

ULTRAMAG

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Bryan Smith tails Helen Stanger in the early hours of the Coburg 24 hour race



Bryan in a moment of deep thought



Bryan at the finish of the Colac 6 Day event

 **AURA**
MAGAZINE



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As ultrarunners, I am sure that we are all the same in thinking, at times, that we do things that make us invincible. February 2nd will always stand as a reminder to us all that there are no guarantees in life. The sudden collapse and death of the great Bryan Smith during the Trans Australia Race is a tragedy that is incomprehensible.....As I write, I still can't believe that this champion athlete, gentleman and friend to all is no longer with us. As a result, this edition of Ultramag has gone beyond its normal 92 pages. The separate 20 page supplement [thrown together very quickly] is a collection that covers Bryans entire ultrarunning history, photos, press reports, statistics and records [thanks to Phil Essam for his research].....it is all there, so sit back and read about one of the worlds true gentlemen who also happened to be one of the worlds greatest ultrarunners.

Just in case you have forgotten, the AGM is on March 26th and nomination forms for the AURA committee are contained in this issue. There will also be a telephone hook up during the meeting so anyone can call in. With the technology we have today, you can be a part of the AURA committee no matter what part of Australia you live in.

It was great to see Ultrarunning receive some excellent coverage in the latest "Runners World" magazine. Runners World have tended to ignore the ultra scene over the years but some lobbying by Phil Essam and others seems to have reaped rewards.

A couple of new events on the calendar are the "Lest we Forget" ultra in Queensland. The 84.4km double marathon is modelled on the prestigious Comrades event in South Africa and is already attracting a lot of interest while, also in Queensland, the Australian 48 hour event is going to continue at a new venue on the picturesque Bribie Island.

Changes to Ultramag have been a source of much discussion and basically the format will remain the same but some subtle changes will be noticeable as time goes by. Basically, numerous long stories about the same event are going to be reduced to something along the lines of one report [preferably from the race director] and one other from a competitor and/or helper. If a race director chooses not to write a report then this leaves space for two other stories. Of course we are always welcoming stories and photos that are submitted for publication, particularly photos!!! The mailing address for Ultramag is P.O. box 2786 Fitzroy 3065.

The world class international field of runners in the Trans Australia race have now completed 35 stages, at the time of writing, and have covered 2,465km of their journey of over 4,000km from Perth to Canberra, the race is due to finish on March the 11th. Phil Essam has compiled a race summary to date that appears in this issue. The Trans Australia race has an excellent website at www.transaustraliafootrace.com

We have again included a "profile" form that we would love you to reply to.....basically, we want you to tell us more about yourself. So far, only Max Bogenhuber has replied and you can read his "life story" in this issue.

Before signing off, I must mention a throw away line that I included in the last magazine. In reference to the Caboolture 6/12 hour event, I mentioned that I had to do some "chasing around" to get a copy of the entry form. I used this line in frustration at having trouble opening a few e-mail attachments on my "mind of its own" computer!!!! Unfortunately, it may have sounded as if I was doubting the race organisers [Peter and Lyn Lewis] efficiency. Apologies if this was the impression.

Also, if you have web access, remember to check the following sites
<http://geocities.com/ultraphil> and <http://www.coolrunning.com.au/ultra>

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.

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 Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or email raceorganiser@sixfoot.com or check out the webpage at www.sixfoot.com
- 3 BUNBURY HOLDEN 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 Mary Morgan, 27 Snows Place, Bunbury WA 6230 phone (08) 9721-7507 or Stephen Peacock (08) 9791-3452
- 3 TE HOUTAEWA CHALLENGE, NZ
The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz
- 18 WATER WORLD GREAT OCEAN RACE - RED ROCK TO COFF'S JETTY, BEACH & HEADLAND 45KM ULTRA MARATHON NSW
Starts at 6am at the northern end of Red Rock Beach. \$10 entry or \$15 on race day. Finish Coff's Harbour Jetty. Contact Steel Beveridge on (02) 6656-2735 or address: 3B Surf Street, Emerald Beach NSW 2456. Entry form available at <http://www.geocities.com/ultraphil/coffs1.jpg>. Thongs to all finishers plus free feed.
- 25 AURA DAM TRAIL RUN 50KM & 30KM
A beautiful 50km trail run close to Melbourne, around Maroondah Dam - now with a 30km option. 9am start, Fernshaw Reserve, finish Maroondah Dam wall. \$15 entry for AURA members, \$20 for non-members. Closing date for entries 14th March. For more information see the webpage at www.coolrunning.com.au/ultra/auradam or contact Nigel Aylott via email nigel_aylott@mail.com or at 19 Bennett Ave, Mt Waverley VIC 3149 or telephone (03) 9634-2776.
- 25 KING AND QUEEN OF MT MEE, QLD
10km, 25km and 50km. Start 6am, 7am or 8:30am from Mt Mee Hall, Brisbane - Woodford Road, Mt Mee, Queensland. 50km, 25km, and 10km events on formed roads from Mt Mee Hall to Wamuran and back, twice for 50km. Contact Gary Parsons, PO Box 1664 Caboolture, 4510 or race webpage at www.geocities.com/ultraphil/mtmee.htm
- ?? 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 WAITAKERE FAT ASS 50KM, NEW ZEALAND
50km race in New Zealand. Contact Ian Cornelius 09 627 9562 or mobile 021 800 330 or email ian@fuelstar.com or read the website at www.coolrunning.com.au/ultra/2001005.shtml.
- 8 CANBERRA 50KM WITH MARATHON
Check Race Website at www.coolrunning.com.au/canberramarathon for contact details. Race is run as part of the Canberra Marathon but allows runners to continue to properly measured, flat, road 50km.
- 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>.

May 2001

- 4 (Friday) LOST IN THE DARK IN KURINGAI - FAT ASS RUN
15km, 20km and 30km on very difficult single track trails (not strictly an ultra but will feel like). Starts 8pm from Berowra Clubhouse, next to Oval between Gully Rd and Crowley Rd, Berowra Waters Road, Berowra, New South Wales. Possibly Australia's first night time starting trail run. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass/lostinthedark for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

- 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. Entry form available at <http://www.geocities.com/ultraphil/aust50mile.jpg> or contact John Harper (03) 9803 7560 (H) (03) 98542629 (W) or email harperj@ihug.com.au
- 13 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. Entry form available at <http://www.geocities.com/ultraphil/bananacoast.jpg>. Contact Steel Beveridge, 3B Surf Street, Emerald Beach NSW 2456. Phone (02) 6656-2735
- 20 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 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 Sarah Craske via email sarahc@sydney.caa.org.au. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.
- June 2001**
?? 2000 MILE HAND CYCLE CHALLENGE. 29th may to 21 aug 01.
Townsville Athletic track. Handcyclists, runners and walkers welcome.
information please contact Barry Stewart 07 41 690 253.
- ?? 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 ULTRA GALLOP & STROLL
45km(aprox). Start and Finish on The Esplanade/Maidstone St, Altona, VIC. Starts 7am onwards. Pick your start time to finish at 3.00pm. Closest to 3.00pm wins. No watches allowed. Entrants may contribute towards a "winner takes all" jackpot. Check webpage <http://geocities.com/ultraphil/hobsons.htm> for more info or email Phil Essam on ultraoz@one.net.au or phone (03) 9398-4167.
- ?? 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

?? BRIBIE ISLAND CLASSIC 24HOUR AND 48HOUR
Bribie Island is approx one hour drive north of Brisbane. Entry details available at <http://www.geocities.com/ultraphil/bribie1.jpg> and <http://www.geocities.com/ultraphil/bribie2.jpg>. Contact Geoff Williams on (02) 5497-0309 or Charlie Hall (07) 5496-4310.

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

?? 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@bonnefinchapman.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. See web page at : <http://www.coolrunning.com.au/ultra/colac>
- ?? 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, TASMANIA 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
- ?? KEPLER CHALLENGE MOUNTAIN RUN
67km off-road mountain run. Starts Te Anau, New Zealand. Check webpage <http://www.coolrunning.co.nz/races/kepler> for more info.

?? 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 2002

26 (Australia Day) GOLDFIELDS 100KM
100km. Western Australia. Entry fee is \$250 p.p. inclusive. (Finishers medals, prizes, t-shirts and refreshments during race). Limited places are available and will be on a first in first served basis. It will be run between Southern Cross and a highway Stop in WA and will be open to elite runners as well as normal runners and walkers. This will be your chance to compete in an outback part of Australia and celebrate our Nation's heritage. Check webpage www.geocities.com/ultraphil/goldfield.htm for more info.

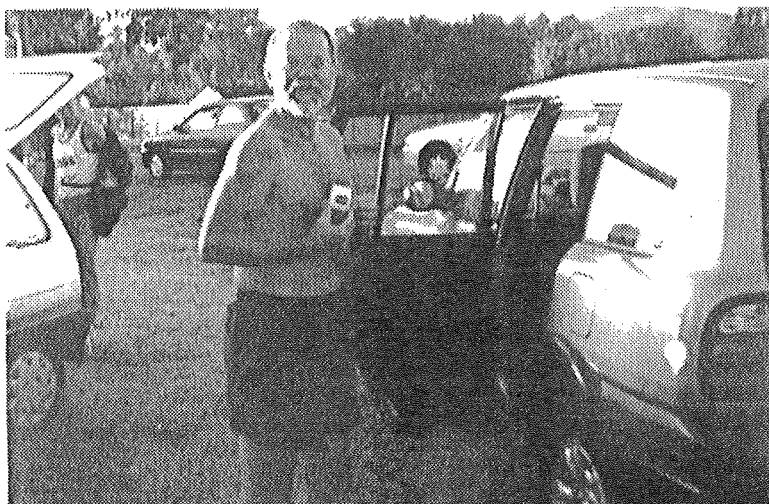
?? TRANS-AUSTRALIA: THE RACE OF FIRE
Invitational Trans-Australia foot-race, 4,000km from Perth to Canberra over a period of 9 weeks in stages of approx. 70km per day. Contact Bernie Farmer via email b.farmer@eisa.net.au. Some more information is available at www.coolrunning.com.au/ultra/transaustralia.

?? 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

?? 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.

?? AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC
\$20 entry fee. 7am start. Closing date: 19th January, 2001. Entry forms available from <http://www.geocities.com/ultraphil/mansfield.jpg> or 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

The incomparable Alan Witt made a welcome return to the ultra world at the recent Mansfield to Buller 50km



SECRETARY'S REPORT FOR 2001 AGM

It was 12 months ago that Dot Browne asked me to take over the reins of Secretary. I had expressed a willingness over the last few years to be involved in the running of AURA but was unsure if I could fill Dot's great shoes and I was hoping in my first year to squeeze into a smaller role within the Committee. Not to be!

Due to moving over from South Australia and establishing myself in the civilian employment world it took me a while to fully move into the role. Dot – Thanks for your help during that time.

The AURA Committee in the past six months has looked at ways of promoting the organization around Australia. This included a complete overhaul of Ultramag and a new leaflet to help promote the sport and AURA. The Committee listened to the feedback about the proposed changes to UltraMag and were prepared to scrap those changes.

We will be releasing a new leaflet though which can be utilised at any Ultra or Marathon in Australia. With the amount of participants in current Ultras and the new exciting Ultras that are appearing on the calendar AURA should aim to return a positive growth in it's membership this year.

I would like to congratulate every participant in every Ultra race that has been held in the past year. You are all Champions!

My Vision for AURA. I believe that by 2006 AURA can have double the members it has now. I believe that AURA can continue to develop as an information resource for it's members via UltraMag and the Internet. I believe that AURA should be able to provide more information and assistance for existing and prospective Race Directors in the areas of promoting and how to organise Ultras. The list is endless. Everything is possible!

What can you do as a member to help develop AURA and Ultrarunning. Not everyone has a great amount of time these days. If everyone in the sport though took on one task a year within the sport, (helping the Mag Editor, distributing leaflets, spread the word at the local running/walking club, organising a race, helping with one race, being on the National committee, utilising professional skills and network to obtain sponsorship. etc etc) the sport would be a lot bigger than what it is today. I would love to hear from you if you would like more information on how you can help.

The only down side during the year has been getting the phonecalls from competitors trying to find out what is going on with particular races . The usual scenario is "Phil Race is on in two weeks. Ive entered and haven't heard anything". These phonecalls have left me angry and upset that competitors(usually from interstate and overseas) are being treated like that. This has happened about six times this year and frankly, competitors deserve better. Race Directors – members of the AURA committee will always lend a hand or give advice if you need it. Don't be afraid to ask.

The unofficial clubmen of the year must go to Kevin Tiller and Sean Greenhill for organising the Fat Ass Series of races in NSW. They established an area of need, used their nouse and rectified the problem. Well done Guys.

If there are no vacancies from interstate I will be happy to continue for another year as Secretary. But AURA would be well on it's way to becoming a truly National group if someone from interstate puts their hand up for an Executive position at the 2001 AGM.

Phil Essam
Secretary.

FORTHCOMING 2001 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 14th Annual General Meeting on Monday , 26th March 2001 at 7.30pm at the residence of Paul Ashton, 34 Eleanor St, Ashburton , at which a new Committee of Management must be elected. Members can attend the meeting or take part in a teleconference which will have the ability to hook up members from all states and make the meeting a truly National event. (More details will follow later on how to take part in the AGM teleconference)

Nominations for elected Committee positions will close on Monday 19th March 2001. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice President, Secretary, Assistant Secretary, Treasurer. You do not need to be a resident of Victoria to be a member of the National Committee due to the "computer age" making communication easier and it would help make AURA a truly national organisation if members from other states nominated for positions on the National committee.

Ordinary members (representatives) from all states or territories are ratified at the AGM. Any member may nominate himself/herself for consideration. If more than the entitlement nominate, a separate ballot within the state or territory will be held.

Positions available are:

NSW	Entitlement	2 Ordinary Members of Committee	Note: You
Q'LD	Entitlement	2 Ordinary Members of Committee	a formal non
these			
S.A.	Entitlement	2 Ordinary Members of Committee	positions; j
W.A.	Entitlement	2 Ordinary Members of Committee	to indicate
A.C.T.	Entitlement	2 Ordinary Members of Committee	to stand.
TAS.	Entitlement	2 Ordinary Members of Committee	
VIC	Entitlement	2 Ordinary Members of Committee	

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

No General Business items can be discussed at the AGM but items may be tabled for discussion at a later date. Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business to be discussed at a later general meeting, please notify the Secretary by the Monday 19th Mar 2001.

In summary then, if you are interested, we require from you by the 19th Mar 2001, the following:

1. Your nomination for the elected positions of Committee of Management.
2. Your nomination for a state representative position to be ratified by the AC or elected by state members depending on the number of nominations.
3. If you have any General Business to be discussed at a later General Meeting.

There are no items for general business at this stage

I nominate

.....being
a member of AURA

for the position of

.....
to be decided at the Annual General Meeting of the Association to be held on Monday 26th March 2001.

Name of Proposer:

.....Signature
.....Date

Name of Seconder

.....Signature.....

Nominee's acceptance signature

..... Date

FORM OF APPOINTMENT OF PROXY

I, of

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

..... of

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

to be held on the 26th day of March 2001 and at any adjournment of that meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy.

Signed:

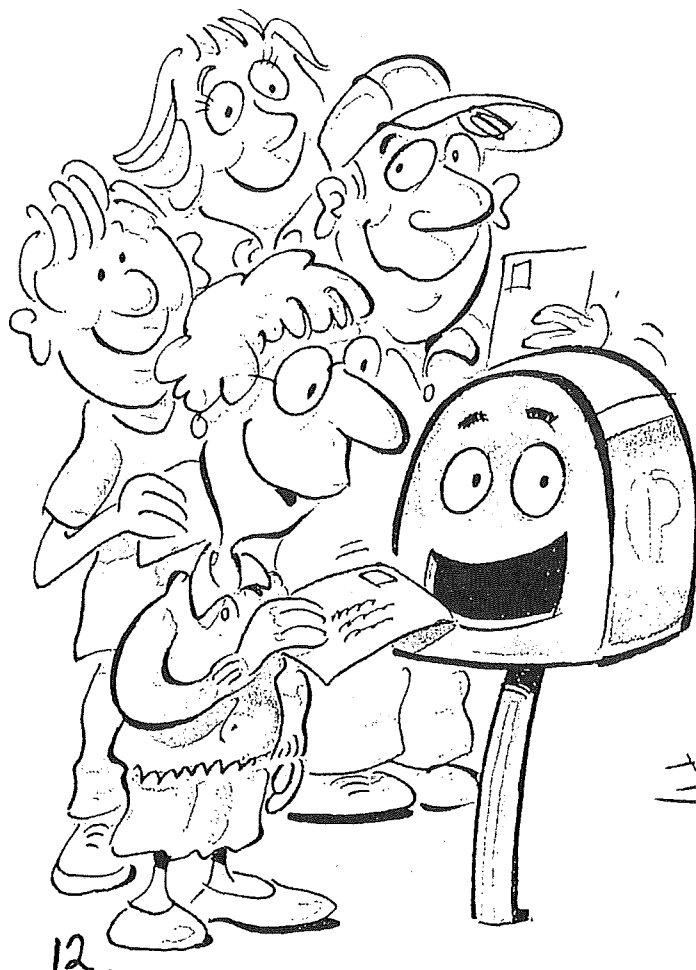
Date:/...../20.....

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

NOTES: 1. If you do not know of a person who will be attending the meeting, you may appoint the "Chairman of the Meeting" in which case an address is not required.

2. If you fail to specify your intentions clearly, the proxy vote will informal.

3. Only members who are not unfinancial are entitled to vote. (A member unfinancial if his annual subscription is unpaid after a period of 12 months has elapsed from its due date.)



**YOUR VOTE
IS IMPORTANT IN
A.U.R.A**

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

Order form below. Send to: Kevin Cassidy, P.O. box 2786, FITZROY 3065 Vic

AURA CLOTHING ORDERS

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

COLOURS RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

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

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

CAR WINDSCREEN STICKERS

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

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

Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

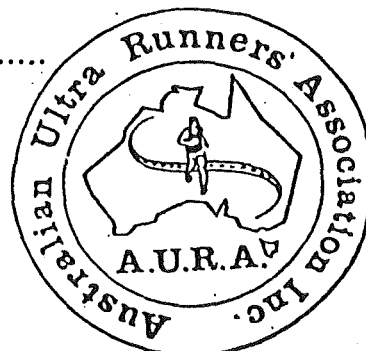
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

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

POST TO: P.O. Box 2786, Fitzroy Mail Centre, 3065, Vic



MEMBERSHIP APPLICATION / RENEWAL
QUEENSLAND ULTRA RUNNERS CLUB INC

I,
of
.....P/Code
Telephone No: DOB/...../.....
hereby apply



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

.....
Signature

...../...../.....
Date

.....
Proposer

.....
Secunder

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



for renewal of membership.

...../...../.....
Date

NOTES

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

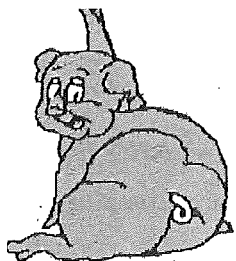


I have pleasure in enclosing a donation of \$.....

QURC Treasurer's Use Only

Date cheque received: / /

Date cheque banked: / /



Fat Ass

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

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.

The "Magazine Committee" , in its infinite wisdom, thought that some interesting reading could be had with one or two member profiles in each issue. If you wish to be featured then all it takes is to answer these questions and return them in a printed form with a photo attached. It will not be possible to publish anything that is hand written or without a photo.

Name.

Date of birth

Place of birth

Current address

Occupation

Marital Status

Children

Height

Weight

Best Physical feature

Education background

Favorite Author

Favorite book

Favorite non running magazine

Favorite movie

Favorite TV show

Favorite Actor

Favorite music

Book you are currently reading

Hobbies

Collections

Make of car you drive

Make of car you would like to drive

Greatest adventure

Favorite spectator sport

Favorite holiday destination

Favorite item of clothing you own

Most prized possession

Personal hero

Favorite quote

Personal philosophy

Short term goal

Long term goal

Achievement of which you are most proud

Pets

Pet peeve

Favorite non running activity

Greatest fear

Happiest memory

Personal strength

Personal weakness

RUNNING:

PB's

Years running ultras

Number of ultras finished

Best ultra performance

Most memorable ultra and why

Typical training week

Injuries

Favorite running shoes

Favorite food/drink during an ultra

Favorite handler

Favorite place to train

Favorite running surface

Ultrarunning idol

Why do you run ultras

Any advice to other ultrarunners

DON'T
FORGET
YOUR
PHOTO

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 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.

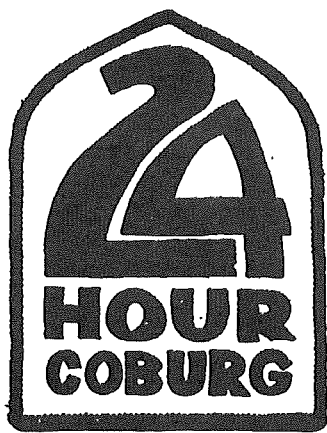
ENTRY FEES: 24 HOUR EVENT: \$50.00 6 HOUR/12 HOUR EVENTS: \$40.00

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

Signature _____

Date _____

Name (please print) _____



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.

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.
6. Any interference by a runner's second (or friends) to another runner will result in a withdrawal from the race of the runner associated with offending person.
7. The decision of race officials to withdraw any runner during the race will be final.
8. For reasons of courtesy and the avoidance of interference, all runners shall:
 - (a) Leave lanes 1 and 2 clear for other runners when walking instead of running.
 - (b) Not remain 3 or more abreast (preferably 2 or less) when running in a group.
9. The race will be conducted in an anti-clockwise direction.
10. Race numbers shall be worn in a position which is clearly visible to the lap scoring area.
11. Official cut-off time for 50 Mile is 8½ hours.

Good running and enjoy these events.

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): _____

BRIBIE ISLAND APEX and BUSINESS PEOPLE in association with the
QUEENSLAND ULTRA RUNNERS/WALKERS CLUB INC. proudly presents,

"BRIBIE ISLAND CLASSIC"

These events will incorporate- the 48-hour national track title & 24-hour track title, conducted by Q.U.R.W.C. Also including your own, Blue Pacific Half Marathon and 5 kilometre fun Run/Walk events, with a special trophy each, to the oldest female and male entrant, in the 5k events.

Gary Parsons, world longest distance runner & around Australia record holder, with wife Sharon, support the event. They will be present, loving to talk to you.

VENUE- Bribie Island Recreation Sportsfield, Caboolture Bribie Is Road Bongaree

Final negotiations of requirements are in progress.

SUPPORT- Very strongly supported by Bribie Is. Apex, local business, schools, sporting clubs and the community. Outside support has also come from Caboolture and neighbouring towns.

AMENITIES- Toilets and showers will be made available to all attending this event, for its full duration.

CANTEEN- will be opened & staffed by the recreation committee.

POWER- Good night lighting will be provided.

CAMPING- Area to pitch a tent, park a van or camper are being looked into.

ACCOMMODATION- this is being looked into, trying to achieve a lower tariff for any competitor or crewmember involved in the event.

DATE- During the best time this island can offer in showing off all its beauty.

No fixed day has been decided, but, during July/August.

ENTRY FEE- As understood, holding different distant events, different fees will be incurred. But whatever the arranged fee, Bribie Island Apex will be donating a proportion of it to there designated charity. Apex will publicise who that will be.

This 48hours of fun, run and sun promises to be the most memorable, remaining in the minds of everyone 12months into the following year. Where, if any improvements are needed will be implemented in 2002.

This two days of carnival fun, is keenly shaping to be an annual event. Come aboard NOW; don't be disappointed about missing out. The organisers want & need your assistance, as well; you WANT this fun filled event.

THIS IDEAR IS A DREAM OF KEN PIVA [owner BLUE PACIFIC HOTEL].

Ken believes this event will strongly landmark BRIBIE ISLAND to everyone in Australia, as being a fun & sun place for holidays & visitors alike. Bribie has a lot to offer, with the white beaches, surf & calm waters, fishing, boating, resorts, bowls & RSL clubs, restaurants, ice cream parlours, hotels, motels, parks, walks, BBQ areas, 4WD tracks, & much more.

To the uncertain, Bribie Island is situated off the mainland of Australia, approximately 20kilometres east of Caboolture. Travelling north along the freeway, take the next turn after the Caboolture exit, up over the freeway, through the round about, out to Bribie. There is one main road in and out, so no problem. Cross the bridge, through all the round abouts, onto Caboolture Bribie Is Road. The sports fields are on the right [unmissable] 3-4 fields together.

ALL RUNNERS & WALKERS WELCOME. AGE IS NOT A BARRIER.

COME, ***RUN, SUN& FUN at BRIBIE ISLAND.***

Should there be any queries pertaining to anything about the events, please feel free to contact any of the following people, [we are not a committee as formed only keen runners & walkers wishing to fulfil Ken's dream in working together to bring his dream into reality.

Contact People-

GEOFF WILLIAMS 54970309[act/secretary Qld Ultra Runners/Walkers Club]
CHARLIE HALL 54964310[committee member Qld Ultra Runners/Walkers Club]
JULIE SCHRAG 54967665[member Qld Ultra Runners/Walkers Club]
KEN PIVA [proprietor Blue Pacific Hotel Bribie Is.

WARM-UPS



"I REALLY HATE IT WHEN THE RACE WALKERS BEAT MY PR."

ATHLETICS

No go in walk event

By RON REED

NEVER has the term walkover seemed so appropriate.

Athletics Australia received only one entry for the 50km race walking championship scheduled in Melbourne tomorrow.

And so, less than three months after the Olympics, an Olympic event carrying a national title has had to be cancelled because of lack of interest.

The one prospective starter was not even Australian, but a Hungarian still in the country after Sydney.

AA competition manager Brian Roe said yesterday that the race normally doubled as a selection trial for the World Cup, but a schedule change means that event will not be held next year.

That means there is no incentive for the best walkers — and there would normally only be about eight or 10 in such a gruelling event anyway — to compete.

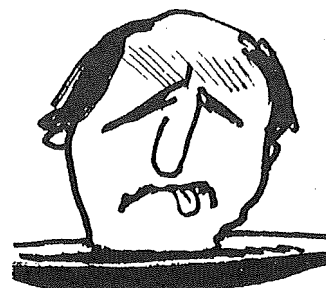
Australia's best exponent is Victorian Nathan Deakes, who finished a highly creditable sixth in Sydney.

The national championship will be listed as "not contested" — another blow to the image of race walking, which had a traumatic Olympics.

Mexican Bernardo Segura, first past the post in the men's 20km, and Australia's Jane Saville, leading the field into the stadium, were controversially disqualified.

After warnings by International Olympic Committee president Juan Antonio Samaranch to clean up its act or face expulsion, walking has begun exploring ways of improving its rules.

In other developments, AA has officially begun the search for a new national head coach and has set up a management arm known as Team AA to develop, market, service and educate young athletes.



The 18th Annual Sri Chinmoy 24 Hour Run

October 21-22 2000

By Fiona Baird

There's a special magic within each of us. Ultra runners choose to keep discovering this magic every time they step out on the track.

I've been lucky. I went to a meditation class by the Sri Chinmoy Centre about eight and a half years ago and quickly discovered they were totally into sports and something I found I love – running.

I've been involved with the Sri Chinmoy 24 Hour Run since 1992. I'll never forget my first 24 Hour. I lap counted, helped in the kitchen. Anything and everything, I wanted to do it all, as long as it didn't involve sleeping. It was my birthday and when members of the Sri Chinmoy Marathon Team sang me happy birthday and presented me with a cake, I cried, I was so happy. A part of me, precious and deep inside somehow felt I had come home to something that had been waiting for me – ultra running.

The runners amazed me. I was absolutely inspired and in awe of them. There was something so obviously special about each of them. One couldn't help but be moved. How could they run that long and that far? How could they endure the pain?

