY	242.0	93.2	121.2	27.6	0	0	0
19	J McPHEE	202.0	158.0	44.0	0	0	0	0
20	A LUCAS	189.2	82.0	79.6	27.6	0	0	0
21	D CRINITI	25.2	25.2	0	0	0	0	0

Day One – At 1.00pm today twenty runners from all over the world commenced the fifteenth running of the Australian 6 Day Race at Colac. Memorial Square is definitely a glorious setting that has to be seen to be believed. There were two late scratchings with J Kocourek and I Ketsakidis not turning up for the starters race. The expected showdown and fight to set a new 6 Day mark was now gone.

It was a warmish afternoon and Yiannis Kouros wasn't having it all his own way with South Australian(ex-patriot Kiwi), Jevvan McPhee actually in the lead after two hours.

80 year old, Drew Kettle was circling the track at his own pace and hoping to establish some new over 80 6 day records whilst David Criniti pulled out with a knee injury after covering 25kms. David has already qualified for the Race of Fire and it's better that he recovers for that rather than risk further injury.

At the end of Day one it is obvious that Kouros has already stamped his authority on the race. He only needs to average 100 miles a day for the next five days and he will go very close to beating the world record. Dawn Parris has a 11km lead over Elvira Janosi but these are early days and anything can happen. Jevvan McPhee was just under 100 miles for his first day and it will be interesting to see hoe Jevvan and several others go in their first attempt over 24 hrs!

Day Two – Yiannis Kouros now has a handy 135km lead after two days and if he wants to could be on target to break the world record for 6 Days. Speaking of world records –Has Drew Kettle established a new world record in the over 80's Age group with 148.0km?

Day Three- Yiannis Kouros has a mortgage on first place whilst Tony Collins seems comfortable in second. There have been a couple more pullouts with Jevvan McPhee and Andrew Lucas calling it a day.

Day Four – Yiannis Kouros has strained an abductor muscle but is looking comfortable to finish in first place. Dawn Parris has completed 468.0km and should work her way up the Australian 6 Day rankings for women. There has been two more casualties with George Audley and Elvira Janosi pulling out the race.

Day Six – Yiannis Kouros won the 15th annual Australian Six –Day Race with a distance of 801.6km (2004 laps – Which is quite significant for the living Greek legend?).

Yiannis suffered a serious leg injury three days into the race but reassessed his goals and was still able to easily account for his opposition.

Second and third was filled by Tony Collins and David LaPierre who completed 716.8km and 710.0km respectively. David also broke the 60 plus Canadian 6 Day record with his efforts.

Dawn Parris was the first female with a distance of 696.4km which was a PB and the forth best in the race. It was also the forth best 6 Day distance by an Australian female.

Drew Kettle was to establish a new over 80 world 6 day record with a distance of 388.4km whilst 18 year old Don MacIercan ran 413.2km and may have set an unofficial age group record at the other end of the scale.

Along with Don, two other Australian Young Guns, Peter Hoskinson and Daryl Riches completed over 500kms in their first 6 day race and both definitely have a big future in the Ultra world.

GROIN INJURY SLOWS KOUROS AT COLAC

BY

TONY RAFFERTY

Confusion reigned with less than thirty minutes before the start of the 15th Australian Six-Day Race at Colac. Some competitors waited for the arrival of caravans, others lingered, perplexed, anticipating instructions from race organisers about their living quarters. Runners' support crew personnel assisted Yiannis Kouros as he carried a heavy bag and ice box. Instructed, first in one direction to the caravan area, then in another towards the tents; the promised caravan, at that time, unavailable. 'Here Yiannis. Have mine,' Bernie Farmer said. Despite a rush to finish the race briefing and before the opening ceremony walk lead by the Colac Pipe Band, and the late connection of the public address system, the event - thanks to the swift organisational skills of local businessman Ian Lane - started on time.

The expected showdown between last year's winner Jaroslav Kocourek and Kouros the world record holder failed to materialise when the Czech Republic runner withdrew at the last minute because of illness.

