

ULTRAMAG

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Mick Francis George Audley Paul Every

The three Australian finishers in the 4,300km Trans Australia Race

 **AURA**
MAGAZINE



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

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At the AURA Annual General Meeting on March 26th 2001, we became a truly national body with the election of Queenslander Gary Parsons as President. Gary was elected via a telephone hook up organised by Nigel Aylott. The mood amongst the meeting was one of great enthusiasm.

A big congratulations must be given to the organisers of two new events. Those events being the Trans Australia Race of Fire and the Lest we Forget ultra. The Race of Fire was an amazing stage race of approximately 4,300 kilometres contested by a world class international field, an event 5 times bigger than the old Sydney to Melbourne races and with only one fifth of the budget!! Organiser, Bernie Farmer, pulled off the "almost impossible". A special mention must be made to the three Aussies who finished this gruelling event, they are Paul Every, Mick Francis and long time stalwart George Audley.

Meanwhile in Brisbane, an ultramarathon option was offered along with the regular marathon and shorter events at the annual River Run. Based on the concept of the Comrades Marathon in South Africa, the 84.4km "Lest we Forget" event was run in memory of our fallen soldiers. The course covers the highway from the Gold Coast to Brisbane and was very successful with 78 finishers, many of whom are new faces to ultrarunning. Organiser, Don Griffin, has high hopes of this event attracting large numbers of runners in future years.

With the tragic loss of Bryan Smith still fresh in the ultra world, we have included more tributes and reports of his achievements. Bryan was a three time winner of the Coburg 24 hour event and there were emotional scenes at this years event when runners were presented with their certificates by Bryan's widow, Janet. Janet, of course, is well known and respected in the ultra community.

The International Association of Ultrarunners recently inducted the first 5 names into the "Hall of Fame". The 5 runners and a brief story about their careers appears in this issue. Also of interest is an article by Ted Corbitt. Ted, now in his eighties, is widely recognised as the grandfather of modern day ultrarunning and he outlines his career and some of his amazing high mileage training workouts while multi day walker, Sandra Brown, has written an absorbing article on planning and strategy.

I have taken the liberty to include some history, The annual Frankston to Portsea race has now been run 29 times and a complete wrap up of its history going right back to 1973 is included, many thanks to Max Gibbs for his research which is still ongoing. Speaking of history, Phil Essam has an excellent web site that has a history link. Phil has managed to dig out a collection of race results from 1986 to 1992. Phil's history site can be found at <http://ultraoz.50megs.com/history.htm>. It is also well worth checking Aura's web site which has taken on a new format at <http://coolrunning.com.au/ultra>

As per usual, there are race results and reports from the last three months along with a variety of articles, weird and wonderful photos and international news. Contributions for future magazines are welcome and can be sent to "The Editor" p.o. box 2786, Fitzroy, 3065, Vic

Just to finish with. Secretary, Phil Essam, is still in the process of putting the membership data on computer and if you are unfinancial then this will be the last magazine you receive. In the near future, we will be able to send separate reminders to unfinancial members and those who may have lapsed in the past few years

Kevin Cassidy

Dear All,

Andrew Lucas is thinking about putting on a ten day stage race next year from Canberra to Melbourne or vice versa. It will either be held around the Easter Long weekend or the June long Weekend and will raise money for a Melbourne charity. There will be a set non-refundable entry fee(50% of entries used for prizemoney) and runners will have to provide their own crew, van, food and water to be able to start. If anyone is possibly interested in entering a race of this nature next year please let myself know on 03 9398 4167 or Andrew Lucas on 03 83103249.

Phil Essam

Dear All,

Just to let everyone know im researching the possibility of staging a new 100 mile, 100km road race in Victoria next year. It will be staged in the second half of next year and will become a bi-annual event. It will be open for runners and walkers and will be run between Melton and Geelong and return. If anyone would like to know any more information or would like to help out, please contact me on the number listed below.

Phil Essam
9398 4167

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.

June 2001

- 10 **WILSON'S PROMOTORY 100KM, VIC**
100km, 60km or 43km options. The Wilsons Prom Ultra is planned as a totally self supported run, it is not a race. No participation fees are payable and runners are fully responsible for their own safety and assume full liability for their participation. 6am start from Tidal River. For more details see webpage at ultraoz.50megs.com/wilsonsprom.htm or contact Paul Ashton via email: pashton@telstra.easymail.com.au or phone: 03 9885 8415 (h) or 0418-136-070 (mobile).
- 16 **POOR MAN'S COMRADES - FAT ASS RUN**
A 96km road run, held as close to the race date of the original Comrades Marathon as possible. This is a hilly route from Gosford Railway Station to Sydney along the old Pacific Highway and other backroads, finishing on the steps of the Opera House. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass/poormans for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- ?? **HERVEY BAY HIKE 50KM, QLD**
Contact Brian Evans Ph. (07) 4121 4200

July 2001

- 1 **SHOALHAVEN KING OF THE MOUNTAIN 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. Contact 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 jekyll1@bigpond.com. Entry form is available on the web as a PDF file.
- 15 **COTTER WINTER WONDERLAND - FAT ASS RUN**
A bush run starting from Cotter just outside Canberra in mid-winter. 40km, 47km and 60km options available. Bring your winter woolies. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass/cotter for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- 20-22 **BRIEBIE ISLAND CLASSIC 24HOUR AND 48HOUR**
Bribie Island is approx one hour drive north of Brisbane. Starts from Bribie Island Sportsground, First Avenue, Bongaree Bribie Island, QLD. 48hour event starts 9am 20/7/2001. 24hour event starts 9am 21/7/2001. Entry details available at <http://www.ultraoz.50megs.com/bribie1.jpg> and <http://www.ultraoz.50megs.com/bribie2.jpg>. Contact Geoff Williams via email gjcarpet@caboolture.net.au or phone (02) 5497-0309 or mobile 0412-789-741 or Charlie Hall (07) 5496-4310.
- 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.
- 29 **TAMBORINE TREK, GOLD COAST**
62kms out and back course & 3 person relay. Contact: Eric Markham, Gold Coast Runners, PO Box 6529 GCMC 4217, QLD. Phone (07) 5520-3676 (h), (07) 5564-0640 (w) or email eckers@retnet.net.au. Entry form at <http://geocities.com/ultraphil/tamborine.jpg>

August 2001

11 12 FOOT TRACK - FAT ASS RUN

A 93km bush run - the Six Foot Foot Track from Katoomba to Jenolan Caves AND BACK! Needless to say this is tough and likely to finish in the dark. 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.

12 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

September 2001

8 ROYAL NATIONAL PARK ULTRA - FAT ASS RUN

A re-run of the "classic" 50km and 50 mile bush runs previously put on by Billies Bushies. 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.

29- GLASSHOUSE MOUNTAINS TRAIL RUNS

30 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).

?? 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

20 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@bonnefinchman.com.au or race website at www.coolrunning.com.au/mountainrunning/events/ffftm/

20- SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, SA.

21 (Australian 24 Hours Championship) PO Box 6582, Halifax Street, Adelaide 5000 SA. Phone (08) 8332 5797 Sri Chinmoy Marathon Team.

26- ADELAIDE TRAILWALKER 100km

28 The 100km trail will commence at Millbrook Primary School, Cudlee Creek, at 10.00am on Friday 26 October. The event concludes at Kuitpo Forest Information Centre. All participants must complete the event by 10.00am on Sunday 28 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

11 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/2000/index.shtml

11 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

18- COLAC 6 DAY RACE, VIC

24 Contact Six Day Race Committee, PO BOX 163, Colac, Vic, 3250. See web page at : <http://www.coolrunning.com.au/ultra/colac>

- ?? **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
- ?? **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
- ?? **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

- 1 **THE BLUE LABYRINTH - FAT ASS RUN**
Starts 7am from Woodford, Blue Mountains. 45km, 50km and 90km options. The 2nd running of this very demanding but spectacular run in the Blue Mountains. 100% off-road on firetrail and single tracks. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.coolrunning.com.au/fatass/bluelabyrinth for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- ?? **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
- 8 **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.
- 9 **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, Gold Coast Runners, PO Box 6529 GCMC 4217, QLD. Phone (07) 5520-3676 (h), (07) 5564-0640 (w) or email eckers@retnet.net.au. A Gold Coast Runners Club event. \$30 entry fee

January 2002

- 26 **GOLDFIELDS 100KM (Australia Day)**
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.
- ?? **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.ultraoz.50megs.com/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

February 2002

- ?? **6 and 12 HOUR and 50km RUN, WALK & RELAY QLD**
Caboolture Historic Village, Beerburum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to : Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496-6437. Entry form available at <http://www.ultraoz.50megs.com/caboolture.jpg>. Starts 6pm. \$27.50 entry fee for QURC members, \$33 non-members, \$49.50 for relay team
- ?? **CRADLE MOUNTAIN TRAIL RUN, TAS**
6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at PO Box 704, Sandy Bay, Tas 7006 or email sue.drake@trump.net.au or phone (03)6239-1468 for further information. More info including results and reports on the very unofficial webpage at www.coolrunning.com.au/ultra/cradle
- ?? **GREAT LAKE 100 MILE RACE, NEW ZEALAND**
100 miles / 160km. The course is around beautiful Lake Taupo, the largest lake in the Southern hemisphere and one of the most picturesque lakes in the world. The venue is at one of New Zealand's top tourist destinations situated just three hours by road from the main international airport of Auckland. For more information contact New Zealand Ultrarunners on ericah@ensynergy.co.nz or the event organizer ingrid@relay.co.nz or via an announcement on the web at www.coolrunning.com.au/ultra/2000014.shtml.
- ?? **WY-WURRY 3 DAY WALK, QLD**
approx 44km a day, each walker must supply 1 crew person and a vehicle (4WD not necessary) start and finish at Nanango, South Burnett, daily prizes. Contact Ron & Dell Grant, Bellmere Convenience Store, Caboolture 4510 Ph. (07) 54 98 9965 (W) Closing date 15th Feb 2000, \$40 entry. There is a webpage at www.coolrunning.com.au/races/wy-wurry.

March 2002

- 2 **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
- 2 **AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA ACT**
Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight from Yarralumla Bay, Contact Prachar Stegmann, GPO Box 3127, Canberra 2601 Ph. (02) 6248 0232 Fax (02) 6248 7654. Mobile: (0417) 469 857 Entry fee \$40, Course 1.4km loop on bitumen road and cycle path.
- 17 **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.
- ?? **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
- 9 **TE HOUTAEWA CHALLENGE, NZ**
The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz
- ?? **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 Coffs Harbour Jetty. Contact Steel Beveridge on (02) 6656-2735 or address: 3B Surf Street, Emerald Beach NSW 2456. Entry form available at <http://www.ultraoz.50megs.com/coffs1.jpg>. Thongs to all finishers plus free feed.
- ?? **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

- 7 **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.
- 14 **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.
- ?? **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
- ?? **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/brisbanewater for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- ?? **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 www.riverrun.com.au.
- ?? **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).

FEEDBACK NEEDED FROM RUNNERS AND RACE DIRECTORS

Over the next 12 months, AURA will be developing a race-directors kit, which will be a set of guidelines and advice to assist current and potential future race organisers of ultra running events in Australia.

It is anticipated that the kit will be in the form of a booklet, which will contain chapters on each of the following:

- € Code of conduct (not only for runners, but also for spectators and crew).
- € Sponsorship and publicity for the race.
- € Communication with runners, crew and spectators;
 - before the race
 - during the race
 - after the race
- € Risk-management.
- € First-aid and emergency-management.
- € Equipment needed and logistical concerns;
 - for track-races (single and multi-day)
 - for road-races (single and multi-day)
 - for trail-races (single and multi-day)
- € Lapscoreing / time-keeping / record keeping (criteria for records to be ratified and advice on electronic lapscoreing devices).
- € Summary of roles of the race organiser and race director.

Any information and advice from both runners and race directors (and anyone else for that matter) will be greatly appreciated. This could be advice concerning content for the above chapters, or additional chapters for the booklet. Advice on dissemination of the booklet or publishing contacts would also be greatly appreciated.

Runners Tell us what you want from your races and your race directors. Give us examples of elements of races that have made them successful, and elements that have made them unsuccessful.

Race-directors Tell us the secrets of your success, or what you feel has led to a lack of success in your event.

Feedback can be sent to David Criniti

Email: dcritini@bigpond.net.au

Address: 14 Cambridge Ave

North Rocks

NSW 2151

Phone: (02) 9871-8753 (home & work)

Gary Parsons - New AURA President

The Australian Ultra Runners Association Annual General Meeting was held on Monday 26th March at the home of former President, Paul Ashton. The meeting was well attended with over eleven people including three that took part in the preadvertised teleconference on the night.

The Secretary and President's Report both covered events of the past year and spoke of the need for more members to be active in the running of the organisation. The Secretary's Report also mentioned the fact that there have been 17 new memberships since December last year. This has got to be seen as a very positive result. The Treasurers Report reported a profit for the year even though the dreaded GST has added to our expenses.

The election of Office Bearers then took place. Gary Parsons from Queensland was the only nomination for President and was subsequently ratified by those present. Nigel Aylott was returned as Vice President being as there were no other nominations and Phil Essam was returned as Secretary. Phil Essam also agreed to continue as acting Treasurer till a suitable volunteer can be found. The meeting also ratified the appointment of the Interstate Reps which included two new names. They are Eric Markham from Queensland and David Criniti from New South Wales. Both are to be congratulated for their willingness to help the sport.

Gary Parsons then thanked everyone for being ratified as President. He said that he was looking forward to the coming year as a tremendous challenge and is hopeful that AURA can continue to develop all areas of the sport. A general discussion then followed about the Australian 100km Team and ways of promoting the sport in general.

AURA 2001 COMMITTEE

PRESIDENT:	GARY PARSONS, GPO Box 1664, Caboolture, Qld, 4510 Ph. 07 54957208, Fax. 07 54957209 Mobile: 0407 629 002 Email: Parsons19k@aol.com
.PAST PRES:	PAUL ASHTON, 34 Eleanor St, Ashburton, Vic 3147, Vic Ph. 9885 8415 Mobile: 0418 136 070 Email: pashton@telstra.easymail.com.au
VICE. PRES.	NIGEL AYLOTT, 19 Bennett St, Mt Waverley, Vic 3149. Ph.(03) 96342776 Email: nigel_aylott@mail.com
HON. SEC.	PHIL ESSAM, 164 Civic Parade, Altona, Vic 3018 Ph. (03) 9398 4167 Mobile: 03 86041920 Email: ultraoz@one.net.au
ASS.HON SEC.	
HON TREAS:	PHIL ESSAM, 164 Civic Parade, Altona, Vic 3018 Ph. (03) 9398 4167 Email: ultraoz@one.net.au
ORDINARY MEMBER (VIC)	Position Vacant
ORDINARY MEMBER (VIC)	IAN CLARKE, 3 Sundew Court, Knoxfield 3180 VIC Ph. (03)9801 6273
ORDINARY MEMBER (NSW)	KEVIN TILLER, 6 Redwood Avenue, Berowa 2081 NSW Ph (02)9456 1959 (H) , Mobile: 0419 244 406 Email: kevin@coolrunning.com.au
ORDINARY MEMBER (NSW)	David Criniti 14 Cambridge Avenue, North Rocks, 2151 02 9871853 Email: dcriniti@bigpond.net.au
ORDINARY MEMBER (SA)	JOHN TWARTZ, 36 Leewood Road, Paradise 5075 SA 08 83656282 Email: jtwartz@dawsroadhs.sa.edu.au

ORDINARY MEMBER (SA)	JERRY ZUKOWSKI, P.O. Box 398, Whyalla SA 08 8645 1674 Email: zuk@centralonline.com.au
ORDINARY MEMBER (WA)	CHARLIE SPARE, P.O. Box 104, North Dandalup, 6207 WA (08) 9530 1027 (H)
ORDINARY MEMBER (WA)	Position Vacant
ORDINARY MEMBER (QLD)	Position Vacant
ORDINARY MEMBER (QLD)	ERIC MARKHAM, 10/6 Stanley St, Burleigh Heads, Qld 4220 Email: eckers@retnet.net.au Phone:
ORDINARY MEMBER (ACT)	TREVOR JACOBS, 7 Dovey Place, Latham 2615 ACT Email: trevor.jacobs@mdbc.gov.au (02) 6254 7177
ORDINARY MEMBER (ACT)	Position Vacant
ORDINARY MEMBER (TAS)	Position Vacant
ORDINARY MEMBER (TAS)	Position Vacant

OFFICIAL NON-COMMITTEE POSITIONS

STATISTICIAN & OPEN RECORDS	JOHN FOTAKIS, 6 El Nido Grove, Glenhuntly 3163 Ph. 9569 2489
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AGE RECORDS:	JOHN HARPER (see above)
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MAGAZINE EDITORS	KEVIN CASSIDY, P.O. Box 2786, Fitzroy 3065 Ph: (03) 8430 3336 Mobile: 0425 733 336 Email: KC130860@hotmail.com
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PHIL ESSAM (See above)

ORGANISER INTERNAT'L TEAMS	MICK FRANCIS, Ph. (08) 9795 9964
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IAU GENERAL COUNCIL MEMBER	TREVOR JACOBS (see above)
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INTERNATIONAL LIASON PERSON	Position vacant
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SUBSCRIPTIONS OFFICER	PHIL ESSAM (See above)
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CLOTHING OFFICER	KEVIN CASSIDY (See above)
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PUBLIC OFFICER	JOHN HARPER, 21 LANCELOT CRES, GLEN WAVERLY, VIC Phone: 03 9803 7560 Email: harperj@ihug.com.au
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A.U.R.A.
2001 ANNUAL GENERAL MEETING

MINUTES OF ANNUAL GENERAL MEETING
AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED
HELD AT 34 ELEANOR ST, ASHBURTON ON THE MONDAY 26TH MARCH 2001 AT 7.30PM EST.

PRESENT: 12 members: Paul Ashton (Chairman), Phil Essam, Nigel Aylott, Gary Parsons, Kevin Tillier, David Criniti, John Harper, Geoff Hook, Kev Cassidy, Sani Badic, George Christodoulou, Ian Clarke.

APOLOGIES: Tony Rafferty, Eric Markham, Geoff Duffell

MINUTES: of the previous AGM held on Sunday 13th May, 2000 printed in Vol.15. No.2 of the Association's magazine, ULTRAMAG, were taken as read. Moved Paul Ashton, Seconded Nigel Aylott that they be accepted as a true record of proceedings. Carried.

1.0 MATTERS ARISING: -
Nil

2.0 PRESIDENT'S REPORT: - Paul Ashton
Paul Ashton circulated copies and read his report which will appear in the next issue of ULTRAMAG, Vol 16, No.2
Moved Gary Parsons/Ian Clarke that the President's Report be received. Carried.

3.0 SECRETARY'S REPORT - Phil Essam:
Phil Essam circulated copies of his Secretary's report, which was printed in the last issue of ULTRAMAG. (Vol 16 No 1) Moved Ian Clarke/Paul Ashton that the Secretary's Report be received. Carried.

4.0 TREASURER'S REPORT - Phil Essam

4.1 Acting Treasurer, Phil Essam circulated copies of the financial statements for the Association for the period from 1/1/2000 to 31/12/2000, and commented on the figures, which indicate that our Association is in as table financial position and that we are showing an overall profit of \$268.99 as compared with a \$974.04 profit in the previous calendar year. Absent from these accounts were the profit from two races being the ADT 50 and the Bogong to Hotham. These have since been banked. He reminded members that GST costs have eroded into our expenses for the second half of 2000 and that we should look at investing our investments at a better rate than present. He also thanked the former Treasurer, Dot Browne for her help in preparing the Annual accounts. Moved Ian Clarke, seconded Nigel Aylott that this Treasurer's Report be accepted. Carried.

5.0 STATEMENT BY COMMITTEE:

The following statement was received from the committee.

In the opinion of the committee:

(1) the accompanying accounts of the Association are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 2000 and the state of the affairs of the Association as at 31st December, 2000.

(ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

(iii) the accounts have been compiled by the simple Income and Expenditure format.

Moved Phil Essam seconded Geoff Hook that the statement be accepted. Carried.

6.0 ELECTION OF OFFICE BEARERS:

The following members were elected into office:

President: Gary Parsons

Hon. Sec:	Phil Essam
Vice. Pres:	Nigel Aylott
Assistant Sec.:	
Treasurer:	Phil Essam(Acting)
Ordinary members:	
(Victoria)	Ian Clarke
	Vacant
(NSW)	Kevin Tillier
	David Criniti
(Qld)	Eric Markham
	Vacant
(SA)	Jerry Zukowski
	John Twartz
(ACT)	Trevor Jacobs
	Vacant
(WA)	Charlie Spare
	Vacant
(Tas)	Vacant
	Vacant
Public Officer:	John Harper
Immediate Past Pres:	Paul Ashton

Official Non-Committe Positions:

Statistician:	
- Rankings & Records	John Fotakis
- Age Records:	John Harper
Magazine Editors:	Kevin Cassidy & Phil Essam
IAU Rep. & Organiser	
of IAU 100km Teams	Mick Francis (WA)
Subscriptions Officer:	Phil Essam
Clothing Officer:	Kevin Cassidy

8.0 SPECIAL BUSINESS:

Nil

9.0 GENERAL BUSINESS:

Nil

AUDITOR'S REPORT

I wish to report that I have examined the books of accounts duly prepared by the Assistant Treasurer, Dot Browne for the year ended 31st December, 2000 and the results as shown in the attached Profit & Loss Statement and Balance Sheet are to the best of my knowledge true and correct.

P. Feldman,
Honorary Auditor

STATEMENT:

Pursuant to Section 30 (3) of the Associated Incorporation Act 1981, our committee hereby states:

(i) the accompanying accounts of the Australian Ultra Runners Association Inc. are drawn up so as to give a true and fair view of the workings of the Association for the year ended 31st December 2000 and the state of the affairs of the Association as at 31st December, 2000.

(ii) at the date of this statement, there are reasonable grounds to believe that the Association will be able to pay its debts as and when they fall due.

(iii) the accounts have been compiled by the simple Income and Expenditure format.

John Harper
Public Officer



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

COSTS:	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 overlapped, 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

.....
Seconder

(The need to have a proposer and seconder 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: / /

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.
Registered Office: 164 Civic Parade, Altona, Victoria
STATEMENT OF INCOME & EXPENDITURE - GENERAL ACCOUNT
1/1/00 TO 31/12/00

	<u>1999</u>	<u>2000</u>	
<u>INCOME:</u> 226 Subscriptions (239 in 1999)	6026.00	6823.00	
Donations	1635.00	1166.00	
AURA Races - Insurance contributions	250.00	400.00	
	-----	-----	
	7911.00	8389.00.	
<u>EXPENSES:</u>			
Postage	1475.21	1579.45	
Magazine expenses	4521.29	4668.64	
Telephone	71.14		
Catering AGM		32.80	
Statement of AGM - prescribed fee & change of Const'n	33.00	96.00	
Bank Charges	76.89	54.70	
Public Liability Insurance	900.00	1221.63	
VTOA membership		576.00	
Australian flag	50.00		
Paints for plaques, Trophies & Engraving	17.25		
Stationery & Office Equipment	76.89	351.45	
	-----	-----	
	7208.34	8580.67	
Profit	\$ 702.66	Loss	\$ 191.67

STATEMENT OF INCOME & EXPENDITURE - CLOTHING ACCOUNT
1/1/00 TO 31/12/00

	<u>1999</u>	<u>2000</u>	
Stock in hand 1/1/2000 - 112 items			
<u>INCOME:</u>			
Sale of garments, car stickers, cloth badges	407.40	508.10	
Bank interest	.42	.53	
	407.82	508.63	
<u>LESS EXPENSES:</u>			
Atlas Screening - Peter Ryan	490.00	324.00	
Postage & handling	64.20	54.15	
Bank Charges	20.28	24.30	
Copycat Printing - car stickers	-----	77.85	480.30
	LOSS \$166.66	PROFIT: \$ 28.33	
Stock on hand as at 31/12/00- 98 items.	-----	-----	

STATEMENT OF INCOME & EXPENDITURE - AURA RACE ACCOUNT 2000

	<u>1999</u>	<u>2000</u>	
<u>INCOME:</u> Profits from AURA races:			
Mansfield to Buller, January 1998	33.00	3.00	
Bogong to Hotham, January 1998	16.95		
50 Mile Track Race, July 1997		74.10	
AURA Dam Trail (ADT 50) 1998	29.45		

Plus interest	1.53	2.38	
	\$ 80.93	79.48	
<u>EXPENSES:</u> F.I.D. Charges	.02	.07	
	-----	-----	
PROFIT	\$ 80.91	PROFIT: \$79.41	

FIXED TERM INVESTMENT ACCOUNTS AS AT 31/12/2000
BANK OF MELBOURNE / WESTPAC

	1999	2000
1. Account No.033 38211 1320 _as at 9/11/99 (1 year term) Plus 12 months interest @ 4.% to 9/11/0	7944.42 <u>333.68</u>	8278.10 331.83 8609.93
2. Account No.033 – 38211 5639 _as at 15/10/99 (6 month terms) Plus 6 months interest @ 1.4% to 15/4/00 Plus 6 months interest @ 1.4% to 15/10/00	1491.41 6.69 <u>6.76</u>	1504.86 10.56 <u>10.53</u> <u>1525.95</u>
TOTAL INVESTMENTS AS AT 31/12/00	\$9782.96	\$ 10135.88

CASH IN HAND, AT BANK OR INVESTED AS AT 31/12/00

	1999	2000
Commonwealth Bank Cheque Account, Mitcham	6177.45	6901.80
Bank of Melbourne Clothing Account	252.37	280.70
Bank of Melbourne Race Account	1481.93	1561.34
Bank of Melbourne Investments	9782.96	10135.88
TOTAL ASSETS AS AT 31/12/98	\$ <u>17694.71</u>	\$ 18879.72

COMBINED PROFIT & LOSS STATEMENT - 1/1/98 TO 31/12 98

	1999	2000
INCOME: Main Account	7911.00	8389.00
Clothing Account	407.82	508.63
Race Account	90.93	79.48
Interest on investments	<u>347.13</u>	<u>352.92</u>
	\$ 8756.88	\$ 9330.03
LESS EXPENSES		
Main Account	7208.34	8580.67
Clothing Account	574.48	480.30
Race Account	<u>.02</u>	<u>.07</u>
	7782.84	9061.04
	974.04	PROFIT \$ 268.99

Financial Statements for the 12 months period ended 31st December 2000 have been prepared by
Dot Browne, 4 Victory Street, Mitcham 3132.

ARE YOU UNFINANCIAL?

If so, below is a draft of what you may be receiving in the mail in a few weeks time

Dear _____

I know how easy it is to overlook small things in the hustle and bustle of Christmas and the January holiday period. It appears that you have missed our membership renewal notice which was sent last December and accordingly you are now unfinancial.

As I am sure you do not wish your Ultra Runners Association membership to lapse, I am sending you this gentle reminder and would ask you to complete the enclosed membership form and return it with your subscription as soon as possible.

Please ignore this notice if you have mailed your renewal during the past week.

If you have any questions then please do not hesitate to call me at home any evening after 7pm on
03 9398 4167

Phil Essam [Secretary]

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

WWW.COOLRUNNING.COM.AU/ULTRA

WWW.COOLRUNNING.COM.AU/ULTRA

"BRIBIE ISLAND CLASSIC."

.....

2001 AUSTRALIAN & QUEENSLAND 48 HR. QUEENSLAND 24HR. INDIVIDUAL & TEAMS RELAY TRACK CHAMPIONSHIPS.

[THIS EVENT IS OPEN TO BOTH RUNNERS & WALKERS]
THIS IS A" QLD. ULTRA RUNNERS/WALKERS CLUB INC. EVENT."

DATE: 9a.m Friday 20th July 2001 for the 48hr race.

9a.m Saturday 21st July 2001 for the 24hr race & 24hr relay race.

VENUE: Bribie Island Recreation Sportfields, First Avenue Bongaree.

ENTRY FEE: 48hr- \$75.00; 24hr- \$55.00. If received by 6th July 2001. After that date \$10.00 late entry fee applies. To QURWC members deduct \$15.00 from entry fee.

Entry fee includes- Prize money being considered [subject to entry numbers] Nice trophies to all finishers, quality T shirt, camping facilities, powerful night lighting, hot showers, clean toilets, hot tea/coffee, hot water facility, microwave use.

24hr.Relay Teams \$75.00 [Team- up to 12 competitors] Prize money being considered [subject to entry numbers] nice trophies to finishers. T-shirts may be purchased separately at a reasonable price. Plus all facilities as per the 48hr event.

24HR. RELAY RULES: Each runner/ walker must complete a minimum 2hrs on the track. Only 1xcompetitor from each team to be on the track at any time, & is requested to always run on the outside part of the track, as in overtaking slower competitors.

TRACK: A 400mtr-non standard shaped, well grassed. Pegged & certified by survey.

The sportsfield is situated on the right hand side of First Avenue Bongaree, about half way between the surf beach & the calm water beach. Bribie Island is an island as named and is linked to the mainland by the Bribie Bridge which is approximately 30kilometres from the Caboolture/ Bribie Island turn off, on the main Sunshine Coast Highway.

FACILTIES: Canteen, manned by sport's club staff, with a well-priced variety. Hot showers; clean toilets, camping area provided, undercover area for lap scorers with tables & chairs, tea/coffee, microwave.

PLEASE NOTE LAP SCORES WILL BE PROVIDED IF YOU RESIDE OUT A 300 KILOMETRE RADIUS OF THE EVENT. WITHIN THAT BOUNDRY NO LAP SCORER NO START & NO REFUND OF PAYMENT. PLEASE PROVIDE A LAPSCORER.

RACE RULES/CONDITIONS: No pacing allowed; Lap scorers rule applies as above; Crewing & food is the responsibility of the runner. A canteen will be available, but your taste in food can not be guaranteed. No artificial aids are to be used by any competitor. Any competitors walking two or more abreast must move to the outside of the track, leaving the inner track for the faster competitors. Any competitor who is absent from the track for 4hrs or more in any one break in the 24hr event or 6hrs or more in any one break in the 48hr event shall be regarded as DNF & will not receive any finishing trophy. The

INFORMATION: Race Director- Geoff Williams Ph/fax. Answer machine 07 54970309.
Mobile 0412789741.

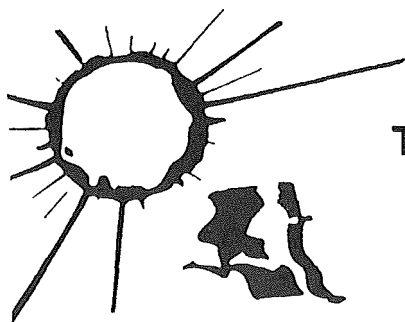
[illegible]

1. I HAVE READ ALL CONDITIONS STATED & AGREE TO ADHERE TO FULLY
2. I AM MEDICALLY RACE FIT & HAVE PREPARED FOR THIS RACE.
3. LEGAL HEIRS SUPPORT CREW & I, WILL NOT HOLD THE ORGANISERS RESPONSIBLE FOR ANY ILLNESS, ACCIDENT, INJURY OR DEATH RESULTING FROM MY PARTICIPATION IN THIS EVENT.
4. ANY PHOTOGRAPHS/MEDIA COVERAGE OF ME CAN BE USED FREELY.
5. I AGREE TO OBEY INSTRUCTIONS FROM THE RACE DIRECTOR /REFEREE.
6. THE RACE DIRECTORS DECISION IS FINAL WITH NO FURTHER DISPUTE.

RETURN TO- KERRIE HALL, 12 JADE ST. CABOOLTURE Q 4510.

THANK YOU***

13



The Gold Coast Runners Club Inc.

presents the 8th Annual

TAMBORINE TREK 62km

Sunday 29 July 2001

The Tamborine Trek is a 62km event from Owen Park, Queen St, Southport to the top of Mt Tamborine (TV Tower at Golf Course) and return starting at 6.00am.

There will also be a three-person relay over the full course, starting at 6.00am.

All three team entries must be sent together. It will also be the responsibility of each team to transport runners to the change over point in Maudsland road. The three legs are 20km, 22km and 20km.