I helped again for the next three years and in 1996 entered for the first time. I covered 142km. I loved it, but it was tough. In 1999 I had another go, this time covering 171km. This year, the year 2000, was my third attempt. Of course I wanted to transcend 171 but my real goal was to try and stay happy. "Much easier said than done" I remembered thinking, in the dark cold pain, of the 18 hour mark of '99. This year was different.

This was the 18th annual Sri Chinmoy 24 Hour Run. It also incorporated 6 and 12 hour events. The event faithfuls brought with them their colour and character that has made this race. Ross Martin, Sue Bardy, Anyce Kip Melham, Peter Gray, Jerry Zukowski, John Twartz - they've become the family you just don't see enough.

Especially memorable about this year's event included the return of (75 year old) Stan Miskin. Enthusiastically, I would have continued listening to his stories for another 24 hours. There was also Jesse (Riley), from Florida, whose huge hearty laugh kept the spirits - of spectators and competitors alike - high throughout the race. Jesse has teamed Bernie Farmer to bring to the nation what seems likely to be Australia's biggest ultra running race ever : The Race of Fire – Perth to Canberra in the raw heat of Aussie summer 2001.

This year's 24 Hour proved great preparation for such an event. It was really hot! The 27 (or something degree) forecast felt nearly double out on the track. The 1524 Hour runners were in for a tough one. I was super, super cautious. Starting out slower than most and taking in tons of food (that delicious mashed potatoe!!), drink and **cell salts**. It seemed to pay off. Most of the runners covered up with clothes or sunscreen. Those that didn't paid dearly for it.

I wasn't too concerned about my distance for the first half of the race. My marathon time seemed slow (4.55), but I tried not to think about it. I kept working on enjoying each lap and keeping a steady pace. My helpers (Sandy and Kirra) were unbelievable and helped keep me focused and nourished.

Some of the runners began to see the effects of the heat. A few of the runners suffered terribly and were unable to keep down the food and drink they badly needed.

At the 13 hour mark I stressed. I was over 5kms down compared with the same time last year.

The pain in my toes throbbed badly so around this point I decided to stop for care. The podiatrist on hand saved me during the race. As infact, did the massage therapist and chiropractors..... Unlike last year I decided to get care the moment I felt something amiss. Though I was nervous about the time this took I was experimenting and thankfully, it proved to work.

I got back out on the track and kept going. The feet felt more protected and the massage helped a lot. The heat of the day was easing – Thank God! The dusk brought with it a whole new energy. The runners had become much more quiet. We had all begun to focus our energy within, looking for fresh determination, new things to occupy the mind and perhaps an early sunrise.

For the first time the night was the highlight of the race for me. I felt strong and can honestly say I was having the time of my life. I thought a lot about those I love and who are dearest to me. I thought of the inspiration behind the race, Sri Chinmoy, who is my biggest hero. His whole life he has tried, sleeplessly, (whether it be through meditation, sports, his music, literature or art) to encourage humanity to bring forward the unlimited capacity locked within all of us. At the age of 69, just days before the race, he lifted a total of 1000lbs, 500lbs simultaneously with each arm in a record breaking bench press.

I was enjoying a clarity of mind and freshness of body I hadn't experienced the year before. Miraculously, I didn't feel tired. I took each hour as a new challenge. I treated myself each hour to a walk of a lap or two. There was a special joy dancing in my heart and I knew as long as I kept going I'd be able to hang onto this feeling. I felt that by running I was somehow making the world more peaceful and this kept me inspired.

I pushed hard through to the 100mile mark at 20:59:17 especially for my lap counter (whose shift was finishing at the 21 hour mark). It was the least, we joked, I could do seeing she was out through the night counting for me.

This was a big PB for me and my fellow runners helped me see this as something special. I was just focusing on wanting to go beyond 171. With three hours to go I knew this was basically inevitable but how far I stepped into uncharted shores depended entirely on the stuff inside my head. I had to keep focused and not give into the pain of body or mind.

The next hour was great. The last two however, with the break of dawn – were much more challenging. Early in the 23rd hour I passed 171 and finally acknowledged how tired I was.

John Twartz (race leader) was struggling and obviously looking forward to the end. Friends encouraged me to keep my pace up. I tried but not hard enough. I had more within but I couldn't find it. Paul Every helped a lot, as usual. John and I enjoyed finishing the last couple of laps together, (just 2.5 kms apart).

I finished with 183.2km. A PB. I was stoked. I cried and so did my dad, my helpers and others that had been a huge part of this race for me.

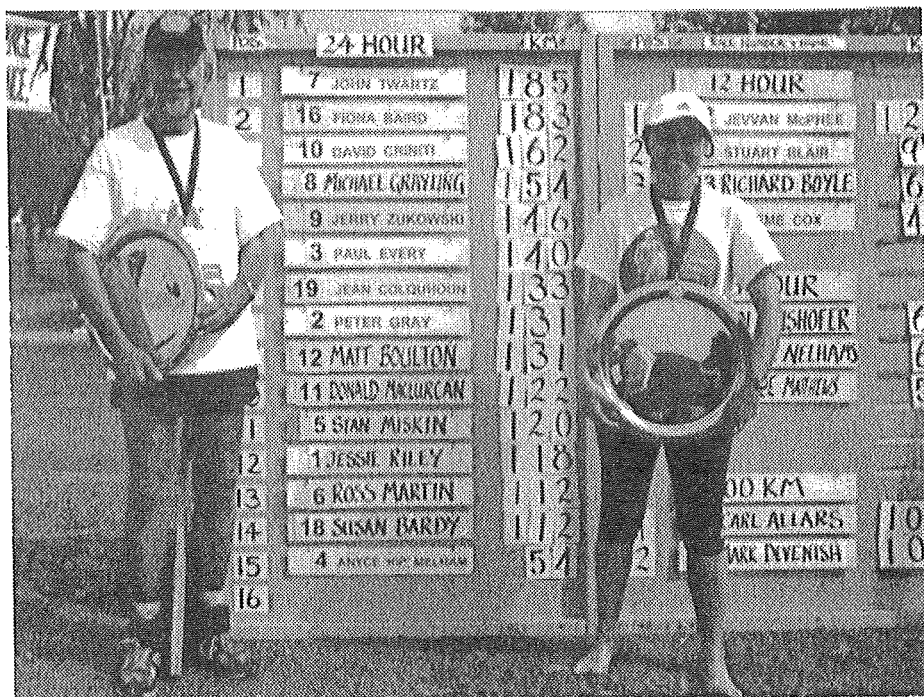
The week after the race was the happiest of my life. I've never known such happiness. Ultra running is big part of what I'm meant to do and I can't wait til next time.

See you all then!

*"If you are bold enough
to brave anything,
Then the frown of impossibility
Can never prevail against you."*

Sri Chinmoy

John Twartz and Fiona Baird
Winners at the Sri Chinmoy
24 hour race in Adelaide last November



VICTORIAN 6 HOUR & 50 KILOMETRE TRACK CHAMPIONSHIP.

JOE CARMODY ATHLETIC TRACK, MOE, 26/11/00.

CONDUCTED BY THE TRARALGON HARRIERS ATHLETIC CLUB.

A FIELD OF 10 INDIVIDUALS AND TWO RELAY TEAMS CONTESTED THIS EVENT IN WHAT WERE VERY HOT CONDITIONS, MAKING IT VERY UNCOMFORTABLE FOR THE COMPETITORS. THE RACE STARTED NEARLY ON TIME AND RAN SMOOTHLY ALL DAY THANKS TO A SMALL BUT DEDICATED GROUP OF PEOPLE WHO MADE MY JOB AS THE ORGANISER APPEAR REDUNDANT. THE COMPUTERISED LAP SCORING CERTAINLY REDUCED THE WORK LOAD, AND ADRIAN DUFELL PERFORMED A SUPER HUMAN EFFORT BY MANNING THE COMPUTER FOR THE ENTIRE TIME.

THE PEOPLE HANDING OUT THE DRINKS WERE, PERHAPS, AT TIMES A LITTLE ENTHUSIASTIC, BUT THE COMPETITORS SEEMED TO TAKE IT IN THEIR STRIDE. AS THE DAY WARMED UP A HOSE WAS USED TO SPRAY WATER OVER THE COMPETITORS, WHICH THEY APPEARED TO APPRECIATE. UNFORTUNATELY WE HAD NO FEMALE COMPETITORS THIS YEAR BUT HOPE THAT THAT WILL BE RECTIFIED NEXT YEAR.

MURRAY JOHNSTON STARTED OUT AT A RAPID PACE AND A MISSION IN MIND, BUT FOUND THE HEAT A PROBLEM AND DECIDED, AFTER AN HOUR, TO RETIRE AS HE WAS UNDER HIS REQUIRED LAP NUMBERS AND SLOWING. HE THOUGHT IT BETTER TO RETIRE THAN TO DESTROY HIMSELF IN THE HEAT WITH NO WAY OF REACHING HIS GOAL. WE HAD OUR FIRST INTERNATIONAL COMPETITOR, IN THIS EVENT, IN JESSIE RILEY, WHO IS OUT HERE TO ASSIST WITH THE RACE OF FIRE (HOPE I'VE GOT IT RIGHT), WHO KEPT US ALL AMUSED BY COMPETING IN TRACKSUIT PANTS AND SMILING FROM THE TIME HE ARRIVED TILL HIS DEPARTURE AFTER THE EVENT. WE HAD WARREN HOLST, IAN FROMHOLTZ AND BARRY SUMMERSGILL COMPETING IN AN EVENT OF THIS LENGTH FOR THE FIRST TIME AND DOING WELL. IAN, AGED 53, AND BARRY, AGED 58, HAVE ONLY STARTED RUNNING THIS YEAR WITH THE TRARALGON HARRIERS AND STRUGGLED A LITTLE, BUT WERE STILL THERE AT THE END. BRIAN GLOVER, 58, SEEMED TO STILL BE WALKING AT THE FINISH AT THE SAME SPEED THAT HE BEGAN THE EVENT AT. AMAZING.

IAN TWITE DEFENDED HIS 50 K TITLE FROM LAST YEAR, AFTER AN EARLY FRIGHT FROM KELVIN MARSHALL WHO WENT ON TO WIN THE 6 HOUR EVENT.

RESULTS FOR THE 50 KILOMETRE / 6 HOUR TRACK CHAMPION SHIPS.

1st IAN TWITE	3.51.37	1st KELVIN MARSHALL	67.068 K	167 LAPS
2nd KELVIN MARSHALL	4.09.00	2nd WARREN HOLST	62.022 K	157 LAPS
3rd WARREN HOLST	4.23.06	3rd IAN FROMHOLTZ	57.523 K	143 LAPS
4th IAN FROMHOLTZ	4.53.08	4th ANDREW LUCAS	55.023 K	137 LAPS
5th BARRY SUMMERSGILL	5.17.56	5th BARRY SUMMERSGILL	54.912 K	137 LAPS
6th ANDREW LUCAS	5.22.17	6th ERNIE HARTLEY	50.850 K	127 LAPS
7th ERNIE HARTLEY	5.53.48	7th IAN TWITE	50.400 K	126 LAPS
		8th JESSIE RILEY	48.400 K	121 LAPS
		9th BRIAN GLOVER	47.620 K	119 LAPS
		10th MURRAY JOHNSTON	23.600 K	59 LAPS

Fat Ass
 No Fees. No Awards,
 No Aid, No Wimps
<http://www.coolrunning.com.au/fatass>



The Blue Labyrinth - Maddest Baddest Run in NSW

Results

Start time 7:11am, **Saturday 9th December 2000**

90km

1 Kieron Thompson [Male, Bilpin, 36yrs] 14hrs 49mins
 2 Lawrence Mead [Male, Rozelle, 32yrs] 16hrs 39mins
 Leaving Kedumba Gate return splits : KT-11hrs 47mins, LM-12hrs 44mins

68km [stopped at Kedumba Gate on return leg]

1 Thomas Schattovits [Male, Blackheath, 35yrs] 12hrs 19mins

54km [stopped at Katoomba]

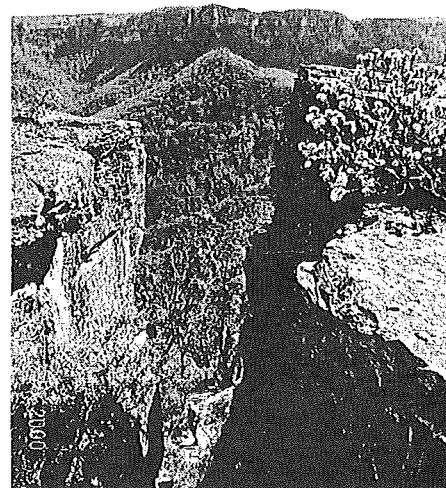
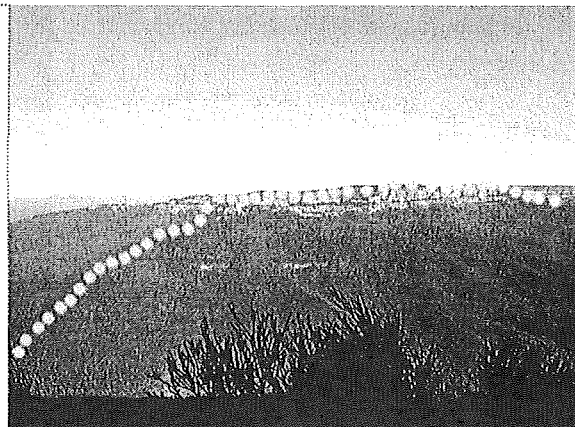
1. Dave "flimpyhead" Pettit [Male, Fairfield, 32yrs] [R] 9hrs 19mins
 1= Thomas Lenzenhofer [Male, Ryde, 27yrs] [R] 9hrs 19mins
 3 Sean Greenhill [Male, Burwood, 22yrs] [W] 11hrs 33mins
 3= Kevin Tiller [Male, Berowra, 34yrs] [W] 11hrs 33mins
 [R=took railway option, W=walked staircase option]

45km

1 Jonathan Worswick [Male, Alexandria, 37yrs] 5hrs 54mins [SVP]
 2 Bill Tomiczek [Male, Mt Riverview, 54yrs] 6hrs 38mins [SVP]
 3 Trey Desenberg [Male, Florida, USA, 40yrs] 6hrs 40mins [SVP]
 4 Anne Lutle [Female, Mosman, 34yrs] 7hrs 0mins [SVP]
 SVP = includes scenic vantage point detour of 1km total

14km option + some

Brad Boyle [Male, Curran's Hill, 40yrs] 2hrs 45mins
 Peter Brown [Male, Minto, 39yrs] 2hrs 45mins
 Michael Coutu [Male, Quebec, Canada, 40yrs] 3hrs 0mins



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Race Director's Report – by Kevin Tiller

OK, my brain has now slipped back into normality from the pretty vacant state it ended up in last Saturday. I can now tell you my story.... The first Australian Fat Ass event was held in August 2000 in my hometown of Berowra. Part of the deal with Sean was that he got to design the next course in his "hometown" of the Blue Mountains - for those who don't know he grew up in Springwood. He turned up one day "Hey Kev, there's this great name on the map : The Blue Labyrinth - it would be great to have a Blue Labyrinth 50 miler". I told him the kind of spiel I often dish out "yeah - great - now design a course and let's do it". We then spent a protracted couple of months meeting in the first Australian Starbucks in the CBD, pouring over maps of the Blue Mountains, in the mid-winter gloom after work. Eventually, with the aid of the Fat Hippy Mountainbike Web site, we got a route sketched out on firetrails and single tracks around the Blue Labyrinth area close to Woodford and going out across Mt Solitary to the Ruined Castle AND BACK ! My wife Dawn was despatched with a friend [phil] for an 8 hour training run to test the route - declaring it a good course, but too risky for the general public - they would either be lost or killed during the descent ! Back to Starbucks for a re-think and finally emerging with a figure-8 route that goes trans-Solitary and takes in the foot of Katoomba also. We measured it at 86km approx. I went on a 10-hour run with Sean (and Darryl Chrisp) to test it out. There is no place to get aid on the route and we had loaded up enough on us to last the day. In the end it was good enough for 8 hours. We finished that run somewhat worse for wear after 10 hours - but all 3 of declaring it to be absolutely fantastic and totally what we were hoping to achieve for a course le very difficult but achievable for the super-fit.

We then started the sell-job to persuade people to turn up and run. Always a hard job. Threw in a 14km, 45km and 65km in the hope of attracting enough runners to make it a fun day out (In the end the 65km option was abandoned and replaced with a 54km that took in Mt Solitary, but exited at Katoomba, and cuts out some of the longer firetrail sections - Thanks Filmpyhead for designing this!). Finally got the maps printed during the week of the run. The day before I left work early, bought some water containers, met Sean and drove the 90 mins out of Sydney, inland, to lay the aid stations out. Although we proudly proclaim "No Aid" as part of the "No Fees, No Awards, No Aid, No Wimps" mantra we decided to put water out - given that its probably the first Ultra to be held in the state in December, given that its now summer here. The Friday was very hot, and very sunny. Two of the water dumps were accessible by road but the 3rd was a 1km walk into the bush at Leura - all of it down stairs !! It was horrendous. We took turns lugging the water down, then finally hiding it behind a tree and marking the well-hidden track turnoff with "Trailwalker" tape. I dropped Sean at his mums in Springwood then drove back to Sydney, finally arriving at 2am. Set my alarm for 4am then slept soundly.

I awoke at 4am and got ready and left to pick up American tourist Trey from Central station, and the returned-from-glory Jonathan Worswick who has been running well in the South California Ultra Scene. He turned in a remarkable 30hr Hardrock 100 miler - earning him legend status over here. We picked Sean up on the way and got to the start at 6:45am. As Trey remarked, this was VERY casual behaviour, a condition we strive for constantly ! I guess I was disappointed with the turn-up, less than 20 runners, but originally we thought it might just be the 2 of us ! No less than 7 were electing for the trans-Solitary "eco-challenge" options which was WAY more than we ever expected. We were in for a top day out. After completing the mandatory waiver and handing out free Xmas chocolates, everyone grouped around for the mandatory group photo. A quick pre-race speech, and then I locked up the car and did a "on yer marks, go !" and we all took off at 7:11am.

The first few km were all on downhill firetrail and the whole group of us ran along together, chatting with people we knew and also those who had turned up for the first time. It was an amazingly friendly bunch - quite a warm and loving atmosphere. WE crossed over the creek close to 10km into the run and headed upwards along the Anderson firetrail. We were still chatting but drifted away from each other a little, such that I spent quite a bit by myself here. The weather was truly better than we could hope for - relatively cool [25C ?] overcast and threatening rain. I was taking it easy as I wanted to run the complete 90km. I came into the first aid station at approx 20km to find most of the others standing around chatting and drinking the water we'd left out.

We all took off up the Kings Tableland Road together - well its a dirt road and not much to distinguish it from a firetrail. We reached the disused Queen Vic hospital, where the 45km runners would depart from the long distance guys. We actually ran off together and stopped at a lookout 500m up the road to show off the rest of the course as it was all laid out beautifully above and below us. The view was heat-stopping. The 45km runners headed back to their course with probably a mixture of envy for some and relief for others. Another 1km down the road we caught up with the rest of the Trans-Solitary runners who had found the food and drink at Kedumba gate. We all tucked into snacks here to prepare for the ordeal ahead. We quickly discussed tactics - we would all run down to the Kedumba Valley together and traverse the bush section at the base of Mt Solitary together so that at least no one would get lost. It was assumed that the faster ones would pull away on the uphill but marked slog to the summit register.

The run down to the valley was quick and easy given that it was 5km+ down a steep hill. The base was very quiet with just a few bird noises. The sun had broken through the clouds a little and it was quite hot. We took the track at the bottom and followed the tags Sean had put out the previous week. We took turns taking them down again and remarked how it was amazing that the track came through here - it looked just like a bush bash ! We crossed the river - most on the fallen tree that crossed the river, although 8 feet up in the air. I just jumped across the river, and got my feet wet. We then started the long slog upwards. Sweat kept dripping in my eyes, and poured out of the rest of my body - it was hot, and this was by far the toughest part of the course. We all separated and couldn't even see the others. I overtook Sean who was suffering real bad. I was going OK - slow maybe but comfortable. Sean looked like he wasn't going to make it to the top, and eventually he drifted off my back. I stopped every so often to confirm he was still making forward motion [In general he was].

At the top, there is a rock that gives a truly outstanding lookout back across to the other side of the valley and all around the Blue Mtns. I signed the book as the others departed and I waited for Sean and we took off at a slow walk for the rest of the climb upwards. The route along Solitary here was painfully slow - lots of ups, and twists and turns. This was hot going and I think we dropped further behind the others. After an hour or two - it was hard to tell - I was entering that twilight zone where everything was starting to "blur" we came to Chinaman's Caves. Sean took off to find some water, but as I had plenty I found the track out and lay down to wait for him. I fell asleep and 20 mins later he returned having changed his socks. Jesus Christ what a pain. Anyway, the rest was even better for me, as I was quite nimble on my feet again and was hot to trot ! I kept pulling away from Sean and certainly on the descent from the mountain - extremely rocky with little gorges and rock faces to climb down - I pulled away quite a bit. This is terrain I am quite good at, and Sean at approx a foot taller than me, and 20kgs more, is not so nimble at. I shouted back a few times to ensure he was still coming down. There are a few sections where a fall could mean certain death or possibly a "never to be seen again" status. We trotted away from the mountain together - well - I was trotting and Sean was walking - but we were finally making decent progress.

By approx the ruined castle, I stopped for a Gu and to be honest, from this point on, I never ran well again. I became tired and slow and just lumbered along, although I was in fairly good spirits here. We were chatting about running and training before the obvious effects of tiredness started to show themselves - we talked of stopping at Katoomba - almost sacrilege to talk of cutting short. Finally we talked about eating pizza in Katoomba. Clear signs that we'd finish early.

We started to tick off the landmarks as we went past - the golden staircase, the rockfall, the scenic railway etc. The track here was beautiful - fairly flat dirt-packed trail with rocks around. It is at the foot of the escarpment with massive cliff walls to our left but huge expanses of view through the gum trees to our right. It was well shaded too and now that it was late in the afternoon, all the tourists had virtually disappeared leaving us ourselves and the bird noises. The last railway had gone by the time we went past - only by half an hour or so. I don't think we would have taken it anyway. Eventually we came to the Katoomba turnoff. Decision time. I think in our hearts we knew we wouldn't get much past walking pace and with 36km of trails to go we knew we'd be out all night. It was just past 6pm. We decided to finish at Katoomba and took that path. Of course the sting in the tail is that its all uphill - approx 1000 steps ! After the first flight I felt like collapsing on the track and was obviously very exhausted ! I staggered to the top, using my hands on the steps in front of me - Sean waiting at the top of each flight.

We emerged from the Valley at the popular Echo Point, and headed off for food and drinks and then caught a taxi back to Woodford and make a fairly quick exit. After 11 hrs 33 mins on our feet we were totally spent. I dropped Sean off at his Mums then headed back home for a bath and bed. I nearly fell asleep at the wheel and felt quite dangerous. Phone calls and emails were thick and furious the next day - we finally confirmed everyone made it home one way or another, and there was much praise for the run and no real problems. Two runners made it the entire distance - finishing at 10pm and 11:50pm - both fine efforts given that there entailed much solo running. I headed back to the mountains on Sunday with the family to clear up the aid stations. I can honestly say that very few things have given me as much pleasure as organising and running an event with such great people - this event is definitely going to be on again sometime and it is well worth the effort of coming along to it.



The Fat Ass runs dish up a variety of "interesting" obstacles

by Kieron Thompson

To Kevin and Sean, thanks very much for a great day out. It was a great a group of people to share the day with. Without Sean's recce of the Kedumba to Mt Solitary, the day would have been a lot longer for those going over the "hill". This is the longest distance I have done, and my aspirations for 100 and 160 km events did ebb and flow and the day progressed. i.e. running with the crew early on, aspirations were high, by the time I got to the cliffs below Katoomba, the idea was completely preposterous, and remained so until Sunday lunchtime, until going back to echo point to survey some of the route from a safe distance.

Mt Solitary is a great place!! Someone was talking about visiting Mt Colong - I think you could see it from the track just above Chinamans gully, as well as a recent rock fall from the Mt Solitary cliff line. I saw 3 huge black cockatoos with bright red under the tail or wing, to add to the black with yellow ones we saw on Andersons firetrail.

I must apologise to Lawrence: we were running together from Kedumba Crk to the top of Solitary, but I got away at a water hole without discussing a "plan" for the remainder. I was getting a bit concerned for the distance still to cover, and the time marching on. The path around to the landslide was nice running and soft underfoot. I put a arrow of sticks at the entrance to the old mine under the Ruined Castle where there is good water. Got to Scenic Railway around 8 hours 40 mark (3:50 pm) and Kedumba/Jamison Crk at 9 h 50 min(5.00 pm). I scrawled "kt and 5.00" on the concrete causeway with a rock - Did anyone see it? Uphill to the Kedumba pass fire trail at solid walking pace and trotted where it eased off. Definitely walked up the Kedumba pass and then trotted to the gate. I was trying to calculate how far it was to go, but got a bit confused, and was too tired to try and work it out from the toppo maps.

Kedumba gate and water was a welcome sight after 11:40 hours, around 8.30 pm. Sat down and used every excuse I could think of to stay sitting down. Left a note in the food box in the hope Lawrence and Kevin were behind me. Got to the Ingar fire trail and was dismayed to see a sign Ingar Campsite 10 km, Surely not!!! It seemed to take for ever to get there, even though I thought I was running "reasonably fast". The guy in the white station wagon stopped and asked did I know where the nearest shop was. Ummm.... I asked him to tell any runners he saw coming down the trail to mention the encounter. It apparently was not beyond him, though I had doubts at the time.

I stopped and sat down again on the road again and ate the last food and water, and cleaned out some non existent debris from shoes - another excuse for a rest. Got going again and eventually took 1:10 from main road.

Ingar behind me, I saw lights in the bush - turned out to be dozens of fire flies blinking a yellow light- they persisted right down to he Bedford Crk. I had the torch out for the drop down to the creek, forget the log crossing, too much trouble. Now on the home straight, I walked the steep parts and trotted again on the flats. The white sand and occasional moon was mostly enough to run by. The lights of the main ridge seemed a long way away, but eventually there were street lights and tar road, the last little rise and glorious downhill to the carpark. A friend was waiting for me there which was a great relief. After mumbling, fumbling, eating, drinking, getting changed, drinking some more, I concluded I did not feel so bad. The slow and steady pace was far less debilitating than "sprinting" a road marathon. The great scenery and equally insane minded to run with is a great combination for enjoyment.

I was wondering how Lawrence was getting on, and tried Kevin's mobile since his car was gone. This confirmed that Lawrence may still be running, so we drove back down the fire trail for around 5 km (bedford ck turnoff) but no signs. Concluded Lawrence would need to be around 1:45 behind not to see him at this point. We must have missed him by 15 minutes.