On a hard, bumpy, undulating track covered in clumps of grass, untouched it seemed since last year's race, Kouros, during hot afternoons and cool evenings, dominated the field of runners from five countries. In the first 48 hours he ran 420.4 kilometres - 134.8 kilometres ahead of a disciplined Tony Collins. Canadian, David LaPierre on his fifth visit to the Colac track trailed Collins by 9.6 kilometres. At that period spirited individual contests took place between Eltham athlete Dawn Paris, Czech Republic runner, Vlastimil Dvoracek and Italian competitor Aldo Maranzina, with just 17 kilometres separating third from sixth position.

As Kouros blitzed the field and on target to repeat his performance on the same track in 1984 when he ran 1023 kilometres - a groin injury slowed his pace - and for the first time in the memories of most - forced him to walk. Even at that early stage Kouros said he'd win the race if he stayed on the track.

Spectators and support crews were braced and exhilarated by Kouros' focus and attention to detail during the first two days, but their feelings were reduced to frustration and compassion when the world's best ultramarathoner grimaced as he limped the circuit. 'I came here to break the record,' he said shaking his head. 'The track is no good. I run hard. I had to watch every step after the first day. If I knew it was like this I would not have come.'

In a study of Kouros' behaviour under stress David LaPierre said: 'It was interesting to see his focus. It must have been painful for him, even degrading, having to strut his way through the remaining days.' In reference to Dvoracek, LaPierre said: 'And the Czech runner was reduced to walking in the latter stage. To pick out anybody who had to swallow his pride, rather than drop out, I'd give him a medal. We witnessed two great athletes showing strong character in adverse conditions.'

A forlorn Kouros said on the third day: 'According to the physiotherapist the injury is behind the abductor muscle.' A doctor viewing the race remarked that the injury was a physiotherapist's nightmare.

'I can't risk running. I will continue to walk. I'm embarrassed walking.' Kouros said. 'This track is not ideal for running. I had to watch my steps from the first day. It takes a lot of my energy.'

The rough track conditions forced four runners to withdraw: George Audley (hamstring); Jevvan Mcphee (knee); David Criniti (knee); Elvira Janosa (knee); and a fifth withdrawal Andrew Lucas, for personal reasons.

Although second-placed Tony Collins, reduced by a few kilometres Kouros' lead during the final 24 hours, he was satisfied with second position. Dawn Paris, fleet-footed, svelte as a duchess, gentle but deliberate, seldom changed pace for the six days - David LaPierre holding third place, aware always, of her spirit nipping at his heels. A grand contest to the last hour between Vlestimil Dvoracek and Aldo Maranzini for fifth and sixth position produced a friendly betting spree among a number of local spectators. The runner from Czech Republic gained fifth spot by two kilometres. Drew Kettle broke American, Ted Corbitt's world 80 and over age-group record, shuffling along a dusty track to total 388.408 km.

Drum maker and support crew for Peter Hoskinson, Mike Maddock, in awe of Kouros' positive attitude whilst under stress, said, 'The man's an inspiration to all of us. To watch him suffering and to witness his self-control is motivating.' Maddock's sound comments about the winner were less inspiring about the race organisation and the people of Colac. 'I think the runners are treated badly. The town and the organisation lets them down. The athletes deserve better treatment.' Maddock claimed. 'The track is hard and uneven. It causes early injuries. The people here don't appreciate what they've got. The park is a beautiful setting. This is a unique six-day race. It brings focus to the town.'

Kouros' expression during the fifth day, haunted as a matador's, sleep-deprived, focused, - now in repose in the final hours, demonstrated the concentration, the desire, the discipline, the persistence of a champion with an objective. Under obvious pain, his plan toward the end of the race, to complete the round figure of 2000 laps, changed to something much more significant: Kouros finished the event on lap 2004, symbolic of the year of the next Olympic Games - in Greece.