All finishers receive a race souvenir and sausage sizzle at the finish.

Trophies to 1st, 2nd 3rd Male & Female in Solo event

Trophies to 1st Male team, 1st Female team and 1st Mixed Team

Random Prizes

Entry Fees: Solo \$30 Relay \$20 ea.

Aid Stations: It is recommended that all competitors carry a water bottle and wherever possible seeks their own water. We will however have as many aid stations as possible. There are many points on Nerang road to access water. (See attached map.)

RULES KEEP TO THE FOOTPATHS WHERE POSSIBLE.

If running on the road, stay on right hand side, facing oncoming traffic. All runners must obey directions from officials. This race is open to persons of 18 years and over.

ENTRY & DECLARATION

Event Entered 62km Solo () Relay ()

Name:

Address:

.....Postcode.....

Tel No:..... **Sex** M / F **Email:**.....

RELAY ONLY. Other Team members

1.....2.....

1. I have read and agree to abide by the conditions stated
2. I am medically race fit and have adequately prepared for this race.
3. I, my legal heirs and crew will not hold the organisers, sponsors, Gold Coast Runners Club Inc, Gold Coast City Council or Tamborine Golf Club responsible for any injury, illness or accident sustained, loss of property or death resulting from my participation in this event.

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

Please return this entry together with cheque made payable to Gold Coast Runners Club Inc.

PO Box 6529 Gold Coast Mail Centre QLD 4215. All inquiries to Race Director Eric Markham

Tel 0755 203 676 or 0417 647 279 or eckers@retnet.net.au

NB: ALL TEAM MEMBERS MUST COMPLETE AN ENTRY FORM

Inaugural Wilson's Promontory 100 km Ultra

"Around the Prom"

Queen's Birthday Weekend 2001, 09 - 11 June

Experience one of Australia's best coastal trail runs at Victoria's spectacular Wilson's Promontory National Park. With the exception of the run to and from Tidal river to Telegraph Saddle car park (sealed road) the run is all on trails, rock, beaches and duckboard offering spectacular coastal views. Depending on tide movements it may be necessary to wade across Sealers Creek at Sealers Cove. (NB at high tide the water may be more than waist deep).

The Wilson's Prom Ultra is planned as a totally self supported run, it is not a race. No participation fees are payable and runners are fully responsible for their own safety and assume full liability for their participation. Participants are responsible for their own safety and should offer assistance to other runners in distress.

No support personnel or equipment is available other than at Tidal river. This is an arduous course with constant climbs that take a cumulative toll. The run has been scheduled for the Queen's Birthday weekend and weather conditions could be cold, wet and windy, with possible gale force winds. Hypothermia is a serious potential risk and all runners should be prepared.

The 100 km run is considered a "post graduate" run and should only be attempted by experienced trail runners. The run will start and finish in the dark. As a minimum runners attempting the 100 km course must have successfully completed at least one 50 km organised trail run in the previous 6 months.

Distance: 100 km - start time - 6 am, Sunday 10 June

60 km - start time - 7 am

43 km - start time - 8 am

Runners will be responsible for recording their own times.

Support: Nil. This a self supported run. Water is available at campsites and from creeks.

Safety Equipment:

All runners must carry with them as a minimum the following safety equipment:-

- Waterproof map of the area, whistle, compass
- Broad bandage, antiseptic swipes, bandaids
- Water proof jacket with hood
- Spare long sleeved polypropylene top and long johns
- Hat, gloves
- Torch, spare batteries and bulb
- Emergency space blanket (60 and 100 km runners)

Track Etiquette:

Wilson's Promontory is a major recreational walking and camping area, runners are requested to show consideration to bush walkers on the track and to enter and leave campsites quietly at night time.

Travel/Camping Arrangements:

Travel to Tidal river is by car, runners should arrive on the Saturday, driving time from Melbourne is approximately 3.5 hours, camping is available at Tidal river. Park entry fees and camping fees are payable.

Course details:

60 km Ultra Course

Tidal River to Telegraph Saddle Car Park	4.2 km
Telegraph Saddle Car Park to Sealers Cove	9.5 km (water/toilets)
Sealers Cove to Refuge Cove	6.4 km (water??/toilet)
Sealers Cove to Little Waterloo Bay	7.0 km (water/toilet)
Little Waterloo Bay to Lighthouse	9.8 km
Lighthouse to Roaring Meg	6.1 km (water/toilet)
Roaring Meg to Halfway Hut	4.8 km (water/toilet)
Halfway Hut to Oberon Track Junction	1.3 km
Oberon Track Junction to Oberon Bay	3.4 km (water/toilet)
Oberon Bay to Tidal River	7.0 km
	59.5 km

Marathon Course

Tidal River to Telegraph Saddle Car Park	4.2 km
Telegraph Saddle Car Park to Sealers Cove	9.5 km (water/toilets)
Sealers Cove to Refuge Cove	6.4 km (water??/toilet)
Sealers Cove to Little Waterloo Bay	7.0 km (water/toilet)
Little Waterloo Bay to Telegraph Track Junction	5.7 km
Telegraph Track Junction to Telegraph Saddle Car Park	6.2 km (water/toilet)
Telegraph Saddle Carpark to Tidal River	4.2 km
	43.2 km

100 km Ultra

Wilson's Promontory offers the ideal setting to hold Southern Australia's first 100 km trail Ultra by combining the 60 km Ultra Course and the Marathon Course a total of 102.7 km. Runners undertaking the 100 km Ultra can undertake equipment/food resupply and clothing change at their car/campsite at Tidal River.

The run will involve completing the 60 km circuit and then undertaking the Marathon course. From the Waterloo Bay/Telegraph Track junction the run is on a good fire trail and bitumen road back to Tidal river.

Volunteers

Support from volunteers at a couple of critical junctions would be of great assistance

Medallions/Certificate/T-Shirts

Medallions/Certificates/T-Shirts can be ordered after the event \. Prices are yet to be worked out.

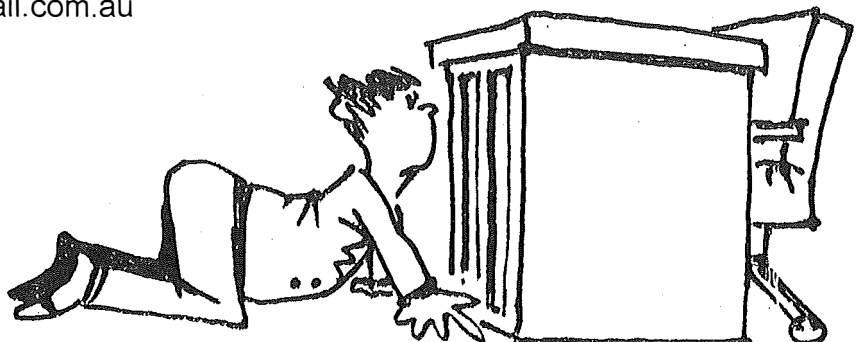
For further information contact:

Paul Ashton

email: pashton@telstra.easymail.com.au

ph: 03 9885 8415 (h)

0418 136 070 (m)



Victorian 6 hour & 50 km Track Championships 2001

SUNDAY 4 NOVEMBER at MOE ATHLETIC TRACK

The races will be held at the Moe Athletic Track at Newborough (near Moe) approximately 138 km east of Moe. The track has a synthetic surface. Changing rooms, showers and toilets are close to the track. Masseurs will be available before, during, and after the events. Both Championship races will be held together with a single entry fee covering entry to both races. Refreshments will be provided at the end. A 6 hour relay race will be held simultaneously. The races are conducted by Traralgon Harriers Athletic Club Inc.

The entry fee is \$30 to covers entry into both Championship races. Relay team entry is \$50. All entries close on 25 October.

Relay race: Teams shall be any number of up to 5 runners, change after 20 minute intervals, and strictly follow the nominated order of runners. Contact the Race Director for more details.

Lap scoring: organisers will use a computerised lap counting system for all runners and teams. Organisers will mail out lap sheet after the race. Runners who anticipate the likelihood of any open or age group records should supply their own lap scorer to maintain manual lap sheets.

Times: Start at 8:00am. Runners and relay captains to report in by 7:30 am. Presentations approximately 2:15 pm. There will be a 6 hour time limit on the 50 km race.

Enquiries: Geoff Duffell (03)5122 2855 or e-mail to gduffell@net-tech.com.au

✂

ENTRY FORM

Surname Call name

Sex (M/F) Date of birth/...../..... Age on race day

Postal Address

..... Postcode

Telephone – home (.....)..... - business hours (.....).....

Event entered:

6 hour & 50 km Championships (\$30 for both) ☐

6 hour relay (\$50 per team) ☐

Which relay category? Open ☐ Mixed ☐

Name of relay team

I, my crew, and fellow team members agree to the race conditions stated and shall obey all instructions from race officials.

I, my team members and support crew, and our legal heirs or executors will not hold the organisers responsible for any illness, injury, accident, loss of life or property resulting from our participation in this event.

Signature

Please make all cheques or money orders payable to **Traralgon Harriers.**

Send entries to: **Belinda Issell, 22 Waratah Drive, Morwell, 3840.**

PROFILE.....NICK DRAYTON

Name NICK DRAYTON

Date of birth 06.04.1957

Place of birth UK

Current address 7 Ingram Road, Wahroonga

Occupation Building Services Consultant/Plumber

Marital Status Married

Children 5

Height 1.8m

Weight 85kg

Best Physical feature N/A

Education background HSC and Diploma in Building Services

Favorite Author Richard Bach

Favorite book Jonothan Livingston Seagull

Favorite non running magazine N/A

Favorite movie The Graduate

Favorite TV show Simpsons

Favorite Actor Dustin Hoffman/Robin Williams

Favorite music Any

Book you are currently reading

Hobbies N/A

Collections N/A

Make of car you drive Nissan Patrol

Make of car you would drive Nissan Patrol

Greatest adventure Think I missed it!!

Favorite spectator sport Rugby

Favorite holiday destination Lake Tabourie, NSW South Coast

Favorite item of clothing you own N/A, although would like some good socks for running.

Most prized possession Home

Personal hero N/A

Favorite quote "Things just is"

Personal philosophy Make no sound, leave no tracks

Short term goal To be happy

Long term goal To live a happy life

Achievement of which you are most proud

Pets Lizards, cat, turtles, rabbits, chooks

Pet peeve N/A

Favorite non running activity Sleeping

Greatest fear That mankind will self destruct before my children grow old and go grey

Happiest memory

Personal strength Determination

Personal weakness Beer

RUNNING

PB's Cities Marathon in 3 hrs 41 mins

Years running ultras 10

Number of ultras finished 22

Best ultra performance Coastal Classic in 1999. 102 km in 12 hrs, which is not great by most standards, however I had a good, consistent run throughout and broke the 100km mark.

Most memorable ultra and why A training run from Sydney to Wollongong. This was memorable because it was run during the week, with a friend and one crew. No crowds, no competition, just the 3 of us plodding from Sydney down to the gong, because we wanted to and because we could.

Typical training week Mon - Run 15km and gym Tues - Run 25km and gym
Wed - Anything aerobic and gym Thurs - Cycle class and gym Fri - Run 25km
and gym Sat - Nil Sun - Nil

Injuries Very rare, green if any

Favourite running shoes Asics

Favorite food/drink during an ultra Water and condensed milk

Favorite handler Adamant

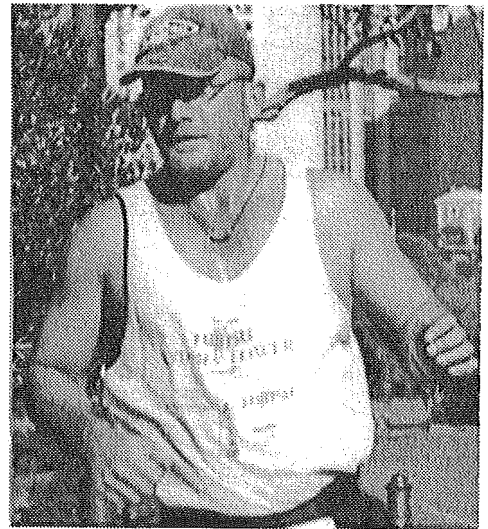
Favorite place to train Wentworth Falls, Blue Mountains NSW

Favorite running surface Road

Ultrarunning idol Yiannis Kouros

Why do you run ultras It is good to pace a challenge and be successful. Ultras push beyond me the limits presented by day to day life, and they help me to get to know myself.

Any advice to other ultrarunners Train and run in such a way that you are able to continue for as long as you wish to. (This will probably not enhance your speed, however)



Trans Australia Foot Race
63 stages **Total distance 4355kms**

January 6th to March 11th 2001

Starting at Perth and finishing in Canberra this multi day stage race had attracted some experienced ultradistance runners. Many of these had run in the Tasmania Run, a 7 day stage race in 1994 and the winner of that event Anatoli Kruglikov (RUS) probably started as race favourite for this very demanding challenge. Other runners of note were Bryan Smith (AUS) and Dusan Mravlje (YUG) who were both Sydney to Melbourne winners and had also taken part in the Tasmania Run.

The race was unfolding with Kruglikov establishing a good lead over Andrei Derxen (RUS) who was well clear of the rest of the field. Tragedy struck on February 2nd when Bryan Smith died and reports indicate this was from a heart attack after completing 2.5 kms of the stage. Bryan was a very popular runner with enormous experience. It is difficult to evaluate the impact Bryan's death had on the race and probably only in the race can speak of it. The decision was made for the race to continue and after two days of enforced rest the runners continued on February 5th.

The original estimated distance of the race was 4,800 kms and the runners were expected to average 70kms a day. Some changes of route were required and the final listed distance was listed as 4355kms with the average stage length being nearly 70kms. 24 had started and on February 12th at Port Augusta 15 were still in the race and the half-way point had been passed. . After stage 36 the leaders were:

1.	Anatoli	Kruglikov	RUS	182.06.39
2.	Andrei	Derxen	RUS	190.21.44
3.	Kaname	Sakurai	JPN	210.15.29
4.	Dusan	Mravlje	YUG	213.15.29
5.	Mick	Francis	AUS	227.19.01
6.	Mihaly	Molner	HUN	227.38.07
7.	Wolfgang	Schwerk	GER	256.29.12

followed by

Bobby Brown (GBR)	Georgs Jermolajevs (LAT)	Paul Every (AUS)
Markus Muller (GER)	Helmut Schieke (GER)	Stefan Schlett (GER)
Karl - Heinz Kobus (GER)	George Audley (AUS)	

The very hot and testing conditions had taken their toll but those avoiding injuries would now become stronger and the first six runners were competing for major honours whilst the rest were focusing upon completing the race. All but one of the remaining fifteen would do so.

Kruglikov continued relentlessly followed by Derxen and it seemed likely that the Japanese runner, Sakurai, would secure the Bronze medal closely followed by Mravlje. Towards the end of the race Sakurai developed problems and on stage 58 was overtaken by Mravlje. With just a few stages to the finish his problems became worse and, reduced to walking, Sakurai was unable to beat the time limit on stage 60. He was obliged to retire from the race. Only three stages remained.

The final stage on March 11th was from Michelago to Canberra- a distance of 44kms 100mtrs and it was fitting that the stage winner was Anatoli Kruglikov. His time for this stage was 2.57.01 about 20 minutes ahead of the second runner, -Mihaly Molnar. George Audley, at 65 years the oldest competitor, brought the whole thing to a close with a time of 4.50.54. It was over.


Final results

1.	Anatoli	Kruglikov	RUS	305.18.45
2.	Andrei	Derxen	RUS	323.24.47
3.	Dusan	Mravlje	YUG	360.50.25
4.	Mihaly	Molnar	HUN	375.01.45
5.	Mick	Francis	AUS	376.08.38
6.	Wolfgang	Schwerk	GER	407.40.25
7.	Bobby	Brown	GBR	423.33.26
8.	Georgs	Jermolajevs	LAT	454.35.19
9.	Paul	Every	AUS	467.30.36
10.	Markus	Muller	GER	486.53.37
11.	George	Audley	AUS	513.35.35
12.	Helmut	Schieke	GER	514.10.27
13.	Stefan	Schlett	GER	517.36.37
14.	Karl-Heinz	Kobus	GER	523.58.08

The organisers are to be congratulated for their vision and enthusiasm. In a race of this nature many important decisions have to be made quickly and decisively whilst the race is taking place. We have no information at this time concerning next year but no doubt, after the dust has settled, an announcement will be made. Details will be given in the next newsletter

Reflections on the Trans Australia Race

By Jesse Dale Riley

 **Los Angeles (UW)** - Overall I was very satisfied with how the Trans Australia Race turned out, but it certainly was more difficult than I thought. Bernie Farmer and I both, I think, had a false impression of the logistics from our experiences leading small groups across Australia previously.

Dealing with such a diverse, competitive group was a whole different ball game and eventually it occurred to me that we'd taken on a tougher task even than C.C. Pyle with the Bunion Derbies, the America of 1928 being far more populated than the Australia of today.

The infamous Nullarbor section, consisting of over 1,100 kms between towns (only the lonely roadhouses) was a mighty obstacle, especially getting water and ice. If Bernie hadn't organized the delivery of 750 liters of water from Adelaide, we'd have been left high and dry.

We also pulled one back on Mr. Pyle with the awesome times that were posted by the runners. They used to doubt the records of the Bunioneers but our guys set the bar far higher still. Witness Andrei Derxen's 7:25:06 for 98.7 kms on Day 7, faster and LONGER than any Trans Am stage. This on the hottest day of the race (46 degrees C. in the shade) through bushfires that raged right to the side of the pavement.

Or Anatoliy Kruglikov's 4:40:53 for 70 kms (2:49 per marathon) on Day 12. As many as 10 runners on a stage made 10 km/hr or more, with the last finisher often near 9 km/hr.

Middle-of-the-packer Georgs Jermolaevs, 58, moved up on Day 22 & ran a fine 4:29:57 for 53.8 kms, but only finished fifth on the stage. 65-year-old George Audley, last overall for most of the race, eventually moved up three places behind stages as fast as 10 km/hr. On Day 54 Derxen, facing rush-hour traffic in Melbourne, did a 1:16 half-marathon split on a 24-km stage to hold off Kruglikov by just 56 seconds. Kruglikov ended up with a faster overall average speed than any single stage of TransAm.

Trans Australia: reflections on diet, strategy, etc.

By Jesse Dale Riley



Key West, Florida (UW) - Some of you may be interested to know how the runners got through a typical day in the Trans-Australia race, so I've provided a few details below.

Anatoli Kruglikov & Andrei Derxen took only Coke and water during stages; no solid food nor anything else. Both ate well after finishing, but Kruglikov ate much more and also more rich food.

In terms of tactics, Derxen was nearer the typical runner with great aerobic capacity and preferring to overtake with a long stretch of up tempo running, especially late in a stage as the heat got worse. Kruglikov, by contrast, would break away with sharp attacks of 16 km/hr or more until out of sight, then ease off slightly while continuing to increase his lead.

Kruglikov showed incredible versatility by attacking early or late, or kicking at the very end, or running well in any conditions: road or trail (Day 49 was run mostly on sand through The Little Desert near Horsham, Victoria); heat or cold; uphill or down; long stages or short.

Mihaly Molnar & Georgs Jermolaevs craved sugar but would eat savory items as well in smaller amounts. As was common in TransAm, these two ate far more when running slowly than on their fast days, and also drank large amounts of Coca-Cola. Mihaly ran with the Russians for the first 19 days until injuries forced him into series of uneven stages. Georgs was a real wild card whose times were all over the map, but he usually started fast and sprinted the last 200 meters or so into the finish.

German team

At the back, the German team ate well throughout the stage. Wolfgang Schwerk ate little when running fast and only near the start; nothing late in the stage. Schwerk was very up front about hating the heat and slowed down visibly when the temperature rose.

Dusan Mravlje hated the heat and flat country in a race full of both, but ran well in these conditions anyway.

Paul Every & Bobby Brown had an unusually low-key approach & often would send their crew, which they shared, far ahead while they carried lots of water.

George Audley impressed me as one of the smartest runners in the race, one those rare individuals who can calculate his splits while running, estimate his finishing time, etc.

I've seen many great runners who are utterly hopeless in this respect and are ready to quit a race because they don't realize how well they're running.

Beer popular

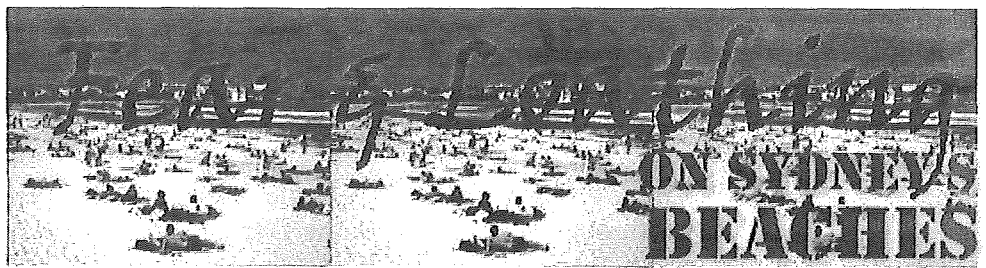
Most of the runners enjoyed beer after running, and when local volunteers or the organizers provided it for free along with plenty of food, it seemed to help the runners relax and enjoy themselves.

On the other hand, hot, difficult stages often left the runners too stressed to sleep well, despite extreme fatigue. Hope this info proves interesting.

Fat Ass

No Fees, No Awards,
No Aid, No Wimps

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

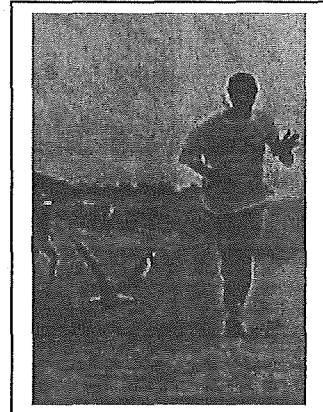


One of the fundamental decisions with the FAT ASS series is to have regular (approx monthly) long distance runs. This means scheduling runs in the summer months, when we are all better off at the beach. Why not combine them and have a run along the best of the beaches ? This run gives a great tour of every single beach from Palm Beach to Bondi Beach in one hit ! You can even stop for a swim, a meal, at the pub or coffee-shop or even gawk at the topless bathing beauties !

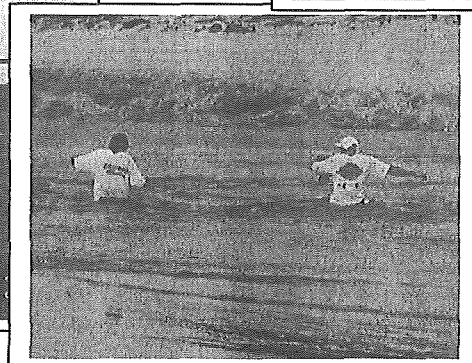
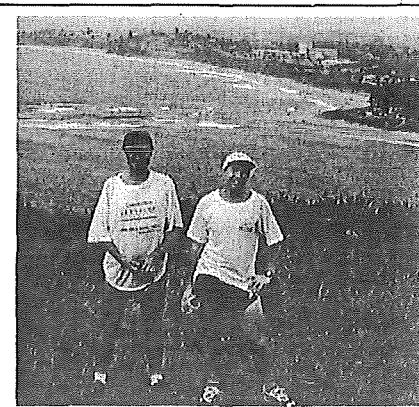
This run started at North Palm Beach Surf Club just after 7am on Saturday 10th Feb 2001. The route started with an out and back to the Barrenjoey Lighthouse which offers superb views of the coastline that is then be followed for the rest of the day. The route tracked southwards towards the city but follows as many bush tracks, footpaths and as much off-road as possible. In general there was a LOT of sand / beach running to Manly, then a LOT of single track bush to the Opera House and then street and bush track to Bondi. Laurence Mead stands alone as The Big Fat Ass who was the ONLY runner to get to Bondi. Hero material – well doen Laurence and to all the other runners who turned up for a GREAT day out !

Results – 10th February 2001

	Name	Age	Town	Result
1	Laurence Mead	33	Rozelle	15:40 [FM]
2	Kevin Tiller	34	Berowra	12:30 [MA]
3	Jonathan Worswick	37	Alexandria	8:09 [MANS]
4	Colin Gowan	31	Campbelltown	12:00 [BO]
5	Jan Hermann	37	St Ives	8:20 [SO]
6	Dave Flimpyhead	32	Fairfield	7:18 [HP]
7	Ann Muras	29	Manly	4:40 [PO]
8	Jaco Boshoff	32	Fairlight	4:40 [PO]
9	Thomas Schattovits	35	Blackheath	5:20 [PO]
10	John Searl	39	Sydney	5:21 [PO]
11	Sid Hewgill	38	Concord	5:21 [PO]
12	Graham Wye	38	Seaforth	6:05 [PO]



- *[FM] - Full Monty Option - Palm Beach to Bondi (approx 89km)
- *[MA] - Mr Average Option - Palm Beach to Opera House (approx 66km)
- *[MANS] - Mr Average Option – but No Sand !
- *[BO] - Boomerang Option - Palm Beach to Manly & Return (approx 76km)
- *[SO] - Silvertail Option - Palm Beach to Mosman (approx 50km)
- *[HP] - Half Pike Option - Palm Beach to Spit Bridge (approx 45km)
- *[PO] - Piker's Option - Palm Beach to Manly (approx 38km)

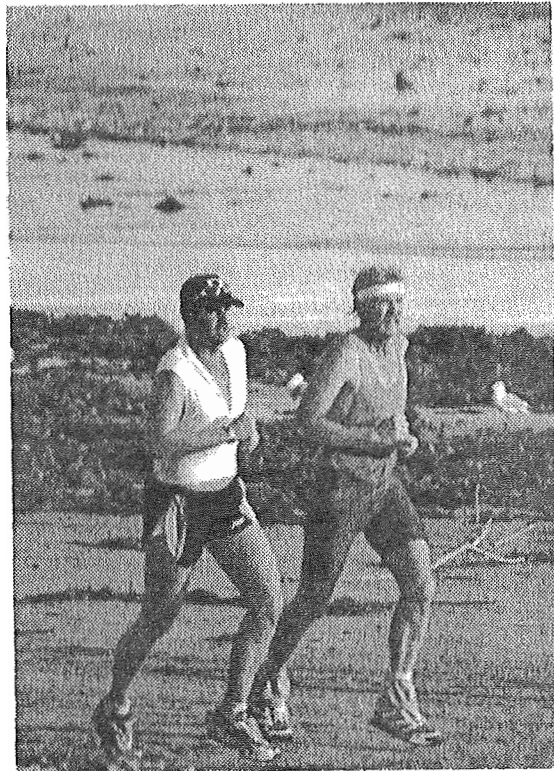


AUSTRALIAN

100 KILOMETRE ROAD CHAMPIONSHIP

Canberra 18-2-2001

Adam Barron	8:57:08
Kelvin Marshall	9:05:30
Bjorn Dybdahl	9:10:43
Ian Twite	9:17:31
Rob Zwierlin	9:26:04
Robert Hybler	9:45:20
Gary Rolfe	9:49:56
Bruce Salisbury	9:55:14
Rosemary Johnson	11:13:47
Chris Gamble	11:35:40
Alan Staples	11:39:03
Adam Forsdyke	11:48:25
Andrew Watt	11:50:01
Paul Mahony	12:27:20
Robin Whyte	13:28:14
Lachlan Wilkinson	14:23:11
Chris Solarz	15:38:20
Ben Darlington	dnf
Lawrence Meade	dnf
Nick Drayton	dnf
Rob Embleton	dnf



Chris Gamble [in cap] with Grant Roder
on Coffs Harbour Beach

BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE 2001

At 5pm March 3rd on a very hot & humid evening 27 runners set off to the blaring sound of a Bunbury Holden Fontera horn!!! The field was made up of 13 local s with others coming from Perth, Corrigin and as far away as Newdegate, close to my old training ground. This event proved to be another very successful one, with 19 runners still on the track at the 6 hour finish despite the heat.

It was a well deserved win by Bjorn Dybdahl who clocked up a PB of 67.685km following a rather disappointing 100km race in Canberra just 2 weeks earlier. He has finished in a minor placing many times before and so it was great to finally see him with a win. Again Graham Maier put up a mighty effort. The pain, strain & exhaustion of the hot night was clearly showing on his face towards the end of the 5th hour, however he pushed on relentlessly just slowing a little during the latter stages. He ran superbly with only a few seconds difference between each 500m lap for the first 4 ½ hours. He improved his placing by one over last year to finish a commendable second. I challenge you to come back & make it one better next year Graham.

Another highlight for me was watching Barry Miller pushing up though the field hour by hour and into a very strong 3rd position. Like Graham he set a race plan and carried it out to the T, just lifting in the final hour to eclipse his 60km target. This is a first time ultra runner and no one could have done a better job. Not only did he look superb throughout the hot night, but he produced probably one of the highest quality grass running tracks in the world - a smooth long bowling green, this undoubtedly a unanimous vote from all competitors (Oh to have been able to run on a track like that in the past!!). Thank you Barry.

I could go on with praise for many runners but the results show the efforts. I must however say the two Perth ladies Su Prewett & Frances Casella, together with local Tania Churcher, all ran tremendous races as did the consistent John Davies, despite his long battle with injuries over the past 12 months. Our first time ultra runners Harold Membrey, Rebecca Gill and Sandra Smith all stayed on the track for the full 6 hours (except Sandy who chose to give everyone a 40minute head start) and none of these runners had run a distance greater then 16km previously - a great effort and your results reflect it. I cant go without a mention of Lyle James who completed his 7th consecutive bare foot 6hr, and Gary & Dot who came across from Corrigin for the 6th consecutive time. Thanks for your support guys (& Dot).

Great sportsmanship is what makes these events. It was shown again by John Vesnaver. His lead up was by no means what he had hoped for, and he knew he couldn't come up with his previous 70 km plus result but he still entered, came along to do what he could and support us on the night. His laughter, jokes and encouragement boosted the spirits of many participants. When Big Geoff from Newdegate asked if that was a stubby in his hand, he replied " yes, just in case I get a sudden rush of blood to the head and find myself wanting to run some more" Thanks for supporting us John and still being on the track to the finish.

I hope that Jane, Rob & crews return next year after their rude awakening. I asked next morning at the usual post race breakky what had happened to the rest of the Perth mob?? The sprinklers had come on at some ungodly hour and drowned the lot. They left very early in disgust to go back to Perth. I mean who in their right mind would pitch a tent on top of a huge recreation ground sprinkler???? The rest of us enjoyed a great rehash of the race etc over a long breakfast. Who is for breakfast at Parade on the water next year??

I would like to thank all those early entrants. You know those people who have organised events before as they appreciate the enoumous number of hours work that go into getting these events to run smoothly - or to run at all. Early entry is the most helpful thing anyone could do. If you are not sure please enter early, and if you cant come just give the organiser a quick phone call and withdraw. In this race you still receive your t-shirt or you can donate it for good cause. On this note I would like to thank Gary from Bunbury City Sports, and Bunbury Holden for donating terrific early bird prizes. Thanks to Lucy Pries who was still printing shirts at midnight on March 3rd. Although the T-shirts were ordered Feb 1st they sometimes take a long time to arrive, especially if an unusual colour is chosen!! Another reason for early entry (not everything can happen over night)

A huge thank you to Stephen Peacock to whom I never had to suggest or mention anything twice, or even once because it was already done. The ground part involves a large part of the race organisation with many people needing to be chased up for many reasons. A great job thankyou. Also to Stephens band of workers on the day and night Kevin Martin, Dave Collins & Don Carlson a big thanks. Ian Gibbs our president is always there getting us out of the nure!! Thanks.

A HUGE thanks is past on from all the runners to Lyn Ventris who showered them all at request, and to Rod for keeping the liquid flowing.

Last but by no means least, thankyou to BUNBURY HOLDEN for the support and sponsorship that enabled us to run the event the way we hoped too - with quality T-shirts and mugs for all entrants, and great trophies and prizes. John Mealey of Bunbury Holden ran a terrific race in the trying conditions to be 3rd local runner for the evening. Well done John.