Kurrawa Surf Club To Point Danger (50km)

17 December 2000, Gold Coast, QLD - course is out and back

Place	Lastname	Firstname	1st 25km Split	2nd 25km Split	Final Time (50km)	Remarks
1	CHASTON	KEITH	1.43.50	1.45.07	3.28.57	
2	MARSHALL	KELVIN	1.40.40	1.57.32	3.38.12	
3	DENNIS	SHANE	1.43.50	2.01.42	3.45.32	
4	BARRON	ADAN	1.40.40	2.09.54	3.50.34	
5	MALLET	NICK	1.49.00	2.01.34	3.50.34	
6	EVANS	BRIAN	1.48.50	2.12.35	4.01.25	
7	DAVIS	HARRY	1.59.30	2.02.44	4.02.14	
8	TRELOAR	ROY	1.48.40	2.26.30	4.15.10	
9	GIBSON	PETER	1.59.20	2.15.50	4.15.10	
10	MCKENZIE	PETER	2.08.20	2.20.55	4.29.15	
11	LAST	GEOFF	2.14.30	2.15.45	4.30.15	
12	FOWLER	JOHN	2.14.30	2.15.45	4.30.15	
13	MARKHAM	AILEENE	2.17.40	2.37.16	4.54.56	1ST LADY
14	MURRAY	PAUL	2.10.00	2.46.38	4.56.38	
15	HAIN	GEOFF	2.17.00	2.59.00	5.16.00	
16	WILLIAMS	GEOFF	2.10.25	3.23.45	5.34.10	
17	DAVEL	CORRIE	2.28.30	3.09.44	5.38.14	
18	TOWNSEND	LEONIE	2.43.10	3.10.52	5.54.02	2ND LADY
19	ROLFF	KAREN	2.43.10	3.26.21	6.09.31	3RD LADY
20	HALL	KERRIE	2.43.20	3.51.52	6.35.12	
21	BEVERIDGE	STEEL	3.11.30	3.37.52	6.49.22	

Coastal Classic 2001

12 HOUR TRACK RACE

January 6th & 7th 2001, near Gosford, NSW

The race started at 7.30pm Saturday night with 30 starters. After the 12 hours there was still 25 people still running or walking around the 400 meter grass track at Adcock park West Gosford.

In its 4th year the Coastal Classic continues to grow, Gosford Athletics thanks all who participated and help this year and we look forward to next year in early January 2002.

PLACE	FIRSTNAME	LASTNAME
1	RENWICK Bruce	126.94
2	FORSYTH Ian	113.69
3	COLLINS Tony	109.78
4	ROBARDS Bernadette	104.04
5	STAPLES Alan	D2.42
6	GAMBLE Chris	100.83
7	BAIRD Carol	97.29
8	DRAYTON Nick	95.3
9	SPAIN Greg	94.43
10	WANDERER Franz	94.1
11	GOWAN Colin	94.04
12	ROBARDS Joan	93.3
13	KNOX Keith	93.1
14	WHYTE Robin	92.49
15	FICKEL Bob	92.02

16	GRIFFIN Mark	90.83
17	SOMERVILLE Bruce	84.2
18	WRIGLEY Billy	83.67
19	HARIS John	82.17
20	COLQUHOUN Colin	78.47
21	HALL Kerrie	72.84
22	SCHRAG Julie	70.2
23	BUCKLAND Isabelle	49.06
24	STANGER Helen	48.4
25	SOLARZ Chris	44
26	ANDREWS Geoff	43.2
27	THOMPSON Paul	43.2
28	CLEAR David	42.8
29	OVERTON Frank	40
30	ROWE Greg	35.6

by Colin Gowan

Actually a 12hr race was not as hard as I thought it would be, this surprised me.

At first Penny was not going to go, she was going to stay home which was the same answer all my friends gave me but after my mother volunteered to help Penny quickly asked her to look after our kids (she also told me that nobody deserves her help, my mother is a very negative person and if she had been there there would have been several suicides starting with mine but she loves looking after our kids (usually 3 days a week but 5 days this week)).

I knew that I should have done more training before this event but then it was the experience I needed. The whole world knows how much training I have done lately thanks to the virtual race around Australia (You can stay at my place as you pass through Sydney, I am sure Penny will not mind virtual strangers staying for the night ;o);oD).

Penny and I left home at 4pm and arrived in Gosford at 6pm.

We picked up some food from a local restaurant (Mc Donalds) then went to the park where the race was going to be held to eat it before everyone else arrived (there where lots of tents and people everywhere). After my upset stomach from the Jindabine marathon I made sure I ate food that agreed with me (see above) and no cold pizza from last nights tea, learning from my mistakes.

Penny parked the car on the far side of the track next to Bob Fickle.

I have known Bob for about 10yrs now which is about the same length of time that I have been wondering how much longer I could run after a marathon, I usually feel like I could do another one at least.

I know Bob from Mt Pritchard joggers which I started running/ racing with about 10yrs ago (actual joining date unknown).

Bob had a tent (Mental note need a tent for next race), actually I know the inventor of that tent design (you should see Joe's 30 second erection wow).

Actually his tent was a big help for all of his helpers (Mental note need more helpers next time).

It would have kept things dry if it had rained.

It also gave Bob some where to get a little sleep and a bit more sleep for his many helpers (4).

Penny noticed very quickly that they could all get several hours sleep through the night while she was going to stay up all night counting laps for an idiot (Penny likes to get 10hrs plus sleep if possible).

When Bob and I were talking about his equipment he asked if we had a table (Mental note need a table for next time), lucky for us he had a spare.

I also noticed that he was eating creamed rice from a can.

Throughout the night he ate small amounts of food usually tinned fruit and drank water.

I was prepared for this, I drank coke to start with actually finished Pennys than drank 300ml lucosade than about 1lt water followed by another 1lt lucosade than 600ml gatorade than 1lt approx water than 1lt lucosade and water untill the end of the race (I estimated that I drank over 8lt so I was well hydrated. For food I had 2 bananas (I had more but was full most of the time), strawberries (whole pack with another for the home trip), pasta precooked ready to eat cold (problem the pasta was sticky and was not very appetising when not fresh (Mental note have one of the many helpers cook fresh pasta for me next time actually open tins for me, pass things to me so I don't need to stop etc)).

I also had space food bars because they are packed with energy about 250kj/100g but they were hard to chew especially when I had no salivary left.

A few Ktime bars but I didn't eat these because Penny got to them first (I didn't think about Penny needing to eat as well and was glad that she was able to get a sausage sandwich from the canteen so this will be another mental note).

For about the first 3 hours I was eating barley sugars (eat one then drink then eat another one etc) but after about 3hrs I had no salivary left and had to chew the last one so I will spread them out next time.

I also had a kitkat for when I needed a break which I shared with Penny on the way home along with the packet of cheese and onion things and barbeque thins.

So I think that I had plenty of food and drink but will change only a few things here for next time.

I am wondering how self supporting ultra runners carry everything they need when they are out in the bush especially since 1lt of water = 1kg (Mental note find out (Sean said some thing about a camelback?)).

Just before the start of the race we were visited by Pennys sister (incase you are wondering she only has 2 sisters and I only race near there homes ;oD).

The race started on time 7:30pm.

There was one thing that I liked about this event and that was changing direction every 2.5hrs but it did feel strange each time.

I covered the marathon distance in the same time as Jindabine but I was running a lot easier here then I was there 4:05hrs.

About 4.5hrs I had a problem heart burn (Yes I have a heart sometimes) I don't usually have this problem. After a few laps I slowed and walked a few laps hoping that it would go but when I started running again it started soon after and I stoped and lay down for about 1/4hr to let it settle.

I realised that it had been caused by drinking carbonated drinks, so I drank water for the next 2hrs and I took the lids of all my drinks so that they would be less fizzy, this seemed to work.

(Mental note train using race diet) actually by going to the restaurant mentioned above I was but it does not explain why I had a problem eating cold pizza at Jindabine since I like cold pizza.

When I got started again Penny quickly pointed out that I had slowed and untill then my pace had been constant but I didn't worry about this because I was well within the time frame needed to do 100km.

Actually I settled in to another even pace (Penny said that each lap only differed by a second or two perhaps this was from running laps in training for years?) and she knew when I had stoped because I was not there.

I had to stop every time I needed something unlike most of the other runners who just asked for what they wanted and had it passed to them on the next lap (Mental note do this next time (wasn't possible with only one person)).

It also got harder to start running again after stoping each time (I am wondering why there are so many people who suggest walk a lap then run one and repeat this for an entire race?).

At first it was strange then it gradually got harder and there was several times where I needed to walk a whole lap just to get the speed up enough to start running again (this seemed to be the only times when my legs felt tired, I had expected to feel exhausted after about 60km).

Just after passing 60km I stoped and tried to eat some pasta but it was all stuck together and was taking too long to eat, and while I ate I watched the oncoming faces and was motivated by the expressions of pain on their faces since I was not in any pain and I had forced myself to stop so that I could get some solid food in.

I reached 80km in about 9hrs and was having difficulties with staying in the lane as I ran around and was also trying to pass others by going a little wider than before just in case I collected someone actually I almost tripped over several of the small wicker caps surrounding the track and with about an hour to go I stoped at the table for the last time and my body failed to stop and I ran into the table luckily it was sturdy and didn't tip.

I have been reading everything that I could get my hands on about ultra running and I don't remember anyone mentioning anything about being unable to control their body, it is extremely annoying and alarming at the same time, it was also unexpected but I had expected that I might have some trouble with restarting to run after stoping.

I got to 90km with just over an hour to go but I slowed to drink from the water table provided for the runners just enough to drink without spilling too much but my body went into walking mode and I was unable to get it running again so I just walked the rest of the time.

With about 1/2hr to go I was joined by Bernadet (I think that's her name, about 90% sure it is) she remembered me from Jindabine.

We talked as we walked around (she had already run over the 100km mark, yes I know I know beaten by a girl rub it in) and we discussed the strange feeling as we finished and talked about why we both felt like we still had enough energy to go another 12hrs.

On one of the last laps I noticed the timer and read it as 11:59:40 and started rejoicing but was quickly told that it really said 11:54:40 by Penny (she was a party pooper at least for a few more laps, and every lap that I walked past she told me to start running again and I did try but was unable to) funny thing when your eyes are failing (The digital clock had numbers about 1ft high and it was stationed just outside lane 8 and we were walking in lane 3) or was it wishful thinking anyway I celebrated finishing twice.

When the gun went for us to stop my body stopped I had done 94km and a few metres, not a bad effort for my first ultra at least that's my opinion and I am sure that with another year of training and experience I will be able to run for all of the 12 hrs and perhaps next year I will be a threat to the leaders at least a greater threat than someone using several lanes.

Bob Fickel who has more than a decade of extra knowledge and training and has run the Sydney to Melbourne ultra ended up running 92km (I had originally planned to run behind Bob and stop and eat when he did) but he had a problem with his knee and I passed him early after he stopped to pick up some food (about 5km or about 25min into the event, which told me that he starts refueling his body at an early stage and I started doing the same) but he ran slowly eating from a plate and by the time he finished I think I was on the other side of the track.

I didn't realise that Penny had enjoyed herself too until after the event.

She is still telling people all about the event and she is more excited about me being in 6th place for most of the race than I am but then I know that I lost a lot of ground in the last hour but know that I did my best on that day which is all that matters in the end.

She talked with all the other volunteers which were all together under one big tent next to the finishing line and all the way home and again the next day and the day after that she told me what they all talked about and what events happened, there is a lot more to one of these races than either of us realised and hearing about some of the problems other runners had confirms my thoughts that I had it good.

There was one runner who was told that if he wanted to do another lap he was on his own and he went home after only 4hrs at least my beautiful wife supports me even when I do stupid things (this was not one of them).

There were several runners who did more laps than were recorded.

There was one runner who was about 1/4hr late and finished ahead of me.

Most of the volunteers knew each other from other races and started talking about other races and Penny gained lots of information as well.

After the presentations which seemed to take forever to get started (then again we were the only ones who didn't have a tent to pull down) we went to Mc Donalds for breakfast (perhaps I should eat something more healthy, narr) the funny thing was that all the runners and their supporters were there to (Penny whispered into my ear that idiots are like a school of fish and you know she might be right, I wonder where we will swim to next).

After breakfast we had a shower and crashed at Penny's sisters house.

Penny got 5hrs sleep and I got 4 hrs which is about normal usually but I wanted to go back for more and only got up to go to the toilet and my brother in law who most probably was waiting for me to get up wanted to show me some things he was working on on his computer, lets just cut this story short because I will be helping him with his project only I don't know when I will have the time.

When we got home my mother, Penny's mum and her bludging boyfriend were all there wanting to hear how it went (funny how the telephone is just not good enough and the funny thing is that Penny's mum lives about 1/2hr from Gosford and about 2hrs from us!).

I started falling asleep on the lounge while Penny filled them all in the time was about 6pm (it is extremely rare for me to be going to sleep this side of 2am) and I awoke just after 4am in bed that's 10hrs! that's another pb for me (the last long sleep I had was 6hrs and that was on an operating table).

Or to put it another way 14hrs sleep total for the day!!!!!!

I didn't feel too bad and had no problem going for an easy 5km run before breakfast and work (that did seem to be wrong but I bet when I get of my high emotional feelings I am going to hurt like hell (wake up)).

Things I will need for next race.

More weekly distance in training + Longer runs.

Tent.

More Helpers.

Table.

Fresh cooked food eg pasta, soup.

Train using race diet.

Another body ;-) then again if I had that I probably would be playing another sport ;-)

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Bogong to Hotham 2001 - Results

Held 7th January 2001

Bogong to Hotham (60km)

1	Nigel Aylott, 34, VIC	7:30:37
2	Rudi Kinshofer, 46, SA	8:03:51
3	Jonathon Worswick, 37, NSW	8:10:42
4	Martin Fryer, 39, ACT	8:35:46
5	Damon Goerke, 27, VIC	8:42:00
6	Richard Rossiter, 28, VIC	8:47:05
7	David Turner, 37, NSW	8:51:03
8	Ian Wright, 46, ACT	8:56:51
9	David King, 41, NZ	9:17:51
10	Kelvin Marshall, 39, VIC	9:49:18

Mountain Creek - Langford Gap (34km)

1	Nigel Aylott, 34, VIC	4:10
2	Malcolm Grimmett, 34, VIC	4:19
3	Mark Phillips, 49, VIC	4:20
4	Rudi Kinshofer, 46, SA	4:23
5	Jonathon Worswick, 37, NSW	4:38
6	Brendon Grail	4:38
7	Damon Goerke, 27, VIC	4:43
8	Kelvin Marshall, 39, VIC	4:50
9	Martin FRYER, 39, ACT	4:50
10	David King, 41, NZ	4:57
11	Richard Rossiter, 28, VIC	4:59
12	David Turner, 37, NSW	5:10
13	Ian Wright, 46, ACT	5:10
14	Denise Pike, 48, VIC	5:23
15	Ian Fromholtz	5:23

5:30 CUTOFF

16	Mary Morgan, 43, WA.	6:03
17	Barry Parsons, 51, VIC	6:13
18	Fleur Grose, , VIC	6:23
19	Cameron McFarlane, 28, VIC	6:28
20	Geoff Hook, 56, VIC	6:28
21	Thomas Lenzenhofer, 27, NSW	6:44
22	Kevin Tiller, 34, NSW	6:58
23	Dave Pettit, 32, NSW	6:58
24	Bill Thompson, 57, QLD	7:14
25	Ian Javes, 58, QLD	7:40
26	John Lindsay, 52, VIC	7:45
27	Sean Greenhill, 22, NSW	DNF

Langford Gap - Hotham (26km)

1	Nigel Aylott, 34, VIC	3:20
2	Jonathon Worswick, 37, NSW	3:32
3	Rudi Kinshofer, 46, SA	3:40
4	David Turner, 37, NSW	3:41
5	Martin Fryer, 39, ACT	3:45
6	Ian Wright, 46, ACT	3:46
7	Richard Rossiter, 28, VIC	3:48
8	Damon Goerke, 27, VIC	3:59
9	David King, 41, NZ	4:20
10	Kelvin Marshall, 39, VIC	4:59

Report by Ian Wright

The Mount Bogong to Mount Hotham Trail run is organised by the Australian Ultra Runners' Association in the Alpine National Park approximately 100 km from Albury.

This year was the second time I have participated in this event. If you are unfamiliar with the race and decide to have a go next year, there is a lot of information on the web.

The route follows part of the Alpine Walking Track which in its entirety winds its way 680 km from Walhalla in the ranges east of Melbourne to Tharwa in the ACT. The event starts at Mountain Creek near the town of Mount Beauty in Victoria and proceeds to the summit of Mt Hotham via Victoria's highest peak Mt Bogong and thence across the Bogong High Plains. The High Plains and the surrounding peaks are covered in one to two metres of snow from June to October. Over a 60 km course there is 3200 m of ascent and 1800 m of descent.

What makes this race especially challenging is the 5.5 hour cut off at the 34 km mark (it sounds easy but by this stage you will have ascended 2300 m and descended 1300 m) - there is definitely no time for sightseeing in the first half. Since 1994 there has never been more than 11 finishers for the entire distance - finishing times usually range from 7.5 to 10 hours. This year there were 23 runners that nominated for the full distance (there is an option of running only half the course); 10 finished and 8 did under 9 hours.

Amongst the finishers were: -

- Nigel - former world rogaining champion and national 100 km champion
- Martin - second in last years Glasshouse Mountains 160 km ultra

- Kelvin - "I was a bit tired as I ran a Marathon race last Monday"
- Jonathon - strong performances in the Hardrock 160 km race in the USA and other trail runs
- David Turner - sub 4 hours in the Six Foot Track trail run
- Rudi - in the 10 days before the race ran first half & back one day (68k) and second half and back on another (52k)
- Richard - New Zealand Coast to Coast finisher

....so, perhaps I should retract my last years article in which I played down the sort of running background needed to complete this event ?

Mike Grayling was the new race manager this year and got us all started at 6:30 am. The weather for the ascent of Mt Bogong was clear and warm but past Cleve Cole Hut we descended into a warm fog band. David Turner stuck with me as I knew the way and this was his first time - but I could sense that he was cruising as he had time for the occasional photo. I stopped for a few minutes after 2.5 hours to eat a jar of "the good stuff". David was worried about the cutoff but I knew we would be OK provided we didn't take a wrong turn. After wading across Big River the track up Duane Spur was easy to find - unlike last year. This is a relentless 900 metre climb to Ropers Hut, which we did at a fast walk. We were in the fog again from this point to the southern edge of the Bogong High Plains above Cobungra Gap - about 25 km. Fortunately this was not too much of a problem as the route from here on follows snow pole markers that are spaced about 50 meters apart all the way to Mount Hotham, though there are some confusing junctions with roads and other pole lines, which may require reference to a map if a course marshal is not present. We reached the cutoff point with 20 minutes to spare.

Meanwhile, a small drama had unfolded further back in the field. Sean Greenhill fell heavily on Mt Bogong sustaining a deep laceration to his knee and was assisted back to the start. After getting Sean's leg stitched up at Mount Beauty hospital, Sean and Mike Grayling proceeded to the halfway point in the mini-bus containing the runners' drop bags. Understandably therefore, they arrived too late for some of the leading runners.

After I had consumed another jar of "the good stuff" and a bottle of soft drink, David and I kept running - we were last to start the second leg of the run. At the Omeo road we were on the High Plains again; even the pole line was difficult to see in the thick fog but fortunately there was a marshal to point the way. I started to fade a bit here and David soon disappeared from sight as he felt more confident about the route. The track did not allow a steady stride - it was too narrow and I was constantly clipping my ankles together; out of the track was tussock and heath. For a while I was telling myself that I would never run this course again - it was just too demanding - I just wanted to finish.

I passed two weary runners near Mount Jim and coasted down the long descent to the Cobungra River leaving the fog and grasslands behind. It had taken 7.5 hours to here and after another 8 km and a long ascent which fortunately coincided with a surge in my energy levels and renewed enthusiasm, I reached the finish at Mount Hotham; eighth in 8h 57 m - six minutes quicker than last year. It was 11 degrees and foggy again and I was shivering as we waited for the bus and our gear. Fortunately, Pat Pelly was there kindly providing support as he has for most of the 14 previous races and we were all very glad for all the old clothes he produced from his car - though what must the locals have thought of a haggard looking group shuffling around Mt Hotham village in old dressing-gowns and blankets.

Nigel Aylott won in convincing style in 7h 31m with Rudi Kinshofer second in 8h 4m.

It is a great event and it is logistically difficult to organise - thankyou Mike and all the helpers.

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AURA BOGONG TO HOTHAM EVENT

7TH JANUARY 2001

Start Time : 06:33

<http://www.coolrunning.com.au/ultra/bogong>

			VK3NJE	VK3WWW	VK3KGM	VK3ASB	VK3HMS	ALAN VK3AB		VK3XLV	VK3K●	VK2XF		VK3JDO	VK3GER	GREG VK2CIM	Run Time	Place	Run Time	Place
RACE NO.	COMPETITOR	INTENT	Mountain Creek	BOGONG SUMMIT	CLEVE COLE HUT	ROPER HUT	WARBY CORNER	LANGFORD GAP	OMEQ RD CROSSING	AQUEDUCT JUNCTION	POLE 333	POLE 267	DIBBENS HUT	DERRICK HUT	MT HOTHAM SUMMIT	Half	Half	Run		
								IN	OUT											
23	Nigel Aylott,34,VIC	Full	06:33:00	07:54:00	08:15:00	09:42:00	09:57:00	10:43:00	10:46:00	11:14:00	11:36:00	12:05:00		12:46:00	13:24:00	14:03:37	04:10:00	1	07:30:37	1
7	Malcolm Grimmett,34,VIC	Full	06:33:00	07:55:00	08:15:00	09:47:00	10:06:00	10:52:00									04:19:00	2		
9	Mark Phillips,49,VIC	1st Half	06:33:00	07:57:00	08:17:00	09:49:00	10:08:00	10:53:00									04:20:00	3		
21	Rudi Kinshofer,46,S.A.	Full	06:33:00	08:00:00	08:20:00	09:52:00	10:10:00	10:56:00	10:58:00	11:32:00	11:54:00	12:26:00		13:04:00	13:52:00	14:36:51	04:23:00	4	08:03:51	2
4	Jonathon Worswick,37,NSW	Full	06:33:00	08:08:00	08:31:00	10:09:00	10:26:00	11:11:00	11:14:00	11:48:00	12:09:00	12:39:00		13:14:00	14:04:00	14:43:42	04:36:00	5	08:10:42	3
27	Brendon Grail	Full	06:33:00	08:07:00	08:31:00	10:10:00	10:27:00	11:11:00									04:38:00	6		
25	Damon Goerke,27,VIC	Full	06:33:00	08:07:00	08:31:00	10:10:00	10:27:00	11:16:00	11:19:00	11:54:00	12:20:00	12:56:00		13:43:00	14:35:00	15:15:00	04:43:00	7	08:42:00	5
1	Kelvin Marshall,39, VIC	Full	06:33:00	08:07:00	08:31:00	10:18:00	10:44:00	11:23:00	11:30:00	12:08:00	12:40:00	13:22:00		14:25:00	15:35:00	16:22:18	04:50:00	8	09:49:18	10
2	Martin FRYER,39, ACT	Full	06:33:00	08:06:00	08:30:00	10:13:00	10:44:00	11:23:00	11:30:00	12:03:00	12:27:00	13:02:00		13:43:00	14:30:00	15:08:46	04:50:00	9	08:35:46	4
19	David King,41,N.Z.	Full	06:33:00	08:09:00	08:32:00	10:13:00	10:34:00	11:30:00	11:37:00	12:17:00	12:44:00	13:20:00		14:05:00	15:02:00	15:50:51	04:57:00	10	09:17:51	9
10	Richard Rossiter,28,VIC	Full	06:33:00	08:08:00	08:35:00	10:22:00	10:45:00	11:32:00	11:42:00	12:20:00	12:46:00	13:16:00		13:53:00	14:40:00	15:20:05	04:59:00	11	08:47:05	6
8	David Turner,37,NSW	Full	06:33:00	08:15:00	08:41:00	10:32:00	10:52:00	11:43:00	11:51:00	12:22:00	12:44:00	13:15:00		13:55:00	14:45:00	15:24:03	05:10:00	12	08:51:03	7
16	Ian Wright,46,ACT.	Full	06:33:00	08:16:00	08:41:00	10:32:00	10:52:00	11:43:00	11:51:00	12:22:00	12:46:00	13:20:00		14:00:00	14:49:00	15:29:51	05:10:00	13	08:56:51	8
17	Denise Pike,48,VIC	Full	06:33:00	08:22:00	08:47:00	10:38:00	11:02:00	11:56:00									05:23:00	14		
26	Ian Fromholtz		06:33:00	08:06:00	08:31:00	10:31:00	10:57:00	11:56:00									05:23:00	15		
14	Mary Morgan,43,WA.	Full	06:33:00	08:16:00	08:43:00	10:59:00	11:29:00	12:36:00									05:03:00	16		
18	Barry Parsons,51,VIC	1st Half	06:33:00	08:22:00	08:48:00	11:08:00	11:34:00	12:46:00									06:13:00	17		
24	Fleur Grose, ,VIC	Full	06:33:00	08:40:00	09:08:00	11:28:00	11:56:00	12:56:00									06:23:00	18		
3	Cameron McFarlane,28,VIC	Full	06:33:00	08:24:00	08:52:00	11:29:00	11:54:00	13:01:00									06:28:00	19		
13	Geoff Hook,56,VIC	Full	06:33:00	08:35:00	09:06:00	11:25:00	11:52:00	13:01:00									06:28:00	20		
6	Thomas Lenzenhofer,27,NSW	Full	06:33:00	08:41:00	09:15:00	11:44:00	12:09:00	13:17:00									06:44:00	21		
5	Kevin Tiller,34,N.S.W	Full	06:33:00	08:41:00	09:17:00	11:51:00	12:23:00	13:31:00									06:46:00	22		
28	Dave Pettit	Full	06:33:00	08:41:00	09:17:00	11:51:00	12:25:00	13:31:00									06:58:00	23		
12	Bill Thompson,57,QLD.	Full	06:33:00	08:27:00	09:02:00	11:45:00	12:18:00	13:47:00									07:14:00	24		
11	Ian Javes,58,QLD.	Full	06:33:00	08:41:00	09:26:00	12:11:00	12:51:00	14:13:00									07:40:00	25		
15	John Lindsay,52,VIC.	Full	06:33:00	08:58:00	09:35:00	12:33:00	13:06:00	14:18:00									07:45:00	26		
22	Sean Greenhill,22,NSW	1st Half	06:33:00	Injury																

BOGONG TO HOTHAM PHOTOS



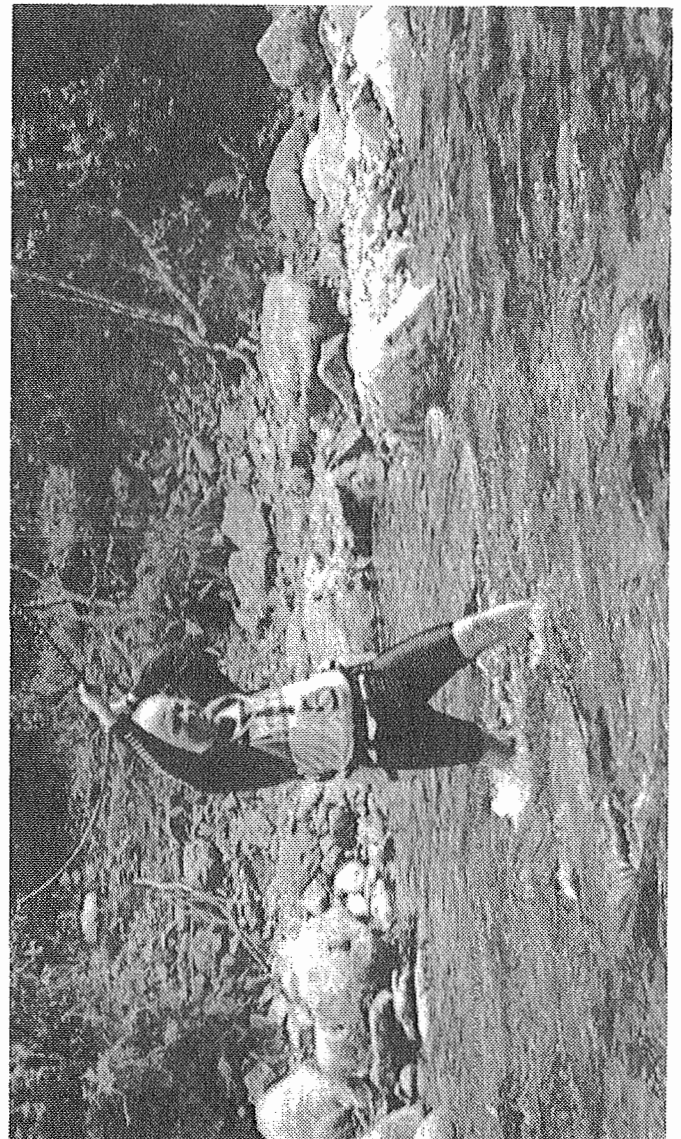
Kevin Tiller, Dave Pettit and Thomas Lenzenhofer
at the Mount Bogong summit



Ian Javes, Bill Thompson and John Lindsay
at the Langford Gap checkpoint



The Langford Gap checkpoint looked more like a "Rogues Gallery"
L to R, Geoff Hook, Kevin Tiller, Dave Pettit, Thomas Lenzenhofer, Sean Greenhill



Kevin Tiller crosses Big River

TRANS AUSTRALIA FOOTRACE [Perth to Canberra] 6th January to 11th March 2001

by Phil Essam

It was over six months ago that Bernie Farmer first contacted me with his vision for the World's Greatest Ultra race. He had the vision for twenty five of the world's best ultra runners to compete in a stage race from Perth to Canberra. It was going to happen during our "Centenary of Federation" and it was going to showcase ultramarathon running much in the same way as the Westfield did in the 80's.