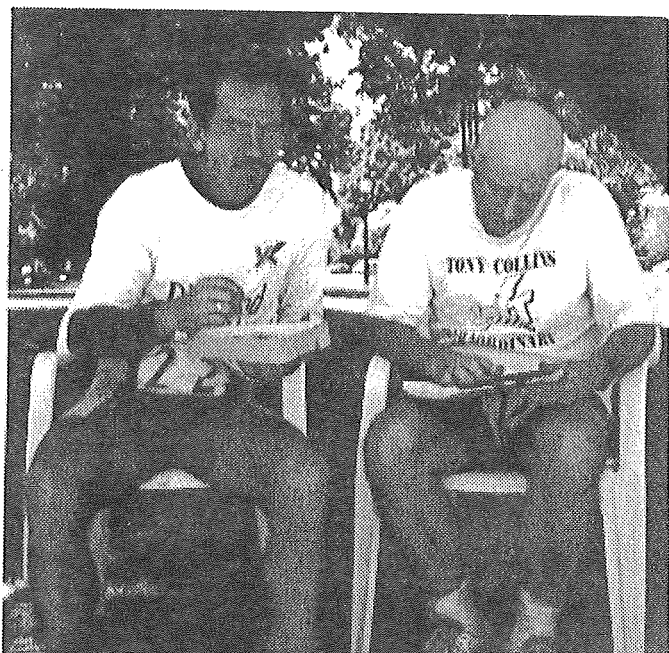
A tough journey lies ahead to restore the Colac event's tarnished image. Despite a cloud hanging over the future of the Australian Six-Day Race: a blanket of mixed emotions, pandemonium at the start - and amid growing confusion and acrimony among some runners and race volunteers, because of broken promises and lack of communication since the 1999 event - the race closed with confidence among most observers. It appeared that the case for a world-class event in Colac is not an oxymoron, but indeed a distinct possibility, provided runners, support crews and volunteers are treated with respect, not left in the wilderness guessing to the last minute whether the race will take place.

TONY RAFFERTY - November 2000

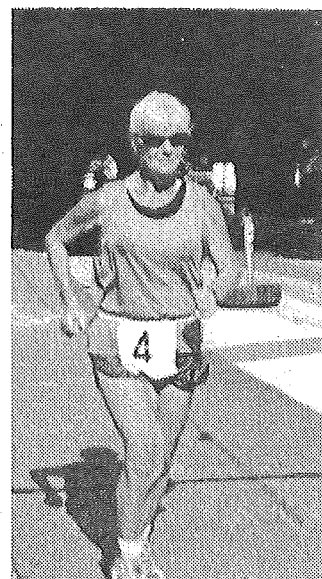
www.tonyrafferty.com.au



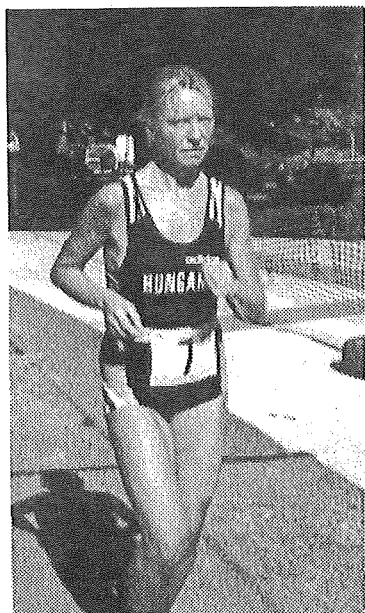
Placegetters..1. Yiannis Kouros, 2. Tony Collins, 3. David LaPierre [Canada]



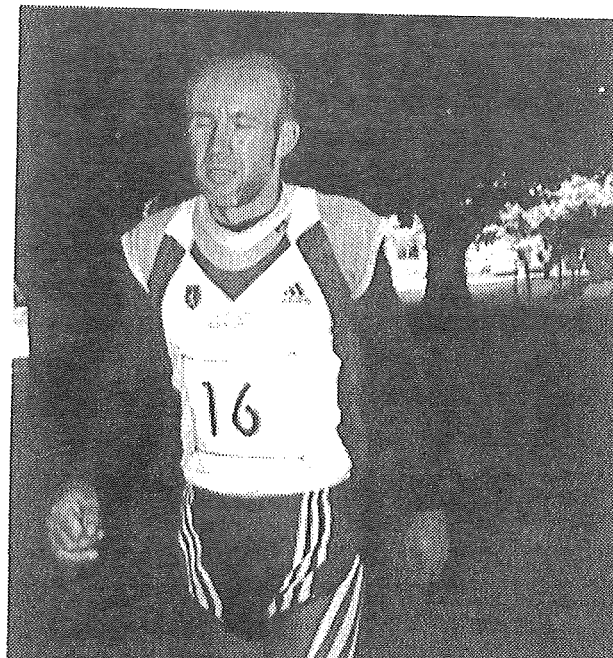
The evergreen Dawn Parris



Yiannis Kouros and Tony Collins share a meal break



Vlestimil Dvoracek
[Czech Republic]



Elvira Janosi [Hungary]

RACE OF FIRE

PROMOTERS OF THE 'TRANS AUSTRALIA FOOT RACE'
JESSE RILEY AND BERNIE FARMER ATTENDED THE
AUSTRALIAN SIX-DAY RACE AT COLAC.
TONY RAFFERTY TOOK THE OPPORTUNITY FOR THIS
INTERVIEW.