6HR TRACK CHALLENGE 2001

RANK	NAME	DIST KM'S
1	BJORN DYBDAHL	67.685
2	GRAHAM MAIER	63.568
3	BARRY MILLER	60.449
4	JOHN DAVIES	59.469
5	SU PREWETT	56.943
6	FRANCES CASELLA	54.745
7	ROBERT MACBETH	53.466
8	GEOFF BLYTH	53.355
9	JOHN MEALEY	51.768
10	TANIA CHURCHER	51.182
11	STEPHEN DUNN	50.000
12	LYLE JAMES	48.689
13	HAROLD MEMBREY	47.019
14	JOHN VESNAVER	46.185
15	REBECCA GILL	45.953
16	GARY HARRIS	45.222
17	PAUL KELLY	40.000
18	BRONWYN SALTER	39.673
19	JANE THOMPSON	38.000
20	SANDRA SMITH	36.968
21	PHIL CHILCOTT	36.011
22	ALLAN STAINES	35.500
23	KIM BUSWELL	32.500
24	PHIL WEBB	32.500
25	JIM BARNES	31.000
26	BOB MCNAMARA	25.000
27	HENK STOFFERS	10
28	PHILLIP DeRONCHI	DNS
29	DOUG SHAW	DNS
30	<u>ROBERT WEAVER</u>	DNS

RANK	NAME	HR 1	HR 2	HR 3	HR 4	HR 5	HR 6
1	BJORN DYBDAHL	25	49	71	93	113	135
2	GRAHAM MAIER	22	45	67	89	109	127
3	BARRY MILLER	20	41	60	80	99	120
4	JOHN DAVIES	24	47	68	87	99	118

5	SU PREWETT	20	41	60	78	96	113
6	FRANCES CASELLA	21	40	59	76	92	109
7	ROBERT MACBETH	23	42	59	75	91	106
8	GEOFF BLYTH	23	45	64	75	90	106
9	JOHN MEALEY	22	42	58	73	88	103
10	TANIA CHURCHER	20	38	54	70	86	102
11	STEPHEN DUNN	25	49	69	81	94	100
12	LYLE JAMES	20	39	55	69	83	97
13	HAROLD MEMBREY	20	38	58	66	80	94
14	JOHN VESNAVER	23	45	61	70	80	92
15	REBECCA GILL	18	36	51	65	77	91
16	GARY HARRIS	18	35	51	64	76	90
17	PAUL KELLY	20	41	56	70	80	
18	BRONWYN SALTER	17	32	45	55	66	79
19	JANE THOMPSON	23	45	63	76		
20	SANDRA SMITH	7	22	37	50	62	73
21	PHIL CHILCOTT	18	34	48	54	61	72
22	ALLAN STAINES	21	42	57	71		
23	KIM BUSWELL	20	42	62	65		
24	PHIL WEBB	23	44	60	65		
25	JIM BARNES	21	43	61			
26	BOB MCNAMARA	21	42	50			
27	HENK STOFFERS	20					
28	PHILLIP DeRONCHI	DNS					
29	DOUG SHAW	DNS					
30	ROBERT WEAVER	DNS					

50KM CHAMPIOSHIP 2001

RANK	NAME	TIME
1	BJORN DYBDAHL	4:18:59
2	GRAHAM MAIER	4:30:27
3	BARRY MILLER	5:01:00
4	JOHN DAVIES	5:01:36
5	SU PREWETT	5:11:43
6	STEPHEN DUNN	5:21:55
6	FRANCES CASELLA	5:25:28
7	ROBERT MACBETH	5:30:57
8	GEOFF BLYTH	5:38:26
9	TANIA CHURCHER	5:47:35
10	JOHN MEALEY	5:47:47

Six Foot Track Marathon Results - 3rd March 2001

POS	LASTNAME	FIRSTNAME	SEX	AGE	SUBURB	TIME
1	MCGREGOR	GARY	M	31	RANDWICK	3:52:46
2	MARSHALL	PETER	M	26	LOFTUS	3:53:23
3	BROPHY	RANDY	M	42	NEUTRAL BAY	3:57:57
4	COOPER	STEVE	M	38	LANE COVE	4:01:42
5	ANGUS	DAMIEN	M	26	PORT MELBOURNE	4:03:52
6	DONGES	TERRY	M	38	SPRINGWOOD	4:04:43
7	JORDON	ADAM	M	25	TERRIGAL	4:08:06
8	THOMPSON	KIERON	M	37	BILPIN	4:08:17
9	KRANTZCKE	SIMON	M	34	LOFTUS	4:08:47
10	ANDERSON	BRETT	M	27	HIGHTON	4:10:16
11	BURTON	MICHAEL	M	39	COOGEE	4:12:16
12	FRYER	MARTIN	M	39	LYONS	4:14:18
13	READ	KEN	M	39	CROWS NEST	4:16:52
14	FITZPATRICK	PETER	M	53	WAGGA WAGGA	4:17:22
15	WOOD	SCOTT	M	38	MANLY	4:17:39
16	RULE	MATTHEW	M	27	ANNANDALE	4:19:52
17	MARSHALL	KELVIN	M	36	ELSTERNWICK	4:20:15
18	GRAHAM	CHRIS	M	28	ERMINGTON	4:21:58
19	CANNINGS	DAVID	M	40	NORMANHURST	4:21:58
20	WEBSTER	STUART	M	32	BONDI	4:23:34
21	SULLOHERN	MICHAEL	M	42	GLENBROOK	4:23:35
22	VAN WOESIK	BIANCA	F	38	BONDI	4:25:07
23	PILGRIM	MICHAEL	M	35	KIRRAWEE	4:25:23
24	APPLEBY	STEVE	M	47	CALWELL	4:25:50
25	LLOYD	ANDREW	M	42	GYMEA BAY	4:26:23
26	URWIN	STEPHEN	M	44	NEUTRAL BAY	4:27:48
27	LISSON	GEORGE	M	48	RYDE	4:27:58
28	BILL	ROSS	M	50	BLACKHEATH	4:28:08
29	PEPPER	GRAEME	M	41	WEST CAMBEWARRA	4:28:30
30	DONOVAN	GREG	M	39	ALLAMBIE	4:28:40
31	OSBORNE	GREG	M	36	SUTHERLAND	4:28:50
32	MCKENZIE-HICKS	LOUISE	F	31	ENGADINE	4:28:58
33	GOONPAN	PETER	M	42	KIRRAWEE	4:29:01
34	CUTCLIFFE	MARK	M	34	GYMEA	4:29:35
35	STEIN	PAUL	M	33	WILTON	4:30:07
36	LYNCH	MICHAEL	M	33	MOSMAN	4:30:37
37	MOORE	DANNY	M	43	KINCUMBER	4:30:50
38	BLUNDELL	MATT	M	29	CHATSWOOD	4:31:00
39	GLEN	JOHN	M	43	LEURA	4:32:09
40	THORNTON	CRAIG	M	30	KIRRAWEE	4:32:12
41	SMITH	ANDREW	M	41	LANE COVE	4:32:12
42	WEBER	OLIVER	M	31	SPRINGWOOD	4:33:13
43	GEDDES	WAYNE	M	31	OYSTER BAY	4:34:54
44	NATION	LESTER	M	41	FAIRLIGHT	4:36:20
45	SHAW	DREW	M	32	HEATHCOTE	4:37:34
46	JENKINS	DAVID	M	41	SYDNEY	4:38:08
47	MATTHEWS	IAN	M	36	CROWS NEST	4:38:14
48	MILES	BRENT	M	42	KENSINGTON	4:39:07
49	BROUGHTON	BILL	M	48	WEST CAMBEWARRA	4:39:31
50	STANTON	WAYNE	M	43	FRENCHS FOREST	4:39:54
51	ANGUS	SIMON	M	21	MAROUBRA	4:40:25
52	WATSON	ALAN	M	48	MENAI	4:40:25
53	JEFTHA	COLIN	M	43	KINGS LANGLEY	4:40:36
54	THOMPSON	CHRIS	M	37	WOOLLAHRA	4:40:38
55	CLEAR	DAVID	M	43	WEST RYDE	4:40:53
56	PROCTOR	WILLIAM	M	34	KATOOMBA	4:41:32
57	JEFFKINS	ADRIAN	M	34	HOPPERS CROSSING	4:41:58
58	LISLE	PETER	M	23	DURAL	4:42:06
59	HODGSON	DEAN	M	32	COOGEE	4:42:25
60	MCBURNEY	JUDD	M	26	HORNSBY	4:42:37
61	LONG	RODNEY	M	41	BROOKLYN	4:43:20
62	SHORT	LIZ	F	49	SUTHERLAND	4:43:20
63	MALINOWSKI	PETER	M	49	CHARMHAVEN	4:43:57
64	VILLIERS	JIM	M	30	DEE WHY	4:44:00
65	LEE	ANDREW	M	31	BLAXLAND	4:45:52
66	BAILLIE	JEREMY	M	29	MENAI	4:47:07
67	KENNEDY	GARY	M	39	WAGGA WAGGA	4:47:18
68	CAMPBELL	SCOTT	M	28	BLACKHEATH	4:48:11
69	KELLY	GRAEME	M	49	ORCHARD HILLS	4:48:23
70	WHITE	GAVIN	M	31	EPPING	4:48:34
71	WEST	EDWARD	M	51	BEROWRA HEIGHTS	4:48:35

72	SMITH	ROBERT	M	48	BEROWRA	4:48:36
73	RUTTER	BARRY	M	49	CHATSWOOD	4:49:04
74	COULL	PAUL	M	44	HEATHCOTE	4:49:14
75	HARDING	PHILLIP	M	34	HARBORD	4:49:34
76	HARGREAVES	BRUCE	M	47	EIGHT MILE PLAIN	4:50:07
77	GEEVES	MARK	M	44	MONA VALE	4:50:15
78	HUGILL	PHILIP	M	42	HORNSBY	4:50:27
79	MOORE	DAVID	M	37	LILLI PILLI	4:50:32
80	SPARSHOTT	MARK	M	35	ANNERLEY	4:50:34
81	MAHONEY	ANDREW	M	40	BENSVILLE	4:50:35
82	ABE	STEFFEN	M	30	WEST END	4:50:56
83	BRUGGEMAN	STEPHEN	M	42	RHODES	4:51:25
84	GREEN	IAN	M	55	EAST HILLS	4:51:52
85	LEAHEY	GARY	M	48	BALMAIN	4:51:55
86	SPRAGG	ADRIAN	M	44	CASTLECrag	4:52:13
87	JEFFERY	CLIVE	M	41	CARLINGFORD	4:52:35
88	MURPHY	JOHN	M	35	PADDINGTON	4:54:23
89	LEFMANN	JORDAN	M	20	THORNLEIGH	4:54:34
90	MACKAY	JOEL	M	33	NEWTOWN	4:54:36
91	HENZELL	GREG	M	49	CABOOLTURE	4:54:42
92	HASELL	LUCY	F	22	SURRY HILLS	4:55:30
93	FIEN	MARY	F	28	SURRY HILLS	4:55:30
94	NEWSOME	TANIA	F	30	ABBOTSFORD	4:55:49
95	COUNSELL	PETER	M	44	LIGHTNING RIDGE	4:56:40
96	SMITH	NIGEL	M	25	BEROWRA	4:57:01
97	HROMOW	DAVE	M	33	CONDER	4:57:07
98	LEE	ANDREW	M	49	LOFTUS	4:57:17
99	THOMSON DE ZYLVA	PHILLIP	M	38	QUEENS PARK	4:58:02
100	STRACHAN	PETER	M	54	HORNSBY	4:59:25
101	AITKEN	JASON	M	35	GYMEA	5:01:22
102	JAGO	STEPHEN	M	56	DAVIDSON	5:01:45
103	BOGENHUBER	ALFRED	M	61	CALIFORNIA	5:01:53
104	POTTER	LES	M	44	OAKHURST	5:04:34
105	KILLEEN	PAUL	M	40	CONCORD WEST	5:05:08
106	STYLES	DAVID	M	51	BAYSWATER	5:05:11
107	WHITEHOUSE	PAULA	F	39	ELANORA	5:05:15
108	MACSPORRAN	DAVID	M	29	SEVEN HILLS	5:05:47
109	DUNN	STEPHEN	M	42	WOY WOY	5:06:09
110	GARRETT	IAN	M	38	CAMDEN	5:06:29
111	THIERING	RUSSELL	M	27	MAROUBRA	5:06:56
112	LANDERS	WILLIAM	M	30	NORTH RYDE	5:07:18
113	BEVEN	DENVER	M	44	MC MAHON'S POINT	5:07:45
114	WHITE	SONIA	F	39	WYOMING	5:08:08
115	CLARKE	PHIL	M	49	KAREELA	5:08:11
116	BINASIS	ANNE	F	32	RANDWICK	5:08:57
117	SCHATTOVITS	THOMAS	M	35	BLACKHEATH	5:09:19
118	MICKAN	PATRICK	M	21	TURRAMURRA	5:09:35
119	MEEHAN	TERRY	M	28	LLANDILO	5:09:40
120	SAEZ	HERNAN	M	37	BEXLEY	5:09:48
121	POWELL	ANNE	F	42	MOSMAN	5:09:49
122	PERROW	LEIGH	M	38	NORTH ENTRANCE	5:09:52
123	ARTHUR	NATHAN	M	28	CARINGBAH	5:09:53
124	HIGGINSON	BILL	M	46	WAGGA WAGGA	5:10:52
125	COCKS	NEIL	M	42	LANE COVE	5:11:14
126	VAZQUEZ-RECIO	LUIS	M	38	MT DRUITT	5:11:37
127	REYNOLDS	STEVEN	M	39	ENGADINE	5:11:43
128	WEEKES	COLIN	M	46	MAROUBRA	5:12:03
129	PARSONSON	MARK	M	44	WOORIM BRIBIE ISLAND	5:12:41
130	DEMPSEY	CRAIG	M	31	CLOVELLY	5:13:04
131	CEREZO	MARI-MAR	F	32	BONDI JUNCTION	5:13:17
132	WILLIAMS	DENNIS	M	52	NORTH WAHROONGA	5:13:19
133	KHOURY	JOE	M	40	WENTWORTHVILLE	5:13:39
134	BENNETT	DENISE	F	34	CROWS NEST	5:13:41
135	JACKSON	STEPHEN	M	43	LEICHHARDT	5:14:05
136	CHRISP	DARRYL	M	52	WOOLLAHRA	5:14:14
137	BARNES	PETER	M	42	WENTWORTH FALLS	5:14:33
138	KILLICK	CARINA	F	32	GROSVENOR PLACE	5:14:45
139	OPPERMAN	JAMES	M	33	KYLE BAY	5:14:47
140	CURTIN	CHRISTINE	F	32	TURRAMURRA	5:14:53
141	VLOTMAN	DAVID	M	32	CREMORNE	5:15:29
142	LLOYD	BILL	M	48	BONNET BAY	5:16:16
143	MASON	BRENDAN	M	38	DOUBLE BAY	5:16:20
144	MELANO	RALPH	M	47	STRATHFIELD	5:16:29
145	HERRMANN	JAN	M	37	ST IVES	5:16:43
146	WORSWICK	JONATHAN	M	37	ALEXANDRIA	5:16:59
147	MEDGYESSY	JULIUS	M	49	NORTH BONDI	5:17:05

148	GILLESPIE	MARTIN	M	30	BALMAIN EAST		5:17:25
149	BOWNES	IAIN	M	41	PYMBLE		5:17:25
150	WIELAND	PENNY	F	39	MOSMAN		5:17:38
151	BARNETT	OWEN	M	42	OYSTER BAY		5:18:45
152	HAYWARD	GLENN	M	33	TOWRADGI		5:18:52
153	DELLAGIACOMA	PATRICK	M	37	BUNDEENA		5:18:57
154	SHEPHERD	JOE	M	27	SWANAGE DORSET		5:19:44
155	ROCK	PHILIP	M	33	ALLAMBIE HEIGHTS		5:20:48
156	AITKENHEAD	GARY	M	42	NAREMBURN		5:20:56
157	FLEIG	KARL	M	60	PADDINGTON		5:20:57
158	PRALICA	ELIZABETH	M	35	CLARENCETOWN		5:20:58
159	ROPER	TONY	M	46	YARRAMARRAH		5:21:03
160	KING	DAVID	M	52	EPPING		5:21:06
161	BRYCE	LES	M	55	TURRAMURRA		5:21:22
162	ILTON	LLOYD	M	52	NEW LYNN AUCKLAND		5:21:31
163	STAUNTON	LOUISE	F	29	CARINGBAH		5:21:44
164	GREENHILL	SEAN	M	22	BURWOOD		5:22:32
165	TIBBITTS	PETER	M	46	LILLI PILLI		5:22:52
166	STEVENS	REBECCA	F	32	NEUTRAL BAY		5:22:53
167	JOHNSON	CRAIG	M	34	WILLOUGHBY		5:24:01
168	SWAIN-CRAIGIE	SHARYN	F	40	MCMAHONS POINT		5:24:07
169	CORLIS	MICHAEL	M	41	KAMBAH		5:24:14
170	HARRISON	MALCOLM	M	55	EARLWOOD		5:24:21
171	MAHONY	PAUL	M	48	TERRIGAL		5:25:20
172	KELLY	ANDREW	M	35	WORONORA HEIGHTS		5:25:31
173	NG	PAUL	M	35	PEAKHURST		5:25:50
174	HOLLAND	CARL	M	30	ROTHERFIELD PEPPARD	HENLEY	5:25:53
175	LEE	NICHOLAS	M	28	WEST PYMBLE		5:25:59
176	WATSON	FRED	M	31	SEASIDE CALIFORNIA		5:26:35
177	SILK	TOM	M	36	GREENWICH		5:26:36
178	JAMES	IAN	M	40	VALENTINE		5:26:39
179	BERGKVIST	KATH	F	51	KOTHARA		5:26:42
180	FERRIS	PETER	M	49	GRANGE		5:26:44
181	HATCHER	CHRIS	M	36	KILLCARE		5:26:59
182	MORGAN	KEITH	M	63	VICTORIA POINT		5:27:02
183	TOWGOOD	VERNE	M	48	KINCUMBER		5:27:04
184	DEVLIN-MAHONEY	OONA	F	40	BENSVILLE		5:27:04
185	MADDOCK	IAN	M	25	DARLINGHURST		5:27:26
186	ELEY	KEVIN	M	51	CASTLE COVE		5:27:39
187	TAYLOR	ROBERT	M	49	MENAI		5:27:48
188	COULTER	DAVID	M	27	CHIPPENDALE		5:27:49
189	STOLLERY	PHIL	M	46	KATOOMBA		5:28:00
190	CLIFTON	PHILIP	M	56	BRONTE		5:28:09
191	WIELAND	MARK	M	39	VAUCLUSE		5:28:50
192	MARCH	DAVID	M	49	MEREWEATHER		5:28:56
193	WAYNE	LAIMA	F	50	GYMEA		5:30:24
194	FARNCOMB	ANGUS	M	35	TERRIGAL		5:30:35
195	BRADLEY	ALAN	M	40	BUTTABA		5:30:47
196	PRETORIUS	GAVIN	M	38	BEROWRA		5:30:56
197	TAIT	CHRIS	M	39	LEICHHARDT		5:31:18
198	PAFF	DAVID	M	42	TAREE		5:31:24
199	PEACH	ELOUISE	F	26	TOWRADGI		5:31:31
200	RAYMOND	DAVID	M	35	GWYNNEVILLE		5:32:28
201	TOKOLI	JOHN	M	41	LITTLE HARTLEY		5:32:34
202	CLEMENTSON	DIANE	F	41	NEUTRAL BAY		5:32:40
203	AMBROGIO	LEANNE	F	32	WILLOUGHBY		5:32:40
204	CRAMPTON	DAVID	M	38	LEICHHARDT		5:32:45
205	LIMBREY	MICHAEL	M	54	CAMPBELLTOWN		5:32:51
206	LAROCCA	MARIO	M	51	QUEANBEYAN		5:34:17
207	BODNAR	STEPHEN	M	41	KOGARAH		5:34:51
208	ZUCCONI	SUSAN	F	40	CAMMERAY		5:35:03
209	FISHER	STEPHEN	M	48	WAHROONGA		5:36:13
210	UMPLEBY	MARTIN	M	26	KINGSFORD		5:37:03
211	MCGOVERN	JOHN	M	62	YOWIE BAY		5:37:17
212	KNOX	KEITH	M	50	SOUTH HURSTVILLE		5:37:47
213	DAVIS	GRAHAM	M	48	WAMBERAL		5:37:56
214	WYE	GRAHAM	M	39	SEAFORTH		5:37:58
215	KING	CHARLES	M	41	HUNTERS HILL		5:38:04
216	MONTGOMERY	DAMIEN	M	27	MANLY		5:38:35
217	HILLS	ANDREW	M	32	CROWS NEST		5:38:46
218	GRIFFITH	SUSAN	F	40	CASTLE COVE		5:38:48
219	HERISSON	GEORGE	M	45	EAST RYDE		5:39:53
220	KLIMA	ROB	M	57	SEAVIEW DOWNS		5:39:58
221	KENT	HEATHER	F	37	LANE COVE		5:40:13
222	SAKER	ROBIN	M	37	STRATHFIELD		5:40:53
223	SERAFIM	ROCKY	M	46	AVOCA BEACH		5:41:08

224	BROWN	MARK	M	43	MANLY	5:41:22
225	HOLM	STEPHEN	M	39	WAITARA	5:41:23
226	CAMERON	ROBIN	F	41	WAHROONGA	5:41:24
227	DAY	STUART	M	43	CARLINGFORD	5:42:23
228	EVANS	KATHRYN	F	35	WILLOUGHBY	5:42:38
229	KNUTSEN	CHRIS	M	42	FAULCONBRIDGE	5:42:48
230	MONTGOMERY	STEPHEN	M	36	BATEAU BAY	5:42:53
231	HERPICH	LUDWIG	M	65	MIRANDA	5:42:58
232	TROTTER	JOHN	M	53	WINMALEE	5:44:04
233	HAWKINS	NIGEL	M	43	HARBORD	5:44:43
234	VINCENT	STEWART	M	54	LONGUEVILLE	5:44:45
235	GARRIDO	ELADIO	M	36	SYDNEY	5:44:54
236	BROADBENT	WARREN	M	52	TORONTO	5:45:01
237	O'MARA	MICHAEL	M	48	ABBOTSBURY	5:45:14
238	DRAYTON	NICK	M	43	ST LEONARDS	5:45:15
239	IVIN	CHRIS	M	38	STRATHFIELD	5:45:47
240	FIELD	ALF	M	60	PALM BEACH	5:45:55
241	VICKERS	ROWAN	M	40	CRONULLA	5:45:58
242	HESS	PHILIPP	M	27	MCMAHONS POINT	5:46:07
243	CAMERON	BRETT	M	34	LILYFIELD	5:46:07
244	MOHR	MONIKA	F	41	MIRANDA	5:46:30
245	LANDORF	KARL	M	37	CAMDEN	5:46:40
246	KONEMANN	COLIN	M	45	LEURA	5:47:08
247	LAIDLAW	DEBORAH	F	41	MOSMAN	5:47:34
248	DAVIS	WAYNE	M	41	WESTMEAD	5:47:50
249	REEVES	JOHN	M	33	CONCORD WEST	5:48:14
250	GRAY	STEPHEN	M	48	HEATHCOTE	5:48:25
251	FARRINGTON	JAMES	M	29	EASTWOOD	5:49:00
252	MACSPORRAN	ANNE	F	27	CHERRYBROOK	5:49:03
253	WHITE	KEITH	M	50	THE ROCKS SYDNEY	5:49:50
254	MATLEY	STEWART	M	55	BROKE	5:49:57
255	GOLDEN	TONY	M	45	MAROUBRA	5:50:39
256	KEHOE	PAUL	M	31	EDGEWORTH	5:50:41
257	FRYKBERG	JOHN	M	41	ST IVES	5:50:45
258	PAXTON	ROBERT	M	46	LEUMEAH	5:50:45
259	CAUSER	MARK	M	34	MOSMAN	5:50:47
260	HOSKINS	EVAN	M	34	BONDI	5:50:49
261	STEPHENS	TODD	M	24	CHATSWOOD	5:50:51
262	LAUSEN	KELLY	F	28	CHATSWOOD	5:50:53
263	BISHOP	STEPHEN	M	42	BONDI	5:51:25
264	LITTLE	SANDRA	F	37	NAREMBURN	5:51:41
265	TOOLE	ROY	M	60	MIRANDA	5:51:52
266	JEFFERD	CHRIS	M	48	CHATSWOOD	5:52:31
267	CLARK	DENISE	F	48	WHITEBRIDGE	5:52:55
268	WOMSLEY	GARRY	M	37	TOONGABBIE	5:54:00
269	GORDON	STEVEN	M	39	DIMBOOLA	5:54:10
270	THEUNISSEN	JOSHUA	M	31	MOSMAN	5:54:14
271	BAILEY	RICHARD	M	53	BAULKHAM HILLS	5:54:49
272	KELLEHER	PAUL	M	43	GOROKAN	5:54:56
273	HILTON	ALLEN	M	51	MILPERRA	5:55:07
274	MASON	CRAIG	M	40	MOSMAN	5:55:11
275	KENNY	SARK	M	32	SURRY HILLS	5:55:21
276	APPLEBY	DANIEL	M	25	SURRY HILLS	5:55:21
277	FULLER	DEBORAH	F	38	MCMAHONS POINT	5:55:30
278	BARNETT	PAUL	M	35	ERSKINEVILLE	5:55:35
279	HEWGILL	SID	M	38	CONCORD	5:55:54
280	KILHAM	MICK	M	44	GUILDFORD	5:55:59
281	ITILBY	GORDON	M	51	MAROUBRA	5:56:22
282	MAHONEY	MICK	M	43	PENDLE HILL	5:56:27
283	HUGHES	WARREN	M	45	CHESTER HILL	5:57:29
284	GRIFFIN	DON	M	51	EIGHT MILE PLAINS	5:58:26
285	INGHAM	SUSAN	F	54	SARATOGA	5:59:04
286	GRICE	VIVIAN	M	47	BANGOR	5:59:07
287	LILLEY	DAVID	M	55	PELAW MAIN	5:59:13
288	EVERETT	LINDSAY	M	49	WAMBERAL	5:59:26
289	VIDEAU	FRANK	M	38	MARSFIELD	5:59:49
290	FICKEL	BOB	M	49	CRONULLA	5:59:50
291	LEISHMAN	SAM	M	34	SYDNEY	5:59:53
292	WILLEMS	HERB	M	54	BAULKHAM HILLS	6:00:09
293	SMIDT	RUSSELL	M	22	RYDE	6:00:11
294	DINES	ELSJE	F	35	CRONULLA	6:00:32
295	BEDZINSKI	EDWARD	M	35	NORTH WOLLONGONG	6:01:18
296	SCOTT	JEFF	M	48	MT PLEASANT	6:01:37
297	NISSSEN	BETH	F	19	WARRAGAMBA	6:02:35
298	JOHNSTONE	ANDREW	M	46	NOWRA	6:02:35
299	LAHIFF	PETER	M	65	TOWNSVILLE	6:03:20

300	BOLDIN	BENEDICT	M	33	BLACKTOWN	6:03:42
301	YOUNG	LINDSAY	M	46	CARINGBAH	6:03:43
302	ARROWSMITH	TONY	M	46	MOSMAN	6:04:08
303	SMITH	DEREK	M	59	MILSONS POINT	6:04:36
304	OLMSTEAD	JOHN	M	45	LINDFIELD	6:04:48
305	WAGNER	STUART	M	29	ALEXANDRA HILLS	6:04:56
306	MAY	EARLE	M	44	WORONORA	6:05:12
307	PATERSON	IAN	M	43	CHERRYBROOK	6:05:13
308	COGAN	PAMELA	F	23	PADDINGTON	6:05:14
309	MORGAN	IAN	M	62	ST CLAIR	6:05:39
310	BOUSFIELD	ANTHONY	M	38	ST MARYS	6:05:39
311	PINCI	TIBOR	M	50	LEONAY	6:06:28
312	SMITH	PENNY	F	57	LANE COVE	6:06:41
313	EGAN	TIM	M	47	MOSMAN	6:06:48
314	DAVIS	SIMON	M	40	CHATSWOOD	6:07:07
315	SCOTT	GREG	M	37	WAGGA WAGGA	6:07:31
316	MCKINLAY	JENNY	F	33	CALWELL	6:07:51
317	MCKINLAY	BROCK	M	34	CALWELL	6:07:51
318	HOOK	GEOFF	M	56	MOUNT WAVERLEY	6:08:17
319	TAYLOR	KERRY	F	44	WAGGA WAGGA	6:08:19
320	TJART	DAVE	M	42	NORTH VANCOUVER BC	6:08:33
321	WANDERER	FRANZ	M	59	EMU PLAINS	6:08:58
322	HOWARD	STEPHANY	F	30	HOPE ISLAND	6:09:01
323	KENNEDY	ROBERT	M	61	ENGADINE	6:09:26
324	VIGLIONE	TINA	F	33	WOLLSTONECRAFT	6:09:53
325	HENRY	MEL	M	42	KHOLO	6:10:30
326	DAVEL	CORRIE	M	44	THE GAP (BRISBANE)	6:10:31
327	RENSHAW	BRAD	M	54	BELROSE	6:10:33
328	DIXON	KEVIN	M	46	BOSSLEY PARK	6:10:47
329	TOMICZEK	BILL	M	54	MOUNT RIVERVIEW	6:10:55
330	QUINN	PETER	M	54	HORNSBY	6:10:56
331	ELLSMORE	MATTHEW	M	25	BRONTE	6:11:05
332	EBZERY	GLEN	M	44	WENTWORTH FALLS	6:11:13
333	BEDFORD	DENNIS	M	55	RAZORBACK	6:11:52
334	SCHMIDT	JAMES	M	30	CAMMERAY	6:12:05
335	THEAKSTON	PAUL	M	26	COBAR	6:12:41
336	HARRIS	ADRIAN	M	50	HOLGATE	6:12:41
337	DAWSON	JULIE	F	38	CROMER HEIGHTS	6:12:48
338	ARROWSMITH	VICKI	F	43	MOSMAN	6:13:19
339	DENNIS	SCOTT	M	38	BROKEN HILL	6:14:11
340	PINCI	MICHELLE	F	42	LEONAY	6:14:33
341	MORGAN	DAVID	M	23	NORTH EPPING	6:15:28
342	PREECE	ROGER	M	55	FRANKSTON	6:15:48
343	MELNYCZENKO	JOHN	M	53	MINCHINBURY	6:16:29
344	PRIDDLE	HAMISH	M	30	CURL CURL	6:17:02
345	SPOKES	GRAHAM	M	45	WAGGA WAGGA	6:17:24
346	MARSHALL	CRAIG	M	44	NORTH ROCKS	6:17:57
347	SCOTT	WENDY	F	43	GLENDALE	6:18:14
348	HARRADINE	LEON	M	66	KINCUMBER	6:18:14
349	SULLIVAN	DEBORAH	F	34	KIRRAWEE	6:18:19
350	WESTERWELLE	MAURICE	M	53	NORTH BONDI	6:19:28
351	KOPPENOL	KAREN	F	50	MACKENZIE	6:19:37
352	WASELL	BRONWYN	F	31	SUMMER HILL	6:19:41
353	WHITTON	BARRY	M	63	FITZROY FALLS	6:19:59
354	COATES	BARRY	M	54	LOFTUS	6:20:00
355	O'TOOLE	ALAN	M	57	SYLVANIA	6:20:02
356	HAYES	ANTHONY	M	43	BLACKALLS PARK	6:20:19
357	BAGALA	TONY	M	44	DENISTONE	6:20:41
358	RUSSELL	JOY	F	32	CREMORNE POINT	6:20:49
359	SCHMIERER	ERIC	M	48	TERREY HILLS	6:20:52
360	COLLESS	HEATHER	F	41	MOSMAN	6:20:58
361	STENGER	JULIETTE	F	28	COOGEE	6:20:58
362	CLEMENTS	NICOLE	F	33	MOSMAN	6:20:58
363	MILLER	CAROLINE	F	37	CREMORNE	6:20:58
364	WEASE	BRADLEY	M	30	WINDSOR	6:21:00
365	TIBBITTS	MARIANNE	F	39	LILLI PILLI	6:21:46
366	DUNCAN	DEIRDRE	F	46	ARCADIA VALE	6:22:32
367	SCHAEFER	HEIKO	M	61	ST IVES	6:22:49
368	STOREY	DON	M	41	NORTH RYDE	6:23:01
369	ANDERSON	DAVID	M	53	ELERMORE VALE	6:23:43
370	RANNARD	BILL	M	47	OATLEY	6:23:56
371	WILLIAMS	BRENDAN	M	28	EASTWOOD	6:24:07
372	HAMER	PETER	M	47	ULTIMO	6:24:38
373	SMITH	PETER	M	43	ELTHAM	6:24:49
374	HUMPHREYS	ROY	M	54	HEATHCOTE	6:24:52
375	RYAN	ANTHONY	M	31	WAITARA	6:25:26