Well after much "on the run" organising by Bernie Farmer and Jessie Farmer, perhaps the greatest ultra stage field ever assembled in this country was assembled at the start in Perth on Jan 6th to start their run across the continent. Some promised sponsorship pulled out with only two weeks to go but the race organisers had to continue with what they had. The World's Greatest Ultra Runner, Yiannis Kouros decided not to run. He hadn't fully recovered after his injury after Colac.

The race soon settled into a pattern and the Top 6 became Kruglikov, Derxen, Molnar, Mravlje, Sakurai and our own Mick Francis. The first main casualty of the race became Istvan Sipos who pulled out after about a week on the road. Was he still injured after his World Continuous Run Record and not up to the rigours of stage racing for two months non stop.

About two weeks into the race, four Australians were to call it a day with David Criniti, Andrew Lucas, Peter Hoskinson and Peter Gray all pulling out with a five day time frame because of various injuries. All should be proud of their efforts though and will come back better and stronger stage runners in future years. Peter Gray was to stay with the race and has been tireless with his efforts behind the scene. Peter is a credit to the sport.

That left four Australians in the field. They were Mick Francis (6th), Bryan Smith (7th), Paul Every (11th) and George Audley. George is 65 years old and surely his effort equates to Cliff's Westfield Run in 1983! They were all doing well and gradually progressing towards their goal of finishing in Canberra. The Russians were continuing to dominate but the race was still young and had nearly two months to go.

Tragedy then struck the race on 2nd Feb at 6.20am when 2.5km into the day's stage (70km west of Ceduna), Bryan Smith was taking a drink from his wife when he complained of feeling dizzy and fell to the ground. Other runners tried desperately to revive him, but it was not to be and Australia's greatest homeborn Ultra Marathon runner was dead at 57. The race was immediately stopped and Ceduna became a place of grief for the next three days.

The race was restarted on the 5th of February from where Bryan fell and will still continue to the finish line at Canberra. The race is now in Bryan's memory and will raise money for his memory for the rest of the journey.

The race will probably be changed through Victoria and stop at Bryan's home town of Melton for a Civic Reception and Testimonial function on the same evening. This will probably be on the 28th Feb 01.

There are still fifteen runners left in the field. Yes there have been some teething problems but they are now being overcome and the race is gathering momentum as it approaches civilisation. It is a great vision of Bernie Farmer to put this race on and I'm sure that it will receive good publicity in the south eastern states. I also believe it has the potential to be a bi-annual event and it will lead to more people taking up the sport of ultra marathoning and improve the infrastructure of the sport.

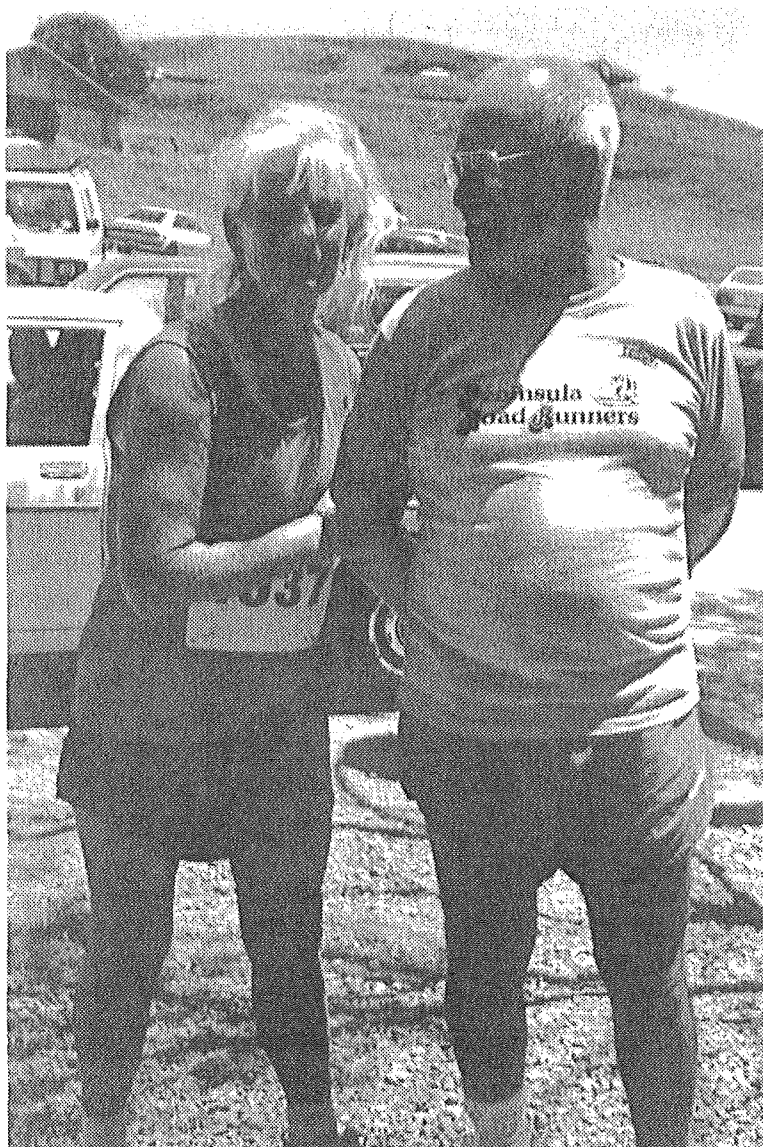
Listed below are the overall results. More information can be obtained at www.transaustraliafootrace.com

Overall Results after Stage 31

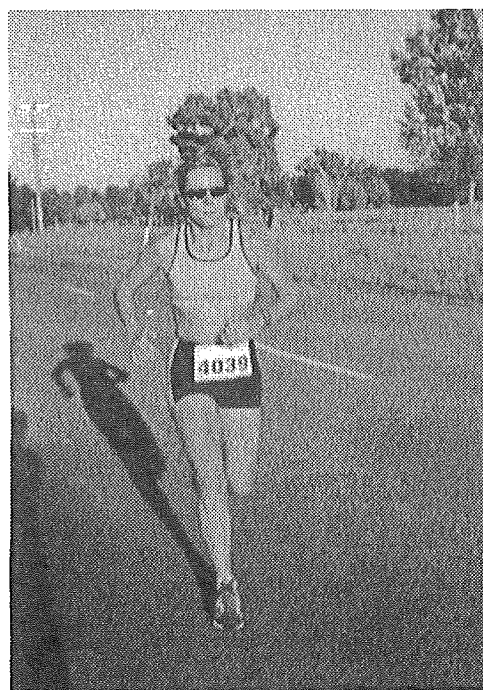
1. Kruglikov, Anatoliy	159:20:19
2. Derxen, Andrei	165:38:27
3. Sakurai, Kaname	184:40:02
4. Mravlje, Dušan	187:17:36
5. Molnar, Mihaly	197:16:14
6. Francis, Mick	198:57:41
7. Schwerek, Wolfgang	227:34:38
8. Brown, Bobby	232:41:45
9. Georgs, Jermolajevs	242:16:39
10. Every, Paul	250:42:48
11. Muller, Markus	274:36:19
12. Schieke, Helmut	279:29:59
13. Schlett, Stefan	288:30:09
14. Kobus, Karl-Heinz	289:45:29
15. Audley, George	298:50:47

Smith, Brian
Criniti, David - resigned
Gray, Peter - resigned
Hoskinson, Peter - resigned
Kocourek, Jaraslov - resigned
Lucas, Andrew - resigned
Santalov, Konstantin - resigned
Sipos, Istvan - resigned
Spaulding, Kawika - resigned

MANSFIELD TO BULLER 50KM ROAD RACE 28-1-01



Dawn Parris and Philip Barnes
after a tough days work



Bronwyn Hanns deep in concentration

11TH ANNUAL MANSFIELD TO MT.BULLER - 50KM ROAD RACE

SUNDAY 28th JANUARY, 2001

RESULTS

PL.COMPETITOR	5km	10km	15km	20km	30km	35km	40km	45km	50km
1. John McKENZIE	19:04	37.00	58.00	1:17:00	1:54:00	2:25:57	2:50:30	3:19:00	3:54:48
2. Michael WHEATLEY	21:31	41.00	63.00	1:24:01	2:02:00	2:35:00	2:59:05	3:25:00	4:00.24
3. Sandra Trimmer-Arends	21:57	43.00	67.00	1:28:16	2:07:00	2:43:54	3:09:20	3:37:00	4:13:53
4. Kelvin MARSHALL	21:31	42.00	66.00	1:28:01	2:08:00	2:48:28	3:19:30	3:56:00	4:40:59
5. John NUTTALL	23:34	46.00	67.00	1:30:15	2:12:00	2:52:45	3:24:27	4:02:00	4:48:48
6. David STYLES	23:38	47.00	73.00	1:37:40	2:22:00	3:03:14	3:32:18	4:08:00	4:54:20
7. Bruce SALISBURY	22:35	44.00	68.00	1:30:25	2:11:00	3:00:14	3:31:00	4:08:00	4:54:25
8. Brian O'FARRELL	22:38	46.00	70.00	1:33:02	2:17:00	3:00:28	3:31:50	4:09:00	5:01:34
9. Bronwyn HANNS	22:30	45.00	69.00	1:33:02	2:17:00	3:00:35	3:33:55	4:13:00	5:07:38
10. Brian GAWNE	23:38	48.00	74.00	1:38:30	2:27:00	3:14:39	3:51:40	4:31:00	5:21:20
11. Alan WITT	26:10	51.00	82.00	1:49:26	2:23:00	3:38:05	4:18:05	5:02:00	6:10:55
12. Dawn PARRIS	28:05	54.00	85.00	1:55:40	2:53:00	3:46:29	4:26:05	5:09:00	6:13:22
13. Ross SHILSTON	27:22	54.00	84.00	1:54:20	2:48:00	3:51:25	4:36:50	5:24:00	6:14:06
14. Ernie HARTLEY	27:00	54.00	87.00	2:00:40	3:12:00	4:12:38	5:07:27	6:00.00	7:03:16
.David JONES	26:23	53.00	85.00	1:55:30	2:53:00	4:40:10	DNF		
Aaron MADSEN	27:00	53.00	85.00	1:56:20	3:06:00	4:28:58	DNF		
.Robert EMBLETON	23:38	44.00	68.00	1:31:10	2:16:00	DNF			
Philip BARNES	28:05	57.00	91.00	2:05:05	3:17:00	4:40:10	DNF		

Peter Armistead, founder of the event & Race Director together with Dot Browne, Race Organiser on the day, wish to thank our team of drink station helpers: Robin Anderson, Clive Davies, Geoff Hook, Kevin Cassidy and Colin Browne for helping to make out 11th annual Mansfield to Mt. Buller 50km Road Race a very successful event.

This was an AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. EVENT.

MANSFIELD TO MT.BULLER 50KM ROAD RACE

HISTORY OF THE EVENT

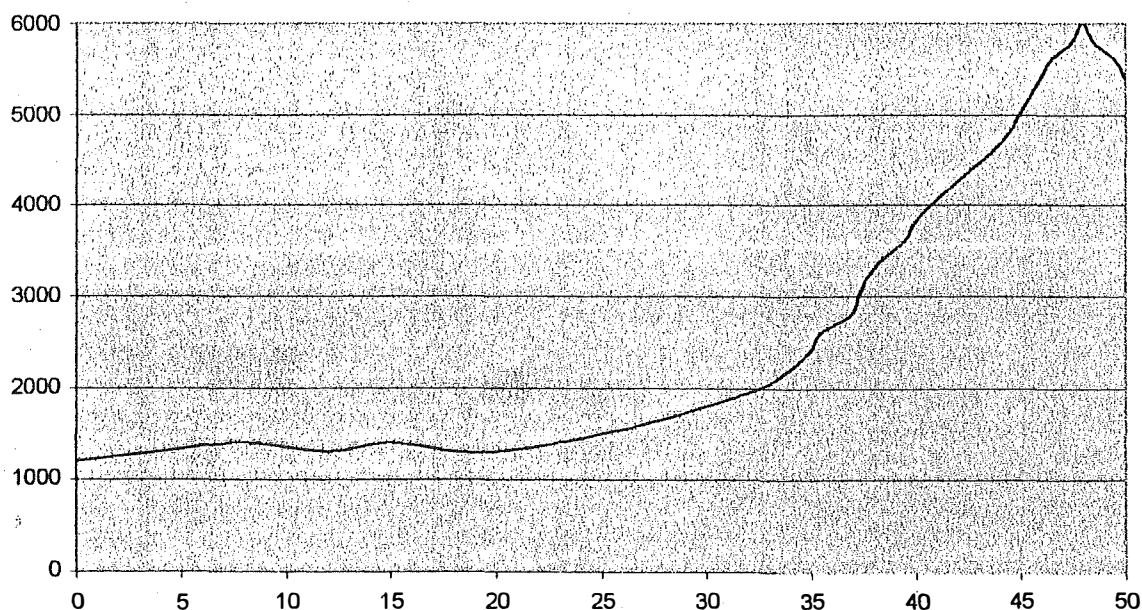
YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4.15.18	Lavinia Petrie	4.40.25
1999	Sani Badic	4:01:06	Sandra Timmer -Arends	4:29:52*
2000	Michael Wheatley	3:52:18	Sandra Timmer -Arends	4:20:40 *
2001	John McKenzie	3:56:48	Sandra Timmer -Arends	4:13:53 *

* Record.

Peter Armistead: Founder of the event & Race Director
Dot Browne: Race Organiser on the day.

MANSFIELD TO MT.BULLER 50KM ROAD RACE COURSE PROFILE

(kindly supplied by AURA member, David Jones)



MANSFIELD TO MT.BULLER 50KM ROAD RACE

Report by Kevin Cassidy

A report on this event would not be complete without a brief rundown on its history. The Mansfield to Buller event was born out of a conversation between Peter Armistead and Dot Browne while travelling on a bus to the "Six Foot Track" marathon in March of 1990. Peter was relating the story about how he was visiting his brothers place in the Victorian country town of Mansfield and decided to head out for a solo training run which took him through a series of undulations before the long 16km climb to the summit of Mount Buller, one of the states premier ski resorts at 5,000 feet....."It would be a tough course for a race" Peter enthused...."Well lets organise it then" replied Dot, and so it was. January 1991 saw the beginning of what I believe is the toughest 50km road race you could ever find and, in its 11th year, we have seen this event graced with some famous and classy athletes and 2001 was no exception.

Part of the tradition is the community sleep over on race eve at Wayne Armisteads home [he lives right near the start line] which sees a host of runners and helpers all flaked out on the floor of one large room which makes for a noisy and less than comfortable night with snorers being the main offenders!!!!!!!

7am saw 18 hardy souls and a huge bunch of race helpers all assemble at the start as Dot Browne mentioned the word "GO". I don't think any of us had heard of John McKenzie as he bolted off like a startled gazelle but we sure know who he is now as he never faded for an all the way win over race favourite, Mike Wheatley. Third overall and first woman was the incredible Sandra Timmer-Arends who lowered her own course record for the third consecutive year, Sandra and Mike have represented Australia with aplomb at the World 100km Championships. It was also good to see the return of Bronwyn Hanns after her 2 year stint in the steamy tropics of North Queensland.

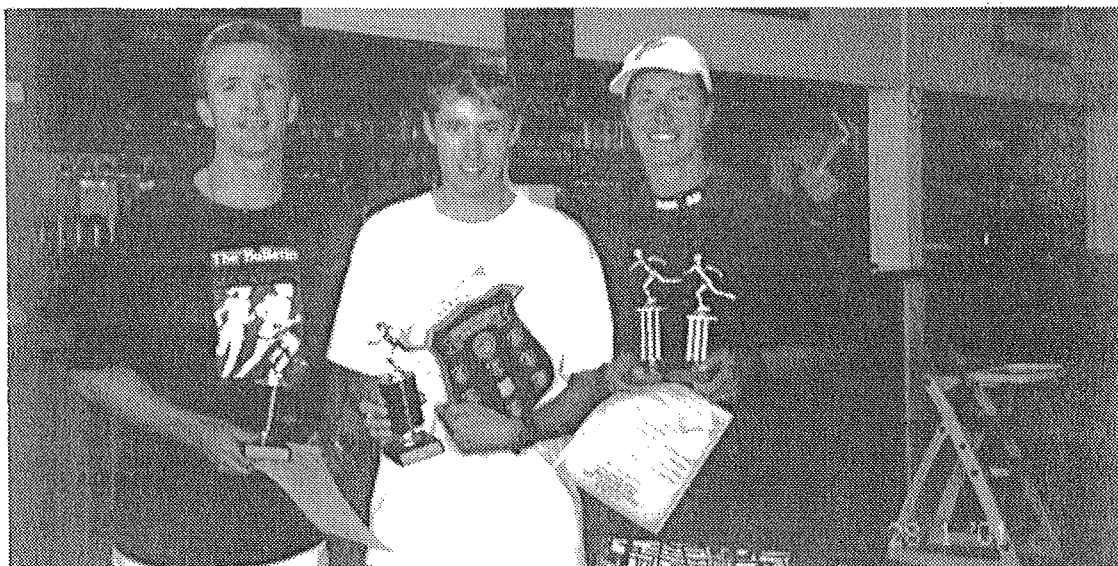
As I had the job of drinks waiter at the front of the field, I only saw the first two athletes all day and was oblivious to whatever else was happening back in the field. I did, however, have the company of Sandra "It's stupid to run so far" Stewart who found comfort in lying in the tray of my ute with her head up against the spare tyre while reading the newspapers!!!!!!! In general, all the crewing and aid station movements worked well but we did have to teach timekeeper, Robin Anderson, how to use a stopwatch at the 5km point!!!!!!!

I was busily recording times while Sandra handed out drinks at the Mount Buller summit, as well as admiring the view from the "rooftop" of Victoria, when race organiser Peter Armistead arrived with the news of a "stirring battle" going on between Ross Shilston, Alan Witt and the ever reliable Dawn Parris as they traded places coming up the mountain.....in the end, only minutes separated the three of them.

Brian Gawne deserves a special mention as the only person to have finished all 11 Mansfield to Buller events while Kelvin Marshall has 10 under his belt.

It was a privilege to have John Nuttall in the race. John comes from Townsville and was down in Victoria for the fruit picking season, he arrived in Mansfield with two other friends in a battered old van with QLD number plates and proceeded to run an excellent time. When the race was over and we were all enjoying the presentation at the ski lodge, John and his friends were heading back to the Shepparton district for more fruit picking before the day was over.....They sure breed them tough in North Queensland!!!!

The 2002 event will again be staged on the third Sunday in January.....



Placegetters at the Mansfield to Buller event
Mike Wheatley [2], John McKenzie [1], Sandra Timmer-Arends [3]

MANSFIELD TO BULLER 2000
A MIDSUMMER'S NIGHT- DAY DREAM. (Apologies to William Shakespeare)
by Philip Barnes

SCENE ONE The Meeting. (About 28/12/2000)

PETER ARMISTEAD "Barnsey" (he couldn't remember my given name).

PHIL BARNES "Peter" (I couldn't remember his surname)

PETER: - Long time no see, how is the training going?

PHIL: - Practically non existent; about 10 km a week at best.

PETER: - Tons. I'll send you an entry form for the Mansfield to Buller run. (He'll do anything for an extra entry said Dot the night before the race)

PHIL: - Refresh my memory, how far and when?

PETER: - 50 km on the 28th Jan.

PHIL: - You are joking, I couldn't possibly do that

PETER: - Yes you could, it's all in the mind.

PHIL: - That could be true to an extent, but it helps to have it in the legs as well as the intent. (Note the rhyming last lines of a scene/act just like the Bard's: it will probably be the first and last time, though)

SCENE TWO: -

ACT ONE

I receive said entry form in the mail promptly the next day along with a personal note from Peter along the lines of "you are a wimp if you don't

give it a go." I fill in the form but do not post it yet. [Gives me a chance to change my mind]

ACT TWO

Sit down with part time running mate (Mark) to discuss a training program for the ONE month available before the race. We decide that the only

way that I will be able to develop enough willpower to run any sort of distance is to drive me certain distances away from home, drop me off and

make me run back. A neat plan because Mark works near Dandenong and travels to work virtually past my place at Mount Martha.

ACT THREE

I manage to organise a week of "timeshare" at the Mansfield Lakeside Resort, about 13 km. out of Mansfield. This will give me a pre and post race

base from which to mount my attempt, much better than a tent.

SCENE THREE

ACT ONE Week one Dropped at the bottom of Oliver's Hill. 15 km. Nearly dead when I get back home. A couple of 5 km. runs and a 10 km. on the weekend.

Week two Klauer St. Frankston. 20 km. I didn't feel quite so bad when I got home. A 5 km., a 10 km. and a 23 km. on the weekend with a lot of walking over the last 3 km. Blast your eyes Peter. I send of the entry form with a note to the effect that I would probably struggle to make the cut-off 3 hr. 15 min. for the 30 km., and would probably have to DNF at that point. Peter rang and said just do my best.

Week three Another 20 km. on the Monday. A 10 km. on Wednesday. A 25km. On Friday. Quite warm even though early in the morning.

Week four Monday 10 km. Wednesday 5km. That's enough. I don't want to over train and be washed out for race day. (No chance of that I hear you say.)

ACT FOUR Friday, pack and drive up to the timeshare units at Mansfield.

SCENE FOUR

ACT ONE Wander into Mansfield on Saturday morning to but a few supplies for the week and to look at the bush market.

ACT TWO Meet with the troops at the hotel in Mansfield for dinner that night: I have pasta for my meal, probably the only thing that I have done correctly in the whole lead up to the race. Very pleasant meal with very pleasant company. We wander along the main street, buy icecreams, bid farewell. I return to my unit to prepare my gear for the race the next day. At least there is not as much to sort out as a long distance triathlon. I sleep reasonably well and awake to an early alarm.

SCENE FIVE

ACT ONE Muesli type of breakfast. I probably could have eaten more but I didn't want the food to weigh too heavily.

You do not need to know the rest of the details.

ACT TWO Meet with everyone at the start and do my usual fiddle-faddle around getting ready. We all line up at the start for a group photograph. (Could this be the last photo taken of me alive?)

ACT THREE After all that rubbish as a pre-amble, now here is THE RACE REPORT. (You will see why I had to pad out this report because you don't see much of the race from the back, especially when you drift out to last after the 5 km. drink station.) The race begins at around 7.00 am. I don't bother to set my stopwatch because minutes will not mean much to me; hours are more significant Dawn Parris and I settle into a comfortable (slow??) pace at the rear of the field and chat about this and that. I soon realise that not only is she capable of running faster than I but she talks faster also (sorry Dawn). At the 5 km. station I pretend to have to re-tie a shoelace or something so that Dawn can run at a real pace and not an artificially slow one with me. Now on the long straights I can see people easing further and further away from me but I'm reasonably happy with my pace although it is starting to heat up already as early as 8.00 am. 10, 15, 20 km. drink stations and I am feeling ok. Thanks to the patient souls who had to wait around for me. Dawn had mentioned the loneliness of the long distance runner, and that

was sure true for me. But of course in any race of this type the field strings out like Brown's Cows with the exception of the odd bit of in-fighting for placing's, so in a sense everyone runs alone. Dot and Colin are at the 25 km. station and I tell them that I seem to be on schedule to just sneak into the 30 km. station at around the actual cut off time of 2 hr. 15 min. but that I didn't know how I would go from there. Peter is at the 30 km. station and I tell that although slowing, I feel ok. We agree on a plan that the drink stations can pack up but leave a cup or two of water by the guide post for me. A good plan but as I try to run between 30 & 35 km., I find that the constant gradient is just too energy sapping. I thought that with over three and a half hours to walk 20 km, I should be able to get to the finish line between seven and a half to eight hours overall. But the time started to blow out and the day warmed up so I figured that I couldn't really finish this year. Who knows; maybe next year? My admiration sure goes to those who did finish. Some effort!!

ACT FIVE Thanks Jeff for the ride up to The Alberg. Commiserations to my fellow runners who couldn't finish also.(Next year??) Congratulations to the winners and finishers; I can't believe the winning time.

ACT SIX Although I have seen the summit in the snow season when skiing, I walk up to Baldy to marvel at the effort of the people still running.

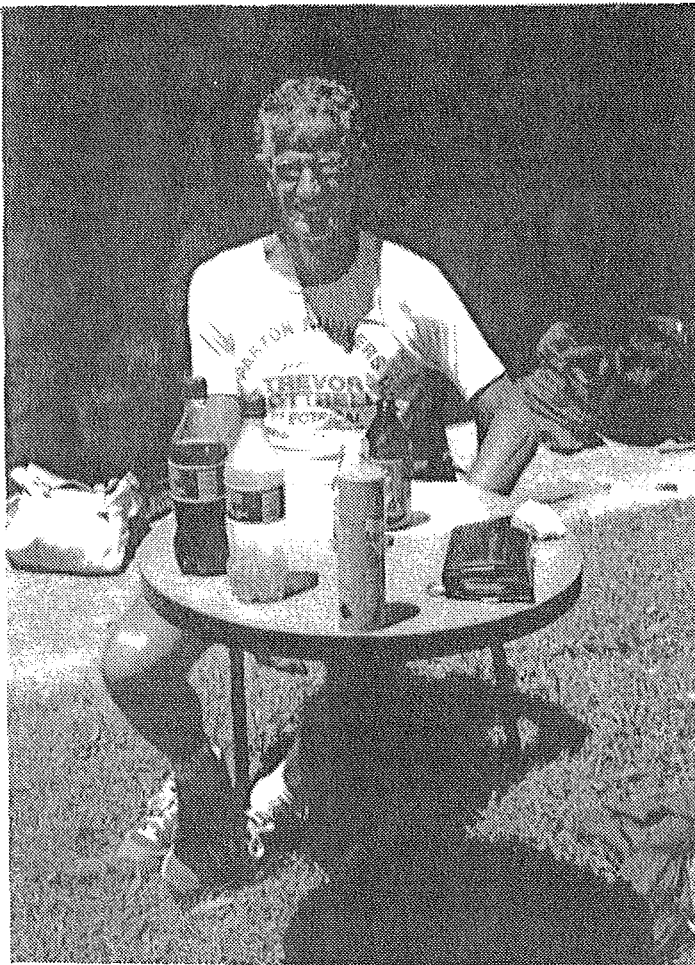
SCENE SIX Many cans of soft drink and presentations later, I help Dot load her car and she kindly gives me a lift back down the mountain to the start where my car is parked.

SCENE SEVEN

ACT ONE While I'm sitting in the spa back at the resort, I reflect on the race.