TONY RAFFERTY: Bernie, how did this concept come to pass?

BERNIE FARMER: Actually it's been simmering on two continents for quite some time. Ever since the Westfield Run came to a finish I talked to Pat (Farmer) with the belief we could organise a better race. I approached Coca Colo to resurrect the Sydney to Melbourne race. They were too slow getting back to me. The idea of them as sponsors fizzled out.

When Pat ran in Jesse's event the Trans American Foot Race, Jesse was keen to stage a similar event in Australia. He came here, ran across the continent, and scouted the course.

During our recent run around the country Jesse suggested I organise it. I had the media contacts and we set it in motion.

T.R: Jesse, what role do you play in this adventure?

Jesse Riley: Originally when I organised the Trans Am through a series of miraculous events we stayed solvent for four years and paid off the loans for the across America race. My family was shocked at the idea of another similar race. But they figured they'd give me another shot. I seem to have the gift to get things done; and with Bernie to organise the business we believe we're on a winner. Bernie has many contacts.

Logistically the Trans Am was much more difficult than this one will be because of America's traffic situation. So I figured with a combination of our talents we could do a good job with the RACE OF FIRE.

T.R: What interest have you attracted from runners throughout the world?

B.F: Tony, I'm really excited about this. I believe we will assemble the best array of ultramarathon talent ever, in any race in the world. We've been speaking with Yiannis (Kouros). And that's our main purpose in coming down to Colac. He's keen to run in the race. Apart from Yiannis we've confirmation from three top Russian runners, including Anatoli Kruglikov and a Japanese athlete who ran second to Dusan Mravlje in a recent race through Death Valley. Dusan has confirmed as a starter. Bryan Smith also. Five German runners, three Hungarians have thrown in their hats including a previous Trans Am winner Istvan Sipos. Competitors from Hawaii, England, Ireland. Such an array of international talent. I think we're up for a mighty race.

T.R: How will it be run?

B.F: Basically, it's about 70k's a day. The shortest stage is about 40k's. The longest a hundred. There'll be several 100k stretches. But in the early stages of the race - the first week - we've made a whole series of shorter runs to give the overseas athletes a chance to acclimatise. A run of this nature - sixty-five days - is very hard to train for and I think a lot of runners would like to ease into it and get their fitness levels up.

T.R: Runners cannot run across this continent without an incentive. What's the prize money?

J.R: We've set it at \$US40,000, about \$75,000 Australian. There'll be daily stage prizes averaging \$200. We'll pay out the top ten. I think about \$10,000 to the winner. It's not as much as we'd like but at least for a first-year race we feel we've made a very good start.

T.R: Major sponsorship. What's your progress in this direction?

B.F: We have a company on board - Woolmark. They provided all the uniforms for the Olympic team. They'll supply all garmets for the runners. The Australian Army will assist us across the Nullarbor Plain with campsite facilities, mobile kitchen facilities and so on. We are one of the Centenary Federation badged events which gives us enormous credibility in the towns we pass through. And also gives us government support. This will help us through any red tape.

On board will be a company - Media Monitors. They will survey all newspaper, radio and television coverage. This will provide feedback for our sponsors. Which means that a company pays only for the coverage they receive.

T.R: Well, it's certainly an exciting project. When does it commence?