376	ALCHIN	GEOFF	M	43	MENAI	6:25:26
377	BAILLIE	CHRIS	M	42	WEST RYDE	6:26:00
378	ANDERSON	VIC	M	48	INGLEBURN	6:26:04
379	EISENHUTH	JOAN	F	42	GEORGES HALL	6:26:04
380	HAMMOND	RUSSELL	M	44	WAKELEY	6:26:52
381	BOIDIN	DOMINIC	M	44	FAULCONBRIDGE	6:26:54
382	MANSON	RICHARD	M	37	LINDFIELD	6:26:54
383	RUSSELL	MICHAEL	M	44	EDGECLIFF	6:27:19
384	STAUNTON	DAMAIN	M	30	CARINGBAH	6:28:00
385	SIMPSON	CARL	M	46	PADSTOW	6:28:03
386	RENSFORD	BRIAN	M	55	MERRYLANDS	6:28:03
387	MCNALLY	ROSS	M	39	MAROOCHYDORE	6:28:08
388	CROSBY	TONY	M	56	MOSMAN	6:28:21
389	BUTLER	GRAHAM	M	52	NEUTRAL BAY	6:28:21
390	MCCARTHY	WAYNE	M	58	SYDNEY	6:28:21
391	MILLER	DAVID	M	37	EPPING	6:28:35
392	YATES	ROSS	M	54	KATOOMBA	6:28:38
393	THOMSON	MATTHEW	M	30	CREMORNE	6:28:51
394	MAMMONE	FIERO	M	40	BOSSLEY PARK	6:29:02
395	CROFT	STEVE	M	34	ROSEVILLE	6:30:16
396	GRIFFIN	TRISH	F	45	UPPER MT GRAVATT	6:30:33
397	PANAGOS	CON	M	50	PUNCHBOWL	6:30:34
398	GARDNER	STEVE	M	21	WILLOUGHBY	6:30:41
399	HEJNOVA	EVA	F	26	QUEENSCLIFF	6:30:42
400	BATTERHAM	DIANE	F	48	TURRAMURRA	6:31:33
401	SPARSHOTT	KERRY	F	34	CLAYFIELD	6:31:39
402	WILLIAMS	DAVID	M	43	CONCORD	6:32:10
403	SOLARZ	CHRIS	M	22	SYDNEY	6:32:34
404	PETTIT	DAVE FLIMPYHEADM		32	CANLEY HEIGHTS	6:32:34
405	PULLER	YVONNE	F	53	ARCADIA VALE	6:33:05
406	KELLY	DAVID	M	46	BATHURST	6:34:16
407	WALLIS	KEITH	M	42	GREEN POINT	6:35:19
408	SEARL	JOHN	M	39	RUSSELL LEA	6:35:56
409	BROWN	TIM	M	22	EPPING	6:36:28
410	HAGON	PAUL	M	29	PHILLIP	6:36:33
411	BARTLETT	NEIL	M	51	ENGADINE	6:36:42
412	SCHULTZ	LINDSEY	M	23	NELSON	6:36:59
413	REID	GREG	M	59	BOSSLEY PARK	6:37:21
414	WHITE	MARGARET	F	46	THE ROCKS SYDNEY	6:37:27
415	FAY	ANTHONY	M	36	SPRINGWOOD	6:38:18
416	TUCKER	MIGNON	F	29	ALLAMBIE HTS	6:38:21
417	LINDSAY	JOHN	M	52	DONCASTER EAST	6:38:33
418	TEGART	GREGORY	M	44	TERRIGAL	6:38:37
419	MILLETT	BRIAN	M	49	ENGADINE	6:38:57
420	O'SULLIVAN	TONY	M	39	RANDWICK	6:39:42
421	SHARPE	RICHARD	M	29	BERKELEY VALE	6:40:06
422	WEIR	KEN	M	46	WATSONS BAY	6:40:17
423	BAKER	REBECCA	F	32	FAIRLIGHT	6:40:38
424	MILLER	CRAIG	M	28	KILLARNEY HEIGHTS	6:42:50
425	JONES	GRAHAM	M	47	FRENCHS FOREST	6:43:03
426	KRANTZCKE	TONY	M	64	LOFTUS	6:44:34
427	HUMPHEYS	CHRIS	M	55	TENTERFIELD	6:44:50
428	HEYWOOD	LOUISE	F	38	CROWS NEST	6:45:02
429	WALES	RAY	M	51	BALGOWNIE	6:45:46
430	FORSTER	HEATHER	F	47	NORTH TURRAMURRA	6:46:09
431	MARCH	GREG	M	48	TURRAMURRA	6:46:09
432	WILSON	LAURA	F	31	DUDLEY	6:47:13
433	HOOKE	BOB	M	52	CAMBRIDGE PARK	6:47:17
434	CHAPMAN	DOUG	M	53	CARINGBAH	6:47:57
435	ESTALL	NEIL	M	53	BONDI	6:48:10
436	SHILSTON	ROSS	M	47	FRANKSTON	6:49:07
437	WITT	ALAN	M	54	FRANKSTON	6:53:00
438	LANCE	TONIA	F	24	MUDGEERABA	6:53:45
439	BRETT	JOHN	M	64	MIRANDA	6:54:20
440	COMMINS	LOUIS	M	51	BLACKALLS PARK	6:54:37
441	MIFSUD	STEPHEN	M	43	WERRINGTON DOWNS	6:54:40
442	GODDARD	RAY	M	36	EDENSOR PARK	6:54:43
443	BOYD	KENT	M	37	PARKES	6:54:51
444	INGLIS	ROBERT	M	48	SYDNEY	6:55:57
445	HART	BRUCE	M	52	FAULCONBRIDGE	6:55:57
446	BRAY	GRAHAM	M	47	BATHURST	6:57:43
447	MCDONALD	MALCOLM	M	52	PYMBLE	6:59:02
448	BOGENHUBER	MAX	M	58	SUTHERLAND	7:00:00
449	MAR	ROGER	M	44	CABRAMATTA WEST	7:02:55
450	HEFFERNAN	WAYNE	M	52	ENGADINE	7:03:12
451	BELL	GRAHAM	M	53	RODD POINT	7:04:19

452 KERRUISH	GRAHAME	M	61	RIVERWOOD	7:08:44
453 HOBBS	TOM	M	63	TOUKLEY	7:10:11
454 POULOS	VICTOR	M	53	CROYDON	7:16:21
455 SALT	DAVID	M	57	PYMBLE	7:23:16
456 SMITH	DAVID	M	33	CALIFORNIA	7:24:38
457 MEDGYESSY	LIEN	F	34	NORTH BONDI	7:27:49

Six Foot Track - Race Report

by Russell Hammond (2001)

Dear Fellow Six Foot Track Runners,

Here I am the morning after the day before with legs that feel like cement and are about as pliable. I think a week off running will be about the minimum time I'll give myself before my shoes go back on but I seriously think Christmas might be the right time! Well, that's how I feel now.

The race this year was a beauty wasn't it! The organisation is top class and the bushfire brigade where at their brilliant best. While you and I might complain about sports related fatigue and injuries, the volunteers have to preserver with seeing runner after runner for hours on end. If there was one small feature which grated most runners I talked to after the race was the 9 kilometre sign at the turn off on the Black Range Road. Who measured it? These were definitely longer kilometres than most Australians are used to!!

OK, the question you want answered is - what was it like? The day dawned cool and humid (due to rain the night before) which was a blessing from the temperatures in Sydney in the week leading up to the race and www.bom.gov.au (Department of Meteorology) was one of the most visited Web sites so I could get a potential forecast for the race.

The race got off close enough to 8:00 AM for those in the first wave and it started with the mad rush to Nellies Glen which is really funny because everybody has to hang around for a few minutes before they can even start to walk to the valley floor. The stairs were made even more difficult with being very wet and muddy the whole way down. Once at the bottom is was 'business as usual' for first wave stragglers like myself. After 25 minutes the first runners of the second waves came screaming past - truly great sight seeing what are obviously fine runners in their glory.

Not much to report until the twisty section leading to the Coxs River as I was caught with first and second wave runners in a long snake at a pace I wasn't expecting to go. I must say that at this stage I thinking that the Sydney Striders runners are a human sub-species born with their racing singlets on and are very prolific breeder as they seem to be everywhere. No matter, they provide plenty of humour and banter to keep non Striders amused.

Want a swim? That's Coxs River for you! It was amusing to see everyone take it easy not to get their shoes wet at the first section of the crossing only to climb a small bank and see about 30 metres of waist deep water to cross. The dip in the water was refreshing but only for a short while until a quick drink and then the reality of this race takes over for the haul to Mni-Mni Saddle. The clouds hung around which meant there was one less irritation to worry about. I just slogged it up the hills (there's a small reprieve about half way up) and thought of cruel things to do the race organiser until I got the Saddle and could run again. The section between climbs was better than I remembered last year and I started out at a great pace.

After what seemed like the forth shoe wash crossing the race has really just started with the indescribable section to the Pluviometer. I was down to an extremely slow crawl about half way up and the contents of my stomach wasn't liking it's current address. I kept everything down and together until the Pluviometer and a four minute break to recover, soak my head, think about a banana (which I left alone) and started on the Black Range section. After a 20 minute walk I found my legs again and shuffled off. I was well under the cut off time but I realised that I wanted to beat a self imposed deadline and I had to draw on all my ever dwindling reserves to do it. This section was cool but the recent rains had left the track wet and, by the time yours truly was trudging along, it was beginning to cut up in places. In this section I saw a Fire Brigade Nissan Patrol, taking runners in a worse condition than myself to the finish, stop and a fellow runner hobbled out of the back door only to throw up behind a tree - I know how you feel mate!!

I managed to keep running up to the controversial part of the this years race - the Caves Road By-Pass. I'd ran last years race and did welcome the change of running surface but since I wanted to get my medallion at the end I complied with the course marshals and turned left with everyone else. The first section of the by-pass is great running. The weather was still cool and the track was no worse than what I'd ran on previously with plenty of down hill sections to get some speed up. The down sections were there to trick you into a false sense of security until you reached two hills prior to crossing Caves Road. My thoughts at this stage were you don't get something for nothing. Across the Road and back onto more trails. There was one small hill but the revised section to the cabins is OK by me. Again, Striders appeared out of nowhere to add some levity and raise peoples hopes. Overall I think the new section should have been in the race all along as it as it is in keeping with the intent of the race to totally breakdown the human spirit. At least there is more overhead cover than running on the side of the road which is a positive!

Back onto past memories and the run along the spur after the cabins. The weather had dropped a few degrees by this time and I was feeling a little bit cold. The rolling nature of this section makes for a run, crawl, run, crawl, run pattern to emerge but the infectious nature of the Green and White Army (Striders) helped with the pain.

Just when you think it can't get any worse there is the last two kilometres to tackle. When your hamstrings are tight enough to bust and your calves are solid blocks of muscles the last section comes along to turn your quads to mush. I had to hold back a bit on this section but managed to pass a few people who were in worse pain than myself. This section of track was better than last year as it seems the recent rains caused the rocks to hold in the ground more than last year and actually made it safer (apart from the agony in my legs).

The finish is always welcomed with complete strangers calling out encouragement and clapping. Around 6 and half hours isn't a world record but it's at least 25 minutes better than last year with now my second medallion safely locked away. I must admit to a wave of emotion as I crossed the line but I'm sure I can put that down to fatigue, low blood sugar, height headedness, relief or just knowing it was all over - you pick?

Writing this the next day I can safely say the race organiser will live another day and I'm glad I've completed another one. Thanks to my long distance running partner Steve who ran the race and let me use the facilities in his room and to the group of runners (who were all first timers) I rejoined at the end to swap Six Foot Track horror stories.

Congratulations to all finishers and those who started their collection of buckles and are going on for the full wardrobe with the belts, etc - you are all heroes.

As my shoes are soaking in the ever lost cause of cleaning them and I wonder if there will be another day like 3/3/01 to run an event like this again. The mind is willing and right now the body is weak.



Kris Clauson at Tasmania's Cradle Mountain Run

WATER WORLD GREAT OCEAN RUN 2001

Peter O'Sullivan from the Gold Coast and Melissa Bulloch from Emerald Heights added their names to the list of winners on the perpetual shields for the Water World Great Ocean Run from Red Rock to Coff's Jetty on Sunday . While they did not threaten the race records , for O'Sullivan it was a personal best performance on his third race over the course and Bulloch posted the second fastest female time ever on only her first attempt .

O'Sullivan drew away from Armidale's Michael Smart on the run along Park Beach after the pair had duelled with race record-holder Jim Bennington for most of the distance . Smart is also a previous winner of the race and instigated a series of surges along Moonee beach which made the going even tougher for all three major place-getters . They crossed the finish under the Jetty in 3.34.27 , 3.35.13 and 3.38.00 respectively .

Earlier the 49 year old Bennington had had to play catch-up to his younger rivals after missing the start but he was making no excuses and was well pleased with his performance . Also missing the start did not affect Melissa Bulloch's attitude or her results . She is on the comeback trail after giving birth and was out to enjoy the scenic tour of the local beaches and headlands which she proceeded to do for 4 hours 18 minutes and 8 seconds giving her a nine minute victory over another first-time Water World runner Martine Crockett from Ashmore . Both were well clear of third place for the women which saw a tie between the barefooted former winner Angie Cottrell and Carol Coburn , both from Queensland , in 5.12.12 .

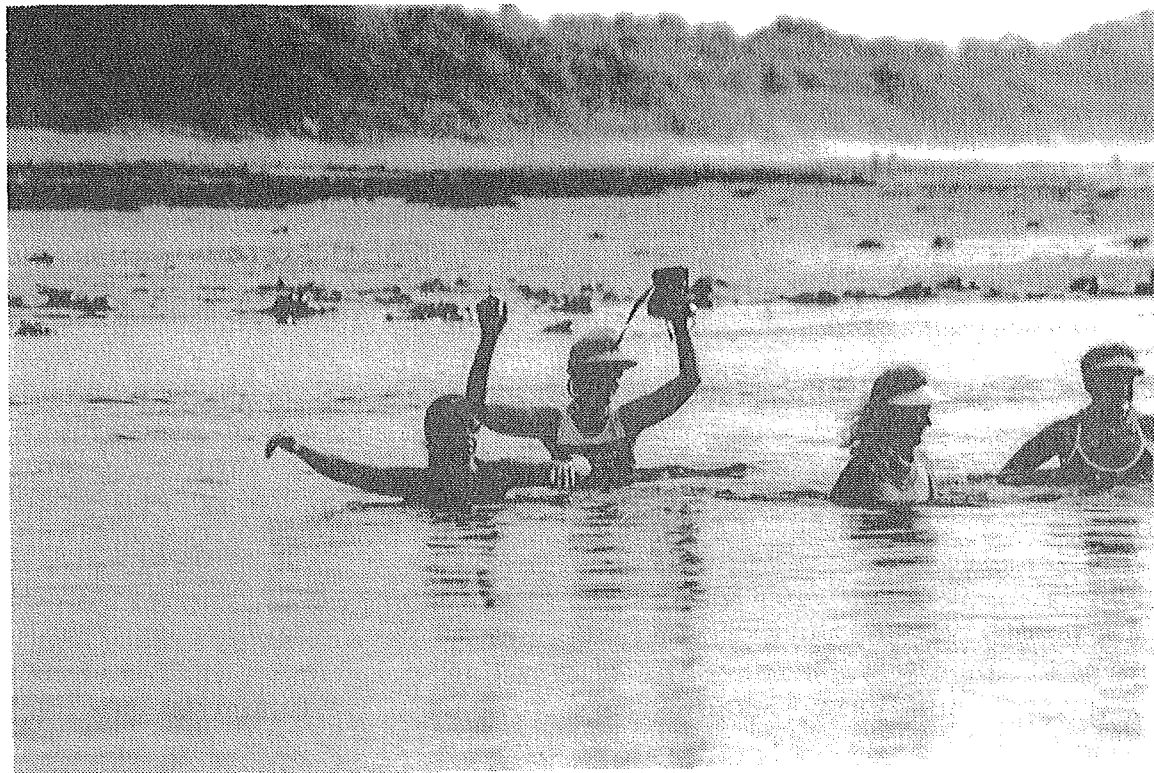
There were a number of exceptional efforts right through the biggest field in the race's history . The run by 70 year old Queenslander Beryl Kemp who used the event to celebrate her "three score and ten" achievement had set the standard of what is possible according to run organisers . Another superb age-defying effort came from the fifth woman , Woolgoolga's 62 years young , Norma Ducker .

While there were as many stories as there were finishers the bulk of the 68 entrants came from the Gold Coast and the Tweed Running Clubs , thanks to the great promotion of the race by Eric Markham and Dennis French . French completed his fifth Water World Great Ocean Run in his usual cheerful style . Then climbed aboard to drive the 48 seater bus back to Queensland . Other interesting side-lights were the participation of the first A.C.T. resident , Chris Gamble , and the run by prolific Victorian ultramarathoner , Peter Gray who had just finished a stint as a competitor and official in the Trans Australia Race from Perth to Canberra . Gray had set himself to beat the best time set by a Victorian , Kevin Cassidy , in last year's run . He did so by 22 minutes .

Only one other local runner , Grant Roder , took up the Water World challenge for the first time , apart from Bulloch and Ducker , completing the distance in an excellent 5.07.22 . Other locals repeating from last year included Peter Wood 4.59.55 , Jenni Williams , Anne Grundy and Robina Unwin all on 6.17.13 , and of course the legend , Jim Bennington .

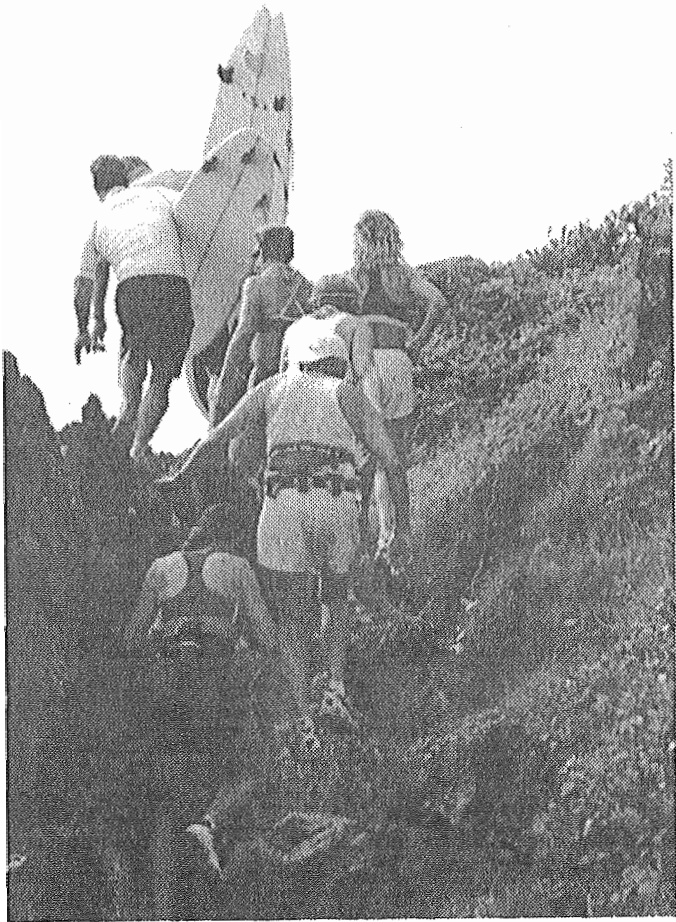
RESULTS IN FULL - MEN Peter O'Sullivan 3.34.27 , 1 ; Michael Smart 3.35.13 , 2 ; Jim Bennington 3.38.00 , 3 ; Bob Beer 4.17.05 , 4 ; Peter McKenzie & Rodney Ladyman 4.24.41 , =5 ; Steve Tremont 4.25.55 , 7 ; Robert Herd 4.43.25 , 8 ; Chris Gamble 4.45.39 , 9 ; Hugh Dearnley 4.48.21 , 10 ; Peter Wood 4.59.55 , 11 ; Dick Bartlett 5.03.08 , 12 ; Grant Roder 5.07.22 , 13 ; Tony Kean 5.08.38 , 14 ; Les Carroll 5.09.46 , 15 ; Chris Solarz 5.13.40 , 16 ; Jason Evans 5.14.18 , 17 ; Keith McKay 5.18.06 , 18 ; Mal Draper 5.21.16 , 19 ; Doug Black 5.24.10 , 20 ; Peter Gardiner 5.27.30 , 21 ; Peter Moore 5.39.40 , 22 ; Jim McMillan 5.40.01 , 23 ; Damon Palliser 5.47.00 , 24 ; Ashley Knauth 5.50.53 , 25 ; Peter Sinclair 5.59.21 , 26 ; Robert Hunter 6.01.08 , 27 ; Graham Sivyer & Alan Cossey 6.05.17 , =28 ; Don Armstrong 6.09.24 , 30 ; Peter Gray 6.17.06 , 31 ; Jo Ward 6.39.09 , 32 ; Dennis French 6.44.36 , 33 ; Steve anderson 7.29.47 , 34 ; Harry Bishop 8.44.12 , 35 .

WOMEN : Melissa Bulloch 4.18.08 , 1 ; Martine Crockett 4.27.09 , 2 ; Angie Cottrell & Carol Coburn 5.12.12 , =3 ; Norma Ducker 5.16.46 , 5 ; Aileene Markham 5.18.05 , 6 ; Leah Matthews 5.42.30 , 7 ; Esther Waters 6.00.53 , 8 ; Sandra Brett 6.05.17 , 9 ; Maggie Engels & Theresa O'Sullivan 6.07.42 , =10 ; Diane Armstrong & Karen Friewald 6.09.24 , =12 ; Marta Liboska 6.10.57 , 14 ; Robina Unwin , Anne Grundy & Jenni Williams 6.17.13 , =15 ; Catherine Henderson & Diane Nichol 6.39.09 , =18 ; Sheila Hunter 7.29.37 , 20 ; Johanna McKenzie & Diana Kever 8.12.34 , =21 ; Beryl Kemp & Coral Asher 8.16.42 , =23 .



The Great Ocean Run dishes up some "interesting" obstacles

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Held up by a couple of surfers



Beryl Kemp ran the Great Ocean Run
to celebrate her 70th year!!!



Six time finisher, Dennis French

		Half way	finish
Don Wallace	M	1:40:04	3:26:24
Tony Bremner	M	2:30:50	5.38.46
Steve Turner	M	2:20:00	5.48.31
Geoff Williams	M	2:52:32	7.05.42
Vickie Tanner	F	3:13:20	7.52.15
Kerry Hall	F	3:47:39	8.52.18
Mark Parsonson	M	2:19:09	DNF
Bruce Hargeaves	M	2:31:27	DNF
Keith Morgan	M	2:31:27	DNF
Peter McKenzie	M	2:31:27	DNF

ON Sunday 25th March , the hot and humid conditions did not deter the 128 runners from turning up and competing in the 7th running of the "CENTRE PHARMACY MT MEE CLASSIC' Or stop Don Wallace, the former Australasian 100km Champion, and school girl champion runner Ardine Voogt from breaking their own records that they have both held for a number of years, and keeping Race Director Gary Parsons busy writing out a couple of extra bonus cheques that these two great runners earnt.

As usual, "The Centre Pharmacy Mt Mee Classic" has three races on the day, the 50kml, 25kml And 10kml. At 6am, Don Wallace led the field out and stayed in that position for the whole 50kml around the Mountain, finishing at Mt Mee hall, and was welcomed back by a very loud applause when it was realized that he had broken his own record once again. Don is once again ready to fly out to South Africa later in the year to again compete in the Comrades 87kml Mt. Run, and hopes to again finish in the top ten positions in the very prestigious race.

Two more runners in this race did feel the effects of the heat and their times were a bit slower then their usual pace.

The 25kml event had a popular winner with Phil McClure in top form, and taking full advantage of his knowledge of the mountain to power up those hills ahead of the other 60 runners in that event. Brisbane runner Paul Woodhouse was in second position and it was interesting to note that our own home town boy, Greg Henzell's third position time would have won the race for him last year. It must be all those long runs he has been doing with Phil on Mt. Mee, as they are making it very hard for the Brisbane Boys to take out the top positions. Mother of four, and long time Mt. Mee Champion Glenda Banagan made it a very hard job for Caboolture's Wendy Stewart to keep up to her, and came home ahead of Wendy, with Karen Rolff following up in third position.

The 10kml event had a great turn-up with 58 more runners turning up by start time, and once again our local runners did the Shire proud when Wamuran's Chris Surmon blitzed the field in the time of 40min 30sec, but the real surprise was young Ardine Voogt, who not only smashed her own record, but surprised the supporters by coming up the Mt. in second place overall. What a future this young runner has. The second male position went to Greg Webster, closely followed by local kick boxer Champion , Ian McKee. Second female runner home was April Manwaring, and third was Kristen Patterson First Female and Male walker home in the 10kml Walk was the Walking Wonders, Husband and Wife team, Sue and Bruce Cook. This was faster then a lot of the runners. Once again this couple live out here at Delaney's Creek, so I think they may do a lot of their training on this beautiful Mountain. In the 25kml race there were three Male Walkers, Don Worger, who holds not only the 25kml record, but the 50kml one as well, second place went to Mike Collins, and third place to Charlie Hall. Special welcome to Mrs and Mr Gary Buchan, who spotted our race advertised on the internet, and only arrived in Brisbane from the U.S.A. on Saturday, came up and ran our race, went on to visit the Air Show straight after, and intend to visit all our local attractions before going up North. Happy Holiday.

Sharon and Gary Parsons would like to thank once again their very generous Sponsor "CENTRE PHARMACY' for their continued support of THE MT MEE CLASSIC because without them we could not donate money to our very worthy sports groups and Clubs like P.C.Y.C. and Caboolture Athletes club. Thank you Jim Johnson. And Ross and Beryl Wolfendon and their trusty hard working crew who manned those life saving water and refreshment stops, Dale Hennesey, who kept our road safe for everyone, as well as our right hand helper Sue, who helps Sharon make sure those times are written accurately , the Browns, our own family who turn up year after year to help in the kitchen or where needed. Please come back again next year, so this Race can continue to grow, and more people can visit our Shire. Gary and Sharon Parsons(Race Directors)

AURA Dam Trail Race 2001

Held 25th March 2001

Results

Place	Runner	10km		16.4km	20km		37.7km		50km
		Dom	Dom 1	Black Spur	Dom	Dom 2	Mt. St. Leonards		Finish
1.	Sani Badic	53:45		1:20:46	1:38:27		3:28:04		4:32:22
2.	Richard Rossiter	56:50		1:23:26	1:41:30		3:30:18		4:38:08
3.	David Styles	1:04:34		1:34:32	1:56:15		3:58:54		5:12:47
4.	Kelvin Marshall	1:03:35		1:33:27	1:54:45		4:20:24		5:50:09
5.	Terry Lia	1:03:41		1:33:30	1:56:25		4:34:53		6:11:29
6.	Kevin Cassidy	1:18:16		1:55:21	2:21:25		4:50:00		6:24:01
7.	Tony Cosoleto	1:14:30		1:48:00	2:11:40		4:46:32		6:34:28
8.	Geoff Hook	1:25:30		2:05:49	2:33:40		5:08:30		6:49:15
9.	John Lindsay	1:23:23		2:04:10	2:33:10		5:24:00		6:57:47

Nigel Aylott

Race Director

After some wet weather leading up to the event, the race day was near perfect weather being sunny but cool. The course was slightly damp in parts, but overall in good condition and the excellent weather highlighted the scenic nature of the course. The 30km option was held for the first time this year and had a strong field with 20 runners. Nine runners took part in the 50km run and it was pleasing to see that all 50km runners finished the event. Kelvin Marshall and Kevin Cassidy both competed again and so are still keeping their records intact of having completed all ADT 50s (7 total).

The 50km race winner was once again Sani Badic (his 4th win) and whilst he didn't break the race record, he did run a very solid time of 4:32:08 despite being troubled by his calf. Second place and only 6 minutes behind was Richard Rossiter in his first running of the course. Richard actually caught up to Sani near the top of Mt St Leonard, but Sani managed to break away in the final 12kms of the course to finish with a 6 minute lead.

Inaugural records were set for the 30km run with Peter Mitchell taking out the Mens race in the very good time of 2:30:42. First woman home was Denise Pike in a time of 3:29:21 though not far ahead of a number of other runners. The 30km run started 1hr 30mins after the 50km race at the 20km point of the 50km race. This meant that the fields soon became mixed with Sani being the first 50km runner through the 20km point in 1hr 38mins. However, most 30km runners managed to stay ahead of all but the first three 50km runners.

Excellent woodturned prizes of clocks and bowls were once again provided by George Start. Many thanks to George for producing these prizes - the race is now becoming known for having the best trophies of any race in Melbourne. The addition of some spot prizes of maps by Robin Rishworth of Rooftop Mapping meant that many of the competitors left with a prize.

Thanks also to the helpers on the day who recorded times and manned the aid stations. They were:

- Phil Essam: Dom Dom saddle and Maroondah Dam finish
- Chris Storie: Dom Dom saddle and Maroondah Dam finish
- Robin Rishworth: 16.4km point
- George Christodoulou: 30km point
- Greg Wilson: Mt St Leonard summit
- Ernie Hartley: Donnelly's Weir

Report by Kevin Cassidy

The annual trek out from Melbourne to the spectacular forests in the Yarra Ranges is always something to look forward to. This years event saw a new race director in Nigel Aylott who took over the reigns from Geoff Hook and Nigel handled the job with aplomb, the only inconvenience being that the toilet block at the start was closed for repairs.....this resulted in many nearby trees receiving a strong dose of "fertilizer" before the race started.

At 9am sharp, Nigel sent 9 hardy souls on their journey to conquer a very difficult 50km course [measured at 52.1km] with another 20 individuals competing in the 30 km option. Richard Rossiter and Sani Badic staged a great battle for first and second place while the much improving David Styles grabbed third from Kelvin Marshall who was having a less than good day while, at the rear of the field, the battle of the "has beens" shaped up as a two man duel between myself and the incomparable Geoff Hook.....With good incentive, I managed to clean up the old crock to the tune of 25 minutes. Mind you, "Hookie" made the mistake of doing a "Lisa Ondieki" by leaving his special drinks unguarded at the start which gave me a perfect opportunity to spike them!!!!..... I also had the added advantage of being met at each checkpoint by the smiling face of Sandra Stewart [who has played netball on EVERY court in Australia, just make sure you don't forget!!!!]

It was a pleasure to see so many regular faces manning the checkpoints which included ultra stalwarts in Greg Wilson, Ernie Hartley, Robin Rishworth and George Christodoulou.....even our beloved secretary in Phil Essam was there. I mentioned to George that he had the best tasting water of all the drink stations....."That's because I add whisky to it" he stated flatly.

As with all ultras, there is always the unusual and unexpected.....At about 35 kms, some trail bikes came roaring past and sprayed me with mud.....I guess I should have been grateful because some women pay a fortune to have mud applied to their faces!!!!. Crossing the Dam wall near the finish was like playing "Dodgem Cars" with loads of picnics and children everywhere but, worst of all.....the kiosk at the finish didn't have any "Diet Coke".....I had to settle for a Schweppes!!!!!!

For Kelvin and myself, our unbroken streak at this event now stands at 7 from 7. As I packed up to head home, Kelvin looked my way and said "Same time next year" "I'll see you then, Kelvin", I replied.