1. it is very tough.
2. lots of consistent training is required.
3. an entrant has to have a good running base and lots of determination
4. the helpers do a terrific job, it's a long time to sit at a drink station or at the very top of Mount Buller.
5. the camaraderie between runners, support crews and officials/helpers is something else in ultra running.
6. will I try again next year? Who knows? But it has given me a new zest for running again and hopefully my training will pick up from here.

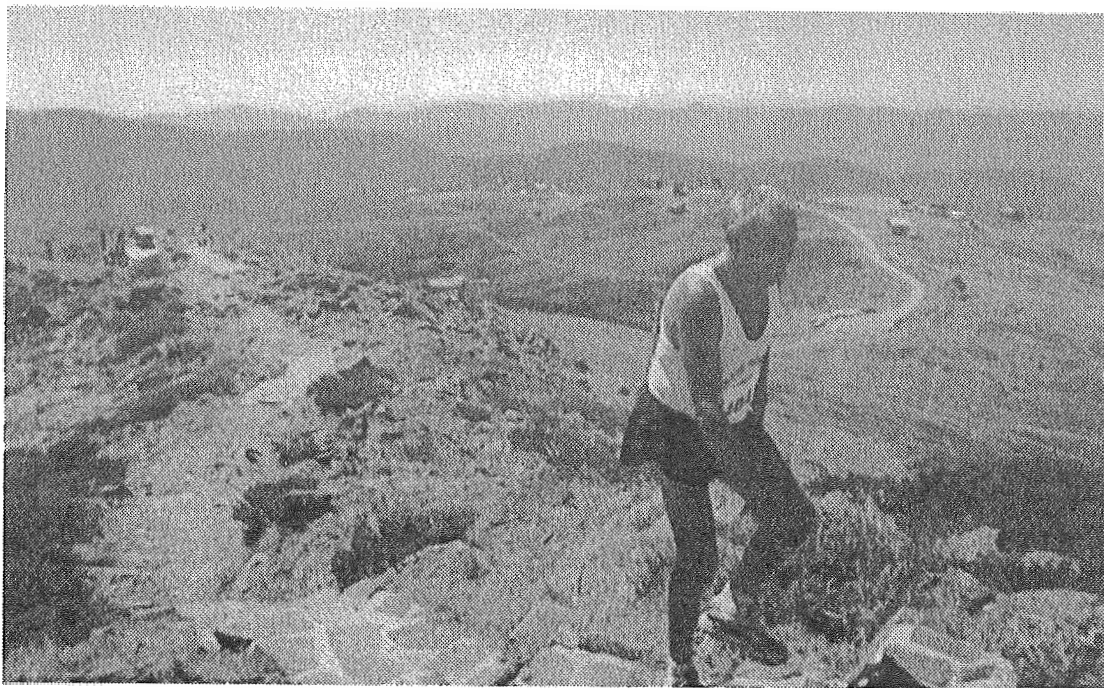
Thanks to all concerned. You can see why this is a different type of race report; one doesn't get to see all that much of the race from my position at the back. I'm sure that there is a proper report either in this issue (or the previous one) so the winners and finishers get the credit due to them.



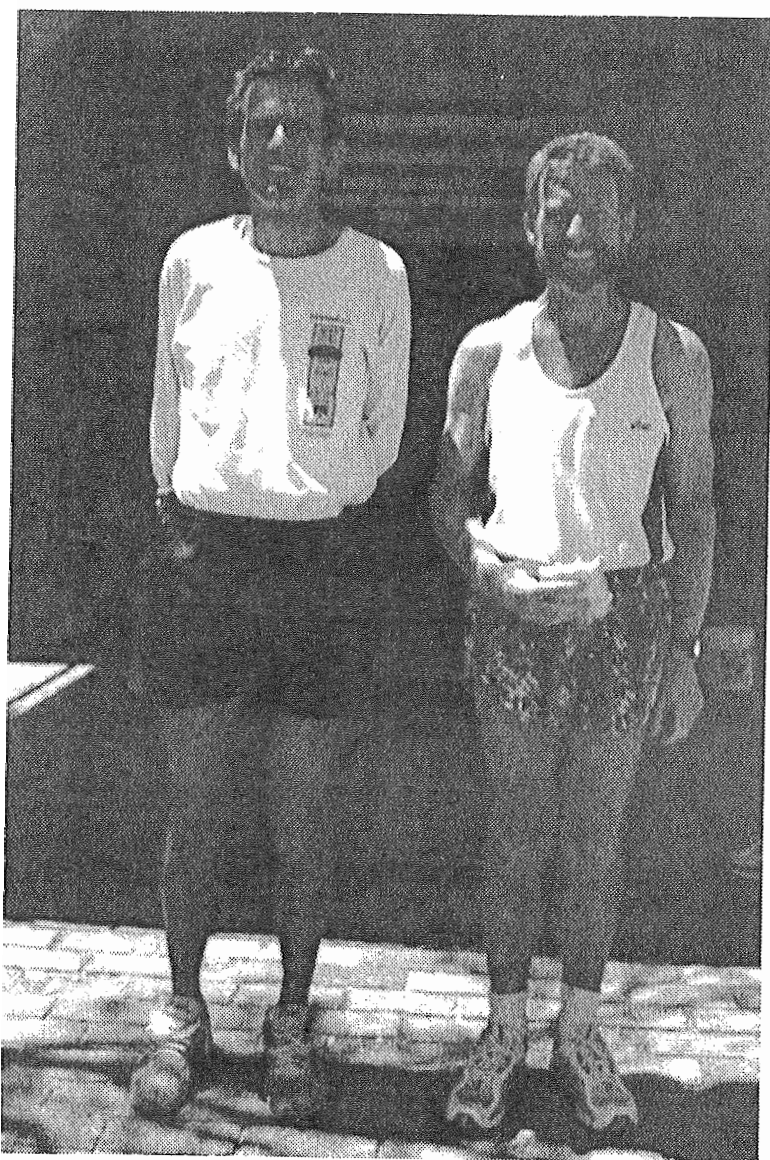
Brian O'Farrell from Shepparton
relaxes with a Coke at the Mount
Buller summit



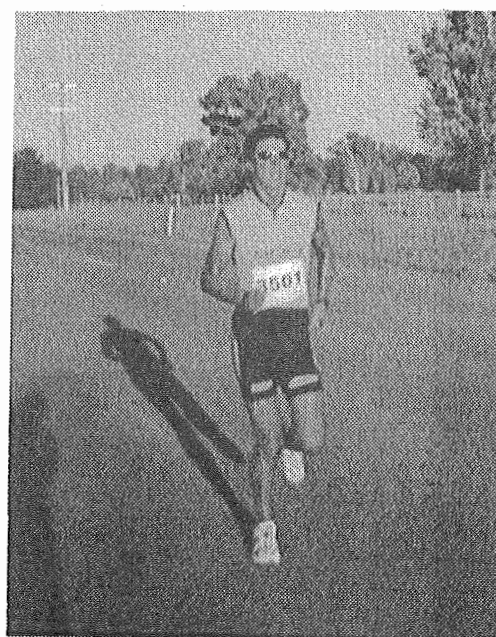
Our "competent" race officials
Peter Armistead and Colin Browne



Briane Gawne reaches the Mount Buller summit.
Briane has conquered all 11 Mansfield to Buller events



Kelvin Marshall and David Styles
relaxing at the finish



Sandra Timmer-Arends on route
to a new course record

CABOOLTURE HISTORICAL VILLAGE

DUSK TO DAWN

6/12 HOUR RUN/WALK & RELAY

Peter and Lyn Lewis

Race director and assistant race director

As floods were rising in every direction, there was concern that the race would be washed out. Instead 25 individual competitors and 7 teams lined up for the event, which raised approximately \$680.00 for the Historical Society.

Caboolture Shire Mayor, Joy Leishman and State Member Bill Feldman were present at the start of the race with the Mayor starting the race with a cowbell. Deputy Mayor, Greg Chippendale and his wife visited the event during the closing stages of the race, where the event belonged Bernadette Robards, who improved on the course best performance by 3 kms.

Bernadette's Mum, Joan Robards also put in an inspirational run, at the age of 66 winning the 6 hour run in the women's section. Both came up from Tweed Heads for the race.

Thankfully it didn't rain much during the race but it was still very humid and together with the humid conditions for weeks before the race made it difficult with cramping muscles for some of the competitors, and some people unable to finish. John Loury from Toowoomba tying his first 6 hour run was in 3rd place till the cramps caused trouble and ended up in 4th place. George Green from Mackay was winning the 12 hour run till the final stages and was succumbed to cramps and was taken over by last year's 2nd place getter Geoff Hain. Geoff managed to pick up the portable barbeque in the random draw.

There was a special random draw for early entries of a very nice painting of native birds painted by upcoming artist Dell Grant. That was won by Stephanie Cook from the travelling teachers relay team.

The entire Schmidt Family came out to compete and have fun with Jim Schmidt doing his first 6 hour walk to win the event. Wife Felicia went in the Happy Young Women's relay team and 3 daughters formed the Unfledged Chicks relay team, running a creditable 2nd.

The Mountain Men relay team once again had Col McLeod in their team. Col recently broke the world record for his age group 65 - 69 years in the Steeple Chase.

I think also that the Grumpy Old Men relay team will have to change their name next year as they were far from Grumpy and I'm sure they enjoyed themselves.

I would like to thank Caboolture Shire Council, Fm 101.4, Barbeques Galore, The Fruit Wagon, Wells Family Bakery, Caboolture News and Kick Start Promotional gear for supporting the event.

To stage the event, there were 15 volunteers who assisted in making the event another resounding success.

MEN

12 HOUR RUN

Geoff Hain	93.708 kms
George Green	91.142 kms
Alan Steggles	retired
Graeme Watts	unable to start due to flooding

6 HOUR RUN

Graham Medill	64.362 kms
Rod Ladyman	57.605 kms
Richard Webb	54.748 kms
John Loury	49.533 kms
Bruce Cook	48.085 kms
Brian Evans	retired

12 HOUR WALK

Bob Coleman	79.829 kms
John Harris	72.703 kms
Nick Roiter	57.034 kms
David Aslin	retired

6 HOUR WALK

Jim Schmidt	45.116 kms
Eric Schandor	36.838 kms

WOMEN

12 HOUR RUN

Bernadette Robards	96.789
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6 HOUR RUN

Joan Robards	45.272 kms
Tina Fiegal	38.141 kms

12 HOUR WALK

Julie Schrag	70.703 kms
Judy Moller	retired

6 HOUR WALK

Chris Walker	42.802 kms
Rosemary Spring	26.969 kms
Donna Felschow	21.500 kms

50 KMS

Corrie Davel	6 hours 42mins 02
Phil Lear	retired

Caboolture Historical Village Dusk to Dawn Run/Walk/Relay 6/12Hours

Once again the Caboolture Historical Village Dusk to Dawn event was a resounding success, with some conversation points being returned to America, via our international competitor, Alan Steggles.

I shall share with you what is involved with the organising of the race so that you may be given a greater appreciation of just what goes on behind the scenes in putting this race on.

Unlike most long track events, we at the Village do not have the luxury of permanent lighting, hence before you arrive, a volunteer electrician works very hard with other volunteers to set up adequate lighting to stage the event in the first place. By the word adequate, I mean what lighting facilities we can manage to get our hands on. Considering the terrible weather conditions before the race, a perfect safety score must be extended to those responsible.

As competitors may have noticed, down the bottom end of the circuit, was a wide sweeping bend pegged out. This is achieved through the kind generosity of the Caboolture Shire Council, ratifying the track as a true and correct measurement of 500 metres. Thank you to those people concerned.

Julian Bramald collected the time clock from Queensland Masters Athletics at the Q.E.11, which made things a little easier Saturday morning.

The Caboolture Shire Council has been a major sponsor over the staging of this event with the last 4 years, which does not go unnoticed by competitors. Funds provided by our council make possible some free shirts as a memento of your time at the village. I gave myself, my partner Lyn, Julian Bramald and Caleb Mabir a free shirt for volunteer efforts incurred. The shirts and the screen-printing, are made by, Kick Start Promotional Gear. Many hours of local sewing go into these quality shirts, well done to this business.

The lap score areas are extended, by providing our own personal tarps and other equipment, but the job is made much easier with a small army of helpers who assist in erecting the shelters in the morning. This year it was Kathy, Rosemary, Les and Ben who helped me and once again, thank you. Ben also raked the track clear of any twigs. I ended up helping the village chairperson, John, with shovelling deco into washed out areas around the track.

Before the race began, Amanda and Greg helped with various jobs making the workload more manageable, thank you. Thanks also to Curtis for manning the drinks station over several hours for the competitors.

Many thanks to our Shire Mayor, for being present at the start of the race, beginning the event with a trusty cowbell, in the spirit of what the event is for, to help raise funds for the preservation of historical artefacts. \$680.00 was raised in the final analysis. If rain had not been so disruptive, more would have been raised, with the amount of interest from being inundated with phone calls. People were flooded in at Nanango and a minibus from northern New South Wales, meant a large decline in numbers unfortunately.

Many thanks also to the diplomacy of the honourable state member, Bill, who was also present at the start of the race. I gave Bill only 2 days notice and sincere gratitude is expressed for your presence.

The Deputy Mayor, Greg, kept the shire flag flying high by coming down to the event at the closing stages, 6.00 am the following morning. It was a great thrill to receive a surprise visit from Greg and his delightful partner.

Just before the race, Ron Grant asked that we have a minute silence for a truly great legend in Ultra events, Bryan Smith. It would be fitting to note one of the achievements by this gentleman of the sport. The first official I.A.A.U. 1000 miles track event was held in Nanango in 1998. Brian smashed the Australian record, which was held by Gary Parsons, by almost 21 hours. He completed the distance in 11 days, 23 hours, 37 minutes and 44 seconds. Sadly, Mr Smith passed away on the Trans Australia race, but the honour of his name shall remain for all time.

Thank you, to the following supporters: Caboolture Shire Council, 101.5 F.M., Delaney's Creek Winery, Wells Family Bakery, The Fruit Wagon, Bellmere Convenience Store, Barbeques Galore, Kick Start Clothing, Polsini's Pineapples and Caboolture News.

I shall conclude my report with this closing verse.

What goes on at tucker time you go and get your feed,
Volunteers are busily performing yummy deeds,
One o one point five we had broadcasting classic tunes
Giving freely of their time beneath a half strength moon

Classic wine as random draws to take away the pain
A little barbeque was won by twelve hour man Geoff Hain
The highlight of the race this year was mum and her young girl
The 6 and 12 hour race they won as round the track they'd whirl

Wy Wurry teams came just for fun and visit to the pub
I heard it was because they were all looking out for mud
Teachers got in on the act to win the major prize
A painting of some parrots as they rested from the skies

So one more-best performance is going to be changed
To shine a little brighter on best performance flames
It really would be very nice to see you all next year
To line up at the village and give yourselves a cheer

Pete Lewis Race Director

COURSE BEST PERFORMANCES

MEN		
6 Hr.Run	Graham Medill	72.292 kms
6 Hr. Walk	Caleb Maybir	46.926 kms
12 Hr Run	Peter Gibson	115.467 kms
12 Hr. Walk	Peter Bennett	97.474 kms
50 Kms	Corrie Davel	6hrs42mins.02

WOMEN	
Lyn Gordon-Lewis	57.870 kms
Lyn Gordon-Lewis	49.046 kms.
Bernadette Robards	96.789 kms
Cheryl Middis	75.999 kms



FINISH

CRADLE MOUNTAIN RUN [85KM approx.] 3 Feb 2001

Report by Sue Drake [race director]

The Cradle Mountain Run 2001 was a sobering experience for all of those involved, as the early morning cool rapidly gave way to unrelenting 30 degree plus heat.

Nevertheless, Helene Diamantides, renowned international mountain runner that she is, lowered the women's record by a massive 51 minutes, to finish second overall in 9 hours and 16 minutes, only 9 minutes after the fastest man Kris Clauson.

Helene's run was a masterpiece of even pace coupled with expert body management.

Kris and others of the more experienced Cradle runners recognised the developing hot conditions early on and slowed down their pace between 10 and 20%, as they struggled to maintain adequate hydration levels.

Sixty one year old Vlastik Skvaril was the 8th person to finish, in a performance featuring minimum distress and fuss in a time that many runners half his age would be proud of.

Six of the 9 women completed the run with style and fortitude. Most managed the heat and appeared less affected by it than the majority of the men. By comparison only 24 of the 43 male starters completed the run. Of the 52 starters, 30 finished and all are winners.

20 runners arrived at the 60km Narcissus check point in various stages of dehydration and disrepair and were boated out. Two withdrew at the 30km Pelion check point.

The strong contingent of sweepers, co-ordinators and medical support people coped well. An emergency first aid post was established at Windy Ridge, ironically the hottest and most windless part of the course and at the end of a long climb. Some of the later runners were in distress with severe cramping and dehydration requiring medical attention. Further on, at Narcissus and then at the Cynthia Bay finish, the same symptoms required further medical care.

All of this, coupled with a stoic attitude of most of the runners resulted in a successful event.

Richard Dax the boatman and Denis and Robin Wiss at our Bronte accommodation once again provided their usual excellent services with extra boat trips and meals cheerfully supplied into the late hours. Without these people the now famous Cradle Run could not happen.

The post race breakfast at Bronte featured the usual camaraderie and stories and the irrepressible runners one could observe already forgetting the privations of the day before.

2001 Race Results

NO.	SURNAME	FIRSTNAME		AGE	PELION	WINDY	NARCISSUS	CYNTHIA TIME	CYNTHIA FINISH
38	Clauson	Kris	Mr	24	03:05	(5:30)	06:40	09:07	1
18	Diamantides	Helene	Ms	37	03:38	06:00	07:12	09:16	2
35	Ross	Dave	Mr	44	03:38	06:27	07:47	10:30	3
34	Barnes	Rodney	Mr	28	03:38	06:12	07:42	10:47	4
48	Wagh	David	Mr	29	04:08	07:01	08:30	11:22	5
27	Wrigley	Robert	Mr	35	03:52	06:53	08:26	11:35	6

1	Madden	John	Mr	47	03:49	06:58	08:31	11:41	7
14	Skvaril	Vlastik	Mr	61	04:26	07:36	09:10	11:54	8
16	Hove	Alex	Mr	50	04:02	07:24	09:08	12:18	9
8	Andrewartha	Rod	Mr	42	04:18	07:43	09:23	12:32	10
51	Leahey	Gary	Mr	48	04:31	08:03	09:48	12:37	11
39	Burke	Terry	Mr	40	04:02	05:45	09:08	12:43	12
32	Reeve	Karen	Ms	34	04:51	08:35	10:15	13:11	13
4	Page	Jacqui	Ms	35	04:35	08:11	09:48	13:12	14
5	Fisher	David	Mr	34	04:35	08:11	09:48	13:12	15
11	Lancaster	Dale	Ms	50	04:35	08:04	09:56	13:13	16
6	Simpson	Ras	Dr	51	04:52	08:17	10:02	13:44	17
31	Stary	David	Mr	50	04:35	08:10	10:02	13:44	18
44	Wilkinson	John	Mr	41	04:35	08:04	09:56	13:48	19
21	Strohfeld	Malcolm	Mr	38	04:44	08:33	10:25	13:57	20
47	Withers	John	Mr	45	04:39	08:33	10:25	14:14	21
28	Woodberry	Andrew	Mr	36	04:03	08:33	10:15	14:24	22
41	Gott	Rob	Mr	40	04:31	08:13	10:16	14:24	23
53	Fedosejevs	Richard	Mr	40	04:53	08:49	10:47	14:31	24
29	Sonneveld	Steve	Mr	45	05:30	09:16	11:00	14:56	25
54	Giblin	Mandy	Ms	26	04:55	09:10	10:57	14:56	26
45	Devine	Ken	Mr	57	04:52	09:04	10:46	15:07	27
23	Atkinson	Sally	Ms	32	05:03	09:12	11:00	15:10	28
9	Berry	Ian	Mr	54	04:49		11:00	15:44	29
46	Ferguson	Rick	Mr	37	04:38	08:49	10:47	15:54	30
19	Pacque	Paul	Mr	47	03:46	06:36	08:06		boat out
12	Davis	Ivan	Mr	47	04:08	08:13	10:44		boat out
55	Giblin	Dean	Mr	35	04:55	09:10	10:57		boat out
7	Ashton	Paul	Mr	44	04:53	09:07	11:00		boat out
42	Atkinson	Dale	Mr	32	05:02	09:16	11:00		boat out
13	Hinds	Dean	Mr	38	05:15	09:33	11:13		boat out
25	Greenhill	Sean	Mr	22	05:30	09:25	11:30		boat out
17	Strohfeld	Doug	Mr	42	04:35	09:13	11:36		boat out
24	Bailey	Mark	Mr	38	04:53	09:01	12:00		boat out
52	White	Keith	Mr	50	05:35	09:57	12:03		boat out
20	Dennis	Mike	Mr	50	05:00	09:22	12:10		boat out
43	Innes	Fiona	Ms	28	05:15	09:34	12:10		boat out
2	Sweetman	Anne	Ms	33	05:26	09:57	12:25		boat out
3	Sweetman	Neville	Mr	41	05:26	09:57	12:25		boat out
15	Lindsay	John	Mr	52	05:39	10:30	12:41		boat out
10	Febey	Lloyd	Mr	53	05:03	09:43	12:50		boat out
56	Heap	David	Mr	40	05:13	10:17	12:50		boat out
57	Ives	Kathleen	Ms	41	05:13	10:17	12:50		boat out
22	Palfreyman	Andrew	Mr	40	04:36	09:43	12:52		boat out
26	Kesseling	Frank	Mr	42	04:32	08:45	13:20		boat out
50	Graham	Alan	Mr	39	05:42	out			
49	Milne	David	Mr	50	05:58	out			

CRADLE MOUNTAIN RUN [Tasmania]
by Sean Greenhill

Feb 3rd 2001

Six Foot Track is not the only hiking trail in Australia that has an ultra running its length. The Overland Track in Tasmania's Cradle Mountain- Lake St Clair National Park is traversed each February by 50 runners competing in the Cradle Mountain Ultra, subject to the unpredictable weather of Tasmania's central highlands.

I was competing in the event as part of a week and a half long holiday on the Apple Isle, flying from Sydney to Launceston on the morning of Thursday February 1, then driving out to Cradle Valley directly.

I'd never been in Tasmania before, so of course had not seen the trail; however I was under the impression most of it was open alpine running with some forested, technical sections, and rocks, and I knew the final 18km from the north end of Lake St Clair to the south end via the coastal trail were tough and technical. There is no aid in this event- there are two checkpoints with cutoffs staffed by volunteers who had hiked into the National Park before the race- but more or less no aid. Runners have to carry their food supply, powders etc, along with a deal of alpine safety gear, and rely on stream crossings etc to obtain water along the way. Normally the trail is wet and muddy and water is not an issue, but Tasmania has been experiencing drought conditions recently and as a result the trail would be considerably drier than normal.

After a 6am start, runners must reach Pelion Hut (approx 35km) by 12 noon or be cut; they have until 5pm to reach Narcissus Hut on the north end of Lake St Clair, approx 69km in. Runners missing this cut then catch a ferry to the Visitor Centre where the finish is- normally 2- 3 runners each year fail to finish, a testament to the vigorous qualifying standards.

Driving to Cradle Valley on Thursday afternoon, the sky was dark and overcast; turning a corner on the road I caught my first glimpse of Cradle Mountain itself, an impressive 1545m blade of glacier eroded dolomite. The clouds hung around the summit ridge, seemingly foretelling a cool day's running two days hence.

The next morning I drove to Waldheim, a wooden chalet established by the Valley's original inhabitant, Gustav Weindorfer, in around 1912. The race would start at the back of the chalet; I loaded up my running pack (a Camelbak HAWG, for those curious), strapped some bottles to the chest straps, and ran out to Kitchen Hut, at the foot of Cradle Mountain itself. Probably not a smart move the day before the event, but I wanted to get a good look at the trail. The round trip took two hours and it got hot enough that I had to remove my shirt and run with the HAWG riding on my bare back; definitely not like the weather of the day before.

That night the Cradle Mountain Tavern hosted the runners pre race briefing, registration and equipment check; I greeted a few familiar faces. Fellow Sydney Striders Keith White and Gary Leahey had flown in that afternoon; Gary has done all the crazy tough stuff, including this same event a few years ago, the Three Peaks event, Sydney Trailwalker 100K, and the Forster Ironman. Keith, another Trailwalker veteran, had trained hard for this event, and certainly looked fit, but confessed to nervousness. Melburnians John Lindsay and Paul Ashton had also arrived to try their hand; Paul has done this run several times; John reached 115km approx in last October's Glasshouse Trail 100 Mile, so the distance wouldn't faze him. I was confident I still had the base fitness to cover the distance, but the previous two months training had been a disaster- I resumed training right after Glasshouse and by December 9's Blue Labyrinth event I was a fatigued and overtrained, so took a few weeks off, with some casual running; my comeback "serious" training run at Bogong- Hotham in early January resulted in a knee injury and two weeks immobilisation of the right leg; I was able to do two weeks of tentative jogging before this current event, and thus lacking that elusive quality known as "sharpness" or "race fitness". I knew I could cover the distance, but thought that I could test that Narcissus cutoff if things didn't go my way. The forecast was 23 degrees maximum, not bad running conditions, and I fancied my chances if the forecast was accurate.

In the pre dawn gloom next morning, 52 runners gathered at Waldheim ready for 87km duelling with the elements, armed just with what they could carry on their backs. We assembled on the trailhead looking across a moorland that rose sharply towards Cradle Plateau; Cradle Mountain and its sibling Barn Bluff were hidden behind this ridge. In single file, we were sent on our way along trail that was wooden duckboard at first; then after a few minutes plunged into rainforest and started climbing steeply, emerging briefly onto a gravel strewn trail that flirted with the shore of Crater Lake, at that time of morning a black mirror of seemingly unlimited depth. Another steep climb, some rock scrambling, some employment of the hands to haul ourselves upward when the going got too rough and steep, and we reached Marions Lookout, exposed and blasted by gusting winds. To our right, we looked straight down on Crater Lake; behind us was Lake Dove, immortalised in the foreground of most photos of Cradle Mountain. To our right, we had our first view that day of Cradle Mountain itself. The day was clear and bright and the wind was sharp; in those circumstances every sense is acute and the proximity of this spectacular formation of stone, hewn into columns like organ pipes, sent the nerves tingling in every runner. Running along the ridge, head tilted back, arms held out and palms upturned, I felt electrified. What a fantastic event, what a superb setting.

I was near the back at that moment; around 47th place. John Lindsay was not too far behind me, Keith just in front, and Paul came charging past me, running aggressively and shouting YAAAHOOO at the top of his lungs; clearly he too was inspired by the conditions, though I joked to him that he was trying to lead from the front, given his position as AURA President.

From Marions Lookout to Kitchen Hut the trail was good; a mixture of earth and duckboard; I refilled my bottles at a stream just before the hut and mixed up some powder into my drinks. After passing the small, wooden structure, 51 minutes in, the trail skirted right round the base of Cradle Mountain and degenerated into rough rocks weaving in and out of larger rocks and grey alpine scrub. By now Barn Bluff was in sight; another dolomite formation, weathered into an intimidating; conical cylinder. We seemed to be running straight at it for a while, then the trail diverged south along more duckboard and I set a solid pace. By now no other runners were in sight apart from a Hobart based medico turned programmer named Steve; the two of us would stay together for hours to come. We started talking about running and races; also computers and tech stuff. As we passed Barn Bluff we could see where the trail dipped into Waterfall Valley; it was not quite 8am and the valley was still lined with mist that the sun had not yet burned away. "Fantastic!" I shouted, pointing; I was sorry I had left the camera behind; I wished I was a tourist with days to spare on this trail, so I could savour every distraction and nuance.