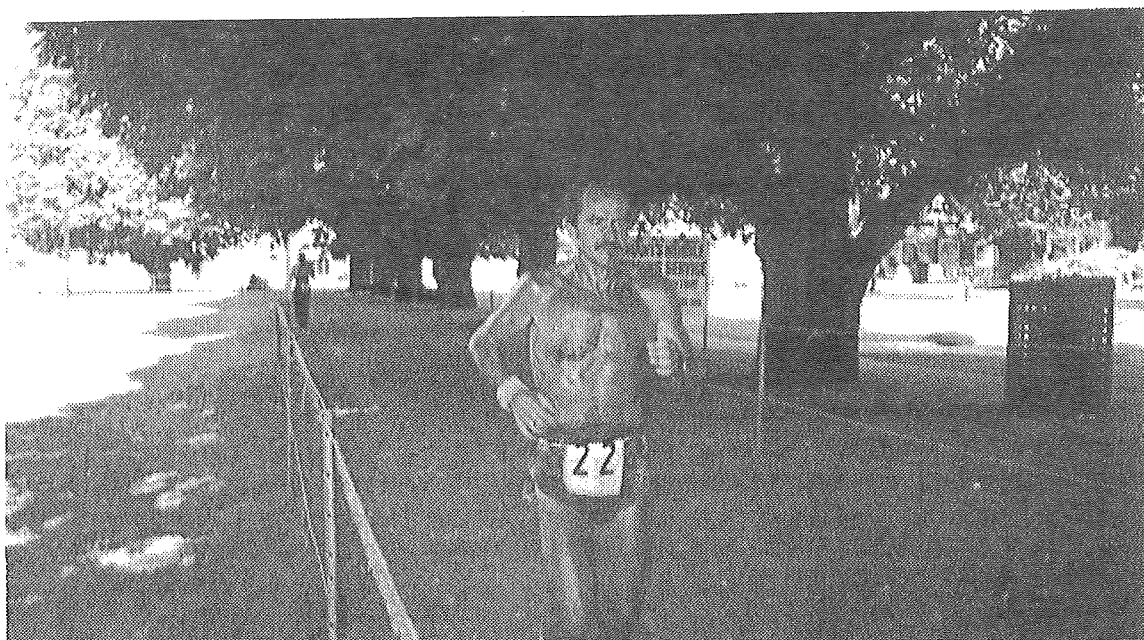
J.R: Friday 5th January 2001 from Perth, Fremantle or maybe Rottnest Island. It continues until Sunday 11th March and will finish in conjunction with several festivals happening in Canberra.

B.F: Tony, we have the Australian Institute of Sport involved. They will perform tests along the journey on the effects of heat and stress on the body; and also drug test. So our sport will be totally above board in this instance. Also the University of Canberra will be a major sponsor. They'll provide support vehicles. Also heaps of back-up staff.

J.R: And we'll get information on the physiology of the sport. We're trying to make the sport (ultramarathons) more mainstream. And to show that such an event will not break down the runner. To show, in fact, that they tend to get stronger. We noticed in the Trans Am that after three weeks runners' fitness improved the longer they ran. That's something we want to show from the physiological aspect.

T.R: Thank you Jesse and Bernie. A fascinating project. I wish it great success.

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



Yiannis Kouros strides out in the heat of the day at the Colac Six day Race

Kouros may lead the field in Trans Australia Footrace



Perth, Australia (UW) - A star-studded field is shaping up for the Trans Australia Footrace, a 65-day race that begins Jan. 5 and stretches approximately 4,500 kilometres across from Perth to the national capital in Canberra.

Runners will average 70 kilometres a day, competing for prize money of \$40,000(US). Most of the money will be paid at the finish, the bulk of it going to the top 10 finishers. However, there will also be daily stage prizes of about \$200.

The event is longer than the Tour de France and will take competitors through Australia's parched Nullabor plain in the peak of summer in the southern hemisphere.

Although not yet confirmed, it is now looking as though Yiannis Kouros, the finest multi-day competitor of modern times, will head the field. "We're still negotiating with him to work out the details, but it's looking very hopeful at this stage," says chief organizer Jesse Dale Riley.

Kouros dominated the Westfield Run, the prestigious Sydney-Melbourne race held in Australia during the 1980s and early 1990s and holds multiple world records as the greatest multi-day ultramarathoner of modern times. He was born in Greece but is now an Australian citizen.