Canberra Marathon - 50km

8 April 2001

PLACE	NAME	NO.	SEX	STATE	AGE	TIME	50KTIME
=====	=====	=====	=====	=====	=====	=====	=====
1	Michael McIntyre	3	M	VIC	42	2:27:47	2:54:57
2	Todd Ingraham	7	M	WA	27	2:26:17	2:59:53
3	Mihaly Molnar	440	M	HUN	99	2:35:14	3:08:43
4	Anatoliy Krugikov	439	M	RUS	99	2:41:14	3:14:41
5	Trevor Jacobs	15	M	ACT	49	2:45:33	3:21:46
6	Jonathon Worswick	425	M	NSW	38	2:55:26	3:36:32
7	Peter Clarke	95	M	ACT	50	2:58:33	3:44:41
8	Gavin White	171	M	NSW	99	3:13:40	3:51:52
9	David Jenkins	69	M	NSW	41	3:16:50	3:59:04
10	Kathryn Hamilton	F25	F	VIC	24	3:21:37	4:04:53
11	Saul Bakaitis	13	M	VIC	56	3:22:36	4:05:45
12	John Davies	126	M	WA	56	3:20:23	4:07:48
13	Gary Aitkenhead	94	M	NSW	42	3:25:35	4:08:59
14	Jan Fedrick	F5	F	QLD	45	3:28:52	4:09:07
15	Joe Shepherd	205	M	NSW	27	3:32:38	4:12:27
16	Rodney Long	139	M	NSW	41	3:27:44	4:12:28
17	Maureen O'Loughlin	F14	F	QLD	49	3:28:52	4:12:51
18	Ian Fedrick	30	M	QLD	46	3:29:42	4:17:12
19	Phil Lawrence	259	M	QLD	54	3:30:56	4:18:15
20	Bruce Salisbury	43	M	VIC	48	3:11:27	4:23:09
21	Colin Thompson	244	M	NSW	35	3:25:06	4:23:40
22	Stephen Bond	68	M	VIC	48	3:23:44	4:24:36
23	Stephen Bruggeman	215	M	NSW	42	3:42:52	4:33:34
24	Gary Pickering	272	M	NSW	45	3:43:02	4:37:12
25	Mick Corlis	99	M	ACT	42	3:38:06	4:37:23
26	Derek Smith	250	M	NSW	59	3:52:48	4:38:38
27	Barry Kenyon	296	M	NSW	33	3:44:07	4:41:32
28	Cathy Montalto	F29	F	ACT	48	3:48:21	4:43:07
29	Graeme Small	48	M	ACT	59	3:48:21	4:43:07
30	Michael Muencheberg	182	M	NSW	39	3:18:38	4:43:49
31	Dusan Hora	221	M	NSW	56	3:52:33	4:47:32
32	Bruce Hall	336	M	NSW	46	3:56:40	4:49:29
33	Tony McGee	258	M	NSW	49	3:49:01	4:49:49
34	Richard Bartlett	111	M	NSW	55	4:01:44	4:53:54
35	Stephany Howard	F121	F	QLD	30	4:07:26	5:01:55
36	Anne Crawford-Nutt	F42	F	QLD	45	4:18:35	5:10:16
37	Caroline Campbell	F78	F	ACT	58	4:23:27	5:41:10
38	Lachlan Lewis	424	M	ACT	63	5:08:32	6:52:06

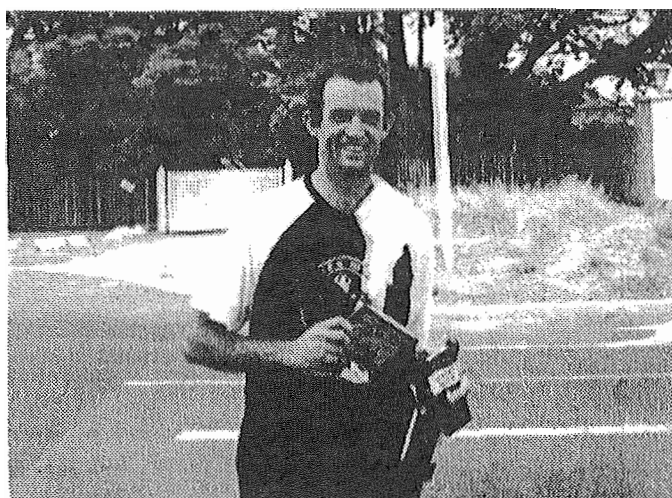
Frankston to Portsea 54.7Km / 34 miles

*The 29th Annual Road Race - Melbourne, Australia.
All info provided by the Race Director : Kevin Cassidy*

2001 Results - 1st April

1.	Willem Boshoff [South Africal	4:50:38
2.	Peter Cooper	5:02:54
3.	Max Gibbs	5:10:15
4.	Geoff Hook	6:20:51
5.	Kevin Mansell	6:46:32
6.	Greg Wishart	6:50:50

A happy William Boshoff shows off his "Block of Chocolate"



Edition 29 of Australia's longest running ultra saw the tradition continue to build upon the rich and unique history of this "one of a kind" event. Six runners and a host of supporters gathered at the Davey Street corner in conditions that were a tad hazy but ideal for running. I had received a number of phone calls in the days before the race that had me thinking that maybe a field of 10 or more was possible, but on race day, a normal sized field of 6 toed the starting line. This event goes all the way back to 1973 but its true beginning can be traced back to the 60s when coach Percy Cerrutty would drive his squad of world class athletes to Frankston and make them run back to his Portsea camp. Amongst these athletes was Herb Elliott, the greatest Mile/1500 metre runner the world has ever seen and 1964 Olympic Champion.

It was a privilege to have Kevin Mansell in the field. Kevin is a 5 time Sydney-Melbourne finisher and one of the few people in the world to have run 1,000km in less than 6 days. Kevin earned legend status when he dueled with Yiannis Kouros for several days during the 1989 Sydney-Melbourne race before finishing in third position. Kevin was being looked after by his better half, Gwenda. Also on the comeback trail was Greg Wishart, Greg was a regular on the ultra scene but we had not seen him for almost 7 years. Some things just never change, Greg had a crew ready and waiting to assist him but Greg himself still hadn't shown up as I was about to say "GO".....With only seconds to spare, a car flew around the corner on 2 wheels before screeching to a halt in a cloud of dust.....Yes, Greg had arrived and the race was under way.

I should point out, at this stage, that while all the other runners paid their 5 dollar entry fee with a single 5 dollar note, Max "Mad Max" Gibbs showed what a cheapskate he is by handing me a bag of 5 cent and 10 cent coins!!

It was Max who took the early lead and was soon a long way in front with Peter and Willem cruising along behind. Peter was inspired to run this event after crewing for Rob Davis last year. Rob returned the favour by looking after Peter this time around. Meanwhile, the prize for the biggest crew was firmly in the grasp of Willem Boshoff. Willem is a newly arrived citizen from South Africa and had a huge contingent of South Africans supporting him.

Max was still leading when I caught up with his good wife, Allison, at the Rosebud Jetty...."How's Max" I asked....."He's buggered" replied Allison, not mincing her words. At this stage, I was just hoping that the runners would get safely through the busy traffic from the Sunday "outdoor market" in the Rosebud Village Green.....I had no idea that the market was on, normally this section is almost deserted on a Sunday morning.

Max lead through the marathon point at 42 km before hitting the wall which saw Willem and Peter come through in the later stages. Last year saw victory go to two newly arrived South Africans in Rob McConnochie and Richard Jourdain, this year was to be a South African victory again as Willem cruised to the finish.....I guess we can now claim an international flavour to this race along with all its other traditions!!!!!!

With Willem, Peter and Max all finished, myself and our two roving course officials in Ross Shilston and Sandra Stewart went out in search of our remaining three runners. The incomparable Geoff Hook was next followed closely by Kevin and Greg.

Willem received a bottle of red wine as the winner while all finishers received the traditional block of plain Cadbury's chocolate and a souvenir mirror.....It seemed somewhat appropriate that the date was April Fools day.

The arrival, in Melbourne, of several competent athletes from South Africa has seen Geoff Hook, in his capacity as Secretary of the South Melbourne Athletic Club, eagerly trying to get their signatures on paper for the upcoming cross country season

With another Frankston to Portsea event completed and runners on their way home, Sandra [course official] decide to add some excitement to things by taking a very nasty fall over a tree root that saw her rip a hole in her jeans and take some serious layers of skin off her knee, hip and both hands which left her dripping blood in all directions. By the time I had put my first aid skills to use and bandaged up all her wounds, she was looking very much like an Egyptian mummy!!!!!! Not so lucky, however, was her mobile phone that died a horrible death when it crashed into the asphalt and ended up in 1,000 pieces !!!!!!!

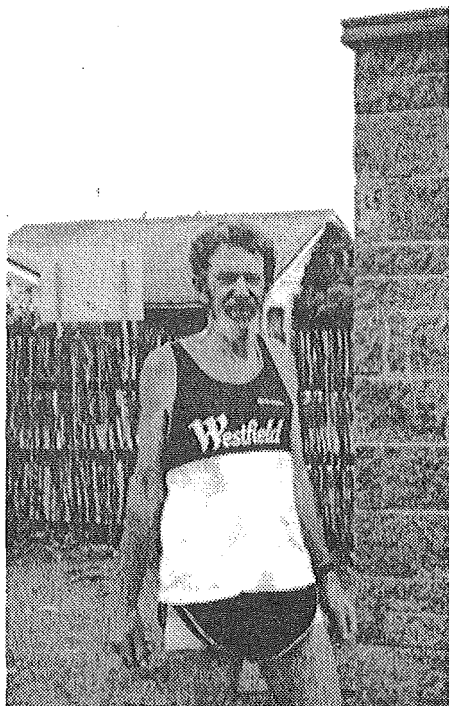
We have seen many bigger and fancier ultras in Australia but none of them have stood the test of time the way that the Frankston to Portsea has. I have no doubt that when I am dead and gone, the April tradition of a handful of runners enjoying the journey down the peninsula will be ongoing. Almost everyone who has ever been anyone in the ultra world has graced this event at one time or another and it is an event that every ultra runner must do at least once in their lifetimes.

The next edition of "Ultramag" will contain a history of results going right back to 1973, this history is still being researched by Max Gibbs. Also in Ultramag will be a collection of photo's from this years event. Meanwhile the webpage is at www.coolrunning.com.au/ultra/frankston/index.shtml

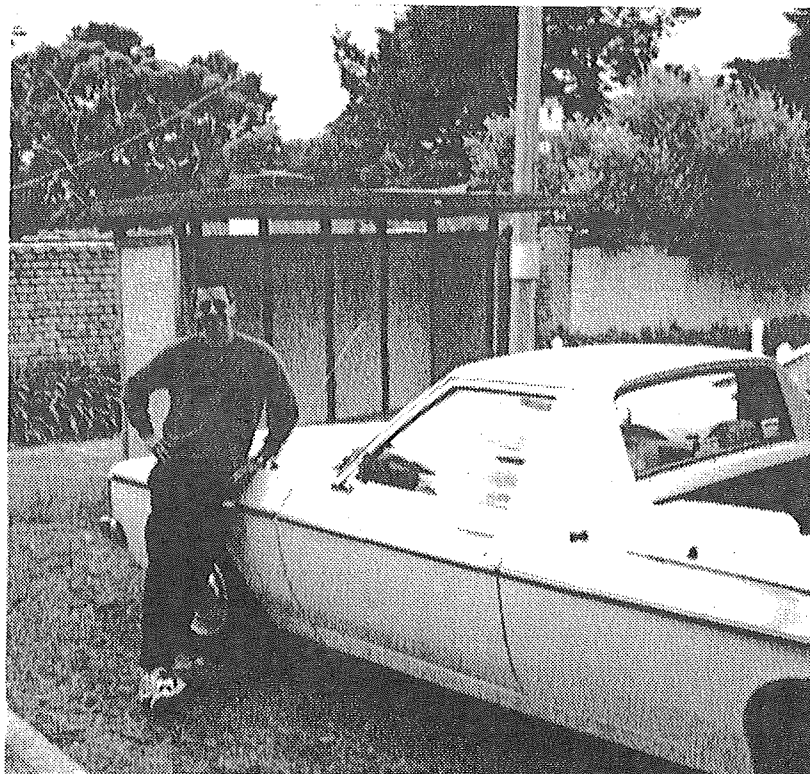
Sunday April 7th is the intended date for 2002.....Just roll up at the corner of Davey Street and the Nepean Highway in Frankston at 7am to enjoy a great run and be a part of the ongoing traditions of an event that is an icon on the Australian ultra calendar.



Max Gibbs still smiling at 34km. "Arthur's Seat" mountain is in the background



Greg Wishart made a welcome return to the ultra scene



"Race Director" Kevin Cassidy seems content with the days proceedings

29 YEARS OF THE FRANKSTON TO PORTSEA

A history of results [still being researched]

29-Sep-73

Pos	Name	Time	
1	Ross Shilston	4:48:29	
2	Kon Butko	4:48:29	
3	Scotty (k9)	4:48:29	

13-Jul-74

Pos	Name	Time	
1	Ross Shilston	4:33:16	
2	Kon Butko	4:33:16	
3	Bernie Carroll	4:33:16	

10-May-75

Pos	Name	Time	
1	Bernie Carroll	4:00:46	
2	Peter Armistead	4:06:36	
3	Ross Shilston	4:08:40	
4	Doug Lebas	4:29:18	
5	Kon Butko	4:29:18	

15-May-77

Pos	Name	Time	
1			
2			
3	Ross Shilston	4:35:00	

30-Sep-78

Pos	Name	Time	
1	Tony Cook	4:50:00	
2	Kon Butko	4:50:00	
3	Ross Shilston	4:50:00	
4	Paul Patton	4:50:00	

28-Apr-79

Pos	Name	Time	
1	Ross Shilston	4:17:00	
2			
3			

19-Apr-80

Pos	Name	Time	
1	Ross Shilston	4:22:04	
2			
3			

6-Jun-87

Pos	Name	Time	
1	Paul Patton	3:50:09	
2	Peter Armistead	4:17:40	
3	Les Bradd	4:28:30	
4	Phillip Dodin	4:31:23	
5	Geoff Hook	4:40:51	
6	Cynthia Cameron	4:46:41	
7	Geoff Womersley	4:57:04	
8	Martin Dixon	5:19:22	
9	Doug Le Bas	D.N.F.	
10	Chris Le Dieu	D.N.F.	

9-Apr-88

Pos	Name	Time	
1	Alan Farley	4:07:01	
2	Kon Butko	4:18:01	
3	Howard Ross	4:21:41	
4	Phillip Dodin	4:44:20	
5	Peter Armistead	4:47:40	
6	Ken Hough	4:59:40	
7	Reg Williams	5:04:55	
8	Patric Parsons	5:08:34	

1-Apr-89

Pos	Name	Time
1	Kon Butko	4:15:00
2	Peter Gray	4:28:50
3	Geoff Hook	4:43:05
4	Peter Armistead	5:12:20
5	Ron Smith	5:12:20
6	Phil Barnes	5:52:08
7	Pat Cooper	6:09:53
8	Jacques Gaillard	6:31:01

7-Apr-90

Pos	Name	Time
1	Paul Patton	3:42:27
2	Chris Benn	4:11:34
3	Kevin Cassidy	4:32:00
4	Kon Butko	4:33:00
5	Geoff Womersley	4:53:23
6	Peter Nelson	4:56:35
7	Simon Cass	5:03:14
8	Jan Brimacombe	5:06:21
9	Alan Witt	5:07:29
10	Phillip Dodin	5:08:18
11	Jim Wolstencroft	5:10:05
12	Martin Dixon	5:14:45
13	Phil Barnes	5:43:48
14	Norm Johnston	6:18:22
15	Cliff Ryan	D.N.F.

6-Apr-91

Pos	Name	Time
1	Paul Patton	4:03:14
2	B. Hepburn	4:20:24
3	Tony Franklin	4:22:44
4	Joe Skrobalk	4:30:08
5	Kevin Cassidy	4:32:43
6	Kon Butko	4:53:04
7	J. Contento	4:53:25
8	Geoff Hook	4:53:31
9	Terry Cox (Jnr)	4:53:39
10	Alan Witt	4:53:46
11	P. Dodin	4:57:04
12	Geoff Womersley	5:03:12
13	Peter Grey	5:09:06
14	M. Dixon	5:20:28
15	G. Perdon	5:31:56
16	J. Wolstencroft	5:35:23
17	Michael Whiteoak	D.N.F.
18	Norm Johnston	6:00:00

11-Apr-92

Pos	Name	Time
1	Mike Wheatley	4:16:02
2	Ross Shilston	4:16:02
3	Kon Butko	4:23:19
4	Kevin Cassidy	4:27:10
5	Max Gibbs	4:29:36
6	Mark King	4:30:00
7	Geoff Hook	4:39:21
8	Keith Green	4:40:04
9	John Harper	4:58:46
10	Geoff Womersley	4:59:55
11	Lois Wishart	5:21:25
12	Greg Wishart	5:21:27
13	Peter Armistead	D.N.F.
14	P Fraser	D.N.F.
15	P. Dodin	D.N.F.

3-Apr-93

Pos	Name	Time
1	Mike Wheatley	3:56:19
2	Max Gibbs	4:31:47
3	Peter Grey	5:11:45
4	Kevin Cassidy	D.N.F.
5	Ross Shilston	D.N.F.

9-Apr-94

Pos	Name	Time
1	Brian Simmons	3:52:25
2	Ian Clarke	3:53:49
3	Max Gibbs	4:24:51
4	Liz Feldman	5:17:20
5	Geoff Hook	5:47:05
6	Peter Armistead	DNF

1-Apr-95

Pos	Name	Time
1	Kevin Cassidy	4:47:08
2	Peter Armistead	5:08:53
3	Kevin Walsh	5:09:20
4	Geoff Womersley	5:15:51
5	Phil Dodin	5:19:44

30-Mar-96

Pos	Name	Time
1	Kevin Cassidy	4:44:44

6-Apr-97

Pos	Name	Time
1	Max Gibbs	4:20:05
2	Kevin Cassidy	4:32:12
3	Graham Bonnett	4:48:15
4	John Harper	5:12:55
5	Ron Coleman	5:49:58
6	Peter Nelson	DNF

5-Apr-98

Pos	Name	Time
1	Max Gibbs	4:23:32
2	Kevin Cassidy	5:25:59
3	Gary Meyer	D.N.F.

18-Apr-99

Pos	Name	Time
1	Tracey Macaw	4:15:00
2	Max Gibbs	4:24:28
3	John Harper	5:00:27
4	Geoff Hook	5:36:53
5	Geoff Rodgers	5:42:00
6	Kevin Cassidy	D.N.F.
7	Peter Nelson	D.N.F.

7-Apr-00

Pos	Name	Time
1	Rob McConnochie	4:21:10
1	Richard Jourdain	4:21:10
2	Max Gibbs	4:42:35
3	Kelvin Marshall	5:06:51
4	Geoff Hook	5:59:07
5	Rob Davis	D.N.F. 42km

Coburg Harriers Club
24 HOUR CARNIVAL 7/8 APRIL 2000
Ultra Events Results

Event Run/Walk	Place	Male Female	Name	Laps	Extra Distance	Total Distance Kilometres
<u>24 HOUR</u>						
24 Hour Run	1	Male	Vlastic SKVARIL	482	0.287	193.087
24 Hour Run	2	Male	Jerry ZUKOWSKI	440	0.014	176.014
24 Hour Run	3	Male	Howard NEVILLE	430	0.040	172.040
24 Hour Run	4	Male	Allan DEVINE	360	0.059	144.059
24 Hour Run	5	Male	Peter ARMISTEAD	355	0.197	142.197
24 Hour Run	6	Male	Don MACLUCAN	330	0.013	132.013
24 Hour Run	7	Male	David JONES	309	0.118	123.718
24 Hour Run	8	Male	Peter GRAY	294	0.040	117.640
24 Hour Run	9	Male	Chris NIKOLAIDIS	265	0.000	106.000
24 Hour Run	10	Male	Tony COLLINS	254	0.000	101.600
24 Hour Run	1st Female	Female	Shayne DEAN	247	0.262	99.062
24 Hour Run	12	Male	Andrew LUCAS	156	0.000	62.400
24 Hour Run	13	Male	Spiros DELLAPORTAS	124	0.000	49.600
24 Hour Walk	1	Male	Michael HARVEY	406	0.000	162.400
24 Hour Walk	2	Male	Fred BROOKS	402	0.134	160.934
24 Hour Walk	3	Male	Stan MISKIN	356	0.311	142.711
<u>12 HOUR</u>						
12 Hour Run	1	Male	Warren HOLST	288	0.014	115.214
12 Hour Run	2	Male	Bill BEAUCHAMP	241	0.041	96.441
12 Hour Run	3rd & 1st Female	Female	Dawn PARRIS	238	0.140	95.340
12 Hour Run	4	Male	Steve APPELBY	229	0.073	91.673
12 Hour Run	5	Male	Steve SONNEVELD	222	0.046	88.846
12 Hour Run	6th & 2nd Female	Female	Karyn BOLLEN	198	0.233	79.433
12 Hour Run	7	Male	Bruce OHLENROTT	192	0.170	76.970
12 Hour Walk	8	Male	Ken RICHES	196	0.270	78.670
12 Hour Walk	9	Male	Phil ESSAM	123	0.355	49.555
<u>6 HOUR</u>						
6 Hour Run	1	Male	Yiannis KOUROS	184	0.377	73.977
6 Hour Run	2	Male	Ken MARSH	168	0.041	67.241
6 Hour Run	3	Male	Ron CAMPBELL	155	0.193	62.193
6 Hour Run	4	Male	Aaron MADSEN	97	0.027	38.827
6 Hour Walk	1	Male	Ken CARTER	74	0.075	29.675
6 Hour Walk	1st Female	Female	Belinda ESSAM	59	0.050	23.650



The incomparable Peter Armistead strides past Phil Essam
during the early stages of the Coburg 24 hour event

COBURG 24 HOUR CARNIVAL – APRIL 7/8 2001

By Race Director, Bernie Goggin

It was 9 a.m. on 7 April, one hour before the start, runners were anxiously milling around awaiting their numbers and last minute briefing, officials frantically attending to last minute details. The air was electric with anticipation.

Four events were to start at 10 a.m. - the 6 hour and 12 hour races, a 12 hour relay and the Victorian 24 Hour Track Championship.

At 9.55 a.m, the competitors moved to the start line, and stood respectfully for a one minute silence in honour of Bryan Smith, last year's 24 hour winner who sadly passed away in the Trans Australia Race in February. The gun fired and the runners and walkers set off on their personal adventures for the next 6, 12 or 24 hours. Tony Collins and Vlastic Skvaril were favourites for the 24 hours. The 12 hour looked like anyone's race and Yiannis Kouros looked set to dominate the 6 hours. Yiannis was coming back from injury at Colac and this was his first major run since then. He looked good cruising along in that easy flowing Kouros style.

Relay teams started at the 200m. mark in order to reduce congestion for the lap scorers who had a difficult task due to the relatively large field.

At 3 hours Yiannis was leading the field looking good having covered 40 km, with Vlastic Skvaril, Ken Marsh and Ron Campbell snapping at his heels on 35 km. One hour later and Warren Holst (12 hour) moved up behind Yiannis, but the interest was in the 6 hour race with Kouros on 134 laps and Ken Marsh 115. Young and untried runner Spiros Dellaportas (24 hour) was hurting but would hold out to complete 6 hours. Phil Essam (12 hour walk) had company as his better half, Belinda, was walking the 6 hour (why did he keep looking over his shoulder?!)

The 6 hour event finished at 4 p.m, with a relaxed Yiannis Kouros the winner. He seemed very happy with his effort, obviously pleased with his first big run this year. Yiannis was sponsored in this event by several Coburg Harriers members. It was good to see him make a point of going over to speak to Spiros Dellaportas after the presentation ceremony and giving him some words of encouragement.

In the last 2 hours of the 6 hour event Kouros had actually slowed, 50 laps in 2 hours, with 2nd placegetter Ken Marsh covering 54 laps. As a comparison the 24 hour leaders Vlastik Skvaril and Tony Collins covered 45 and 42 laps respectively.

The afternoon had been relatively hot although not reaching the forecast 29 degrees due to a heavy cloud cover and a nice breeze.

Again, the relay teams included one from Little Athletics and one from their parents, both adding a unique flavour and giving the kids a chance to run with ultra athletes. Thanks to the youngsters from Little Athletics for manning the drinks table which was under heavy demand. The Essendon Young Guns Team led early followed by Coburg Harriers and Coburg Vets, then Little Ath's followed by their parents.

By 6 p.m. it was starting to get dark and as the shadows lengthened Warren Holst (12 hour) was leading on 84.4 km followed by the ever-smiling Vlastic Skvaril on 82 km. Vlastic was looking good and had obviously trained well for this event.

As this was the 8th hour the interest now was in the 12 hour race with Warren Holst looking good on 84.4 km, Steve Appleby 70 km, and veteran Bill Beauchamp quietly going about his business and catching Steve on 69.2 km. The quiet achiever was Dawn Parris on 64.4 km. In the 24 hour race Vlastic was on 205 laps and Tony Collins, 189.

The canteen was working well with Pauline and June serving the evening meal whilst the clock ticked onward. Master masseur, Michael Gillan, was using his skills to keep runners on the track with his grandson giving great support, and he was looking forward to the day when he could take over allowing Michael to compete in his first Ultra!

By 9 p.m. Andrew Lucas cried “enough” on 154 laps, 61.6 km, possibly suffering from lack of training. Tony Collins was having trouble with one of his feet which he had injured training for the Colac 6 Day race. Walker, Michael Harvey, had passed his 50 miles and was walking with great style and determination.

10 p.m. brought the end of the 12 hour event, including the relay, although the two Little Athletics teams decided to complete the 24 hours! Dawn Parris had moved up to overall 3rd in the 12 hours behind Warren Holst and Bill Beauchamp after passing Steve Appleby who slowed at about 10 hours. She then went after Bill Beauchamp almost catching him. Karen Bollen looked happy at finishing her first 12 hours just ahead of Ken Riches and Bruce Ohlenrott. Phil Essam was first walker home. Essendon Young Guns won the Relay from the Coburg Harriers no 1 team.

The atmosphere on the track changed after the 12 hour event finished as there were only the 24 hour competitors left battling the lonely night hours. A strong N.E. wind was blowing but the temperature was mild. Tony Collins wisely pulled out as his foot was really hurting, indicating a possible fracture, having covered 255 laps, 102 km in 12 hours. Stan Miskin (M75 walk) hit his 50 miles at about the 12 hour 40 min. mark, plus possible setting a 12 hour walk record as did Fred Brooks in M65.

Chris Nicolaidis went for a sleep at 1 a.m. on Sunday, about the time Devonshire teas were being served in the canteen by Glenise and Kate.

St. John's Ambulance had been having a quiet time until a nuisance visit by a group of young people who were “high” on something. However St. John's helped to disperse them and call the police.

The computer lap scoring was working well with a roster of experienced people co-ordinated by Debbie and Brian. Tim Erickson provided great help working for the entire 24 hours. Malcolm Matthews provided the software and was there for the start and finish to ensure his “baby” worked well.

At 16 hours (2 a.m.), Vlastic was still leading on 146.4 km from Jerry Zukowski, 130 km, followed by Michael Harvey (walker), Howard Neville and Fred Brooks. Stan Miskin was still walking strongly determined to set new M75 walk records up to 24 hours.

In the morning's early hours the air grew a little cooler but the wind dropped and then the first glow of dawn signalled a revival of fighting spirit to flagging legs. By 6 a.m. (20 hours) walkers Michael Harvey and Fred Brooks were neck and neck, both still looking strong. Peter Armistead was moving up the list to 6th looking cheerful and chatting to everyone. Don Maclucan, David Jones and Peter Gray were still plugging away, but Shayne Dean was doing it tough but determined to finish and showing great courage.

One hour to go – Fred Brooks and Michael Harvey still very close but almost spent, and Vlastic and Jerry, still going strong and cheerful, made it look easy.

The last hour went quickly, a press photographer was busy taking snaps, officials busied themselves with final preparations, sandbags handed out and then it was all over!! The results were as they had been for the last few hours. Don Maclucan sat on the track to savour the relief of finishing, Shane Dean looked happy to have made it in her first 24 hours, and winner, Vlastic Skvaril was smiling wider then ever.

The presentation ceremony was charged with atmosphere as the tired competitors were called up one by one to receive their trophies and medals from Jan Smith. Each reacted emotionally and many spoke in tribute to Bryan Smith, who obviously was held in very high regard. A fitting end to an epic event.

Coburg 24-Hour Race, 7-8 April, 2001

Report by David Jones

This was my first 24-hour event. I hope the following might help other novices to consider giving it a go in future.

In February, I went with my wife and daughter on holiday for a week to Kangaroo Island. We took a couple of days to drive over and, just beyond Taillem Bend, I was thrilled to come across the tail-enders in the "Race of Fire". Furthermore, on the return trip a week later I was fortunate enough to see the last 6 or 8 again just outside Avoca. This time I was prepared and gave them a blast on the horn and a wave as we went by. They probably thought "what a dill", but they served as inspiration to me and I thought "what heroes".

I'd set my sights on the Coburg 24-hour event quite some time ago. In fact, I'd contemplated it the year before but calf injuries put paid to that. With two weeks to go before this year's event, I'd managed to clock up ninety-odd km in two consecutive weeks and it has been several years since I last managed that. My highest ever previous weekly total was 101 km, again some years ago, so I thought I was ready and duly sent in my entry form.

One of my club-mates had asked what my target was; "100 miles?" they suggested. "That would be nice." I replied. But the more I thought about it, the more ambitious it sounded and I decided that if all went perfectly then 100 miles was an outside chance but 120 km was much more likely. Two weeks before the event, I had taken part in a "Relay for Life" with my club, Malvern Harriers, and had the good fortune to run a few laps with Michael Grayling who gave me a few good tips, such as: drink every 15 mins., eat every half-hour, walk every hour, etc. Along with heaps of advice gained from the really useful articles in the Feb. issue of ULTRAMAG, I reckoned I knew it all. Finally, I realised that I shouldn't set any target at all but rather plan to keep my body in such a condition as to be able to stay on the track as much as possible. Thus, I came up with my *mission statement*; "There is no hurry!"

So, I formulated a plan. I would set my watch alarm to go off every 15 mins. On the quarter hour, I would grab a drink (250 ml iso sports drink – ½ strength) and on the half hour, I would grab a bum bag of food and drink and I would walk a lap each time. After two hours I would take a break to replenish my drink bottles and bum bags and have a bit of a rest. With no support crew, this was really a case of necessity.

A colleague from work had offered to help me put up the tent and so we did this on the Friday night before. I didn't want that sort of hassle on the day. On the Saturday, I woke bright and early – actually not so bright as I hadn't slept well for about three nights with nerves, anticipation and excitement. This was to be my biggest challenge since doing the 50-miler at Burwood three years ago – that took me nearly nine hours and the last 20 km were agony – what did I think I was trying to do? The only other ultras I had done were Mansfield to Mt Buller (50k) three times and the third, in January this year, was my first DNF after about 35 km – what did I think I was trying to do? I was at the track in plenty of time to set up my table, chair, eskies, etc., etc. and got to meet a few of the other participants. Chris was camped next to me and it was his first too. At least I was able to suggest he put his food and drinks out on the track rather than in his tent. I think he appreciated that and it made me feel like an old hand. Then I met Fred and Stan; they are walkers and were aiming for some pretty impressive age records. That put me back in my place. I had also met Mike Harvey and Dawn Paris before.

Anyway, eventually, the gun went and we were off. There were about 19 24-hour contenders and I think about 8 or 9 each in the 6 and 12-hour events as well as 4 or 5 relay teams. So, the track was quite busy at the start. I remembered to press all the right buttons on my watch. Yannis Kourou, among others, had shaken my hand before the start. I don't suppose he knew who I was but it was a real privilege for me – it was an auspicious start – everything was going to be all right. After a couple of laps, I reminded myself: "There is no hurry!" and started checking my lap times – I didn't want to do much better than 2.4 min/lap (6 min/km). I was feeling pretty good but there was a long time to go.