But I was racing; a competitor, so the pair of us ran hard down the rough dirt path to Waterfall Valley, which was spliced with several duckboard based switchbacks. We passed Waterfall Valley Hut and began to climb out; the valley itself was quite dry; but I remembered the pre race literature and anticipated I'd find somewhere else to refill my bottles soon.

The wide open moorlands of the next several kilometres, provided the first real evidence as to how hot it was going to be. Sweat was running freely off me; I considered stripping my shirt off again but the sunburn risk wasn't worth it. The moorland rolled through brown and yellow grasses, and passed by several lakes. The soil was quite sandy here, and I joked to Steve that, given the lakes, sand and heat, all I needed was a pair of board shorts and I could be a very oddly located beach bum.

The water here, however, was dark and stagnant, not fit for drinking, so I ran dry, accepting the offer of a bottle of Powerade off Steve. I sweat more than Patrick Rafter, so the need to refill my bottles was urgent. We climbed a couple of low ridges and descended quickly along dirt path towards a large lake; I was about to pause and refill here when Steve pointed out three hikers advancing up the trail towards us. I asked them where the next free running stream was, and they replied that a hut with rain water tank was five minutes up the trail. Off we went and arrived at Windermere Hut; right away I was glad I hadn't refilled at the lake, this one was Lake Windermere, which had, a few years before, been contaminated with giardia; safest to assume it still might be dodgy.

Time for a refuel. I had been popping mars bars as I went; now I drank greedily, sucked some condensed milk, and walked off down the trail munching on some English muffins spread with peanut butter. Amazing what you can

squash into a small pack if you don't worry about how presentable the food looks when it comes out.

Steve had run out just ahead of me, but I soon caught him up as we climbed across Pine Forest Moor- all good duckboarding and we went hard and fast here. Slightly to our right was another spectacular rock monolith, carved from "organ pipe" dolomite like all the other distinctive Tasmanian peaks east of Mt King William. This massive flat slab of black rock rearing up not far from the trail was Mount Pelion West; again, I couldn't take the opportunity to explore like I could- a day climbing the mountain would be enjoyable. I made a mental note to come back some time and enjoy the National Park at my leisure, then we plunged into the first real section of technical forest path. Trees hunkered low and I ducked in and out of them as my feet made their own way over a track composed of gnarled tree roots; it was slow, rough going, although we finally dropped into clear, crossed a creek, refilled and set off again into the next forest section. After a while we arrived at the lowest point on the course, Frog Flats, normally a swamp that lives up to its name, but now a dry patch of vegetation baking in the heat. We followed more duckboard across as the trail snaked around to the east and started to climb again. I was in front here and looked down to see a moving black form on the wooden boards- I recognised it right away as a black tiger snake (potentially lethal, especially in this isolated terrain) and froze dead in my tracks as the reptile crossed the boards a few feet ahead of my shoes. Steve almost charged into the back of me, looked over my shoulder, and laughed quietly. "I wondered what would make you stop so suddenly!" he chuckled. Now he had the proof.

Soon enough the duckboard gave way to more tangles of tree roots; progress was slow and difficult but Steve was faring little better. At another creek crossing we met a party of hikers out to do the Overland Track in six days; they couldn't believe it was possible to accomplish the same feat in one. "Couldn't get the time available for six days," I said with a smile, "so one day it had to be!" Then we slogged on upwards. I was looking at my watch, getting more and more worried; it was approaching 11am and still no sign of Pelion Hut. I asked Steve, who was running this race for the fourth time, if we were in danger of being cut. "It's not far," he mused, "and we haven't been dawdling. We should be right."

Just after that, we emerged into the open again, at Pelion Plains. Now we weren't sheltered from the sun by the forest anymore, the heat became oppressive. It was already past 30 degrees and would peak that afternoon at 37.8 degrees at nearby Bronte Park, or 100 F on the old temperature scale. Definitely not typical Tasmanian high country weather; it made all the alpine gear we were carrying look a joke. I almost hoped that the famously unpredictable conditions would dump a blizzard and sleet on us- anything but this damn heat, and the March flies that came with it to annoy us.

We passed a sign indicated Pelion Hut was 15 minutes walk; not long after that, at approx 11.20, we arrived at the hut and had our names struck off. Steve removed his t shirt and put on a singlet; the staff who registered our names commented on the unusual heat, as I again refilled and drank heavily, not really up to eating. Just as we were leaving Keith White came running in; with his wide sleeved t shirt stained dark by sweat, he resembled a giant bat swooping in. "Keith," I exclaimed reflexively, "shouldn't you be way up there in front of us?" "You passed me ages ago near the start!" he exclaimed between breaths, before heading to the water tank to fill his own bottles.

Steve and I headed south for the climb to Pelion Gap, along more slow, root strewn trail. The dense rainforest around us, and the topography of the ridge, prevented any breeze from reaching us, so the air was hot, stale and unpleasant under the dark tree canopy. We passed four runners along this section of trail, all going slowly and affected by the heat. When we came into the open next at the top of Pelion Gap (1126m), my feet were painful and starting to blister, partly the result of the shoes being rammed into and over countless roots and rocks; and the skin had been softened by the sweat that was streaming out of my skin.

Steve and I could see, opened up in front of us, another broad open moor- Pinestone Valley- with the Du Cane Ridge defining the southern end. Rising directly to our left was Mount Pelion East, to the right the highest mountain in Tasmania, 1617m Mt Ossa, in reality a long ridge serrated by eroded dolomite. Descending from Pelion Gap, Steve complained that he couldn't hold food down and was suffering from ebbing energy levels; I

decided to fix my feet, so we both sat down on the trail. Steve nibbled tentatively on some food taken from his pack; I removed my saturated socks and shuddered at the pale, wrinkled skin of my feet, which looked as though they had been in a bath for hours- in a way they were, bathed in my own sweat so make every step was a squelch. I ignored the blisters starting to form, put on a spare, dry pair of socks, and tied the original pair to the back of my pack, so they could dry in the sun- just in case I needed to change out of the new socks when they became soaked! No runners appeared behind us over the crest of the ridge, so we set off and ran hard downhill through tinder dry yellow grasses and over loose rocks and rubble. I led all the way here until coming to Kia Ora Hut, where we refilled our bottles and spoke to the hikers there about conditions further up the trail. It was around one o'clock- four hours to make the Narcissus cutoff, and from Narcissus we could walk if we so wished.

From Kia Ora Steve was really struggling in the heat and dropped off behind; worried about the cutoff, I ran hard and reached the next Hut, Du Cane, at around 2pm. I asked the two race officials there how long it had taken them to come from Narcissus and they replied three hours.

Three hours, I repeated to myself as I ran (slowly)- they walked it in three hours. This should be okay. My mood was upbeat and confident; feet picked up higher off the ground, I was running solidly. Again, I was surrounded by forest. This was not quite as bad as the earlier technical surfaces, which Steve and I had collectively referred to as "shitty stuff", such was the demoralising effect of having to slog slowly through it. Not what I had expected after the first spectacular alpine hours of this run.

The trail after Du Cane Hut was not "shitty stuff" at first, but open forest path paved of dirt and some duckboard with roots passing through fairly regularly- though not as tangled and gnarled as before. Steve caught back up to me and I outlined the theory which made me so confident. "Three hours for those guys from Narcissus? Yeah, but I know them, they're runners too. They'll have run up from the ferry in three hours, without having already done what we've done. We'll push it close." I ate the remaining muffins in my pack, to provide fuel for the slog up Du Cane Gap, then the final trail section to Narcissus.

We passed several more runners as the trail began the climb to Du Cane Gap; but our standing in the field would not matter a jot if we missed the cut. The higher we got, the rougher the trail became, revising back to the shitty stuff from earlier on. Now we were fighting to make headway, especially as the sun blazed hotter and the trapped air became staler and nastier. Every stop for a bottle refill was a relief; a rest.

When you pedal a stationary bike, you place a fan in front of you to provide a steady breeze and keep the air fresh. I'm not sure if you've tried to pedal a stationary bike without the fan or any ventilation, but the air quickly becomes bad and foul, heats rapidly, and the sweat floods off you and quickly pools on the carpet. That sensation was what we faced climbing the north side of Du Cane Gap, I was heaving for breath and the socks were again squelching, thoroughly soaked in sweat as they were. Odd feeling.

We overtook another runner, then coming down the south side of Du Cane Steve began to run away from me; though I kept him in sight all the way to Windy Ridge Hut. Descending the trail, strewn with tree litter, I noticed my fingers were swollen and lips parched, even though I had drunk plenty of fluids, mixing water from streams up with powders and drinking all I could. Swollen fingers I knew were a sign of electrolyte depletion, a problem I had never suffered before; not good news. I made it to Windy Ridge Hut at around 3.20pm.

Two runners who looked in need of medical help were here. One had passed out, the other had a leg locked into position by cramps and was in great pain. Steve was gone; he must have stopped just long enough to have his name marked off, then charged hard to chase the cutoff. I stocked up on electrolytes as best I could then headed out; I asked one staffer how long it was to Narcissus. She replied, an hour and a half. "Is that running, walking or staggering?" I replied. "If you walk fast, and consistently, you might make it," she said, her face reflecting the fact that such a feat was obviously a really hard task.

For ten minutes I ran fast and inspired, then the oncoming symptoms of electrolyte depletion overwhelmed me and rapidly I was reduced to a shuffle.

I was light headed and dizzy and staggering from side to side over this rough bush trail. A muscle under my left shoulder blade cramped up, then my right hamstring started to rebel- every high step I made over a fallen log, rock or dry creek bed the muscle would catch briefly in cramp, then let go. In a few minutes, I had gone from steady progress to a body shutdown and something that could not be called running any more; more like a death march. It got thoroughly bizarre; at least eight times I turned to look behind me as I heard running footfalls and voices, but there was never anyone there, even when I waited for a few minutes. After Windy Ridge I didn't see anyone until quite close to Narcissus (I did see my fourth snake of the day though, a copperhead) but I could always hear someone right behind me. It didn't occur to me till later that it would have been an aural hallucination.

I battled my own failing body and the heat for half an hour until I grasped that I would go faster walking than still trying to run; so I walked, trudged, drank some more fluids, and slowly started to come good again. I passed a couple of hikers, and through the trees I could see Mount Byron, near the shores of Lake St Clair, a deformed cone of rock. When my watch beeped for five pm, I started to jog again, slowly, as I reached the forst duckboard for a while. I came into an open grassy section, saw a stand of trees on the far side, and concluded that they marked the shores of Lake St Clair- only a few minutes to Narcissus, surely? And then I could stop racing and recover from this hole?

The trail crossed a river on a swinging bridge, took to more rock covered dirt path, then Narcissus Hut came into view and I slowly trotted into the clearing. By my watch, it was 5.24pm and I was out of the race- no running round the lake for this mainlander. Sue Drake, who I had not met before, saw my Sydney Striders shirt and asked if I was Keith. "No," was my response, "Keith's somewhere back there," emphasised with a jerk of the thumb. She offered me a glass of Coca Cola, then some of the best tasting homemade Anzac biscuits I had ever tried. I ate and drank rapidly, then Sue said a ferry was leaving shortly and I could join it if I didn't dally. I hurried down to the jetty by the lake shore, where Paul Ashton and a few others were waiting. Paul had made the cut by one minute, then elected not to continue. I flopped my sorry body down on the boards next to him, but the ferry didn't leave till after 6pm, just after Keith White came in, his legs badly shot. Kris Clausen had already won the event almost three hours beforehand, but still close to an hour and a half slower than his winning time in 2000, an indicator of the tough conditions.

The ferry driver gazed over the tired and shattered men before him, said we were the youngest looking bunch of old men he had seen, then, when he pulled away from the jetty, radioed ahead that the "floating hospital" was on its way. We were amongst the 22 (out of 52 starters) who did not finish the event, a far, far higher total than normal. Two competitors ended up walking out of the National Park from Pelion Gap.

Given my training situation and the oppressive conditions, I'm amazed I did well enough to be one of the first to miss out, if you know what I mean. This is a tough run, no question, but if you know what to expect regarding trail surface, I don't regard this as being the uniquely tough event that one or two race committee members and locals hold it out to be. From my own experience, the Glasshouse Trail 100 (<http://www.coolrunning.com.au/ultra/glasshouse>) combines the attrition of sheer distance and a guarantee of hot conditions to make that event formidable; the Bogong- Hotham (<http://www.coolrunning.com.au/ultra/bogong>) is, mile for mile, probably the toughest going round, and is also held in the unpredictable alpine climate, while the Blue Labyrinth event (<http://www.coolrunning.com.au/fatass/bluelabyrinth>) has distance, tough trail running, sheer climbs, and no support; it is uniquely hard in Australia. I think you can make a good comparison with this event and Sydney Trailwalker 100K in terms of trail conditions- Trailwalker is probably more difficult in that regard. I'll train for the 2002 Cradle Mountain by doing a lot of running on the technical surfaces of the Trailwalker course. A comparison with an alpine mountain run like Bogong- Hotham isn't valid- yes, this has alpine features, but is more of a tough bush run. Very hard, tough and satisfying, yes, but not far beyond other events in this country. Unquestionably, though, it deserves respect and the weather can just as easily be bad the other way- cold and storms. Over Christmas, it snowed on the trail, so the rigorous equipment rules and qualifying standards are justified.

PROFILE OF MAX BOGENHUBER

NAME:

Max Bogenhuber.

DATE OF BIRTH:

May 14th, 1942.

PLACE OF BIRTH:

Salzburg, Austria.

ADDRESS:

36/40 Belmont Street, Sutherland, 2232.

OCCUPATION:

Retired.

MARITAL STATUS:

Defacto relationship.

CHILDREN:

Two - one son, one daughter.

HEIGHT:

165 cm (5'6").

WEIGHT:

58 kg (128 lbs).

BEST PHYSICAL FEATURE:

There's nothing outstanding about me physically.

EDUCATION BACKGROUND:

Left school aged 14, did numerous computer courses later in life.

FAVORITE AUTHOR:

Don't have one.

FAVORITE BOOK:

Angela's Ashes.

FAVORITE NON RUNNING MAGAZINE:

The Economist.

FAVORITE MOVIE:

Nevada Smith.

FAVORITE TV SHOW:

British comedy shows and any live sports coverage as long as it is not any kind of rugby.

FAVORITE ACTOR:

Steve McQueen.

FAVORITE MUSIC:

Country, early rock, pop classical

BOOK YOU ARE CURRENTLY READING:

Getting Older Slowly (very appropriate at this stage of life).

HOBBIES:

Don't really have any.

COLLECTIONS:

As above.

MAKE OF CAR YOU DRIVE:

1981 BMW 318i.

MAKE OF CAR YOU WOULD LIKE TO DRIVE:

Latest Porsche Boxer.

GREATEST ADVENTURE:

It's a toss-up between travelling around Australia in my car in 1961 and climbing Mt Popocatepetle (over 5000m) in Mexico in 1982.

FAVORITE SPECTATOR SPORT:

Watching the 'Tour De France' on television.

FAVORITE HOLIDAY DESTINATION:

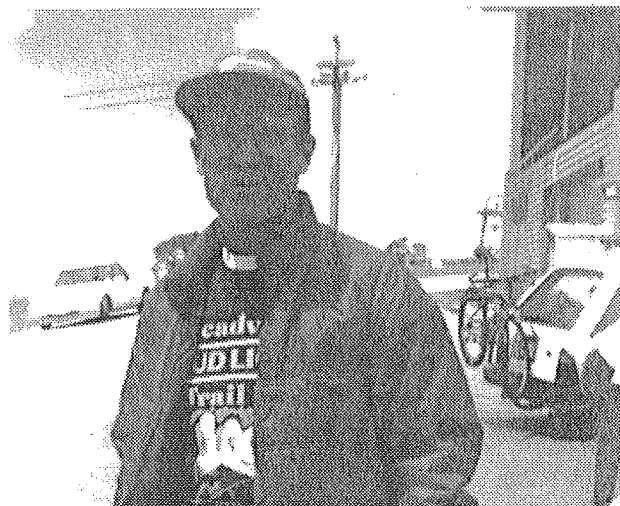
Anywhere away from the big cities, preferably in the mountains.

FAVORITE ITEM OF CLOTHING YOU OWN:

When you grow up like I did, every piece of 'new' clothing is your favorite piece of clothing.

MOST PRIZED POSSESSION:

Although I don't 'own' her, I value my partner Elizabeth more than anything else.



PERSONAL HERO:

Any of the pioneers of old, who travelled into the unknown without fear.

FAVORITE QUOTE:

'Be not afraid of slowing down, be afraid of standing still'.

PERSONAL PHILOSOPHY:

Try to live life so you never have to apologise.

SHORT TERM GOAL:

I don't look at life in the short term.

LONG TERM GOAL:

Get my two kids to talk to each other again.

ACHIEVEMENT OF WHICH YOU ARE MOST PROUD OF:

After growing up in poverty, to retire aged 57 in reasonable comfort, without any help from any government.

PETS:

Don't have any.

PET PEEVE:

Lazy or wasteful or negative people.

FAVORITE NON RUNNING ACTIVITY:

Spending time with Elizabeth.

GREATEST FEAR:

Loss of mobility.

HAPPIEST MEMORY:

Being in love for the first time.

PERSONAL STRENGTH:

Stubbornness.

PERSONAL WEAKNESS:

Stubbornness.

RUNNING DATA:

=====

PB's - 1 mile 4:57.

10k35:17.

marathon 2:45:35.

50 mile 6:28 (hilly Bathurst course).

100k 8:32 (hilly Bathurst course).

100 miles 16:22 (Manly oval).

YEARS RUNNING ULTRAS:

19.

NUMBER OF ULTRAS FINISHED:

63.

BEST ULTRA PERFORMANCE:

Although I have won four 50 milers and have had major placing's in several other ultras, I consider placing 8th at the Leadville 100 mile trail race, with 275 starters, my best performance. This is because of the difficulty of running at such high altitude for someone living at sea level and the quality of the field.

MOST MEMORABLE ULTRA AND WHY:

Completing the Wasatch 100 mile trail race in under 24 hours - making me only the 4th 'over 50' runner to do so in the race's 18 year history and doing it with a bung knee. The race had blazing heat in the afternoon, then freezing, driving rain during the night up at 10,000 feet. Elizabeth paced me in from Brighton and when the coyotes were howling during the night, she got so close she kept stepping on my heels. When I was sprawled across a rock, out in the pitch dark wilderness, spewing my guts out, she was there beside me and encouraged me to keep pushing for the finish line.

TYPICAL TRAINING WEEK:

This is a week out of my log prior to winning Bathurst in 1987 -

Monday	- PM - 25k road, easy
Tuesday	- AM - 12k road, easy PM - 12k - warmup, twelve 400m reps, warmdown
Wednesday	- PM - 31k road, easy
Thursday	- AM - 12k road, easy PM - 10k - warmup, 3k track race in 9:58, warmdown
Friday	- AM - 12k road, easy
Saturday	- AM - 24k bush trails, easy
Sunday	- AM - 60k road in under five hours.

INJURIES:

For the first 15 years of running almost none, but over the last four years I've had two knee operations on a knee which was damaged falling over in a 4k cross country race.

FAVORITE RUNNING SHOES:

Any shoe that fits well, but I tend to stick with ASICS.

FAVORITE FOOD/DRINK DURING AN ULTRA:

I've learned not to be fussy because you never know what you're going to get, so I eat/drink whatever is at the aid stations.

FAVORITE HANDLER:

Elizabeth.

FAVORITE RACE PLAN:

Let the rabbits go early and haul'em in later.

FAVORITE RUNNING SURFACE:

Bush trails, but not rocky trails.

ULTRARUNNING IDOL:

My brother Fred; he has run thirty four 100 mile trail races all over the US and has run every Western States 100 miler (11) in under 24 hours, including the last one at 60 years of age.

WHY DO YOU RUN ULTRAS:

When I first heard of people running 50 miles (yes, I am that old) I thought that they would walk most of it, then I met Bob Telfer who ran the 'Sydney to Wollongong'. When I saw that, I made it my goal to achieve it also, so I suppose it's for the satisfaction of achievement.

ANY ADVICE TO OTHER ULTRARUNNERS:

- 1) Take heed of my favorite quote.
- 2) Be patient with your build-up to an ultra race, i.e. don't increase your mileage by more than 10% per week.
- 3) Training runs of more than 60k can be detrimental.
- 4) Most of all - be consistent with your training.

MAKE SURE YOU CHECK OUT AURA'S WEB SITE!!!!

WWW.COOLRUNNING.COM.AU/ULTRA

Running towards the next challenge

By ANNE-LOUISE MARWICK

THERE would only be a few stretches of bitumen that haven't been pounded by Albany man George Audley.

The long-distance runner has stamped the soles of his well-worn shoes on several tracks over the years. However, there is a particular path he has had eyes on for some time.

And while he plans to tackle it this weekend, the run will be more than just meeting his latest challenge - it will mark his 65th birthday.

Mr Audley will leave Jerramungup at 10am on Sunday. Almost 180 kilometres and 24 hours later - on his birthday - he expects to arrive at the Premier Hotel.



George Audley after arriving in Albany.

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"There are not too many people in Western Australia who have run at least 100km in 24 hours," he said. "I think I can do it."

Running alongside Mr Audley for the final kilometre - from Sanford Road to York Street - will be Albany Mayor Alison Goode.

In addition to the length of the run, the undulating terrain and the vast stretches of surrounding farmland, Mr Audley will face prevailing winds and is expecting the weather to be wet.

Joining him is his wife, Christine, who will take on the job of driving the support vehicle as well as supplying her husband with food, drinks and any other help he needs. Mr Audley's usual supporter, David Horne, had to pull out at the last minute.

"I have been thinking about doing this run for a couple of years. As a member of the local bridge club, I have travelled to Jerramungup many times. Each time I go there, I think about what a good distance it would be to run," he said.

"I was going to do it last year but (fellow runner) Gary Parson was

coming through Albany during a continuous 19,000km run he was doing, and I ended up joining him in Manjimup. I still did about 200km over four days."

This weekend's run is just a mere step towards a greater challenge - the Colac Six-Day International, to be held in Victoria in November.

Despite a set-back on the first day of last year's event, Mr Audley still managed to cover 571 kilometres and finish seventh, the second Australian to cross the line.

Mr Audley has been running every day since January with the Colac in mind, averaging

100km a week and only taking two days off.

"This weekend is a great training run for Colac," he said.

Mr Audley took up long distance running in 1981, prompted by the death of his father at the age of 63.

He took part in a fun run in Albany, finishing the 17.5km event in about 45 minutes, which led him to join the local cross country athletics club.

About six months later, he took part in a 42km marathon in Perth, clocking up a time of three hours and one minute. He was 45 years old at the time.

About four months later, and another

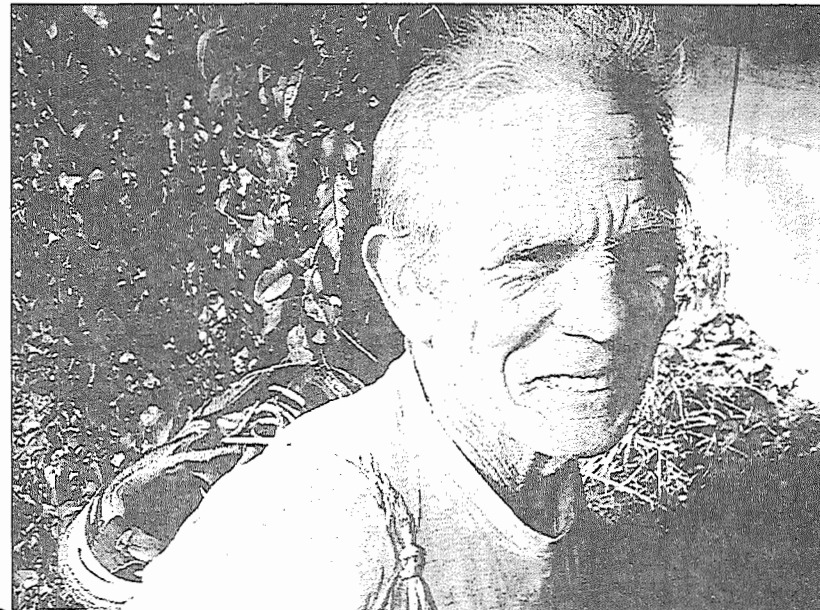
marathon, he managed to break the three hour barrier.

And he hasn't looked back since, instead, increasing his distances and setting new challenges, which has led him to be ranked number six in Australia in his age group, completing a 48 hour track.

"Since I started running, my health has improved so much, so I can't see why I should stop.

"The hardest thing is getting out the front door," he said.

"People say that I must like running. I tell them that I don't. But I have found something I am good at so I owe it to myself to continue."



Stunning run from birthday-boy

IT was an exhausted but pleased George Audley who arrived at the Premier Hotel in Albany on Monday afternoon.

Mr Audley had just completed a marathon run from Jerramungup to Albany to celebrate his 65th birthday - a distance of almost 180km.

Finishing the journey in 29 hours and 10 minutes, Mr Audley said the run had taken five hours longer than expected because of a strong easterly wind and driving rain.

Setting off from Jerramungup at 10am on Sunday, his crew's back-up car broke down only 20km outside of the town. Some passers-by managed to get it started again by quite literally hitting the engine.

Mr Audley said he had only four decent rest breaks during the trip, and spoke in praise of his wife.

"My wife had to do the driving all this way," he said.

In the first 24 hours, Mr Audley had covered 148km.

He said he was 'quite

happy' with his achievement and intended to have a soak in the bath to celebrate.



Dipali's big feat!

She runs 102km a week in very odd shoes

Jogging around the streets of New York, petite Dipali Cunningham stands out a mile from the other runners – and not because she runs faster or longer than anyone else.

It's those huge holes in her sneakers.

Dipali, a 41-year-old fitness trainer from Melbourne, deliberately cuts out the top toe section and heel area of her sneakers to allow her feet to breathe and to cut down on blisters. She needs all the help she can get, considering that she runs for days on end with hardly a break.

Dipali is a world-class athlete – even though it's unlikely most Australians have ever heard of her. She is what's known as an ultra-distance runner and competes in races that never seem to end.

Dipali, who's 163cm-tall and weighs 49.5kg, set a world-record in 1998 in the female category of the six-day race, running 810km.

That's an average of 134km per day or 5.6km an hour, including sleep stops, meal times and toilet breaks. In fact, when she set the record, she was beaten by only one man, and the second man was 220km behind her.

"I sleep only about three to four hours a day during the races," says Dipali, a strict vegetarian.

"I tend to eat on the run if I can, usually foods in puree form. I get blisters all over my toes, and my stomach gets upset from all the up and down

motion. But I run with my heart, not my mind, and my heart tells me to keep going."

That explains why she goes through two pairs of sneakers every race!

Yet until she was 21 she'd never run more than the length of a netball court. Then her brother took her out jogging.

"One day, we went on a jog and, without telling me, he took me eight kilometres. After that I ran in 10km races."

In 1983, she went on vacation to the US, where she discovered the "inner strength" to compete in marathons. Soon she progressed to ultra events, but in her first 1100km race she stopped 48km short.

"I just couldn't finish. My mind took control over my heart, telling me my feet were hurting. The next time I ran an ultra I got shin splints, but I was determined to finish and walked the last 400km."

She has now run 80 marathons and 18 ultra-distance races. To stay in shape for these events, Dipali trains seven days a week, running 16km on weekdays and even farther on weekends. One weekend per month she runs a total of 102km.