Confirmed entries

Among those who are confirmed to run are the following:

- * Dusan Mravlje of Slovenia, the 1995 winner of the Trans America Footrace and a former winner of the prestigious Westfield Run, held in Australia during the 1980s and early 1990s.
- * Istvan Sipos of Hungary, the 1994 winner of the Trans Amerca Footrace and the 1998 winner of the Sri Chinmoy 3100-mile Race, the longest certified ultramarathon in the world - run on a half-mile road loop in Jamaica, New York.
- * Kiwaki Spalding of Hawaii, a 1994 finisher of the Trans America Footrace.
- * Helmut Schieke of Germany, a 1992 finisher of the Trans America Footrace.
- * Stefan Schlett of Germany, also a 1992 finisher of the Trans America Footrace.
- * Wolfgang Schwerek of Germany, second all-time to Yiannis Kourus in world 24-hour race standings (303km vs 276km).
- * Brian Smith and David Standeven, both former Westfield champions.

Riley says the exact route that the race will follow is still being finalized. A number of detours are being added to take the event through centres that would otherwise miss it. The field will be limited to 25 of the best multi-day runners in the world.

Top Russian runners eye Trans Australia Footrace



Canberra, Australia (UW) - Three top Russian runners have expressed an interest in running the Race of Fire, the 4,500-kilometre Trans Australia Footrace scheduled to start next January 5.

The athletes are:

* **Konstantin Santalov**, three times world 100Km champion (1992, 1993 and 1996) and European 100Km champion in 1993. He is also a four-time Russian 100 Km Run champion (1993, 1994, 1996 and 1998), and he has won more than 40 ultra races in his career. He has also won the Barcelona-Madrid, Rio de Janeiro-Santos, Vienna-Budapest and Kaluga-Pushkin multi-day races. His best 100Km time is 6:15:17. His best 24-hour distance is 260.750 kilometres.

* **Anatoliy Kruglikov**, the 1999 Russian 100km champion (6:36), six times Russian 24-hour champion, winner of the Tasmanian multi-day run in 1994, when he defeated Yiannis Kouros. He is also listed as "vice-champion" of Vienna-Budapest multi-day Run 2000.

* **Andrey Derxen**, three-time winner of the Marathon de Sables multi-day run in the Sahara Desert and also a triple "vice-champion" of the Vienna-Budapest multi-day run. He has also won the Sakhalin Island multi-day run and Barcelona to Madrid multi-day run.

'Most powerful'

"We would like to suggest the three most powerful Russian ultra runners to take part in the Trans Australian Ultramarathon," Valeriy Koulichenko, chief team coach of the Russian Athletics Association has written in a letter to Trans Australia race director Bernie Farmer.

"Thus, being certain of the physical capacities of our runners to overcome the 65-day long race you host, we are absolutely sure their presence would adorn your outstanding ultramarathon. Thank you in advance for Your time and trouble."

Jesse Dale Riley, race manager, said he is anxious to finalize arrangements with the Russian delegation as soon as possible and is optimistic that details can be worked out.

"Even Kourous may not be able to handle Kurglikov," Riley said. "He wasn't able to show a clear ability to outrun Kruglikov in Tasmania in 1994. That race was about 90km a day for a week. All bets would this be off in terms of handicapping the Trans Australia Race if these runners enter."

Could challenge Kouros

Riley said the Russian contingent would add greatly to the stature of the race.

"As a three time world 100Km champion, Santalov has the speed to beat anyone in the field. Kruglikov has the experience of having already beaten Kouros in a stage race.

"And Derxten has the experience of having won the Marathon des Sables three times. So he is a desert specialist. And this will be the longest desert race in the world. The Trans Australia has far more desert than any other event."

Rile said organizers are receiving good support from sponsors and from local officials in regions along the race route.

"We've received especially good support from the Snowy Mountains region, a high altitude glacial region just south of Canberra, near the finish. The tourism people there are making this a showcase of summer tourist season. So we're going to bring to the public a real showcase of Australian alpine scenery."

As a result of the Russian interest in the race, Riley said the size of the field may be increased from a cap of 25 of the best runners in the world to 30 or 35 runners/

MEMORIES ARE MADE OF THIS

BY
TONY RAFFERTY

As I put the key in the door after completing my shortest ever official run - the telephone rang. Cuddling the Torch wrapped in a towel like a baby, I placed it on the lounge and lifted the receiver.

'I believe you've just run with the Olympic Torch?', said a man with a cultured voice.'