When the 1-hour lap counts went up, I'd done 22 laps and was in 12th spot – pretty good. Thinks; "22 x 24 = 528, hmmm!, pity it doesn't work like that!" After two hours, I took my first scheduled break. I had made a checklist of all the things I had to do in these breaks and started with a short session with the massage stick on calves and hammies followed by a few gentle stretches. Then I had to fill drink bottles and bum bags for the next couple of hours' needs. I was also keeping a log of food and drink consumption with kJ counts from a borrowed weight-watchers' book. I'd learned that I'd need 1000 kJ per hour and everything seemed to add up pretty well. Also, I needed to change my shorts, singlet, socks and shoes. The second toe on my right foot was feeling a little tender – probably cut the nail too close – these little things. Anyway, I put a bandaid on and I'm glad to say that it gave me no further trouble. Having done all this, my 15-minute break was well and truly up and I hadn't had time to relax and rest. First thought – panic! Second thought – "There is no hurry!" So, I extended this break to half an hour before getting back on the track. I was now looking forward to the 2-hour lap counts being posted but as it turned out the next lot were for the 2½-hour mark – 46 laps and 15th place – so I'd lost a few places but then I was off the track for about 28 mins. – nothing to worry about.

The next 1½ hours went pretty much the same and I took another ½-hour break after 4 hours and after 6 hours I decided to take a longer break with a proper lie down. At this stage, the 6-hour competitors had finished and then the rest of us reversed direction round the track. Also, we had another weigh-in – I think I'd lost about 1 kilo. I was off the track for about 50 mins and at this stage had covered about 115 laps. (Thinks: 4 x 115 = 460 – dream on!) Even allowing for a sleep break for a couple of hours, I was well on the way. I took another ½-hour break at 8 hours and a 1-hour break at 10 hours. I realised that my time off the track was increasing and somewhere in this period, the negative thoughts started; "Is this really what I want to do?"

One of the advantages of a track event like this is that you get to meet all the other runners and walkers including those that are miles ahead. One of the questions that I get asked most frequently is "Don't you get bored?" Well, there's no time for that as you exchange names and words of encouragement with each other every time you pass or get passed. Some of the others had had a massage by this time and I decided that I'd give it a go at the 12-hour mark and that I'd have a sleep at the 14-hour mark (midnight) – I reckoned the Little Aths people would have settled down by then.

And so, after rounding the cone to change direction again, I did half a lap to my tent to don a track suit and headed off to

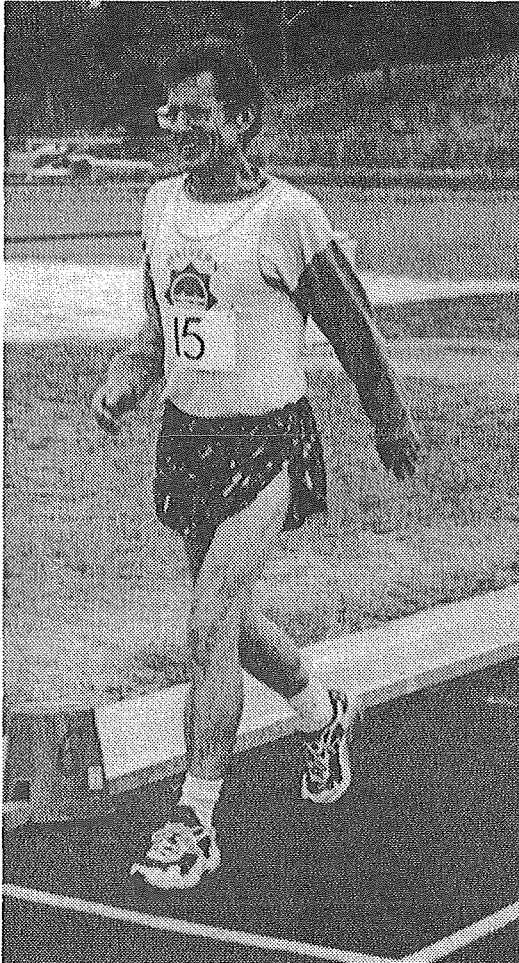
the pavilion for a massage. Belinda Essam was on the bench when I arrived and Michael Gillan was about to turf her off to allow my priority but I was happy to wait and enjoy a well earned rest. Belinda had completed her first 6-hour walk just to find out what husband Phil and the rest of us all find so fascinating about ultras. She still thinks we're all mad. Michael has developed his own technique for handling ultra runners and it was less of a massage than a series of gentle PNF stretches.

When I got back on the track about half an hour later, I noticed that my left knee began to feel sore. It is difficult to imagine what harm the massage could have done but equally it was difficult to imagine what else could have caused it. I certainly didn't feel anything go at the time. This only confirmed my decision to take a sleep break at midnight, 1½ hours later. When the time came, I set my alarm for 2:30 (it was now about 12:15) and slid into my sleeping bag. At this point, the Little Aths group decided to turn the radio up, so up I got and asked if they'd mind turning it down. They were immediately understanding and I slept solidly until the alarm went off, getting a good two hours' sleep. I'm not sure what time I got back on the track but it would have been before 3 a.m. and now my knee was really, really sore. So, I headed for the masseur again and found him flat on his back sound asleep – not surprising. I didn't feel like waking him so went to the St John's Ambulance guys instead. After much quizzing and discussion, it was just after 4 a.m. and I realised I'd have to get out and do a lap to switch direction again. Of course, everyone else had already done so, so I was able to meet the whole field going in the wrong direction and took the lap counters by surprise when I reached the cone. By this time, I was limping badly and went back into the rooms almost hopping on one leg (how else?).

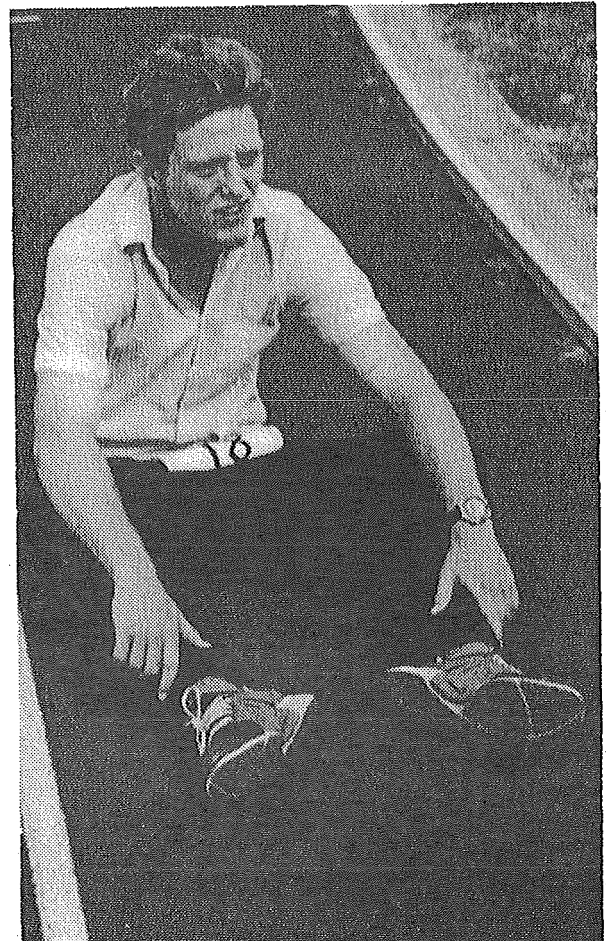
Further discussion, pulse measurement and eventually an ice pack was suggested. Of course! If I had been thinking clearly in the first place, I should have just walked in and asked for one. The ice at least had the effect of deadening the pain. The boss man eventually suggested that I should give it away for the night and go home and then I had to sign forms before they'd let me go. It took several goes before they understood that I didn't have a massage because of the sore knee but rather I had a sore knee because of the massage. Eventually, I got out and it was getting on for 5 a.m. by now. I started walking around the track to get to my tent and whilst doing so I discovered that the ice had worked wonders. It didn't feel too bad at all; I may as well walk a few more laps and see how it goes. I soon worked out that I was lapping at about 4 mins, 15 laps/hr - 5 hours = 75 laps. This would take me to 300 laps, which was what I thought I could do in the first place. The knee wasn't getting any worse but I daren't stop and rest in case it seized up again. I did need to keep eating and drinking though and discovered that the mere act of stopping to grab a banana or drink was really quite painful. Despite this, I managed to keep going for the last 5 hours.

During this time, I was also picking up a few positions as some of those who had started out faster were really suffering now. In the end, I was picking up the pace slightly and finished with 309+ laps, 123.7 km and 10th spot. Wow, what a feeling! Not quite up to the Toyota leap, but apart from the knee, I felt terrific.

David Jones



David Jones nears the end of the 24 hours



19 year old Don Maclucan sits on the track at the finish of the 24 hour event



Stan Miskin, now 75, claimed a new age group walk record. Stan was one of the runners that inspired your truly to the ultra world back in the 80's. After a stint in Queensland, Stan has returned to Melbourne



24 hour winner, Vlastic Skvaril, receives his trophy from Janet Smith



Janet Smith presents the "Gordon Burrowes" award to Shane Dean for the most determined effort in the 24 hour event

Fat Ass
No Fees, No Awards,
No Aid, No Wimps

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



The reason for this run is that Greg Love and a group of Hash House Harriers put this on as a race between 1992-1997 which attracted a lot of the Sydney trail-running crowd. It was a great run and generated much positive press but was discontinued as organising the event was too much work. We were desperate to re-do this run, as it is so much fun and it is a shame to see the route lost due to the passage of time - All credit and thanks are due to Greg Love. *Thanks Greg !.*

Results – 21st April 2001

	Name	Town	Age	Result
1	Steve Gannon	Davistown	40	4:55
2	Jonathan Worswick	Erskineville	37	4:55
3	Lawrence Mead	Rozelle	33	5:48
4	Sean Greenhill	Burwood	22	5:48
5	Paul Every	Sydney		5:48
6	Ludvig Herpich	Miranda	66	6:10
7	Alan Watson	Menai	48	6:10
8	Phil Clarke	Koreela	49	6:12
9	Thomas Lenzenhofer	Sydney	27	6:58
10	Kevin Tiller	Berowra	35	6:58
11	Dave Flimpyhead	Fairfield	33	7:00
12	Chris Hatcher	Killcare	36	
13	Verne Towgood	Gosford	48	
14	Steve Sayer	Saratoga	38	
15	Colin Gowan	Camden		*[KMRRR]
16	Allen Pearson	Green Point	34	*[EBOH]

* Stephen Dunn very graciously gave up most of his day to drive from point to point providing support for the wimps - **many thanks !**

* Don Nesbitt, claiming injury, cycled pretty much the whole thing on mountain bike (apart from the Bouddi National Park section, where he went by road).

*[KMRRR] - Ran to Kincumber Mountain then ran the rest on the road (approx 42km)

*[EBOH] - Ran to Erina then buqgered off home (approx 42km)

Sean Greenhill's Run Report

The BWBB was another of the many Australian ultras discontinued in the late nineties. Originally the brainchild of Greg Love, three time Six Foot Track winner, it consists of a number of bush reserves and national parks linked by road sections. Finishing times were roughly comparable to the Six Foot Track, but it's a thoroughly different course- where the Blue Mountains classic is made up of a few exceptionally tough escarpment climbs, the BWBB is a rolling, undulating course with hardly a flat section.

The weekend before the "official" event (Good Friday actually), Kevin Tiller, Jonathan Worswick and myself ran over the course to check out the accuracy of the maps, and got ourselves lost repeatedly in all sorts of spectacular methods, the result being we were out there for 9 hours and Kevin ran to the finish via a different route to Jonathan and I, and none of us were correct!

Last Saturday, I got a lift up in the rain with Dave Flimpyhead Pettit, along with Thomas Lenzenhofer (backing up from Forster Ironman two weeks before) and the Legend, Paul Every, who had finished the Trans Australia Footrace in late March, then competed at Forster! Paul seemed to have shrunk, and he confirmed that he had lost 5 kilos during the big race. "I didn't think I had 5 kilos to lose," he mused.

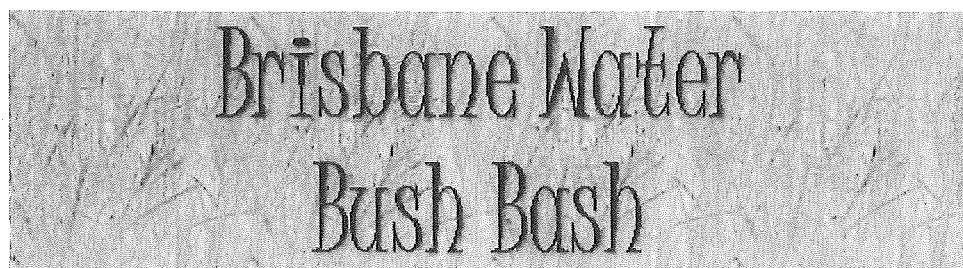
Semi serious predictions were made that we, along with Kevin, would be the only runners to show- a grand tally of five. Lo, and around 15 turned up in the pelting rain and mist to have it out- thanks to Steve from Terrigal Trotters who gave up his day to drive a support van for us, and also Don who rode his MTB around the course with us to show the way- including a fair bit of "hike a bike". The turnout was exclusively male- so the testosterone was oozing (no one wanted to be the first to walk on a hill)- but one wonders why this would be....

The Terrigal Trotters faction led the way on bike paths around the foreshores of Gosford to Penang St and the fire trail climbing up to Kariong. This was my third run of marathon distance or longer in as many weeks (a PB At Canberra Marathon followed by the exploration run last weekend) so I felt fairly rubbish as I ran with Allen Pearson, who jokingly offered us a "tour commentary" as we ran and then (briefly) Jonathan Worswick, whose legendary status in Australian ultra running reaches the lofty heights of Every.

Fat Ass

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Sean Greenhill's Run Report continued

Penang Rd was treacherously steep and we were all walking as it ran out into fire trail climbing up the ridge to Kariong. Jonathan ran off with the Terrigal Trotters (rapidly vanishing into the distance) and I ran the next section with Lawrence Mead, the Runner of the Fat Ass Series. The fire trail runs along the ridge for a few minutes before reaching a cross junction, heading south under a powerline above the waterfront suburb of Tascott. The trail here rose and descended sharply several times before levelling out somewhat as we made our way south, and Lawrence and I were very cautious on the descents in the mud and rain. I quizzed Lawrence on his Bogong-Hotham and Three Peaks runs, and was surprised that his marathon PB is exactly the same as mine- 3.40. Maybe there's some hope for me yet in this running lark.

We turned and descended off the ridge towards Woy Woy along a secondary fire trail that became grassier and rockier the lower it got. Dave Flimpyhead ran past hard, adding a pithy remark or two about the prospects of his team versus mine at the upcoming Sydney Trailwalker, igniting my competitive juices. We ran hard down the trail (behind Don the MTB Man) with Lawrence and Thomas in hot pursuit. The trail descended a series of steps and came out at a railway bridge. Dave and Lawrence ran on ahead across the bridge and Thomas was just behind me. As we crossed over the bridge, I glanced back up the slope and saw a patch of white descending through the trees- the Eagle, or rather Kevin Tiller, was landing. We reached Woy Woy after about 90 minutes of running. The waterfront of Woy Woy is a long strip of parkland, and we ran through sodden grass, which was actually fairly tough going. I slowed down to munch a powerbar and slurp on the So Good I had stashed in my Camelbak HAWG, and Thomas got away from me, catching up with Flimpyhead and Lawrence. From here, we could see all of Brisbane Water- most of the hills and ridges were shrouded in mist and fog and the rain was still coming down, though quite gentle- nowhere near as hard as the pelting we had copped at the start. We ran through a few blocks of suburbia, then swung onto the footpath of the Rip Bridge- here I caught Flimpyhead and Thomas and left them behind, though Lawrence had gained a second wind and was long gone. The course then climbed up a steep ridge towards the settlement of Daleys Point. The rain intensified again- given the semi rainforest surroundings and the ever present mist, it reminded me of last November's Brindabella Run (those who were there will know what I mean).

Once at the top of the ridge I ran along the rough trail towards Wards Hill Rd, arriving at that intersection after three or so hours, collected my next carton of So Good from Steve, then trotted off along a dirt road towards Maitlands Bay information centre and the Bouddi National Park. This was run fairly hard- I was feeling competitive and wanted to put a lot of space between myself and Kevin, Thomas and Dave Flimpyhead. I refilled my Camelbak bladder in a hurry, glanced over my shoulder once more to see if they were coming or not, then ran into the Bouddi National Park via the Strom Fire Trail. This was one of the most pleasant parts of the run- grassy path through quiet rainforest. The only handicap was that the trail was never far from the road and the bush could never fully absorb the sounds of traffic. However, when I emerged from the Bouddi onto the bitumen (to be greeted by Don) there was not a car in sight or earshot as I ran along the road for several hundred metres and entered the bush again, heading north towards Kincumber. This fire trail rose and fell sharply all the way (not many flat bits) and was decorated with plenty of wrecked and dumped cars. Almost right away I passed two cars that had seemingly met head on- out in the bush- and been left behind with doors open to gather rust. Last week when we had passed this scene I had mused to Jonathan that it was the aftermath of a drug deal gone wrong.

This section between Bouddi and Kincumber was probably the most difficult, navigation wise, of the course. There were a number of side trails that seemed as well travelled and maintained as the main one- and unlike the later section between Erina and Gosford, there was no view to take a bearing with. I relied on the memory from the previous week and knew not to turn off until I had run under one bizarre forest decoration- a car door wedged ten metres up in a tree. I turned off, passed through a gate, ran on the bitumen of Doyleys Rd briefly, then entered a nasty piece of waterlogged weeds. Soon enough I was crossing Empire Bay Rd and running into the carpark of the Kincumber shopping centre. I met Allen Pearson here, and we bought some food and drink and walked up the road, eating and drinking vigorously. I had bought some chips and a coke- but when I walked out of the store found I had picked up a DIET Coke- not much of a sugar hit there! Maybe I was doing it tougher than I thought. After a quick exchange, off we went up Kincumber Mountain. Allen wasn't feeling too good- he had competed at Forster Ironman a fortnight before and his quads and ankles were playing up. Actually the conversation sounded a bit macho- unintentionally, I'm sure (right, Allen?)- he talked a bit about Forster and how he wasn't properly recovered, I talked about my Canberra Marathon run the same day as Forster, and how I had backed up five days after that to run this course. I wonder which of us had a right to feel more stuffed. Over the rocky summit of Kincumber Mountain, past the Nature Reserve office and onto a good firetrail for a few kms of solid running.

The previous week, Kevin, Jonathan and I had come out of Kincumber Mountain Reserve in the wrong direction and had had to run a few kms on the road to get back to where we were meant to be. This time (with a little help from Don), Allen and I found the right route, down steps, over rocky bush path and past the backyards of several homes in Erina. Allen's ankles were giving him hell, so he elected to run home on the road (still broke the marathon mark for the day) while Don and I went on. I was running pretty hard and well by now and caught a few Bushies (and Ludwig Herpich) on the backroads near the Fragrant Garden. We emerged at the Fitness Centre to find Lawrence, Paul and a few others standing around a car filling up on goodies. It took me a few attempts to get my bottle of Powerade before I realised this was not Steve's car- not even the same colour or model. The body might have been functioning okay but obviously the mind was elsewhere.

The sun came out for a bit here and Lawrence commented that my back was absolutely steaming in the humid air. We all set off up the steep Clyde Road- a bitumen backroad that degenerates into firetrail and climbs pretty steeply- a nasty little rise. Again, I was with Paul and Lawrence- pretty good company. Once at the top of Clyde Rd, the way home was fairly gentle rolling bush path, and I led our little party of about 6 most of the way until the final descent off the mountain, when a couple of locals went off the front. Paul remembered the correct way down (as opposed to last week's stuff ups) and down we went through damp rainforestry stuff, trailed by Don. We hit a carpark, ran out onto a main road, down the shoulder to the waterfront. Lawrence, Paul and I arrived together back at the sailing club after 5 hours 48 minutes running. Not a bad effort at all. The next fifteen minutes were spent picking off leeches we had acquired in the last rainforest stretch, then a problem arose- all three of us had stashed our gear in Flimpyhead's car- and he had the keys and was still out there somewhere! We had to wait around, getting cold under steel coloured skies, talking ultras, until Kevin and Thomas rolled in after 6.58 and Flimpyhead two minutes later. Lawrence, Paul, Thomas, Flimpyhead and myself piled into the car and were off back to Sydney- with a detour at the Gosford Bakers Delight thrown in to fuel up on some some fat and grease. The drive back in that company was a rolling comedy show, and almost deserves a report in itself....

Sean Greenhill

5/5

"LEST WE FORGET" ULTRAMARATHON 84.4KM
Gold Coast to Brisbane [double marathon]
Sunday April 29th 2001

PLACEGETTERS

Male

1.	ENVER BALABEKOV	6:04:31
2.	RON PETERS	6:12:48
3.	SHANE GEORGE	7:07:57

Female

1.	ROBYN WALLACE	7:28:50
2.	WYNNIE COSGROVE	7:29:47
3.	SANDY ALLAN	8:14:46

COMPLETE RESULTS

1	ENVER	BALABEKOV	6:04:31
2	RON	PETERS	6:12:48
3	SHANE	GEORGE	7:07:57
4	THOMAS	CAMPBELL	7:15:19
5	KELVIN	MARSHALL	7:19:38
6	ANDREW	DOUGLAS	7:23:05
7	ROBYN	WALLACE	7:28:50
8	WYNNIE	COSGROVE	7:29:47
9	STEPHEN	SMILES	7:35:39
10	ROSS	NICHOLLS	7:35:39
11	MALCOLM	ANSON	7:51:29
12	MAL	MCCULLOCH	7:52:32
13	CHRIS	LINDWALL	7:59:38
14	KEITH	CHASTON	8:00:02
15	STEPHEN	TURNER	8:03:35
16	PETER	GIBSON	8:07:42
17	JO	PETERSEN	8:11:46
18	BRENDA N	GUTHRIE	8:12:46
19	SANDY	ALLAN	8:14:46
20	ALAN	PEACOCK	8:22:08
21	GEORGE	GREEN	8:25:33
22	GARY	CARLTON	8:29:09
23	MONIKA	MOHR	8:32:34
24	RODNEY	LADYMAN	8:34:19
25	JOHN	TWARTZ	8:35:55
26	MEL	ROBBIE	8:45:42
27	VLASTIK	SKVARIL	8:46:18
28	GEOFFREY	LAST	8:46:30

29	PETER	ANDERSON	8:46:39
30	RICHARD	WEBB	8:47:56
31	RICHARD	LEEMAN	8:49:08
32	ERICA	ROWSSELL	8:54:23
33	ALISON	WHITEHEAD	8:54:23
34	CHRISTOPHER	BROUN	8:55:06
35	VINCENT	LACE	8:58:34
36	PETER	MCKENZIE	8:59:16
37	BRUCE	HARGREAVES	9:04:16
38	GEOFFREY	WILLIAMS	9:09:03
39	MIGNON	TUCKER	9:11:14
40	FIERO	MAMMONE	9:13:23
41	BERNADETTE	ROBARDS	9:20:28
42	JIMMY	GRUETTER	9:22:52
43	GARRY	BUNDY	9:23:07
44	GARY	PICKERING	9:30:16
45	JOHN	FOWLER	9:30:17
46	HARRY	DAVIS	9:31:01
47	ANGIE	COTTRELL	9:33:02
48	JASON	EVANS	9:34:33
49	LINDSAY	PHILLIPS	9:34:36
50	MARK	SPARSHOTT	9:37:59
51	TONY	COLLINS	9:46:00
52	GRAHAM	SIVYER	9:46:00
53	STUART	WAGNER	9:46:38
54	BRUCE	CHADBURN	9:53:34
55	CHRIS	GAMBLE	9:55:00
56	GEOFF	HAIN	9:55:15

57	FAITH	ANDERSON	9:57:51
58	BRENDAN	MASON	9:57:52
59	GARRY	KRUCK	10:02:40
60	PETER	LARGE	10:13:40
61	JOHN	DOBSON	10:15:26
62	JOHN	STANLEY	10:15:27
63	JUDI	MCCREADY	10:17:27
64	GREG	DAY	10:17:44
65	SHANE	LONG	10:22:35
67	DUSAN	HORA	10:26:31
67	DUSAN	HORA	10:26:31

68	RICHARD	DONIN	10:28:21
69	MEL	HENRY	10:28:51
70	DOUGLAS	BLACK	10:29:21
71	VICKI	TANNER	10:37:56
72	BERNARD	TIPPINS	10:48:37
73	JENNIFER	WILLIAMS	10:52:15
74	JOAN	ROBARDS	10:52:15
75	EDDIE	NGENDA	10:53:14
76	BRIAN	JONES	10:58:31
77	DENNIS	FRENCH	11:50:24
78	ROBERT	WAKEFIELD	12:01:02

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION

21st AUSTRALIAN 50 MILE TRACK CHAMPIONSHIP AND 50KM

AT BILL SEWART ATHLETIC TRACK BURWOOD EAST, VIC.

SATURDAY 12TH MAY 2001

NIGEL'S 5TH WIN OUT OF 6 STARTS IN THIS EVENT

50 MILE

				Marathon	30 Miles	50 Km	40 Miles	50Miles
1.	Nigel Aylott	35	Vic.	3:08:31	3:38:30	3:47:15	5:09:49	6:41:28
2.	Max Carson	52	Vic.	3:28:41	3:59:42	4:07:58	5:27:50	6:58:35
3.	Ken Marsh	45	Vic.	3:35:46	4:08:40	4:17:37	5:38:44	7:07:30
DNF	David Jones	59	Vic.	4:30:38	5:12:21	5:23:15	7:09:50	(161 laps 7:10:00)

50 KM

1.	Kelvin Marshall	36	Vic.	3:07:10	3:36:59	3:45:39	
2.	Nigel Aylott	35	Vic.	3:08:31	3:28:30	3:47:15	
3.	David Criniti	22	N.S.W.	3:21:24	3:49:43	3:58:54	
4.	Max Carson	52	Vic	3:28:41	3:59:42	4:07:58	
5.	Ken Marsh	45	Vic.	3:35:46	4:08:40	4:17:37	
6.	Shirley Young	71	Vic	4:20:20	5:00:19	5:11:31	
7.	David Jones	59	Vic.	4:30:38	5:12:21	5:23:15	
8.	Andrew Lucas	36	Vic.	4:43:02	5:27:19	5:42:33	
9.	Brian Glover	58	Vic.	4:55:14	5:39:15	5:51:46	(Walked)

With over cast skies, no wind and a little on the cold side the 9 runners in this year's 50-mile / 50km raced in ideal conditions.

Nigel Aylott as usual ran a well judged race, being placed in second position up to the 50km mark, from that point went on to win by 17 minutes from Max Carson. I would like to congratulate Nigel for a fine 5th win in this event and thank him for his support each year.

Second placed Max Carson, his third run in the event, each year improving his time by about 6 minutes also ran very well. Max is a person who never gives up; he went through good and bad periods during the race. Well done Max.

Ken Marsh who finished 3rd improving his last years time by a whopping 21 minutes, like Nigel and Max ran a well judged race.

Winner of the 50km Kelvin Marshall led Nigel by about half a lap up until he finished at the 50km mark, then he decided to go to the football at the MCG. Kelvin was telling me he had not run very well all year because of a back problem. He said winning the 50km would help his confidence no end. Congratulations Kelvin.

Nigel was second in the 50km ahead of David Criniti who came down from Sydney for the event. He has represented Australia in Ultras overseas, starting slowly he improved his pace as the race went on. David I thank you for coming down from Sydney to run and well done.

This year I advertised the 50-mile as a separate event for women, there were no entries, which was very disappointing. Since last years race I had a trophy made up showing past lady winners since AURA took over the event in 1992. Shirley Young who had been injury for some time said she would have loved to be fit enough to run this years 50-mile. Ladies, I issue the challenge that you run next year.

To all the other entrants, you all ran very well and made the day very worth while.

I would like to thank Les Clarke, Dot Brown, Geoff Hook, Mrs Aylott, the Essams and my family for your help, without you the event wouldn't have gone ahead.

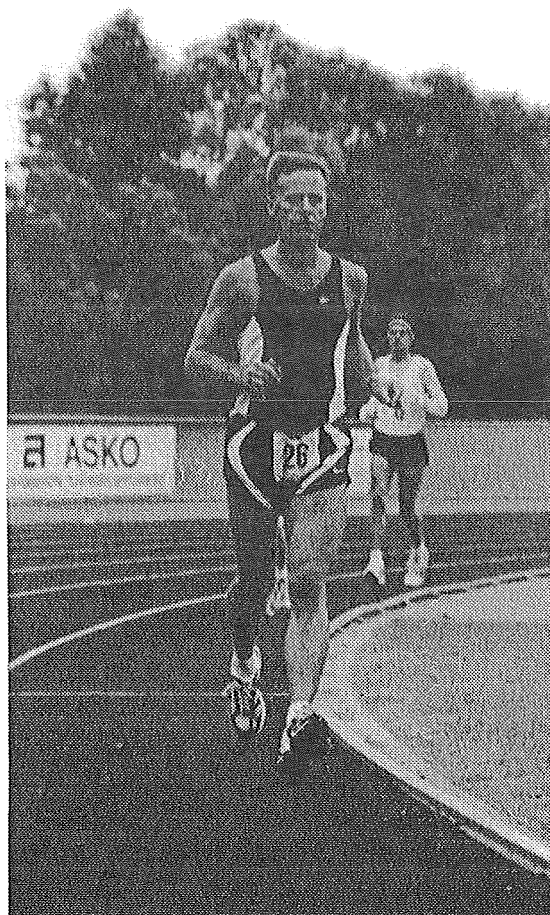
For the record this is the only 50-mile run in Australia and being an Australian Championship deserves a larger number of runners. To you from interstate, please give some thought about entering next year.

Hope to see more entrants next year.

John Harper – Race Director



75 year old multiple world record holder, Shirley Young



Ken Marsh strides out to a huge PB

IAU HALL OF FAME

Yiannis Kouros (GRE)

The year was 1983 and the ultradistance world then was not ready, as it is not completely ready now, to acknowledge the excellence of emerging talent. The career of Yiannis Kouros (GRE) takes place during the formative years of the IAU. Ultradistance runners re-defined the limits of capability and the athletic world was obliged to accept that "ultradistance" as a competitive international event was a serious and important member of the athletics family.

The inaugural Spartathlon, a race from Athens to Sparta over an approximate distance of 246kms took place in 1983. Race Director, Mike Callaghan, worked hard to encourage the participation of the world's best ultradistance runners. Yiannis Kouros, running in his first ultradistance race won with 21hrs 53mins and was nearly three hours ahead of second placed Dusan Mravlje (YUG).

A few years earlier the comfortable world of statistical authorities had been disturbed when Jean-Gilles Boussiquet (FRA) destroyed all known theories concerning the 24 hour event. Whilst many self-styled experts were obliged to recognise Boussiquet as a genuine world class performer they still retained an in-built reluctance to accept that "limits" were far beyond their conceptions

Fortunately two of the founder members of the IAU took part in and completed the inaugural Spartathlon and these acquired the honour of being the first from their respective countries to do so. They were Edgar Pattermann (AUT) and Gerard Stenger (FRA) and both were convinced that the time of Kouros was fairly achieved and that a new and exciting talent had arrived. Then, as now, we were faced with opposition to progress and then, as now, we were prepared to fight against those opposed to the development of the sport.

Edgar Pattermann organised the Danube Run in 1984 which was a three -day stage race (114kms; 122kms and 84kms) in Austria. He invited a number of the world's leading ultradistance runners and Kouros won every stage. It was a complete answer to critics of Kouros and in some respects a demonstration that the IAU was prepared and able to respond to unfair criticism..

After the Danube Run, Yiannis Kouros went on to set records over a variety of distances. His 24 Hour Record and his 1000 Mile Record are awesome and the various course records he has amassed are probably challenges to future generations.

Kouros returned to the Spartathlon in 1984, 1986 and 1990 and won all of these races. His four winning times head the ranking lists for the event. He became an international figure with enormous demands upon his time..