Dipali, whose name means "light" in Bengali, changed her name from Catherine. She says much of her willpower comes from being a disciple of Indian guru Sri Chinmoy, who believes that physical wellbeing is closely linked to spiritual wellbeing. His

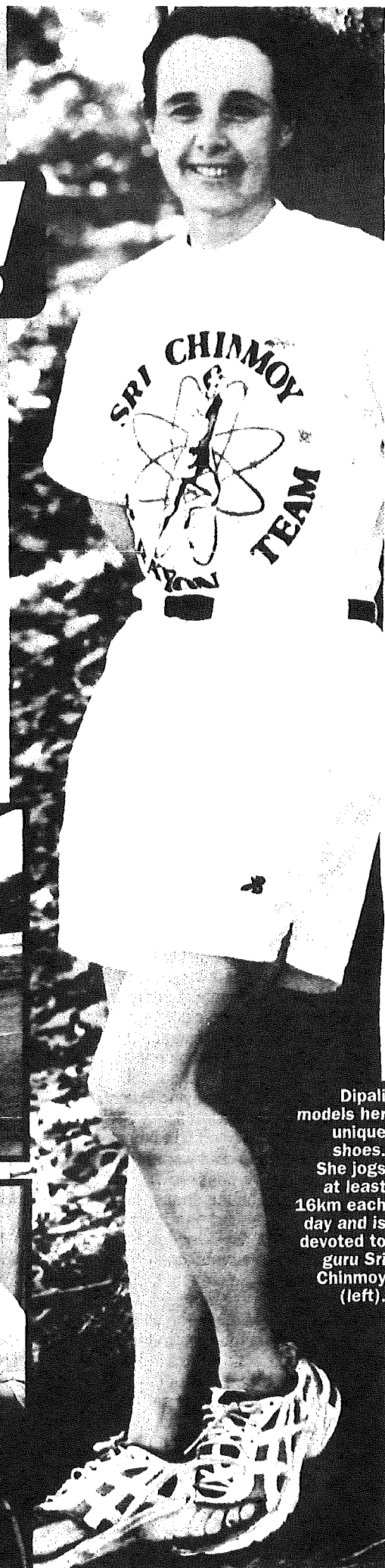
headquarters, where Dipali has lived for 10 years, are in New York.

"Essential to guru Sri Chinmoy's philosophy is the need to go beyond any barriers, mental or physical," she says.

"The heart has no such limitations, and therefore can carry me to certain unreachable goals."

And as for a man in her life, she's been celibate for 20 years, devoted only to her guru – and running.

Story:
Drew MacKenzie



Dipali models her unique shoes. She jogs at least 16km each day and is devoted to guru Sri Chinmoy (left).



Long run: Shirley Young trains hard yesterday. Pictures: CRAIG WOOD



Still standing: 70-year-old Young and a picture of her 1990 Melbourne marathon finish.

Shirley has a run at ton

By CHRIS MUIRDEN



SHIRLEY Young is the only female in a dwindling field of 21 Spartans to have run every Melbourne marathon since the race's inception in 1978.

On Sunday the 70-year-old grandmother will shrug off an arthritic back complaint, put on a neck brace and, barring misfortune, complete the course in about 4hr 30min.

And after watching Cathy Freeman win gold in Sydney, Young has been inspired enough to offer the remaining male Spartans a simple message regarding her chances of being the lucky last member of the elite club.

"I'll run the race for as long as I can. My motto is to keep going until I'm 100," she said.

"I keep saying to the men that I'll be the last survivor because I'm the only woman."

Young still vividly recalls the first of her 22 Melbourne marathons.

"I'd only just taken up running. I was so tired I got cramp all over my body. They had to carry me downstairs to the recovery room and my family were quite concerned. I thought I'd never ever run one again."

But running has since become her passion, and she jogs up to 32km daily. Her best time for the marathon was 3hr 19min 26sec in 1985.

She is also a regular on the ultra-marathon circuit. This year she won the Australian 100km championship, breaking several world age-group records along the way.

Out in Melbourne's eastern suburbs she has plenty of notoriety.

"I get quite a few comments (as I run). There's a few old fellas who always want to stop me for a chat," she said.

"They walk their dogs and sit on the bench and ask me if I'm going to run in the Olympics."

"My daughter (former Commonwealth Games representative Lorraine Jachno) got my husband and I tickets for Monday night (Freeman's final), so I told them I made it to the Olympics to watch Cathy run. It was absolutely fabulous."

And if Young makes it to 100 and runs her 53rd Melbourne marathon in 2030, similar sentiments will be expressed.

HELP DESIGN NEW AURA LEAFLET

Help is needed to design a new leaflet which will promote the benefits of joining Australia's number one Ultra running organisation. (AURA) It can be two or three folds and be able to be printed on Microsoft Publisher. The winning leaflet will be selected by a anonymous group of judges. The winning artist/publisher will win one year's membership to AURA. This leaflet is going to be used around the country to promote AURA and it's benefits at Fun Runs/Marathons and other Endurance Events.. Closing date is 1st October 2000. So start designing now.

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

38 POUNDS TO GO!!

BY BRIAN JACKSON

I started of the year full of enthusiasm. I wanted to give the bunbury 6 hour a really good go this year, to try and recapture some of that winning feeling I felt back in 97 when I ran my first ultra. I hadn't done much running over the holidays, in fact since the rottenest marathon last October my running shoes had grown a nice culture of spiderwebs in the garage. It was a terrible race. my weight was okay then at 12.03 pounds but something must have been wrong with the race computer. I came in at 3.55 and tried to console myself by turning it into an ultra by running the 10k run half an hour later. I'm not sure what I was thinking –maybe if I cant run fast I'll run long. I kind of reckon that might have been the match that started the burnout. Physically I couldn't be bothered anymore and mentally I was having a hard time reconciling the effort and time I was putting in, the lack of perceived results and the disappointment of not fulfilling my potential.

My efforts to do something about my career by going back to uni proved unsuccessful. I went nursing last year and transferred to podiatry this year. The latter I thought would be an ideal career for me and fit in with my ultrarunning. I thought things are going to change now –but they didn't. To this day I cant really figure out why, after all I worked for this for so long.

My weight began to blossom and by the time the 6 hour race came around I was tipping the scales at 13.06 st. The race was a real struggle and I came in at 57km's. It was really hard for me to look at those who had run further than me and not feel a sense of despair. The normal post race blues seemed harder to handle this time. I felt like everything was sliding and I didn't know what to do about it. With every passing marathon and ultra I seemed to be getting slower with every passing day I seemed to be getting heavier. I didn't know what I was doing with my life, career however I marched on.

Shortly after the six hour I joined this small gym around the corner on the spur of the moment and what followed gave me a new focus for a while. The short version of events was I ran on a treadmill for six hours down at the local shopping centre. It was part of a membership drive for the gym and helped to raise a small amount for the heart foundation. The local newspaper came down took photos and wrote a nice article, "never let the truth get in the way of a good story" was what I thought after I read the article. My marathon efforts were in the overseas country's not my ultramarathons. The run itself was not to bad. I ran 58ks- slightly disappointing seeing as I had already run 60ks on a treadmill in training without too much difficulty. I did a demonstration run 3 days before the event at the uni for 3 hrs for a healthy lifestyle day- I think that might have affected me on the day. both runs gave me a good opportunity to talk about my own brand of ultra philosophy and were very rewarding experiences. "THE TRAINING ZONE 6 HOUR CHALLENGE-FEATUREING BRIAN JACKSON, COME DOWN AND SEE IF OUR ULTRA RUNNER CAN DO IT -60KS IN 6 HOURS" I'd be the first to admit a bit of self promotion went on but I thought stuff it it's not often I get such a receptive audience. We should all be proud of what we do and learn through ultrarunning and in life for that matter, and not be afraid to tell others about it- "let your light shine". It was a damned shame when I went back to the gym the following week to find it empty. I lost the 12 month membership I was sponsored and the new focus I had. Brad, the gym owner had such plans about future events- I was disappointed and guttered. At least my weight was down to 13.03st- for the moment.

Shortly after my treadmill antics I left university and began working for my brother fibreglassing boats, gees its uncomfortable trying to run after a day doing that. I rediscovered why they call the jiffy van the gut truck. Five days a week eating cheese and bacon pies washed down by choc milk and finished with a generous end of the week sundowner saw my weight get to a record 14.10st. One night after a large meal I jumped on the scales and neally died when I read 15.03- the heaviest I'd been in 9 years! This was around august and the time of the geraldton marathon. I ran it in 4.37hrs but rather than

depress me I became quite positive realizing that it really was an achievement to finish in my condition got a hard time from a couple of the guys about my weight but it was all in good taste. Actually I probably did nothing to discourage it when I got on the bus home with half the supermarket and my now trademark doughnuts. One of the guys reckons they should have a new weight for age category and that I would probably win it. By the time we got home on the bus I'd made a bet for \$100.00 with one of the runners that turned into all of the bus that I would do a sub 3hr marathon next year.

Leaving uni, becoming unemployed and the thought that if I want that \$100.00 next year has started me on the COUNTDOWN 38. That's 38 pounds I need to loose to get back to a target weight of 12 stone. I just joined a gym and start a new job driving a bus. Things are starting to look up. It really helps to surround yourself with positive people when your getting back on your feet. I found such people at Mission Employment in Maddington W.A.. Their attitude encouraged me to move forward and the financial and training assistance they gave made it possible-the first job I applied for I got! Thanks Fawzia Frahmand and crew.

The dream I've had for years to run the Spartathlon is re surfacing, it would be the ultimate to do it at the 2004 olympics. It is a long term goal that has taken the pressure of me. I feel more relaxed now and ready to move forward. I've just gone and weighed myself since spending 5 hours typing this and I lost 2 pounds-only 36 to go! Now I really do feel good after writing this!

CHEERS Brian "ultra Jackson"

Community Sport



On life's treadmill – Brian Jackson took on a six-hour challenge sponsored by gym owner Brad Turnbull (right). Tae kwon do instructor Tristan Johnston looks on.

Brian aims for Athens

MARATHONS are not necessarily symbolic of life experiences.

But for passionate ultra-marathon runner and Canning Vale resident Brian Jackson, they have been the beginning of a journey of self-discovery.

The Curtin University podiatry student's association with ultra-marathons began in 1997 when he entered the annual Bunbury Holden Six-Hour Track Challenge – a time-based competition where runners aim to complete the most kilometres in a six-hour period.

Surprising himself, Brian took out first place, completing 63kms.

"It was a hard haul and a real struggle and I couldn't believe it when I actually won," he said.

"I started pacing myself, but after a couple of hours I had to come off. My stomach was upset and I wasn't having a good time."

After support and encouragement from organisers and his brother Joe, Brian returned to the track.

"I found out that I had a hell of a lot more inside me than I realised and it really paid to push on – everyone faces difficulties at some stage."

Since his Bunbury success, Brian has participated in many ultra-marathon events worldwide, including 100km and 24-hour competitions in London, Spain and Paris.

As well as setting his sights on competing in marathons in Perth in July and Geraldton in August, Brian has aspirations to complete the historic Athens-to-Sparta marathon at the 2004 Olympics.

"It is all about setting yourself goals and working towards them. You don't think of the finish, you just take a step at a time," Brian said.

"It is basically a mind game and you have to concentrate, but you find that you overcome the challenges and each challenge is paralleled with life."

Brian recently took on a six-hour treadmill challenge at Livingston Marketplace Shopping Centre, sponsored by Training Zone gym owner Brad Turnbull.

MIKE MADDOCK: A SPIRIT OF ADVENTURE

MIKE MADDOCK ACTED AS PETER HOSKINSON'S SUPPORT PERSONEL
DURING LAST YEAR'S AUSTRALIAN SIX-DAY RACE AT COLAC.
TONY RAFFERTY DISCOVERED AN ENGAGING SUBJECT FOR THIS INTERVIEW.

TONY RAFFERTY: Mike, you're an interesting character. You've accomplished many unusual things. I suppose you could be described best as an adventurer; and you came from my home town. Let's start there.

MIKE MADDOCK: Yes, Tony, thanks. I was born in 1943 during the war, in Belfast. Things were very basic. No opportunities. Didn't even think of sport. We had an old radio in the corner but we didn't hear anything. We didn't see anything. We knew the soccer was on somewhere because my parents would listen to it. But that was all we knew, that somewhere out there someone played soccer. I grew up with no knowledge of sport. Because my father was in the British army we travelled around Germany, parts of England and back to Ireland again for many years. I did play sport as I went through school. I wasn't good at team sports. I didn't know where to stand during cricket matches. And when you changed ends and went to the other side the whole thing was completely beyond me. When it came to solo sports with a racquet or with running I felt comfortable. I was in charge. With other sports I was at a loss. Running developed from that. I didn't start seriously until I was 25. Fun runs.

"Obviously you grew to enjoy running the roads. And then you looked at ultras. How did they come into your life?"

Before I even knew that these races existed I'd read books about the old pedestrians in England and the USA where they competed in six-day races inside stadiums with wooden floors and banked turns. The planks would come loose and they'd be nailed back down again. And smoke-filled rooms. These guys ran huge distances inside small 120-metre tracks. The events intrigued me. I didn't think I'd ever do anything about ultras. I stored away the information. They were just magic to me. So I had this incredible information that people actually did these things. It wasn't until I ran marathons and joined the Vets in Tasmania that I found out there were other things beyond the marathon. I'm fascinated by the human ability. If we push and push we find there are no limits.

"You made a comment in reference to Sir Edmund Hillary and what he said about what makes a champion."

Yes...well, if you're going to do something and you're absolutely confident you can achieve it - why do it? If you're confident that's the end of the matter. Do something else. Something that could be beyond your capabilities.

"What are your achievements in ultra events?"

I'm not a record-keeping person. I can hardly remember what years I ran in various events. I don't keep medals. They go into a box. I don't display anything. I know what I've done that's all that matters. That applies to many ultrarunners I've met.

"In that sense, Mike, you remind me of one of the great personalities of our sport - Joe Record."

It's because they are solo achievers. People can't understand if you're running for six days what it does to you...or what it means. People outside the sport just don't understand what it's

like. The pain and trauma of it all. And I'm not sure myself actually. I haven't competed in a six-day race. Anyway, I started off in the 94-kilometre Ross to Richmond race. I decided on the spur of the moment to run it. I formed a crew. I placed last. The weather was atrocious. Head winds. Driving rain. But I got there. I was sore but I achieved something. I entered the following year and knocked two hours off my time. Then I entered the Launceston to Hobart event. I came seventh. I had phenomenal problems with support crew and vehicles. I knew there were things happening that the crew didn't want to tell me. People doubted that I would finish. There was never the slightest doubt in my mind. I knew I'd make it. I've a positive mind. Runners at the start, from all over the world, on the stage talked about their training distances. I was surprised. Huge distances. I averaged only 70 kilometres a week in the months before the race. I had confidence. I started last. I knew myself so well that I started at the speed I could finish with...and I got to Hobart. Magic. It took me 28 hours to complete the 200k but I finished in reasonable shape. Walking the next morning posed a problem. I finished behind Rob Nash from Victoria and I walked the last 130k. I spent the last 30 kilometres alongside him. With about 4k to go one of my crew said, 'Do you feel like catching him?' So I took off my raincoat, lightened my load and got within a minute of him. Then decided that running up and down the footpaths was too dangerous. I then relaxed. I was happy to finish. Superb. I had a ball.

"Then you competed in the 24-hour race at Coburg."

Indeed. Some time before I crewed for (the late) Mike March which was one of my highlights in running when he set the Australasian record. A great loss to ultramarathon running. He had such potential. An unassuming person. He focused completely on what he had to do. You know, Tony, he ran from Hobart to Burnie, about 300 kilometres and then competed in a 10k race when he arrived and ran it in under 40 minutes. From Hobart to Burnie he ran solo. Just carried a bumbag. No accommodation. Slept under the hedges. A special guy...Peter Hoskinson and I, over the last few years have run in what we call 'classic runs'. We plan runs which people can do completely self-contained for food and survival. Six, seven, eight-hour runs. A fascinating one is Strahan to Queenstown in western Tasmania. Many years ago a railway travelled through the area. A cog system was used to pull the train up the steep hills. Before it was rebuilt Peter and I left an overnight bag at Queenstown, drove to Strahan and ran through the railway track. Six hours we took to get to Queenstown. We stayed overnight and ran back the next day. We ran through wilderness country. We crossed rivers. Ran through cuttings barely wider than the train. Sleet, rain, sunshine. Magic running. Both trips.

"What are your plans for future ultra races?"

On Saturday afternoon at two o'clock I thought this six-day stuff looks really good. But now it's Thursday about lunchtime. It still looks intriguing but it also seems very stressful. The seed's been sown that I'll come back maybe next year before I get too old, to see what I can achieve in running over a six-day period.

"Well, Mike, if it means anything, Ramon Zabalo, Siggy Bauer, Joe Record and many others competed well into their 50's. I lasted to 59. Cliff Young won the Sydney to Melbourne at 61. George Perdon

competed in top-class events through his 60's. So age is not necessarily a barrier in multi-day events."

Of course, you're right. Just today visitors close to where Peter's tent is placed asked me why there were so few young people competing. But I think you'll agree that maturity and self-knowledge is important for success in this sport which younger people may lack when it comes to running hour after hour, day after day.

"Yes. Maturity, self-confidence, discipline, determination, a fierce desire, belief in yourself."

You mention discipline Tony. That element is needed when one crews for a runner. I've had to be very disciplined this week ensuring Peter is kept in good health and good spirits. This job is an endurance event in itself.

"Mike, if there were a person you'd like to meet for an hour over a coffee or a glass of wine who would be your choice?"

Wow. A good one. I can't imagine the person being anyone famous. An ordinary person perhaps. The Clintons of the world have so many people pushing. So people in these position just move their lips. A person who crewed for me in the Ross to Richmond race, a runner from Hobart. His wife suffered multiple sclerosis. During the race not only did he have to ensure my welfare but of more importance he looked after his wife's welfare along the journey. Through driving rain and generally bad conditions he had to find toilet facilities with wheelchair access. At the same time he kept all my times for every junction. Every town we entered he made sure she was comfortable then came back up the road to attend my needs. Then off again to see his wife. He's my hero and a chat with him would be worthwhile.

"What are your impressions of Yiannis Kouros, as you see him from your position as another runner's support crew?"

An amazing man who is an inspiration to all of us. To watch him now with this unfortunate groin injury, under incredible pain. And his decision to walk the last four days of the race; his mannerisms, his demeanor is a superb experience to witness.

"What are your comments about the organisation of the race? And the town's attitude towards the event?"

Well...you'll want me to be honest. Here goes. The state of this track is a disgusting way to treat prominent athletes. These runners are superior in physical and mental terms to any other sports-persons. The standard of organisation is well below what the runners deserve. The track is hard and uneven. From where I'm camped when the runners hit the cross-over section they lean because the track gives way. The edges are terrible. The park is a beautiful setting. The people in this town don't appreciate what they've got. The race brings focus on the town. The event deserves a more positive approach from the organisers. They don't seem to care about the runners.

"Good luck with your future plans and many thanks for your time."

TONY RAFFERTY - January 2001
Email: tonyrafferty@bigpond.com.au



Tasmanian, Mike Maddock, with children from a Colac school during the Australian Six Day race last November

Thanks to the following members who have given a doantion with their renewal for 2001.

Peter Armistead \$20, Ken Matchett \$10, Kevin Cassidy \$10, Leight Privgtt \$10, John Lindsay \$10, Kevin Tiller \$20, Gordon Forsyth \$5, Steel Beveridge \$20, Jerry Zukowski \$5, David Clear \$20, Raymond Kemp \$20, Chris Gamble \$20, Ross Shilston \$20, Adam Barron \$20, Nick Drayton \$20, Alan Staples \$10, Rudi Kinshofer \$5. John McLeish \$20, Howard Neville \$10, Bob Fickel \$10, Andrew McComb \$20, Peter Sinfield \$10, Terry McCall \$10, Max Carson \$20, Max Scherleitner \$5, George Cormack \$5, Godfrey Pollard \$10, Paul Crouch Chivers \$20, Tony Rafferty \$10 and BRIAN BLOOMER \$120.

Thankyou to Brian Bloomer and everyone for their generous support to AURA witht he extra \$500 plus for the Kitty.

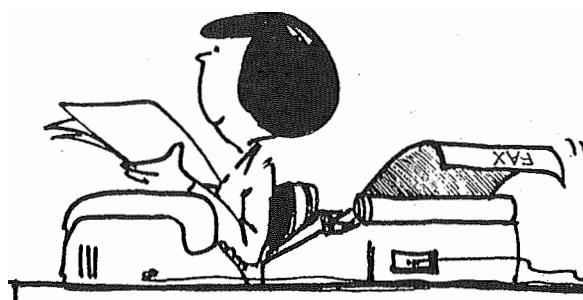
Phil Essam

Welcome to the following 12 new members from everyone in AURA

Bill Tomlczek, Fiero Mammone, Frank Kesselling, Monika Mohr, Anne Lytle, Geoffrey Last, Bjorn Dyboahl, Rosemary Johnson, Keith Wallis, Kieron Thompson, Andrew Tabain, Richard Bilewilz.

Please make these people welcome when you meet them.

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Thoughts on fuel for ultra distance runs, by Martin Fryer

For fuel intake during runs 40km or greater I try to take in a minimum of 1000kJ (240 calories) per hour, from a mixture of liquid and solid sources. For your 9h 20 min run this would have been 9300 kJ (2232 cal) MINIMUM. You said you only took in 1500 cal which is definitely below my recommended minimum. I ran Glasshouse 100 miles (161 km in about 21 hours) on about 27,000 kJ (6450 cal) intake and felt like I could have done another 80km lap when I finished, so my intake must have been at least adequate (~1300 kJ/h). Here's my approach:

LIQUIDS:

Whether it is hot or cold I tend to carry two water bottles of 500 to 750ml capacity, one filled with plain water, one filled with Lemon/Lime Isosport (available at the supermarket) at approximately half recommended strength. Isosport has 300kJ/scoop and I put in 1.5 scoops which makes 450kJ. I tried the Clip sports drink from the US but didn't like the taste much so I only have it occasionally. I always stay well hydrated because I carry one bottle in my right hand (held on with an Ultimate Directions hand strap) which encourages regular fluid intake. After you have used these for a few runs you will never try any other system. Of course, in really rough terrain where both hands might be needed I transfer this bottle temporarily to my small backpack.

When it is cold I drink one Isosport bottle per hour. When it is hot (>30 degrees like Glasshouse) I carry a third bottle which also contains Isosport with some extra sodium in it (one pinch of table salt per bottle). Under those conditions I would drink one bottle of Isosport first, then a bottle of plain water, then back to Isosport. As Sean mentioned, when you drink this much fluid you don't feel much like eating - that's what bombed me out of the Glasshouse race in 1999. I overcame this by getting used to a lot of fluid and food in long training runs. I don't see any other way around it.

Looking at the above you can see that I can get 450-900kJ per hour simply from Isosport - but the problem is that there is no fat or protein and the carbo and flavourings start to acidify the stomach - the trick here is to have an alkaline drink containing plenty of carbs but also fat and protein. I use the little boxes of Sustagen available at the supermarket. The Mega Choc flavour has 1200 kJ (288 cal) packed into 250 ml and goes down easily. I will have one of these every 1.5 to 2 h (or every few aid stations in a race that has them) depending on how much food I am taking in at stations (or have carried). If you are lactose intolerant you can find soy based equivalents (Sean Greenhill has tried these). If you want to crank up more calories in liquid form then just drink a couple of them at the same sitting. They seem to sit well in my stomach.

Quite a lot of people like to run on Coke but it really doesn't carry many calories (has no fat/protein) and can be quite acidic to the stomach. Also, I feel a clear-cut rebound effect when the caffeine hit subsides, so I only imbibe Coke in the late stages of a race as a quick carb fix if needed.

FOOD:

This is really up to the individual to see what sits well and what tastes good. It seems to me that I mainly crave sweet or salty, but supplement with neutral.

My favourite sweet foods are bananas (good for keeping potassium balance), rice pudding (Parsons brand in a can - either carry in plastic camping tubes or leave a can opener in the drop bag), mini Mars or snickers bars, Lebanese pastries (baclava).

Favourite salty foods include: ham, cheese and mayonnaise rolled up in tortilla bread and cut into mini-rolls, mini packets of potato chips, macadamia nuts, pea and ham soup, chicken noodle soup. Favourite neutral foods include dolmades (Lebanese vine leaves stuffed with rice), Lebo bread dipped into hoummus (garlic chick pea dip). Most foods and beverages now are well labelled for you to calculate kJ/calories.

I have also found the following US Web site (USDA nutrient database) helpful:

http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl

Looking at all of the above you can see that with a schedule utilising electrolyte sports drink, Sustagen type milk based drinks and regular small portions of other sweet and salty food you can easily attain > 1000 kJ/hour, which should keep you very pretty steady in energy levels as long as you are CONSISTENT. If you get behind, even early on, you will pay for it. Therefore you have to get used to eating and drinking early and often on long training runs.

On my favourite 40km training loop (with long, steady hill climbs) my minimum intake is: 3-4 bottles of half-strength Isosport (1350-1800kJ), a bottle of plain water, one Sustagen after 1.5 hours and one after 3 hours (2400 kJ) - this gives around 4000 kJ for a run lasting 4.25 to 4.5 h. Training for the Glasshouse 100 miler on this run I added things like Mini Mars bars (at 45 min and 2 h), a ham and cheese roll (at around 2.5 h) and/or a banana.

Hope this is of some help to yourself and others. The bottom line is that we all have to experiment and cater to our own tastes. Research has convincingly shown that you should eat food proportions (fat/carbo/protein) on long ultras that are not too different from your regular diet. When I was talking to Bill Thompson at Glasshouse about nutrition it was clear that he eats very little carbo in his regular diet but lots of protein - and that is what he races on. I eat a fairly high carb diet and eat in races accordingly. For me, I have found that at least 20% fat and 20% protein are needed for races > 50-60 km. I have also found that in shorter races at higher paces it is much harder to digest any of these foods/liquids, so I tend to stick to liquids only up to about the marathon distance.

So You Want to Run Ultra's

Shawn McDonald

I've been in ultrarunning now for 9 years, which is pretty much mid-pack in terms of longevity. There are a few things I would say in my experience as a runner and coach of ultrarunners that are true for MOST runners:

- the bread and butter of an ultra training program is your long run. Done regularly they will get you where you want to go in your distance and time goals.
- the quality and quantity of fuel (food/fluids) you take in during a training run or race has a direct bearing on the work you put out. Poor quality or quantity will lead to a degradation in performance and enjoyment as you proceed down the trail or road.
- each person has their limit in the amount and intensity of training they can undertake, before becoming injured or over trained. These limits will change as you age and are affected by other events going on in your life.
- your optimal performance in a given race can occur when you run an even effort throughout, thus pace is constant or nearly so, with a slight slowdown
- tracking your training and all details related to it can assist in finding out what works best for you. Using a log book is one way to do this. Record the details of each run, your food and fluid intakes, sleep quality, resting pulse, pace, weather, etc.
- three of the big things that cause discomfort, a slowing in pace, and perhaps lead to DNF's are: dehydration, nausea, and foot problems (blisters). An ounce of prevention is worth a pound of cure. Cut off these problems before they occur, or if they appear, deal with them at once. Be prepared to find solutions out on the trail or road, and brief your crew as to how to best help you do that.
- training for the specific conditions of the race will give you the best chance to succeed (however you define your goals and success). This means running under similar types of weather, terrain, time of day, with similar food and fluids, and using the same equipment as you will during the race.
- a proper taper before a race will enhance your ability to run in top form. The taper that is best for you may not work for your running friends and vice versa. Each person regenerates at a different rate after a period of hard/long training. The taper will help you get ready physically and mentally for race day.

We each are an experiment of one, each finding the way to keep moving towards the finish as best we can. Some do best with frequent long runs or with regular pace work, or doing lots of hiking/walking. Some will get stronger and faster with regular racing, others will break down. Each runner has strengths and weaknesses. These can change over time and with the training you do, and as you become more experienced in ultrarunning. Have fun each day in the journey. Be consistent, persevere, and share with each other the fruits of your finishes.