'Yes.' I replied. 'Who's speaking please?'

'Forgive me, Tony, I'd prefer not to mention my name or company at this moment until I give my reason for calling. I'd like to offer you two-thousand dollars for the Torch.' He said it would take pride-of-place in his boardroom.

Still in a euphoric state following a 500-metre jog along High Street and into Manuka Road, Berwick - before cheering crowds and Haileybury College students chanting my name - the man's request in the contrasting silence of the loungeroom, for just a second, shattered the enchantment of the experience.

'Sir. I don't want to know your name or your company,' I answered, curtly. 'The Torch is not, and won't ever be for sale. Forgive my rudeness but I must finish the conversation.'

When I entered the house following half a day of fervor, stimulation, elated crowds, I welcomed the taste of quiet and seclusion - a time to reflect on the joys of the past hours, which Plotinus called 'the flight of the alone to the Alone.'

I placed the Torch in the trophy cabinet among a number of other symbolic memories, when again the telephone rang: 'Tony. Please don't hang up. I've another offer. Five-thousand dollars and your signiture on the Torch'. Stunned into silence for a moment by the businessman's audacity I recalled from times long past, some periods of publicity which were followed by a number of privacy intrusions 'Sir. 'If you don't finish this call immediately,' I said, 'I'll have it traced by the police. And you charged as a nuisance caller.'

Earlier that morning during a briefing about the day's activities in a schoolroom near the Edwin Flack Reserve nobody recognised, or it seemed, knew the significance of one, of the dozen torchbearers in our midst. I took the opportunity during a short question period to introduce, and at the risk of embarrassing him, mention that: 'the gentleman seated next to me in the early 1970's during a charity golf day helped improve my golf swing, (when I nearly decapitated the drum major of a Scottish Pipe Band) - but, of much greater importance represented Australia in the marathon at the Mexico and Munich Olympic Games.' I also mentioned his 14-year claim on the world marathon best time. As we drove to pre-arranged starting points on the highway Derek Clayton recalled a few anecdotes of Olympic fame, and endorsed the comments of each of us about the honour of carrying the Flame.

A far-stretched unbroken line of people, three-deep in places, greeted me when I stepped from the bus, Torch in hand, to await the

Flame. As the late-winter sun sliced through silent, elegant trees, a nip in the air pressed me to jog on the spot to the joy of hundreds of boys and girls, Australian flags painted on their faces.

A hearty roar when a torchbearer appeared on the crest raised my heartbeat. Our torches kissed and the Flame burst forth. At once the light-soaked bitumen felt like soft pillows. The air suddenly warmed. I raised the Flame, ran at a snail's pace towards the turn amid cheers, flashing cameras, blasting horns and fine song from the police-driven escort Harley Davidsons. Wrapped in blankets, warm-faced residents from a near-by nursing home sat in wheelchairs, waved their arms and praised the Torch as if it were a virtuous or a spiritual chattel.

The one kilogram, seventy-two centimetre Torch made in three sections representing earth, fire and water, inspired by the Opera House, the blue Pacific waters, the curve of the boomerang - passed from the hands of one bearer to another swift as a bushfire as it blazed a trail across the nation from Uluru. During my 500-metre link in this vast people-chain I reflected on the jubilant crowds drawn to the Flame like moths around a light; the open-air parties, music, dancing in the streets as the nation opened its heart to this orange ribbon of joy assigned with human qualities as it celebrated lunch and dinner everywhere.

When I passed on the Flame and shut off the gas people rushed me with a need to touch the Torch. Before I managed to hold it above my head to cool, a young mother pushed her child in my face and mildly burned her hand. Within a minute the escort crew whipped me up the steps of the bus to safety as I worried about the child's palm.

The driver - unable to manoeuvre his vehicle through the 25,000 throng, at Edwin Flack Reserve to celebrate the lighting of the cauldron, left me to struggle through an excited mob of camera-clad well-wishers and autograph hunters on the 100-metre walk to the media marquee. Coral and Kieran fought their way towards me, friends arrived and following many group photographs, City of Casey mayor Cr Ron Mantel assisted by two burly security guards escorted me to a busy press centre.