In America he won the IAU 1000 Mile Championships in a time far ahead of that achieved by any known competitor; in Japan he won the inaugural Hiroshima to Nagasaki Peace Run and in Australia he proved to be unbeatable in the Sydney to Melbourne Race (1016kms). He won many, (too many to record here) 24 hour races and became the first and only person to pass 300kms for the event.

A full list of his achievements will be prepared and recorded in the IAU Hall of Fame archives but it needs to be said now that the IAU recognises and has always recognised- the talents of this exceptional athlete and the contribution he has made to the Sport..

Eleanor Robinson (GBR)

Eleanor Robinson's ultradistance career started before the 1983 Spartathlon but it is worth recording that she was the only woman competing in that inaugural event and the organisers burnt a lot of mid-night oil considering if a woman should be allowed to take part in an event organised to recognise a military feat. Common sense prevailed and she ran well and paved the way for many other women to take part in future years.

In 1981 Six Day Racing was introduced back into the United Kingdom after a lapse of nearly ninety years. The Charles Rowell Six Day race was staged at Nottingham and the winner was Mike Newton (GBR). In 1982 the winner of this event was Tom O'Reilly (GBR) and during the race it was noticed that a lady, in a Nottingham Green tracksuit trained many hours in the outside lane of the track. That lady was Eleanor Adams who would later become Eleanor Robinson

Eleanor had been a competitive runner from an early age and at 14 had represented her County of Yorkshire on the track. Two years later she was representing the Northern Counties at Cross Country and thirty years later she was asked to run for the North again in the half-marathon area championships.

Eleanor's interest in ultradistance was probably aroused by the Nottingham Six Day Races and in order to qualify for entry to the 1983 event she ran her first ultradistance race in 1982 when she set the first of her many world best performances. She duly won the 1983 Six Day Race at Nottingham with a World Best Performance and in that same year finished comfortably in the inaugural Spartathlon and won a 24 Hour track race in Vienna.

In many track races intermediate times are taken at various distances and the opportunity arises for records to be achieved at these distances. In a Six Day Race, for example, the 24 hour record, the 48 hour record are under siege together with many other standard distances. In 1984 Eleanor amassed a total of 31 World Best Performances on track and road with distances ranging from 30 miles to 501 miles achieved in a Six Day Race. For good measure she set the British 100km record in 1984.

International recognition of this remarkable athlete resulted in her successful appearances in many events around the world. She was the first lady in the 1985, 1986 and 1988 Sydney to Melbourne Race. In 1987 she achieved 22 world best performances over various distances ranging from 30 miles to 100 miles and set a best time for the daytime attempt of the Death Valley to Mount Whitney Race-a 150 mile event in the USA.

There are records and there are championships and opinions vary which are the most important. In 1989 Eleanor was inducted into the televised Guinness Book of Records "Hall of Fame" as holder of the most records. But her need for records was matched by her need for titles and in addition to securing national titles for the 100km and 24 hour she became the 100km World Champion in 1990 and 1991.; the 24 Hour World Champion in 1990 and the 1000 Mile Champion in 1998

Ultradistance is a sport gaining increasing international recognition and whilst the IAU has to work hard to develop this recognition it needs to be shown that women have an equal place. It has taken a long time for this to be appreciated in marathon events and perhaps the lessons learned will now be put to good use. Ultradistance owes much to the pioneers of the sport whether they be man or woman. Eleanor is a teacher and as an athlete and ultradistance pioneer, she underlines in a highly visible form a very important lesson, "Do not be confined by the limits of rigid thinking and have the courage to take yourself beyond these limits".

Don Ritchie (GBR)

In 1978 the RRC (Road Runners Club) of Great Britain organised a 100km track race at the Crystal Palace. A time limit of 8 hours was imposed and therefore the possibility of women's records and veteran's records was limited. No women took part but this event set a new standard of excellence for men and the world best time achieved has yet to be beaten. The winner was Don Ritchie (GBR) and his time was 6.10.20 and this time is still the current World Best Performance for 100kms Track.

At that time the 100km road race was gaining popularity in Europe with British runners enjoying considerable success. At the risk of omission those coming to mind are, Mike Newton, Cavin Woodward, Martin Daykin and Don Ritchie.

The major ultradistance event in the United Kingdom was the London to Brighton Race which takes place on a course measuring about 89kms and this is organised annually by the RRC. Don Ritchie won this event on 1977 and 1978 but needed to look outside of the United Kingdom for longer distances on the road. He gained successes in many European countries and in America produced a world best performance for 100 miles.

The first 100km road race in the United Kingdom was organised by Ron Hindley, Founder Member of the 100km Association (GBR) and the inaugural event took place in 1981. National 100km Championships are now staged annually in the United Kingdom and Don Ritchie has been the National 100km Champion. In 1990 he became the IAU 24 Hour Champion and National 24hr Champion with a distance of 267kms 075mtrs. Awarded the MBE for his services to Sport, Don Ritchie is currently President of the highly respected 100km Association.

The archives material for Don Ritchie will take a long time to prepare. He still competes regularly and in October 2000 he was a member of the National 24 Hour Team competing in the European 24 Hour Challenge at Uden, Netherlands. His competitive international career must be one of the longest in the sport.

The concept of an annual IAU 100km Championship Event did not start until 1987 and IAU European 100km Championships did not start until 1992 and the tragedy concerning Don Ritchie is that such events were not staged earlier-he would surely have gained major honours in Championship Events at European and World level. He is rightly nicknamed "The Don" and he is one of the most respected figures in the international world of ultradistance running.

Ann Trason (USA)

Spare a thought for Helga Backhaus (GER) who has volunteered to prepare our archive material for Ann Trason- it is a mammoth task. In America there are many fine ultradistance runners and whilst it is dangerous to generalise many of these focus their attentions upon trail races. If there is one distance that might be termed "standard" for a trail event in America that distance is 100 miles and winning times for men and women indicate that, should they choose to do so, these runners would achieve great distances in 24 hour events on road or track.

Ann Trason, is essentially a trail runner with a great love of the freedom this type of event offers. She has won the Western States 100 Mile Endurance runner on a record number of occasions and has recorded victories in most of the major 100 Mile Trail Races. She is also one of the World's greatest 100km runners having secured World Championship titles in 1988 and 1995. In the 1995 event she set a World Best Performance for 100km with 7.00.47.

She has won the Comrades Marathon (90kms) in South Africa twice and on both occasions she returned to America to win the Western States 100 Mile Trail Race which took place on the following week.

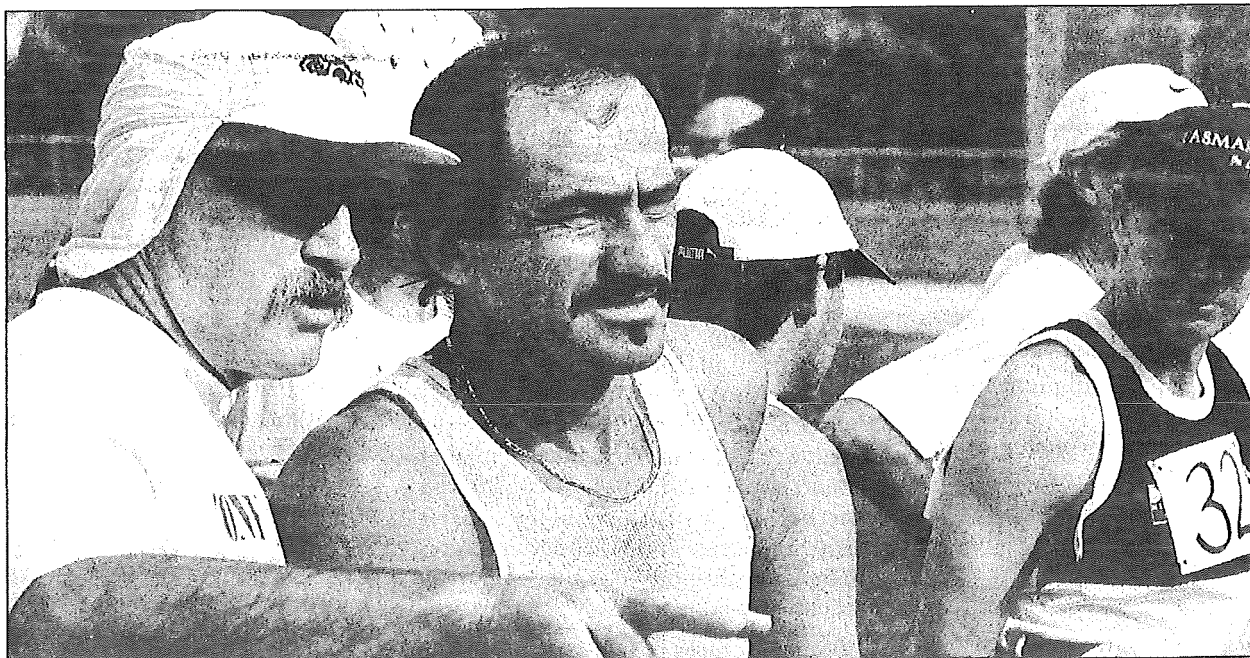
Terry Fox (CAN)

Terry Fox died on June 28th 1981 just one month before his 23rd birthday. In 1977 a malignant cancer was discovered in his right leg and amputation from a point above the knee was needed. At some point following the operation the idea of running across Canada came to him and he began serious training in February 1979.

He called his Run, "The Marathon of Hope" and after dipping his artificial leg into the Atlantic Ocean at St Johns Newfoundland on April 12th 1980 he set off for the West Coast of Canada hoping to run the marathon distance daily. On September 1st 1980, after 143 days he was obliged to stop a short distance from Thunder Bay, Ontario. He had completed 5373kms. His sound leg and his artificial limb had proved reliable but extreme chest pains revealed that his primary cancer had spread to his lungs and the condition proved fatal.

The aim of the Marathon of Hope was to raise money for cancer research and the courage and determination of Terry Fox had a lasting effect on the world in general and on Canada in particular. Before his death Terry Fox received many Honours including the Companion of the Order of Canada for his outstanding contribution to the cause of cancer research. Shortly after his death an 83km section of the Trans-Canada Highway between Thunder Bay and Nipigon which was the stage where he stopped was named in his honour as the Terry Fox Courage Highway. In 1988 the Terry Fox Run achieved trust status and the organisation became known as the Terry Fox Foundation and it has become a major fund raiser for cancer research.

It is almost impossible to fully understand the motivation that prompted Terry Fox to consider the project of the Marathon of Hope. One imagines him in hospital after his operation perhaps thinking of the difficult tasks ahead of him and then thinking what might be the most difficult. The courage of the man was his attempt to live his dreams and the legacy of the man is to inspire others to live their dreams.



Marathon man: ultra marathon runner Yiannis Kouros won the six-hour race on Saturday.

S41CO960

ENDURANCE EVENT

ABOUT 45 runners took part in Coburg Harriers Athletics Club's 18th annual Victorian 24-Hour Track Championship at the Harold Stevens Athletics Track over the weekend.

The weather was kind to the athletes who competed in either a six-hour, 12-hour or 24-hour race.

"Everything went really well," Harriers spokesman Bernie Goggin said.

"Fortunately it was a very mild night for the athletes.

"We had 45 competitors, but about the track there were a couple of hundred people who were involved."

World record holder for 24 hours, Yiannis Kouros, who is coming off an injury, won the six-hour race.

Winners of the other events were unavailable when the *Courier* went to press.

The event was held to raise money for the Harriers.

The Year in Global Ultrarunning

Russian Dominance Challenged

The Year 2000 saw the beginning of serious challenges to the superiority of previously dominant ultrarunning nations. Russian ultrarunning is no longer the force it once was at the highest level, but was still there in depth. South Africa, once the powerhouse of the sport, is now being squeezed from its last bastion, the Comrades.

The threat to the Russian dominance came from the Japanese, who had a breakthrough year across the sport, from Eastern Europe where outstanding runners continued to make a major impact, from the continued revival in Western Europe, and from new blood coming into the United States national team. In the wider spectrum, ultrarunning's global growth continued, particularly in the Far East, where Nepal and Korea joined other newly emerging ultra nations.

In the World 100 Km, western Europe was once again came to the fore. British runners Carolyn Hunter-Rowe and Simon Pride had won in '98 and '99; Frenchman Pascal Fetizon was to emerge as the winner in the Winschoten event in 2000. Russians Dmitri Radichenko and Oleg Khatonov took second and third, but France took the team title, with the United States second. The women's race saw the dominant performer of 2000, Edit Berces of Hungary, (aside from Tomoe Abe's run; more on that later), win in 7:25:21, from Elvira Kolpakova of Russia and Constanze Wagner of Germany. The German women, always strong, took the team title from France.

Takahiro Sunada of Japan decided to contest the open race held in association with the European Championships at Belves in France in April. On an undulating course he decimated a field that included the leading Russians, recording a time of 6:17:17. This mark was to be the top men's 100-km performance of the year.

As for the rest of the year is concerned, six men in all ran under 6:30: another Japanese runner, Yasufumi Makimi, 6:27:13 at Yufutsu in Japan, and three Russians: Grigoriy Murzin, former winner of the World Challenge, 6:23:14 in Spain, Dmitriy Radyuchenko (6:29:13) and Oleg Kharitonov (6:29:29) in the World Challenge behind Fetizon (6:23:15).

Berces took the World and European titles, as well as winning at Torhout and Boston, thus winning every 100-km she ran. Tomoe Abe, a former Japanese

national record holder for the marathon in 2:26:09, relegated her to a distant second place on the world list for the year by a performance that caused considerable ripples far beyond the world of ultrarunning. Abe entered in the Lake Saroma 100 Km as a training run as part of her preparation for the marathon. She ran 6:33:11, more than an hour faster than the second placed runner. The Yufutsu course at Lake Saroma is point to point and there is some evidence that her mark had some limited wind assistance, but this scarcely detracts from Abe's astounding performance. In second place Makiko Hotta ran 7:30:26, but other marks set in the race were not exceptional.

Kouros Challenged at 24 Hours

In the 24-hour event the competition was close, and perhaps because he no longer wishes to push himself to the limit, perhaps because he is growing older, Yiannis Kouros' margin of superiority over the rest of the pack is slowly being eroded. He ran 265 km/164 miles in Verona on the track against limited opposition, which left him just ahead of Russian Anatoliy Kruglikov with 261 km/162 miles, and Alain Prual with 260 km/161 miles, the next best marks of the year.

The consistent Irina Reutovich of Russia was the leading woman performer in the event. She produced three of the four top marks of the year, winning the Russian track championships with 230 km/142.9 miles, the best mark of the year, and then taking the European Challenge with 225 km/139.8 miles. She also ran 221 km/137.3 miles as a 24-hour split in the longer 48-hour event.

Kenji Okiyama's 252.748 km/157 miles on the road in Tokyo was perhaps one of the most significant 24-hour performances of the year. It was the greatest distance yet achieved in that country. (Seigi Arita has, of course, run further in France.) The Japanese's growing success in the 100-km indicates there is much more to come when they take the 24-hour seriously.

With major races in four continents, the 48-hour had its best year for some time. Ironically, a split in a six-day race in Australia gave Yiannis Kouros the top mark. Jaroslav Kocourek took an international championship event in the Czech Republic, which was dominated by Czech performers. These two men were the only ones over 400 km/250 miles. The most closely contested event of the year was at Surgeres, where Kouros also ran over 400 km, with Seigi Arita of Japan running 378 km/234.8 miles and

Roy Pirrung 372 km/231 miles. There were also notable events in Phoenix, Arizona and Sao Paulo in Brazil, both races won by Luciano dos Santos of Brazil.

Irina Reutovich was the top female 48-hour performer, producing the second best mark of all-time in the indoor international race at Brno, covering 368 km/228.6 miles Helga Backhaus took second in the Brno event with 333 km/206 miles, and subsequently won the Koln race with 337 km/210 miles. The other top performer was Susan Olsen of the United States, who won the Surgeres race in France with 332 km/206 miles

American Luljak Tops at Six Days

David Luljak ran the top six-day mark of the year in the New York road race with 807 km/501 miles. Rimas Jakelaitis of Lithuania totaled 804 km/500 miles at the same venue, and Yiannis Kouros ran 801 km/497 miles at Colac in Australia. The best women's mark of the year was by the Anglo-Australian Catherine Dipali Cunningham, who ran 733.8 km/455 miles to win in New York.

The best 1,000-mile mark of the year also came in New York, where the Lithuanian Jakelaitis ran a new pending world road best of 11 days, 23:07:21. The 1,000-mile track championships at Nanango in Queensland had a small field and was won by Petras Silkinas of Lithuania in 13 days, 5:36:20 with Martina Hausmann of Germany recording a time of 14 days, 22:22:42 However, for some such a race is just not long enough and Pekka Aalto of Finland entered and won the world's longest certified foot race, the Sri Chinmoy 3,100 Mile, completing 5,000 km in 47 days, 16:05:13.

Other Major Ultras Thrive

The 50th London to Brighton saw one of the strongest fields for some years. The course record holder South African Sarel Akermann produced a fine 5:56:50 to win. The women's race turned out to be a straight contest between the Briton Danielle Sanderson and Karen Bradford of South Africa. Sanderson won in 7:07:12.

The 75th Comrades race from Durban to Pietermaritzburg saw the further erosion of South African superiority in the event. For the first time ever there were no South Africans in the top three in the men's event, and the first South African woman was only third. Russian born Vladimir Kotov, 20 years after he narrowly missed a medal in the Moscow Olympic marathon, running 2:10:58, Kotov came through strongly at the end

of the 90 km race to break the course record by nearly a minute. His time of 5:25:33 put him well clear of Russian Alexei Volgin (5:27:07), with another Russian, Dmitri Grishin, third in 5:32:47. Maria Bak of Germany dominated the women's race, back after a two-year suspension for doping. Her time of 6:15:35 was close to the course record and put her well clear of her fellow countrywoman, Birgit Lennartz, winner of last year's race (6:33:54). Grace de Oliveira of South Africa was third in 6:38:44. The race was the biggest ultrarunning event ever seen, with 23,961 registered and 20,046 finishers within the 12-hour deadline.

The Spartathlon in Greece saw another Japanese breakthrough. Masayuki Ohtaki came home to win in 24:01:10, almost an hour ahead of last year's winner Jens Lukas of Germany, who ran 24:59:54. The women's race saw a double for Japan, with Hiroko Okiyama finishing first in 29:16:37, and the former U.S. runner Mary Larsson second in 30:56:16. A total of 88 runners from 14 countries finished within the 36-hour time limit.

The names Arjun Basnet of Nepal, Li Hai Qing of China and Bayansan Erdenebayar of Mongolia may not be

thought notable as ultrarunners, yet these men were the winners of 100-km races in their respective countries in 2000. Yongsik Lee of Korea, who ran in the Mongolian race, then set up a race across Korea. This is part of the ongoing growth in ultrarunning in the Far East. Japan, which was one of the pioneering ultrarunning countries in this region, now has a number of 100-km events with more than 1,000 runners, with more than 10,000 ultrarunners competing each year.

Brazil is the leading ultrarunning country in South America. Valmir Nunes, winner of the World Challenge in 1991 and 1995, and Maria Venancio, bronze medallist in 1998, have led the development of the 100-km, and now runners such as Luciano dos Santos are raising the standards at 24 and 48 hours.

They were first revived in the early 1980s, but were primarily elite, invitational events. Gradually since the 1980s multi-day ultra races have developed from elite invitational events to establish themselves as a normal part of the ultrarunning scene. The year saw 48-hour races in South and North America, Australia, and Europe, six-day races in Asia, Africa, North America and Australia, and 1,000-mile events in Australia and North America.

Multi-day stage events are also flourishing. The famous Marathon Des Sables in Morocco is a well-established event, as is Vienna to Budapest between the former twin capitals of the Austro-Hungarian Empire. The Japanese race along the Tokaido road was held in 2000, and new events for 2001 include a 4,000 Km Race of Fire event from Perth to Canberra in Australia and a La Transe-Gaule race across France.

It is interesting that the African nations have yet to establish a real presence in ultrarunning, despite their dominance in the running events up and including the marathon. The South African team took bronze in the World Challenge in 2000, but have yet to have an individual winner of the event, or to win the team titles. Perhaps in the 21st century the Africans nations will seek to extend their reign upwards to the longer events, but I suspect that they will face serious opposition from the Japanese, as well as other established ultrarunning countries.

Andy Milroy's Top Ten Ultrarunners for 2000

Men

1. Takahiro Sunada, Japan
2. Vladimir Kotov, Russia
3. Pascal Fetizon, France
4. Farit Ganiev, Russia
5. Aleksey Volgin, Russia
6. Oleg Kharitonov, Russia
7. Gregoriy Murzin, Russia
8. Dmitriy Radyuchenko, Russia
9. Yiannis Kouros, Greece/Australia
10. Lubomir Hrmo, Slovakia

Women

1. Tomoe Abe, Japan
2. Edit Berces, Hungary
3. Irina Reutovich, Russia
4. Maria Bak, Germany
5. Elvira Kolpakova, Russia
6. Birgit Lennartz, Germany
7. Grace De Oliveira, South Africa
8. Constanze Wagner, Germany
9. Magali Maggiolini, France
10. Makiko Hotta, Japan

INTERNATIONAL NEWS AND RESULTS

AUSTRALIA

Last year t Shirley Young in the Coburg 24 HourTrack Race on April 8th/9th 2000 achieved 176kms 810mtrs. We have received details of her date of birth (December 24th 1929) and her performance passes the previous World Age Best Performance (class F70) held by Francoise Lamothe (FRA)

Sweaty race to the altar

VALPARAISO — A sweaty Indiana couple have married in their running shorts after competing in a race.

The couple, who met through their love of jogging, contested a 5km race, in which their pastor and best man were also competitors.

During Wanda Johns' and Clarence Melion's wedding, the Rev. Duane

Schmidt told them they were starting the "marathon of life". Johns' racing outfit included a white veil attached to a baseball cap, a wrist corsage and a white lace garter.

Melion, 56, also proposed to Johns, 49, during a race. The couple were presented with a trophy saying, "First place in the Newlywed Division". - AP

FROM FISTY-CUFFS TO SHUFFLING FEET

SHAUN SCANLON, ONE OF ULTRAMARATHON'S POPULAR CHARACTERS, CHATTED WITH TONY RAFFERTY BEFORE THE START OF LAST YEAR'S AUSTRALIAN SIX-DAY RACE AT COLAC.

TONY RAFFERTY: Shaun, describe your early years.

SHAUN SCANLON: I went to primary school in Brisbane and high school in Tasmania. Then back to Queensland to work in the mines for three years. I came back to the city in '64 to qualify for the Olympic Games in Tokyo, in boxing. I won the Australian light-heavyweight title and then decided to turn professional. So I didn't get to the Olympics.

How many years were you a pro?

Twelve.

Describe your training program for boxing events. How many days a week? How many hours a day?

My training was like my work for ultra-running...I didn't do any. Or very little. I'd go to the gym on a Saturday and train for the fight which was on Monday night. Usually a 13-rounder at the Stadium.

What's your opinion today of boxing as a sport?

It's had it. Gone. Finished. There's nobody worthwhile left in Australia. I think the boxing game will die right out. We know about the brain damage suffered by many boxers.

Are the medical authorities not protecting the boxers enough.? For example. Do you think professional fighters should wear headgear like those in amateur contests?

They have to do something. Anyway, headgear is not enough protection from a hard blow. My speech, for example. Maybe I've been lucky. Look at Ali. The best of them all. My idol. Ninety per cent of his damage is from boxing. He's punch drunk. It's not Parkinson's disease. Here he is going around shadow boxing. Sparring. That's what he got from Foreman. He got hit a lot. He should've given it away after the Norton fight. Norton broke his jaw. Then Ali came back and won the world title. He should have stopped there. When he fought Joe Frazier. Remember, 'Thrilla In Manila'. That fight did him a lot of damage even though he put Frasier in hospital.

So you think boxing may fizzle out? And yet Shaun, don't you think there's something in most of us, in a primitive sense, perhaps, that draws us to watch two men in peak fitness to fight in a ring under a referee's control?

Yeah. It's similar to ultra races. We're fascinated by runners under pain attempting to achieve goals. We want to see how they progress to the finish. Boxing's the same.

Is ultra-running then, in your case, a replacement for the fight game?

No. I took up boxing because I loved the challenge from an opponent in the ring. I took up running to compete in the Sydney-to-Surf race in August 1989. I never ran further than 400 metres at school in 1958. I hadn't run a marathon before I competed in the Sydney-to-Surf. I ran one hour and four seconds. No, it's not a replacement.

It seems your challenge of mastering physical and

psychological pain may have been the reason you choose ultramarathons. There's pain in ultras. There's pain in fighting. Did you step in the direction of running competition because of the similarity of those aspects in the two sports.

Yeah. Maybe. I'd been a good runner at school. You don't take up something you're not good at, or something you hate. I was good at running. I was good at boxing. After my run in the Surf race I looked at new challenges. Again, it's not a replacement for the boxing sport.

Let's change tack, Shaun. Is there any person who has influenced your life? You mentioned Ali.

Yeah. Ali, definitely. Carl Lewis. Great all-round speedster. Fantastic athlete.

How do you relax?

Going out to my shed and making things. Sometimes I get into trouble. My wife says she's going to burn the bloody thing down one day. "I'll set it on fire!," she said to me the other day. It's because I spend too much time in it. But, I love my shed and making things. That's my philosophy. If you enjoy it, do it.

Has there been a time in your life when you feared someone or some thing?

No. No fears. I'm not frightened of anyone or anything.

What keeps you happy?

My grandson. He's my best mate. He helps me make things. I told him I'd win a trophy for him in this race. He said: "Don't worry if you don't Pop. We can always make one in the shed." I like giving the things I make to other people. But Trish goes crook at me sometimes.

(Shaun, for a number of years, made all the trophies for the Australian Six-Day Race at no cost to the organisers.)

What makes you angry?

Nothin'. I'm placid. I mind my own business. But if people talk behind my back I get annoyed. When people have something to say they should say it to our face. Apart from that nothin' makes me angry.

What would you never give up?

Enjoying myself. You must do what you can when you can. If you enjoy running, run. Find the time.

What's your greatest extravagance?

I can't tell you. Trish'd kill me. My machinery and things. Some of it costs a lot of money.

If you had the chance of inviting a person to your home for a few hours conversation who would it be?

Ali. I've sparred with world champions and never got the chance to meet him. Definitely Ali.

What are your eating habits during an ultra?

I eat what I normally eat. Big Macs. Pies. Whatever's available. My normal food. When I first started ultras I spent more time off the track than on it. It took me years to find out what was the problem. I didn't eat or drink enough. Often I didn't realise I was in a state of dehydration. I knew I must eat, drink, on a regular basis.

You're here for the Australian Six-Day Race. What are your expectations?

I haven't done much training for this race. After every event I take notes. I come up with the same answers every time: If you're not fit for a six-hour race you shouldn't compete in a

multi-day event. Others have been guilty of it also. Not enough training. Last year I decided to be in good shape for this race. Six months later I started, then stopped. Three months, two months, one month. Gee, the Olympics are on, and so on. Then it rained badly. Then I got sick. I've done three days training in the last month. So, in this race I'll just take my time. I still hope to run a personal best.

What's your goal for the first 24 hours?

A hundred miles.

OK. About 160k's. And six days?

Seven-hundred kilometres, plus.

Your best for six days is 636k's.

Yeah. I'll do that total in less than five days this time.

Ambitious Shaun. Do you lose much weight in ultra races?

No. I eat a lot these days. Anyway, I don't think I push myself hard enough to lose much weight.

What is your advice to someone, perhaps a good marathoner, who has aspirations to compete in ultras?

The secret: Miles in the legs. Don't attempt sub four-minute miles like I do. Run at a normal training pace. Even a little slower. Take it easy especially in the early stages of a multi-day. Two and a half, to three-minute laps, and you'll be there at the finish.

What's your regular work?

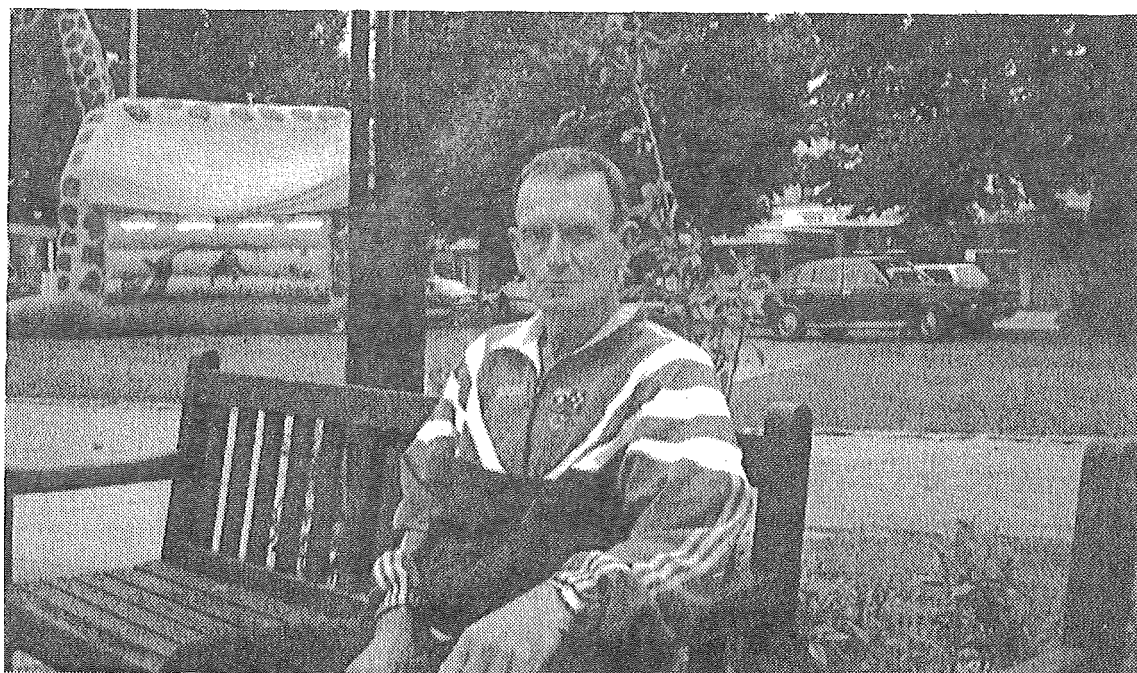
I was a transport operations manager. Today I drive a forklift for a transport company. Too many hours in the management job.

Good luck in the race, Shaun.

Thanks Tony.

Shaun Scanlon placed 12th in the Australian Six-Day Race. He didn't realise his earlier aspirations of a personal best.

TONY RAFFERTY - APRIL 2001
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This is for luck: veteran runner Drew Kettle gets a kiss from his mate Gemma yesterday. Picture: DAVID CAIRD

Marathon man

By TERRY BROWN

DREW Kettle's done longer runs, but there's been none bigger.

With a lick for luck from his kelpie-cross sidekick, Gemma, the veteran shuffler plodded for 500m on the banks of Lake Colac last night.

The pristine torch relay uniform sat strangely on the 80-year-old, who is more at home in grubby work jeans and his old, checked wool coat.

But the torch tidy-up was the least of his problems as he prepared for his few glorious minutes.

"It's a privilege, most certainly, but I've got to watch out the torch doesn't burn my whiskers," he laughed during training at Colac's Austral Hotel.

The unstoppable former cow cookie's training routine won't be found in any Olympic manual. To keep fit, all he has to do is check his letterbox.

"I jog out to the gate, about half a mile, every day for the mail," he said.

Yesterday morning, though, he also sweated over an axe for

an hour, chopping up a tree that foul weather brought down over his driveway.

Last-minute training was fish and chips and a couple of Austral bistro beers, but Mr Kettle's usually a public bar bloke because they let Gemma in.

He's seen more bars than a high-jumping team, stopping at every pub he passes on 17 years of epic journeys around Australia.

"I have a beer in every pub, and I very seldom only have one," he confesses, not a bit sheepishly.

Mr Kettle was a handy miler in his youth.

But the real running that put him all over the Australian map started in 1983, when he headed off from Cape Otway, bound for Broken Hill.

Some of his shuffles have stretched well past 3000km.

All told, he has put more than 36,000km in his legs since then, raising about \$250,000 for charities along the way.