Andy Mac

Training for a 50 Miler

Well I just ran my first 50 miler 10 days ago, but here's my .02 worth anyway:

I built up my long runs every 10 days -2 weeks, 2 miles at a time, then 2.5-3 when I got over 20 miles. Due to an unexpected injury my longest real run was ~26 (but that was running with no breaks). I think this sort of plan is pretty good, though.

1. The biggest difference I noticed in running an ultra is the amount of walking you do. When most people train for a marathon they want to run the whole way if possible. No one (well no one as slow as me, at least) runs a whole 50 miler the first time. I don't know for sure but I'd guess I walked close to half of my 50 and I finished okay. So one thing I'd definitely recommend is to practice walking as part of your long runs. It is a lot easier to run 30 miles either walking the up hills or walking 1 minute every six or whatever than to just run it straight.
2. Practice running slow. I still don't feel comfortable running below maybe 9:30 pace, but late in a 50 miler it is important to be able to shuffle along.
3. Practice walking fast. There's a tendency to just slowly walk during breaks. I like to try and keep up a good pace. In preparing for my 50 I even practiced walking fast on a motorized treadmill. I got to where I could walk at sub 12 minute/mile pace. Of course that's on a treadmill, but still it got my legs used to long, quick strides. I noticed during the race that I was passing a lot of people on the up hills because I could walk faster than they could.
4. Practice trail running if you are doing a trail race. I didn't, I wish I had.
5. Worry about your feet. I never had blister problems with long road runs, but really tore up my feet on the trail (also see #4). Next time I'll try NuSkin or Second Skin or whatever and also change shoes and socks during the race.
6. Practice eating and drinking and carrying water. Very important.
7. Just keep moving. Depending on the cutoff, you don't have to move very fast to finish a 50 miler. At Ice Age, the required pace was just under 15 minutes/mile. You could hike that fast, although it might be hard to keep it up for 8 hours. But you don't have to run most of it or run too fast to finish; the key is to just keep going.

Karl King

In addition to all the other good thoughts posted, let me add:

1. If you took a survey of how list members trained prior to their first 50 miler, you'd probably find a wide range of training plans. Which says that there is no one sure-fire way, but many ways to prepare. So, don't agonize over details.
2. Most runners come to this sport with a metabolism trained for speed: I.E. burn lots of carbohydrate fast. What you need for ultras is a metabolism trained for endurance: I.E. be stingy on carbo burning and burn fat instead. Any damn fool can run fast for 20 miles. To run well for 50 requires a specific type of response from the endocrine system. You can train your body to deliver that, but only if you run long enough to get tired and hungry. For most runners that implies doing 3 or 4 runs in the range of 25-30 miles.
3. At the same time as you are training your endocrine system to respond to stress, you need to train your mind to get an endurance attitude. Those same 25-30 mile long runs will do that. One needs to experience the fatigue, and develop the resolve to run on in spite of it, learning that by relaxing and concentrating on form, you can keep moving forward when any sensible person would have stopped.

When my longest run was 13 miles, a marathon seemed nearly impossible.

When my longest run was 26 miles, 50 miles seemed nearly impossible.

When my longest run was 50 miles, 100 miles seemed nearly impossible.

When my longest run was 100 miles, 50 miles seemed like a nice, long training run.

Don't let the distance scare you; run from aid station to aid station and the distance will take care of itself.



The Marathon as Springboard

Here's How to Use the Marathon as Training for Your First 50-Miler.

BY JEFF HAGEN

SO YOU'VE run several marathons, you've reached your goals, you've heard the words of Peggy Lee's "Is That All There Is?" during your long runs, and you've anticipated that at some point you might get bored with 26.2 miles. You realize there's more running beyond the horizon. Rumors of ultramarathons filter back to you and your running friends. Those runners who go "beyond" the standard marathon distance pique your interest.

As you continue your marathoning pursuits, the lure of ultrarunning hangs out there like an artfully fashioned fisherman's fly enticing a largemouth bass. Don't despair! Perhaps all you need is that little push—or rather, that little lure—into the wild and wonderful world of ultramarathoning. And you've already got a stride up: You're a marathoner.

Since virtually all ultramarathoners were marathoners before they attempted their first ultra, it seems reasonable to view the marathon not as an "ultimate distance" but rather as just another step in the quest to find one's limits. From this viewpoint, moving from marathons to ultramarathons is a natural course of events, very similar to graduating from 10K races to marathons, but much easier.

If you're a marathoner who has been thinking about attempting an ultra, you may be wondering whether you'll be able to finish a race that goes beyond 26.2 miles. This is understandable, because through your own experience you are probably well aware of how difficult and painful the last few miles of a marathon can be. The prospect of pushing yourself even an extra five miles to complete a 50K race may seem unappealing at best, and nearly doubling the marathon distance to finish a 50-mile race may seem virtually impossible.

YOUR INVALUABLE MARATHON EXPERIENCE

The good news is that your past marathon experience is a valuable asset that can be used to your advantage when you train for and run your first ultramarathon. You've learned how to train for running long distances, including how to alternate hard and easy days and how to increase gradually the length of your long training runs. You've learned how to drink adequate amounts of fluid during a race to avoid dehydration. You've learned how to pace yourself, knowing that if you begin a marathon at 5K race pace you'll suffer greatly later in the race. You've also learned how to deal with the dreaded marathon "wall" that appears when your body runs out of energy and wants to sit you down to eat a quarter-pound cheeseburger and watch the rest of the world go by. Finally, you've learned something about how your mind works during the marathon, and how to make it work *for* you instead of against you when the going gets tough.

The Value of Marathon Experience

1. You know how to train for a long race.
2. You know how to stay hydrated.
3. You know how to pace yourself.
4. You know how to deal with "The Wall."
5. You know how to make your mind work for you, not against you.

The purpose of this article is to show you how you can use your marathon experience, as well as the marathon itself, to prepare for your first 50-miler. Although it is not a bad idea to try a 50K race in your transition from the marathon to the ultramarathon, many prospective ultrarunners seem more interested in tackling the 50-mile distance right off. Perhaps the challenge of running approximately double the length of the marathon is more intriguing than the lesser challenge of the 50K, which some consider to be little more than a "long marathon." In any event, the principles that follow are geared to the 50-miler, but they can easily be modified to apply to the 50K as well.

ASSUMPTIONS

First, let's make some assumptions before you attempt your first 50-miler. The most important one is that your primary goal will be to finish the race and to have an enjoyable experience in the process, not to set a U.S. record for 50 miles. If running a fast 50-miler in your first attempt at this distance is your goal,

Assumptions

1. The goal is to finish, not to win.
2. You have a reasonable training base since last marathon.
3. You're willing to try new strategies.

you'll be able to use parts of the strategy offered, but you'll also need to increase significantly the length of your long training runs. You should also be aware of the risk of injury that accompanies long, high-intensity training runs. By having the simple goal of finishing, you're not as likely to be disappointed in your first attempt at the distance. There will be plenty of time to set new 50-mile PRs in future races. If you set too lofty a goal in your first 50-miler, you may be so disappointed that you'll never attempt the distance again.

The second assumption is that you've maintained a reasonable training base since your last marathon. The actual amount of training will vary from one individual to another, but if it would be enough to get you through another marathon with three or four months of preparation, then you should be able to finish a 50-miler with four or five months preparation. The extra month will provide you the opportunity to schedule a marathon, approximately a month before the 50-miler, which will be used as a training run under race conditions.

The third assumption is that you are willing to try some new strategies during your training runs and during the 50-miler itself. Fortunately, these techniques are probably going to make your training runs easier, not harder, and it is possible that your first 50-miler will actually seem easier than your last marathon. (A side benefit of these strategies is that you may also find them useful when applied to the marathon distance.)

Before delving into specific strategies, let me discuss some basic concepts that are important in making the transition from marathons to ultramarathons, including 50-milers.

BASIC CONCEPTS IN THE TRANSITION

1. INCORPORATE WALKING BREAKS. Not too long ago I read a magazine article about the marathon experience of a well-known talk show host. One of her primary goals in the marathon was to run the entire race without walking, a goal that she met and of which she was very proud. This reminded me of the time I ran a Halloween 10K race dressed as a basketball player. My goal for that race was to run the entire 6.2 miles while dribbling a basketball, and to do this without once losing the ball or double dribbling. This was challenging, because

the course went over several curbs and through some puddles of water, but I was able to accomplish my goal.

I was very proud of this feat, as well as the fact that my time for the 10K was only four or five minutes slower than for a normal 10K race. I don't mean to belittle the talk show host's accomplishment, because finishing the marathon took an outstanding display of fortitude on her part. However, the goal of not walking even one step during a marathon—an ideal that is shared by many marathoners—is to me as questionable as my goal of dribbling a basketball during an entire 10K.

Although there is far from total agreement among runners on this issue, many marathoners, especially those running 8-minute miles or slower, have improved their marathon times and hastened their recovery after the marathon by taking short walking breaks during the event.

In the ultrarunning world, however, whether or not to take walking breaks is not really an issue. Simply put, properly planned and well-executed walking breaks are an ultrarunner's best friend. It is true that some experienced ultrarunners, including elite runners who follow high-mileage training regimens, will run 50-mile races without walking. However, the rest of us have found that walking early and frequently is the key to success, even in the "shorter" ultras, such as 50-milers. My own 50-mile PR was set on an out-and-back course that was mostly uphill for the first 24 miles and mostly downhill for the last 26 miles. Walking large portions of the first half of the course conserved my energy and enabled me to run a very fast second half to set my PR. In events of 100 miles or longer, the vast majority of ultrarunners, including elite runners, take advantage of walking breaks to improve their performance. Tim Twietmeyer, frequent winner of the granddaddy of all 100-milers, the Western States 100, claims to walk 15 percent of the course!

2. LEARN TO EAT ON THE RUN. Obviously, it is possible to run a marathon without eating during the race—most marathoners, in fact, avoid food during the event. However, if you're thinking of moving up to ultras, one of the first items on your "To Do" list should be to become accustomed to eating during long training runs. Taking nourishment onboard is absolutely necessary to sustain energy levels during ultramarathons. Indeed, you may discover, as I did many years ago, that eating even during marathons will allow you to run faster and feel better than if you abstain from food during the race.

What to eat depends on individual preferences, but foods high in complex carbohydrates are preferred. It is important to determine your own food preferences and tolerances during long training runs, so there will be no surprises on race day. Some popular foods include energy bars, high-carb "puddings" in plastic tubes, chunks of boiled or baked potatoes with salt, sandwiches of

The Transition From Marathon to 50-Miler

1. Incorporate walking breaks.
2. Learn to eat on the run.
3. Slow the pace.

various kinds, cookies, crackers, and fresh fruit, such as bananas, oranges, and cantaloupe. Having a variety of foods available is helpful in races of 50 miles or longer, because what tastes good (and stays down) early in the race may be unappealing later in the event.

Personally, I have two favorite foods that almost always taste good, even late in a race: milk shakes and ice cream floats. Even though I need a crew to provide these tasty treats during the race, and even though they are high in sugar, there is something about milk products that gives me a tremendous boost in energy and also settles my stomach. Obviously, you will not want to try milk products if you are lactose-intolerant.

When to eat and how much to eat also depend on personal preference, but in my opinion it is wise to begin eating within the first 5 to 10 miles of the race or long training run and to eat small amounts of food at frequent intervals rather than large amounts of food at one time. During 50-mile races I like to wear running shorts with pockets and/or a small fanny pack, in which I can carry a Ziploc bag containing a sandwich or pieces of an energy bar. Then I can take a bite and place the Ziploc back in my pocket or pack. You must also be very careful not to choke on the food while training. Take small bites and try to do most of your eating during your walking breaks, when you will be breathing less heavily.

3. SLOW THE PACE. It should come as no surprise that your first 50-miler will be run at a pace that is slower than your normal marathon pace. Part of the decrease in overall pace will be to allow time for the walking breaks; part will be used for activities such as rest room breaks, picking up food, and changing clothing; and the remainder will be applied to a slower running pace to conserve energy for the late stages of the 50-miler.

Following are some specific strategies for your general prerace training, your “training marathon,” and the 50-mile race itself.

GENERAL PRERACE TRAINING STRATEGIES

You are in for a pleasant surprise if you think that the transition from running the marathon to finishing a 50-miler is an endeavor that will require a grueling

training regimen with massive increases in training mileage. Most runners who have completed at least a few marathons and who have maintained a reasonable training base since their last marathon are capable of finishing a 50-mile race without drastically altering their normal marathon training schedule. Following are some areas on which to focus attention.

Mileage

If your standard marathon training mileage has served you well, whatever that mileage level is, you should be able to finish your first 50-miler without any significant increases. The reason is that other adjustments in your training and race strategy will enable you to run farther at a given level of training mileage.

However, if your longest premarathon training runs have typically been less than the marathon distance, then you might want to gradually increase your long run to a peak of approximately 30 miles about three or four weeks before your “training marathon.” This will be not only for training purposes but also for psychological reasons—to confirm in your mind that you are capable of surpassing the marathon distance.

Walking

It is important to practice walking during your long training runs so it will feel comfortable during the race. Two minutes of moderately fast walking per mile

during a long run, especially one of 20 miles or more, should leave you feeling much stronger during the latter miles than running the entire distance. You will also recover faster from the training run. This is just a preview of the benefits that walking breaks will provide during the 50-miler.



Jeff Hagen sets his 50-mile PR (7:14:37) after walking several miles of uphill during the first half of the race.

If your training courses do not have the miles marked, you will have to estimate mileage by time. You can do this by using a track or marked bike path to determine how far you typically walk in two minutes, and how long you typically have to run to complete the mile at your usual training pace. Then you can convert this to minutes, for example, running eight minutes and walking two minutes, or running nine minutes and walking two minutes to complete each mile.

Eating and Drinking

You should also practice eating during your long training runs. Early and often during your long runs eat sandwiches, energy bars, cookies, or other foods that can be easily carried in your pocket or fanny pack. Not only will you become accustomed to having food in your stomach while running, but taking in calories during your long workouts will make the training runs seem so much easier.

Regarding fluids, if you run your marathons drinking only water, you should also experiment with electrolyte replacement drinks during your training runs. A 50-miler can significantly deplete your electrolytes and get you into medical trouble, so some of your fluid intake during the race should be diluted electrolyte replacement drinks. Testing these drinks during training is important to determine which ones you can tolerate.

“TRAINING MARATHON” STRATEGIES

While not essential as you train for your first 50-miler, scheduling a “training marathon” about a month before the 50-mile race will allow you to apply your new training strategies in a race setting. This is where you will test your ability to go out slowly, take walking breaks, and eat and drink properly when the rest of the field is “leaving you in the dust.”

Forget about running a fast time. It may be your slowest marathon ever, but you should feel better at the finish line than you ever have before. Indeed, the goal for the training marathon is to feel at the finish line as though you could turn around and run back to the starting line. In the upcoming 50-miler, that is essentially what you will be doing. Following are some focus points.

Walking

Because most marathons have markers at every mile, and aid stations are usually near a mile marker, it is convenient to take walking breaks every mile. Two minutes of walking per mile should work well for most runners preparing

for a 50-miler. If you absolutely cannot bring yourself to walk that much, walk at least one minute per mile or two minutes every other mile. If you begin to feel tired, increase the walking segment as needed. When there are hills on the course, you should adjust your walking breaks so you are walking on the uphill stretches and running on the downhill portions as much as possible.

Eating and Drinking

As in the other training runs, start eating between miles 5 and 10 and continue eating throughout the marathon. If you have a crew that can meet you along the course, plan to pick up food from them, because most marathon aid stations are limited in their food selection. Otherwise, carry enough food for the race in your pockets or fanny pack.

Carry a water bottle during the marathon so that you can constantly take small sips of water as you run. Also drink a cup of diluted electrolyte solution at an aid station every several miles.

Pacing

Try to stick to the pace that you typically maintain during your other long training runs. This may be difficult because the excitement of the marathon will make you want to run faster than your training pace.

Also, the eating, drinking, and walking that you do early in the race might give you so much energy that it is difficult to hold back even in the latter stages of the marathon. If in the last few miles you feel the strong urge to “sprint” to the finish, it is probably okay to do so. Chances are you will still meet your goal of feeling like you could run back to the starting line.

50-MILE RACE STRATEGIES

This is where all of your previous marathon experience and newly-acquired strategies come together. In other words, “It’s showtime!” Essentially, you will be doing exactly what you have done during your training runs, including the “training marathon,” except that you will be doing it for a longer period of time. Following are a few additional hints.

Walking

As in the training runs, two minutes per mile of walking should work for most runners. This might sound like a lot of walking, but for a first 50-miler it will greatly increase your chances of finishing the race. If you want to feel even

stronger late in the race, you might try three minutes per mile. My strategy for 24-hour runs includes three minutes of walking per mile, and it works like a charm for that purpose.

On the other hand, if you are a strong marathoner who likes to live on the edge, you could try one minute of walking per mile or two minutes every second mile. Remember to adjust your walking strategy if there are hills. Personally, I prefer to walk all but the gentlest uphill parts of a course.

You can make other adjustments during the race, too. If you begin to feel tired, you can increase the length of your walking segments. Also, if you are feeling strong at mile 45 in the race, it is OK to abandon your walking strategy and pick up the pace to the finish line. As you might imagine, being able to do that in a 50-mile race is extremely satisfying.

As in your training runs, if the miles are not marked on the 50-mile course, use the time equivalent that you have determined for your usual training pace, such as running for eight minutes and walking for two minutes. It is easier to remember when to walk and when to run if the sum of the running and walking segments totals 10 minutes. For example, when your watch reads 8 minutes, 18 minutes, 28 minutes, and so on, it's time to walk. When the watch reads 10 minutes, 20 minutes, 30 minutes, and so on, it's time to start running again.

Eating and Drinking

The strategy here is the same as for the "training marathon." However, you will find that the variety of foods at the aid stations is usually greater than is typically available at marathon aid stations. I still like to carry some food in my pack or pockets and a water bottle in my hand, though, so I can nibble and drink between aid stations. If you have a crew, they can bring along and provide your special foods, such as my beloved milk shakes. Also remember to down a cup of diluted electrolyte replacement periodically.

As the race goes on, especially if the weather is warm, you may find that food becomes less and less appealing. It is important to continue eating if possible. If you become nauseous and throw up everything, don't be too alarmed. Your race is not necessarily over. Many runners are able to recover from such an episode and have a strong finish. If you become nauseous with several miles remaining in the race, you will have to find some way to rebuild your energy stores. One trick is to drink milk or defizzed soda pop (7-Up or Sprite stays down better than colas for many of us) until your stomach settles down. If you are running purely on the sugar from pop, though, you will need to keep using it either until the race is over or until you can start eating complex carbohydrates again. This is not the preferred way to go, but if all else fails, I've found that sometimes I can go for hours on nothing but soda pop.

Jeff Hagen stops briefly for a Mountain Dew-ice cream float during a recent 100-mile race. In 50 milers he usually carries the bottle with him, rather than stopping.

Pacing

Training run pace is the pace to shoot for early in the race. As I mentioned earlier, if you are feeling strong near the end of the race, you should feel free to kick it in hard. This may sound impossible, but don't be too surprised if it happens to you. The combination of eating, walking, and pacing conservatively is a powerful one, and if it all goes well, you'll feel great as you near the finish. Just be careful that you don't trip over the runners who started too fast and are now "crawling" toward the finish line.



LISA HAGEN

YOUR NEXT CHALLENGE

After successfully running your first 50-miler, you'll have some choices to make. If you decide that you like the idea of running ultramarathons, you can start planning for another 50-miler, or perhaps a 100K race. Now that you know you can run 50 miles, you'll probably want to make some adjustments in the strategy that took you through your first ultra. For example, if you are a strong runner who felt very good at the end of the race, you can probably improve your 50-mile time by shortening your walking segments and increasing your pace in your next attempt. If your first 50-miler was a road race, you might consider attempting a 50K or 50-mile trail race. Eventually you might want to try a 100-mile or 24-hour race, each of which has its own set of new challenges.

Even if you decide that the 50-miler was a one-time thing and you choose to switch back to marathons, you may find that the strategies you've learned in the 50-miler will enable you to improve your enjoyment of future marathons. You might even start eating and taking short walking breaks during the marathon. One thing I can guarantee, though: You will never ever forget the 50-miler that marked your entry into the world of ultramarathoning!



AUSTRALIAN RANKINGS FOR MEN 1,000 MILES TRACK

Rank	Name	State	PB for 1000ML	Place	Date	at Age
1	SMITH, Bryan	VIC	11d23:31:44	NANANGO	23/03/98	54
2	PARSONS, Gary	QLD	12d19:44:35	NANANGO	26/03/96	46
3	MANSELL, Kevin	SA	14d02:15:46	NANANGO	27/03/96	45
4	WATTS, Graham	QLD	14d07:06:15	NANANGO	29/03/00	**
5	RAFFERTY, Tony	VIC	14d11:59:04	P'MATTA	26/08/89	50
6	GRAY, Peter	VIC	14d22:10:35	NANANGO	26/03/98	33
7	BEAUCHAMP, William	VIC	15d08:52:38	NANANGO	28/03/96	50

AUSTRALIAN RANKINGS FOR MEN 6 DAYS TRACK

Rank	Name	State	PB for 6 DAYS	Place	Date	at Age
1	SMITH, Bryan	VIC	1001.410km	COLAC	19/11/89	46
2	TAYLOR, Maurice	NSW	894.000km	COLAC	16/11/89	41
3	RECORD, Joe	WA	890.800km	COLAC	16/11/87	46
4	STANDEVEN, David	SA	860.000km	COLAC	12/11/88	36
5	PERDON, George	VIC	841.600km	COLAC	26/11/84	60
6	AUDLEY, George	WA	816.800km	COLAC	23/11/96	61
7	JAVES, Ian	QLD	810.800km	C'TOWN	18/11/90	48
8	GRAY, Peter	VIC	810.000km	COLAC	03/11/91	27
9	RAFFERTY, Tony	VIC	809.500km	COLAC	12/11/83	44
10	COLLINS, Tony	NSW	807.200km	COLAC	21/11/98	51
11	LUCAS, Andrew	TAS	784.800km	COLAC	23/11/96	31
12	MANSELL, Kevin	SA	776.800km	COLAC	23/11/96	45
13	BLOOMER, Brian	VIC	763.600km	COLAC	24/02/86	45
14	BEAUCHAMP, William	VIC	758.400km	COLAC	25/11/95	50
15	YOUNG, Cliff	VIC	749.600km	COLAC	26/11/84	62
16	RILEY, Gerry	VIC	741.200km	COLAC	16/11/87	57
17	FARMER, Pat	NSW	739.600km	COLAC	/ /	0
18	FISHER, Keith	VIC	732.400km	COLAC	/ /	0
19	TAYLOR, Dave	NSW	731.255km	C'TOWN	19/11/89	38
20	WISHART, Greg	VIC	721.600km	COLAC	/ /	0
21	WATTS, Graham	QLD	721.388km	NANANGO	29/03/00	**
22	PHILLIPS, Lindsay	QLD	703.454km	C'TOWN	18/11/90	25
23	HEPBURN, Brickley	VIC	702.400km	COLAC	10/10/92	41
24	BRISTOW, Ralph	VIC	702.114km	C'TOWN	19/11/89	49
25	PARSONS, Gary	QLD	695.800km	NANANGO	14/03/94	44
26	HILL, Ron	VIC	681.200km	COLAC	19/11/94	54
27	COX (SNR), Terry	VIC	668.000km	COLAC	03/11/91	54
28	DAVIS, Ivan	TAS	664.400km	COLAC	25/11/95	0
29	TIMMS, John	QLD	663.200km	COLAC	19/11/94	52
30	BURNS, Bob	QLD	659.700km	NANANGO	08/03/94	50
31	CHANNELLS, Robert	NSW	656.326km	C'TOWN	18/11/90	48
32	SILL, David	NSW	654.800km	COLAC	19/11/94	47
33	HOLLERAN, David	QLD	645.731km	NANANGO	14/03/94	37
34	FICKEL, Bob	NSW	643.039km	C'TOWN	19/11/89	37
35	FIRKIN, Graham	NSW	642.318km	C'TOWN	18/11/90	53
36	PRITCHARD, Mark	WA	641.200km	COLAC	25/11/95	48
37	SCANLON, Shaun	NSW	635.407km	C'TOWN	18/11/90	46
38	VEGA, Eduardo	NSW	627.314km	C'TOWN	19/11/89	48

39	COLWELL, Brian	NSW	624.793km	C'TOWN	18/11/90	41
40	O'CONNELL, Keith	NSW	608.656km	C'TOWN	19/11/89	50
41	HOOK, Geoff	VIC	606.800km	COLAC	16/11/87	43
42	MARDEN, Bob	NSW	604.800km	COLAC	24/02/86	33
43	KETTLE, Drew	VIC	601.600km	COLAC	21/11/92	72
44	CORNELIUS, Ian	QLD	550.782km	NANANGO	14/03/94	53
45	DONNELLY, Bruce	QLD	550.636km	C'TOWN	18/11/90	0
46	COX (JNR), Terry	VIC	518.400km	COLAC	03/11/91	26
47	POLLARD, Godfrey	VIC	504.800km	COLAC	19/11/94	63
48	GRANT, Ron	QLD	501.568km	C'TOWN	18/11/90	47
49	PIERCE, Simahin	SA	490.266km	NEW YORK	08/05/93	45
50	ARMISTEAD, Peter	VIC	485.200km	COLAC	23/11/96	50
51	PFISTER, Peter	VIC	474.400km	COLAC	24/02/86	46
52	DRAYTON, Nick	NSW	470.920km	NANANGO	19/03/96	0
53	KETSAKIDIS, Isaac	VIC	468.800km	COLAC	21/11/98	0
54	BOYLE, Brad	NSW	406.458km	C'TOWN	18/11/90	30
55	STEWART, Barry	QLD	304.800km	COLAC	19/11/94	61
56	LEWIS, J		254.400km	C'TOWN	18/11/90	0
57	BRUNER, Bob	VIC	181.856km	CALIFORNIA	30/03/85	46
58	ROWE, Craig	QLD	140.400km	COLAC	12/11/93	26

AUSTRALIAN RANKINGS FOR 6 DAYS TRACK

Rank	Name	State	PB for 6 DAYS	Place	Date	at Age
1	McCONNELL, Georgina	NSW	738.103km	C'TOWN	24/11/90	47
2	HERBERT, Cynthia	VIC	738.000km	COLAC	/ /	0
3	PARRIS, Dawn	VIC	676.400km	COLAC	25/11/95	42
4	FOLEY, Wanda	QLD	659.595km	C'TOWN	19/11/89	43
5	KERR, Sandra	VIC	580.000km	COLAC	19/11/94	49
6	GLADWELL, Lucille	NSW	571.571km	C'TOWN	18/11/90	0
7	WARREN, Val	NSW	571.571km	C'TOWN	18/11/90	56
8	TAIT, Merrilyn	VIC	492.400km	COLAC	/ /	0

A NOTE ABOUT A.U.R.A. RANKINGS

John Fotakis is the man behind the rankings data base and does an excellent job collating all the race results. If, for any reason, you feel that a performance of yours has gone unranked then it is pointless to call John about it. John can only rank the race results that he receives. What you need to do is to contact the Race Director concerned with the event in which you recorded the unranked performance and ask that race director to forward a set of results to John Fotakis at 6 El Nido Grove, Glenhuntly. Vic. 3163

If you have access to the internet, make sure you take a look at the following two excellent websites in relation to Australian Ultrarunning.

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

<http://geocities.com/ultraphil>

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

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

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

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

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

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

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

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

Please circle desired rate: \$ 30 within Australia

	NZ	Asia	USA	Europe
Air Mail (up to 1 week delivery)	\$ 39	\$ 43	\$ 46	\$ 48

Send Application and money to : Phil Essam [Hon Sec], AURA inc, 164 Civic Pde, Altona 3014

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!