Coral, with permission from the headmaster for a limited time to witness the path of the Torch trotted back to teach; Kieran joined his chums at Prep. After more photos and autographs I drove home still high on adrenaline.

Since the run letters, cards and phone calls demonstrate the joy of people who witnessed the Flame on its odyssey to the Olympic Stadium: Schoolboy, Domenico D'Angelo wrote:

Thank you for the great thrill of experiencing
the Olympic Torch... My family and I will remember
this day when we are old and grey.

Sorry, Mr. Company Director. This symbol of Unity, Hope, and Friendship is not for sale. I carried the Torch without bias or motive - I carried it with the dignity expected of the honour. The Olympic Torch is priceless.

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

Obituaries

ROBERT PETRIE

Led the pack when it came to running

Athlete, accountant

Born: October 4, 1941

Died: October 7, 2000

ROBERT Petrie dedicated his life to running.

It was the sport he loved, and he helped many others pursue it professionally.

He also died doing what he loved most — running.

Mr Petrie was born in Sunderland in England.

From early on, running was a way of life.

He started at age 11 and his first formal association with athletics was as a member of Sunderland Harriers Athletic Club.

He starred over the shorter distances and was club champion in the mile and half-mile.

Moving to longer distances, he tackled marathons, the Liverpool to Blackpool 48 mile (77km) event and the famous Brighton to London 54 mile (87km) Road Race.

He met his wife, Lavinia, while running at the English National Cross Country Championships.

They married on March 9 1963, and in 1966, decided to emigrate to Australia with their daughter, June, 2.

Their first two years in Melbourne were spent at the migrant hostel in Nunawading while they worked and saved hard to establish their own home.



Dedicated: Robert Petrie.

Mr Petrie wasted no time in joining the local athletics scene, becoming a member of the Melbourne YMCA Amateur Athletic Club.

In 1967 he joined the Professional Cross Country Club of Victoria (known today as the Victorian Cross Country League) as an active member both in competition and administration.

Mr Petrie was awarded life membership of the club for his outstanding services as a committee member, honorary treasurer and club handicapper.

During the summer months he competed on the professional track running circuit around Victoria, including the Stawell Easter Gift and Bendigo Gift carnivals.

He also served as stipendiary

steward for the Victorian Athletics League for several years.

New running friendships saw Mr Petrie join the Victorian Veterans Athletic Club in 1981.

As with all things he tackled, his dedication didn't stop at the level of competition, and for the past three years he was a committee member and honorary treasurer.

A dedicated coach and mentor of many, Mr Petrie taught athletes of all abilities and ages and took great satisfaction in seeing them achieve their personal goals.

He took many to state, national and international level.

He also turned his helping hands to sports massage.

Mr Petrie was a key crew member for ultra-runner George Perdon and accompanied him on many of his world record attempts, including the trans Australia run from Perth to Sydney.

He was team manager in several major running events, including the Otway Classic and the Olympic Dream 200km Relay.

Professionally, Mr Petrie was a respected accountant, considered to be a financial whiz by his peers.

When he wasn't running Mr Petrie enjoyed the challenge of a round of golf with son Rob, and socialising with friends.

ROBERT PETRIE 1941-2000

It is with great sadness that I must report the sudden passing of Robert [Rob] Petrie, age 59, on October the 7th, 2000. Roberts wife, Lavinia Petrie, is one of Australias finest female ultra runners and holds several world age group records. Rob was an excellent marathoner in his younger days and in recent years he lined up in the Comrades Marathon alongside Lavinia on a number of occasions as well as running a few local ultras. Behind every great runners is a great supporter and Rob was best known around the scene for his knowledgeable and dedicated coaching of not only his wife Lavinia, but several other prominent marathon and ultra runners around Melbourne. Lavinia is best known for her ability to maintain pace and come right through the field in the later stages of a race. This is due, in no small part, to the excellent role that Rob played in ensuring that equal splits were maintained. Rob took his role very seriously and I personally learnt much from him as a semi regular attendee with the "Ferry Creek Gang" on Saturday mornings.

A very sad loss to the running community of Australia

Deepest sympathy to Lavinia and family

Kevin Cassidy

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

..... Post Code Date of Birth

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

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

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

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

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

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

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

Please circle the desired rate:	\$30	within Australia		
	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$34	\$38	\$41	\$43

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

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