"The wife used to get at me to paint the house and that's what kept me walking. I don't like painting," he explained.

The first morning of his first walk, he tossed his razor away for good.

Since then Mr Kettle has spent almost three whole years plodding through all parts of Australia.

He has slept atop Uluru and swum the Murray. For 10 days in the Simpson Desert, he and his dog were stalked by a dingo.

"I don't know if it wanted Gemma or me," he said drily.

"He might have thought Gemma was a bit of all right!"

Mr Kettle holds the over-75s record for covering the most ground in six days.

But he's not one for push-ups or pumping iron.

Usually exercise just happens around the 60ha spread at Yeo, 10km from Colac, that's been in his family since his great grandfather's time.

During the war he was one of the few Diggers to parachute

into Papua New Guinea, and when he returned he jumped into house building on the block.

"I built it myself after the war," he said of his house.

Then he adds with a grin, "Only I haven't finished it yet."

The runs have seen him sleeping under stars for almost three years.

"I don't know how she put up with me," he said of his wife Ina, who died two years ago, not long after their 50th anniversary.

Then he laughs, admitting the time away might have been exactly how she put up with him.

Last night Drew Kettle slept in his swag in his mate Ricky Slater's shed, after his own "wake". Gemma slept at his side.

Today he's off to Oodnadatta for a walk to Geelong and should raise thousands more to help children with cerebral palsy walk.

"We always have a wake before we go on a walk," he explained.

"It's before we go in case we don't come back."

But there's a few miles in the old bloke yet.

Beside the still lake last night, eyes bright in the torchlight, he looked like he could go on forever.

LaPIERRE: CANADA'S QUIET ACHIEVER

A FEW HOURS AFTER THE 15th AUSTRALIAN SIX-DAY RACE
AT COLAC LAST NOVEMBER, TONY RAFFERTY TALKED WITH
THIRD PLACE-GETTER, CANADIAN - DAVID LaPIERRE.

TONY RAFFERTY: David - you must be happy with this year's performance. What are your thoughts just now?

David LaPierre: Well...I made 710 kilometres plus a little. So I'll send the news to David Blaike who's a great collector of ultramarathon information about Canadian runners. If you study the results I ran a little better this time than in past years - 689 ks one year. 690 another. And in 1997 I had a great year...743 kilometres. But this year under these conditions I ran well. I've been telling you folk a long time I'm not a hot-weather runner. I had to be competitive with Dawn (Parris). She was a little tough so I needed to keep a step ahead of her. She had her own objectives...and I had mine. I had to have a barrier. We pushed one another along competitively. And we did it in the spirit of conversation.

How did the rough, bumpy track effect your progress?

I have a different landing than most people. I don't pick up my feet any more than I have to...which makes me a lousy trail runner. I'll go on a trail run and I'll fall down. But here I shuffle a lot. If I were coming down harder on my heel it would have, I think, a terrible effect on my lower limbs. It (the track) didn't feel good. I ended up with one blister which needed care every day. I was pretty lucky.

Talk about your younger days.

Sport in our area, the New England area of the U.S. was very small. Just north of Boston. And of course you had to root for the Boston Red Sox baseball team. Their arch-rivals were the New York Yankees. We played a lot of baseball. It's my favourite sport.

When did your interest build in ultramarathon running?

Well, I participated in Track at high school. I ran the half-mile. I did all right, Showed up and ran. Not much preparation. After high school I went through different stages: the United States military...and they ran us around a lot. I just kept running in some form or other. So running became an aspect of life I suppose. I progressed to longer distances.

What ultra-distance event are your drawn to?

Actually I'm fascinated with the 48-hour discipline. I haven't

mastered that one yet. I've been trying to come up with a sleeping program, albeit short, that works for me, where you can come back from this short period or several brief rest periods - somewhat refreshed. I ran second to Bryan Smith in Brisbane. I had my daughter and son with me on a short vacation. Everything worked well. It was because of short, comprehensive, quality breaks of one hour or less. But you need a spot where there are no cars honking, or loud voices and public address systems. So it has to be a regulated environment.

What is your eating pattern during a multi-day event?

I eat what I normally eat. My wife is into power gels and power bars. I eat these things but I don't think they work for me. I use them in training runs. But I don't see any great effect. When we come to Australia we bring a load of them. And they weigh a ton. I end up bringing most of them back. I tried them through the race. The power gels are super sweet. I only have a certain tolerance for any type of condensed sugar. I am a lacto-ovo vegetarian. So when I make a plane reservation my travel agent knows what type of food I eat: cheese products and eggs. However speaking of plane travel. Their vegetarian meals seem to filter right through me.

David, what's your future in ultra-distance now that you're past 60?

I'd like to focus on the 48-hour and the 24-hour discipline. I'll space them out. You don't run them every weekend.

How do you relax?

Well...by being by myself. I spend a lot of time alone. This is something that my wife and I understand. I'm not much of a crowd person. Many people enjoy being in the milieu of others. I prefer being alone: time for thought; to meditate perhaps; to encourage the thought process into creative modes.

If you had one hour to spend with someone in conversation who would it be?

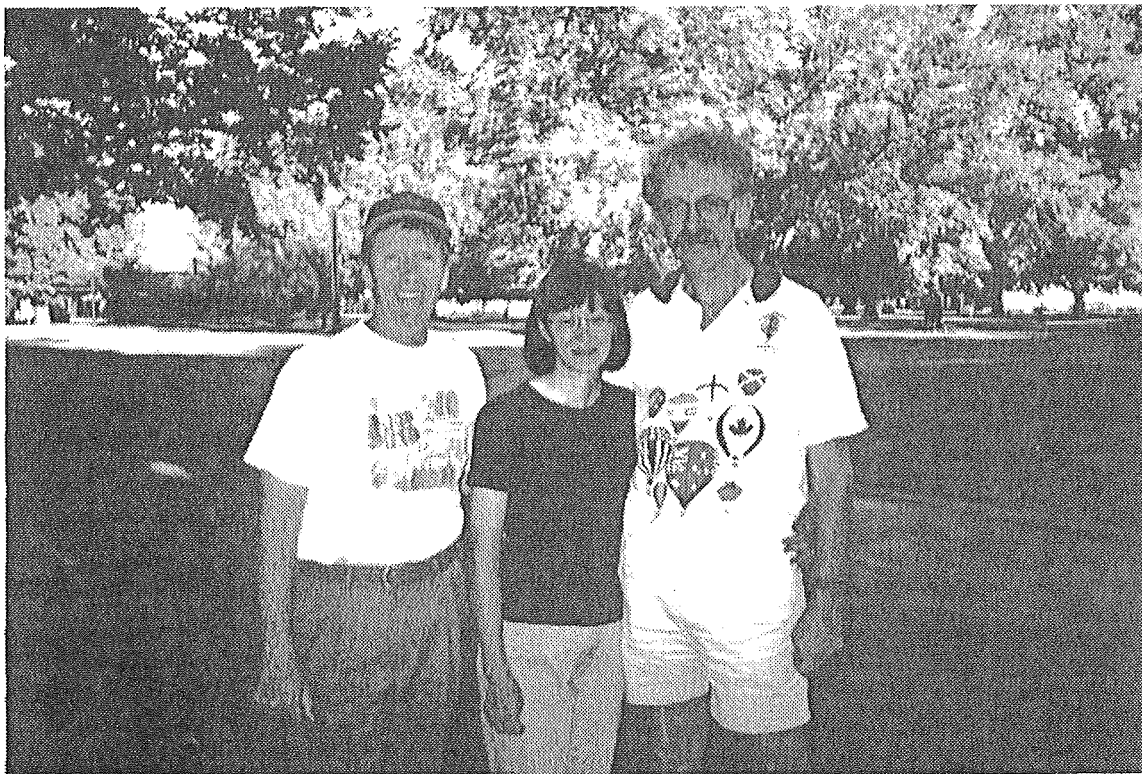
Probably my father. He was a real toughie. But he had a soft spot. And there are certain things we should have shared more. I'd a lovely mother to. She and I talked an awful lot. So we had a more open relationship. I wish I could have given my father more of myself and he more of himself. But that's the unfortunate thing about some father/son relationships. He never quite understood a lot of things that I tried and wanted to do. He had my education all set up for me. He wanted me to go into a certain discipline which I wasn't too crazy about so I told him one day I was going to study to be a school teacher. His response was: 'There ain't no money in that.' And he was absolutely right. Where I came from they didn't pay teachers very much. It was economic suicide.

David, for the last six days you've shared the track with the great Yiannis Kouros. A few comments about him please.

I've read a lot about him. Articles tend on the deity side of him if I can call it that. But what I saw was a human being. I saw him with some of the characteristics that we have. For example... and I don't say this as a criticism. When he was irritable he expressed himself. It was in Greek. We didn't know what he was talking about. If his crew didn't have the right drink at the right time he let them know about it. I was a little surprised. Should he be talking that way? I thought. But I talked that way to Dolly. I should say that Dolly and I discuss these things before a race. We understand that there may be disagreements. After the race things are back to normal. So there are relations and interactions that happen under conditions of stress. I enjoyed being in the same race as Kouros. I spend a lot of time observing other peoples' behaviour. So it was interesting to see his focus, especially during the first two days. He didn't want to dialogue with anybody. I already knew that. I left him alone even after the second day when he got his injury. I doubt if I could walk the last four days of a six-day race with a serious injury. But I saw a great athlete in a stressful situation.

Many thanks David.

TONY RAFFERTY - January 2001
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74
Tony Rafferty with Dolly and David LaPierre
a few hours after the Australian Six Day Race
last November when David placed third

I'm walking around the world for cancer

Polly Letofski is walking up to 30km a day to raise money and gain publicity for breast cancer

It is an odyssey that will take four years and cover 29,000km. Step by step, Polly Letofski is walking around the world to raise money for, and promote awareness of, breast cancer.

Polly is 18 months into her epic journey, which started from her home town of Vail, Colorado, in the US. She is now striding up the east coast of Australia with her trolley pack, which is autographed by the breast cancer sufferers and survivors she has met along the way.

'I've always been passionate about women's health issues,' says Polly, 38. 'Two of my aunts were diagnosed with breast cancer, and members of friends' families.'

She planned to camp wherever she was each night, but through breast cancer organisations and sponsors she has accommodation and support as far ahead as India.

Polly also speaks at events in each country she walks through, raising money and gaining publicity.

'The hardest part was actually planning and organising the walk. I worked four jobs to pay all my bills,' Polly says.

While she knew it was possible, her plan was initially met with scepticism, particularly from corporate America.

'It was hard to get sponsorship at first, as most people's reaction to the idea of walking around the world is: "Yeah right,"' Polly grins. 'When it was apparent I was serious it became easier.'

Polly says she has had no brushes with danger. 'When people hear I am walking around the world they say I'm brave, because they see the world on the evening news. But the way I see it, every road is someone's local neighbourhood.'

She continues: 'When I'm hurting I think of friends with breast cancer and what they're facing. I've learnt so much about myself. You don't do a trip like this without changing and growing.'

By Kerrie Davies

Pictures: Andrew Jacobs

For more, visit www.globalwalk.org

Donations to: Breast Cancer Network Australia, PO Box 4082, Auburn South, Victoria 3122. Ph: (03) 9805 2500.

See page 36 for the latest breast cancer news from Dr Jeremy.



Polly and a kangaroo mascot make their way through Australia.

Evergreen Cliff off the long run again

IN THE best words of Willie Nelson, Cliff Young is about to be on the road again.

The 79-year-old retired dairy farmer leaves on Saturday on his greatest challenge, a trip around Australia.

Young has bounced back with unbridled enthusiasm after a stroke last year.

He has become a well-known figure around the paths of Caloundra on Queensland's Sunshine Coast as he walks his daily 35km.

Up at 6am for breakfast, he heads off about 7am and returns for morning tea at 10am before setting off again.

Young has lived in Caloundra since November and has put his Kawarren (near Colac) dairy farm on the market.

"Things get a bit cold down there and I reckon it was the chill off the lake that caused my stroke last year," Young said yesterday after coming in for his morning break.

"But I'm right again now and right to go around Australia.

"I like a challenge. It keeps me going."

He has certainly picked a challenge with the route going from Brisbane to Townsville, across to Darwin, down to Esperance via Perth and across the Nullarbor

before heading up the Hume Highway.

Young admits when he sees "the old Hume" the temptation will be to break into a jog.

"I still jog a bit, mainly when someone tries to pass me," he said.

It was on the Hume Highway in 1983 that Young ran into the hearts of Australians by winning the Sydney-Melbourne ultra-marathon aged 61.

Joining him on his trek, which is planned to finish on December 31, will be a support crew including identical twins Paula and Bridgette Powers.

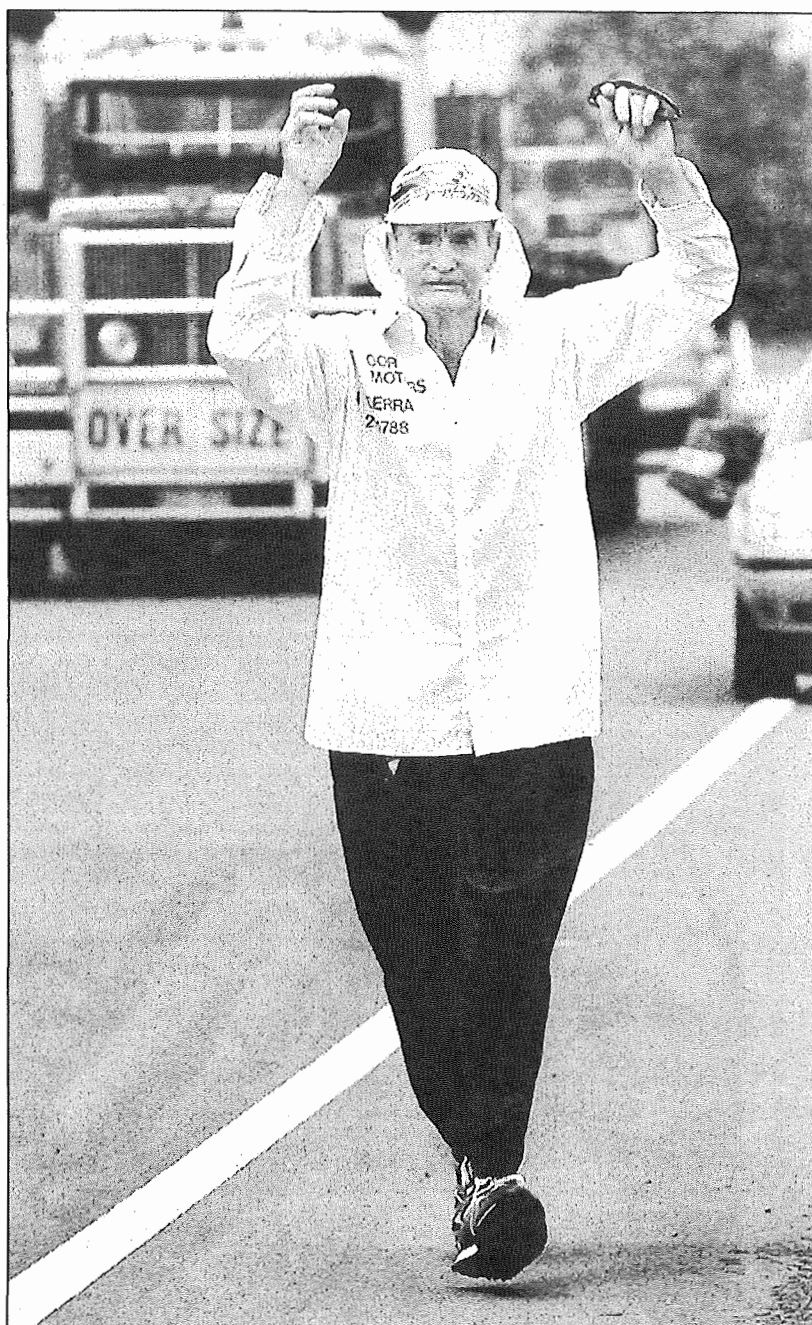
The 27-year-olds are doing the walk for two reasons: to help their beloved Cliff and to raise money for the Make A Wish Foundation.

Young became friendly with the Powers family last year and has been living with them in recent months.

The trio hopes to walk around 50km a day and naturally enough is on the lookout for sponsors (call 0407 672529).

The twins' mother Helen Powers believes the walk has kept Young going after he experienced some flat spots after his stroke.

"Cliff was about ready to chuck the towel in, but this walk has got him going," she said. "I think he would have laid down and died if I'd told him he couldn't do it."



Hitting road: 79-year-old Cliff Young is embarking on his biggest challenge.

Q. When Cliff Young won the Sydney-to-Melbourne marathon in 1983, he was passed in Albury by an eccentric competitor from Western Australia. Can you name the runner, who was in front for only 10 minutes before Young regained the lead?

A. Joe Record.

Will There Ever be an Olympic 100 Km?

A FREQUENTLY asked question is whether the 100-km will ever figure in the Olympic Games. Based on the experience of attempting to get a 100-km in the Commonwealth Games, which is a similar multi-sport competition, some light can be shed upon this query.

Athletics is perceived as the blue ribbon event of the Olympics, and for that reason is regarded with a certain degree of envy by other sports. There is a very strong resistance towards athletics increasing its number of events, and indeed there is pressure for the number of athletic events to be reduced.

Within the athletics Olympic program there would be very strong opposition to the inclusion of the 100-km from marathon running. The Marathon is perceived by many as the ultimate endurance event of the Olympics. Having a running event twice as long would seriously undermine this perception.

Thus inclusion of the 100-km within the Olympic program looks to be unlikely in the foreseeable future. It would take long and sustained lobbying campaign within many national Olympic Committees to even get the event on to the agenda for inclusion.

BY GEORGE! HE CHASES RECORDS

Twenty-four hours before the start of last year's Australian Six-Day Race at Colac, TONY RAFFERTY spoke with West Australian competitor George Audley.

TONY RAFFERTY: What are your goals George for the six-day race?

GEORGE AUDLEY: Well, I'm in the 65-69 age bracket so I'll try for the world 48-hour record which is, I think, 243 kilometres. I'll keep going and I'll try to break Cliff Young's record - 670k's.

How have you prepared during the last three months?

I've trained hard, very hard in fact, since last January. I've covered more than 5,000 kilometres. About 100 to 160k's a week. Sometimes two marathons a week with short runs on other days.

What is your food program?

During marathon days I arrange to have sandwiches dropped at a pre-arranged place. I walk for a few minutes...eat and drink. I carry a water bottle all the way.

And what's your general diet?

I eat what I feel like. Breakfast, for example: cereal, toast. I've no special food plan. Just whatever takes my fancy.

Tell us a little about your early running experiences.

As a member of a youth club I was 'encouraged' to compete in a few races. I did so without any training. I was just told to run and I did. I paid the price and I didn't run again for many years...until I was 45.

Why did you come to Australia?

Because, my wife and I after finishing a term in North Africa in the Forces, decided, rather than face again the English climate, to come to Western Australia which had weather similar to that of North Africa. So, back to England to arrange a discharge after seven and a half years. I had signed for 12 years. I had to purchase my discharge. Then we came out. I've been here 32 years...almost half my life.

After this year's event what are your future plans in ultra-distance running?

Next year's event here in Colac. Races here in the West are few and far between. Races more than 24 hours are hard to find.

You ran with the Torch. Describe your experience.

Absolutely fantastic! And I was extremely fortunate. I ran through the most popular, and busiest section in Albany...up the main street. I had a ball.

I understand you sent the Torch back to England?

Yes. I offered my family the chance to keep it. My niece reacted immediately. I sent it to her.

George, what makes you happy?

Life. Running. I do it well. I owe it to myself to run. I'm happy racing, competing, having challenges. My wife and I have been married 40 years next month. We rarely argue. We've no children. We've dogs and horses. They keep us active and happy.

What's your greatest fear?

I've no fears.

If you had the opportunity to spend an hour with a special person who would you choose?

A hard one, Tony...My father. He died before I arrived home. I spoke to him on the telephone. A heart attack claimed him. Many

times my mother told me he cried at night because I was so far away, in Australia. He died before I became fairly well-known as a runner: Sports Person Of The Year in Albany. He would have been so proud of me. So...my father would be a sure answer to your question. We don't appreciate our parents until they leave us.

How do you relax?

Reading. Television.

Your choice of authors, or books?

I like books about westerns. Any authors. I should have mentioned cards. I play about five times a week...bridge. I run a whist section at our bridge club. Actually we've just arrived down here from the bridge championships in Sydney. We came 35th. That's a good score especially against professional players from all over the country.

What's your favourite television show?

I follow soapies. Neighbours. Home And Away. Nice easy viewing.

What's the best film you've seen?

I've copied it and I've watched it many times when the mood strikes me. John Wayne and Maureen O'Hara in The Quiet Man. Great characters. Wonderful show.

Yes. It certainly is. And the finish is unforgettable. What talent do you wish you had?

I admire artists, sculptors. I can't draw. To draw well would be a talent I wish I had.

What is your opinion of the Australian Six-Day Race here at Colac?

I know it's very difficult for members of committees to agree on all things all the time. That's impossible. There will always be arguments, disagreements, back-biting. We've had good and bad times here. I hear many complaints. I like to race here.

What has been your toughest ultramarathon?

Race-walking. I reckon my toughest was a 24-hour walking race when I completed 164 kilometres. I'm number 22 on the Centurions rankings.

What is your advice to an experienced marathon runner who aspires to longer distances?

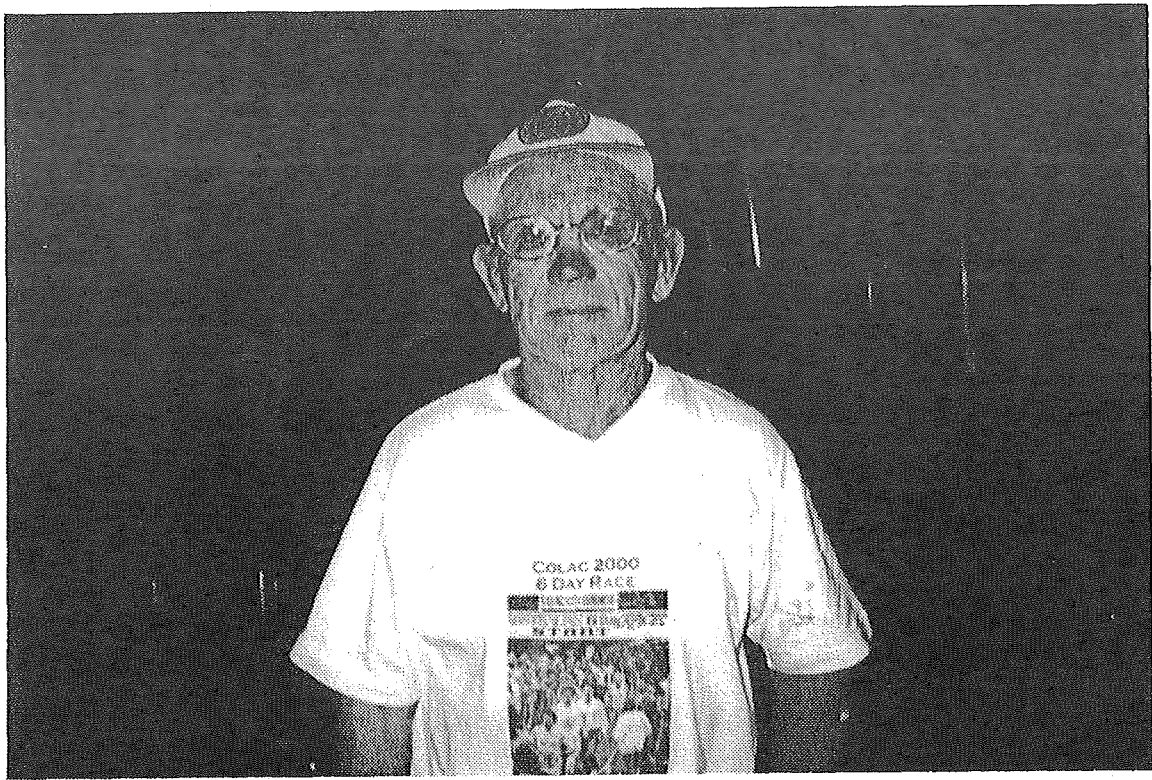
If a person can average about 10k's an hour and still feel comfortable after an hour or so he should stay at that pace, even slower. If a person gets too ambitious early on they'll burn out too soon. Patience. Easy, steady running. Slowly, experience will be gained. There are great adventures ahead in ultramarathon running.

Thanks for your time, George.

George Audley experienced every runner's worst nightmare when five minutes before the start of the Australian Six-Day Race during a mild stretching exercise he pulled a muscle which forced him to walk during the early stages.

He retired on Day 3 after a courageous 242 kilometres. A few weeks later he competed in the Race Of Fire realising a life-long dream to run across Australia.

TONY RAFFERTY - April 2001
tonyrafferty@bigpond.com.au



Western Australia's George Audley

TED CORBITT.....The Grandfather of Modern Day Ultramarathon Running

New York (UW) - In the 2000 year Sri Chinmoy Six Day Race, held in New York City, I walked 240 miles, missing my 301 mile target that I thought was doable at the time. Problems with toe flexor contractures hampered race preparations, but it was what appeared to be a partial shut down of my spine and hip extensor muscles that spoiled the final three days of the event for me.

During the last two days of the 2000 race, I kept bending forward at the waist, like an old man desperately in need of a cane, or perhaps a pair of crutches. It was as if I had a pain free broken back. That situation both surprised and embarrassed me, and left the Race Director concerned.

By then I was also listing to the port side, an affliction I'd had previously while walking in some long races. However, I still wanted to finish the race and did so with reduced daily mileage. As a result of doing fewer miles per day I recovered from fatigue en route to the finish.

Oddly, after an hour or so of rest following the end of the race, my back extensor muscles worked just fine since that time.

'Physiological fuses'

I've thought of these running related problems or roadblocks as akin to "physiological fuses," or getting activity dampening problems which serve to prevent the athlete from overstraining or self destructing.

I hope to do the race again in 2001, but I've encountered the same toe problems as a year ago and so will again be short on endurance training for walking. More than six months of weight training has left me stronger overall, and so I should escape postural problems in the next race.

After 26 years of doing very little running, I no longer have an urge to run. The decline began when I developed bronchial asthma in late 1974. After a rest, I never got truly fit again for running, due to asthma problems.

By the time multiday racing emerged for amateurs, I was no longer running effectively. I've felt that I might have been more successful doing multiday racing than doing the conventional single day events. I base this on my history of progressively building up running training mileage, while working full time as a physical therapist at the ICD International Center for the Disabled , in New York City.

200 miles a week

For example, by the winter of 1956, after five years of marathon training, I was able to train 200 miles a week for months at a time, while working full time and while doing other tasks. Earlier in my marathon training, one week each year, I ran a 30-mile workout seven consecutive days, including five work days.

Beginning in 1962, annually over the three day Labor Day weekend, I ran 62 or more miles on each of the three holidays and then completed a 300 miles week over the following four work days.

In the summer of 1968 , in preparation for a London to Brighton race which I eventually did not run, due to an injury, partially brought on by an encounter with a dog, I frequently ran 40 miles a day for five work days, and during two weeks, I ran 40, 40, 50, 40,40 miles on successive work days. Doing that much mileage was possible because I had a strong urge to run, and in time I became addicted to running. Being addicted does not mean that you get a free ride, addiction gets you out of the house to run. So multiday racing would have worked for me in those days. But those days are gone forever.

I still like to walk, and at times of high fitness, a mild version of the "runner's high" is felt. I had a strong feeling of the "runner's high" as I did the high mileage previously described. And so I was self lured into walking for six days. I hoped to do the race twice, once walking and once running and walking. I think of doing it again while forgetting how difficult it is to do.

Ted Corbitt



Support crew: Cliff Young with twins Bridgette and Paula Powers.

Young at it again

THE frame may be leaner, the eyes more watery and he has just celebrated his 79th birthday.

But legendary long-distance runner and potato farmer Cliff Young still hopes his trademark shuffle will take him right around Australia to fulfil a life-long dream.

Today he'll take the first steps towards making that dream come true when he sets off from

Australia Zoo, at Beerwah on Queensland's Sunshine Coast, on the first leg of his 14,000km marathon.

His companions for the estimated nine-month, around-Australia trip will be identical twins, Paula and Bridgette Powers, 27, of Caloundra. It will be the third time the twins have accompanied him in his attempt to circle Australia.

Herald Sun, Wednesday, April 4, 2001

Cliff's run stopped by illness

POTATO farmer and legendary distance runner Cliff Young has been forced to abandon his third attempt at running around Australia after being diagnosed with prostate cancer.

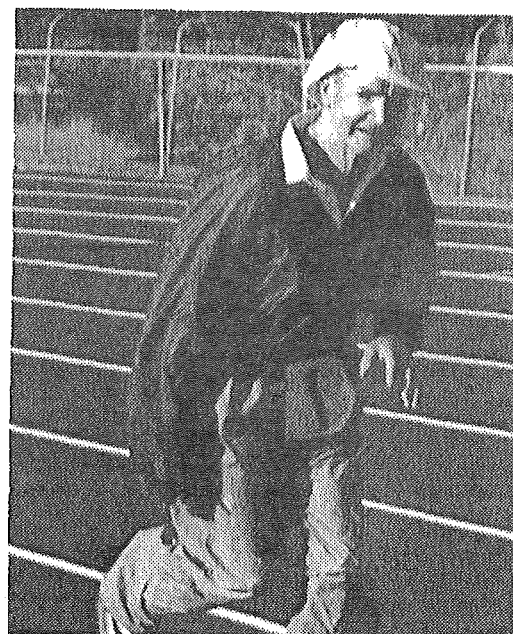
Young, who recently celebrated his 79th birthday, was forced to retire from the 16,500km run just days in.



Retired: Young and Paula with Bridgette Powers

His companions for the run, twins Paula and Bridgette Powers, will go on, with Young to travel alongside in a bus after an operation.

The twins' mother Helen Power said Young had been diagnosed with cancer before setting out but had kept it a secret.



THANK YOU FROM JANET SMITH

Janet, Mark, Matthew, Andrew and family would like to thank all the runners, families and crews for their cards, flowers, newspaper notice, e-mails and lovely letters sent to them during their tragic loss of Bryan.

All your kind thoughts from around Australia and the world were much appreciated

Bryan was so highly thought of for his kindness by all of you through your messages. We thank you so very much. He was a champion runner and champion husband and father to us. We miss him

Janet Smith
9th April 2001

A runaway success but always humble

Runner, telecommunications rigger
Born: October 26, 1943
Died: February 2, 2001

AS one of Australia's greatest ultra-marathon runners, Bryan Smith was a source of inspiration and help to fellow competitors in the gruesome sport.

But he was a reluctant hero, renowned for his modesty and humbleness, and preferred to remain unknown for his achievements.

Mr Smith holds the Australian record for 1000 miles (1600km), which he ran in 11 days and 23 hours, the second fastest time anywhere in the world.

He also won the last *Westfield* Sydney to Melbourne race in 1991, despite a 24-hour handicap.

Born in Korumburra, Mr Smith was the fourth of Alfred and Linda Smith's five children.

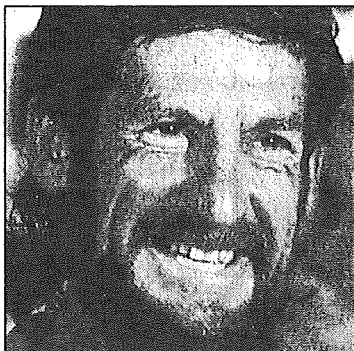
After attending Korumburra primary and high schools, he moved to Melbourne at the age of 17 to search for work.

Boarding in South Melbourne, he joined Telecom at the age of 17 and worked as a communications rigger for nearly 30 years.

He began running to fill in spare time then began to pursue the sport seriously in the early 1980s.

Within a few years he began running marathons before gradually increasing the distance.

Beginning with 50-mile races, Mr Smith moved to 12-hour races and



Marathon man: Bryan Smith

ran 200km in his first 24-hour race, the Coburg Championship.

After several 48-hour races, in which he achieved a personal best of 386km, Mr Smith tackled the 1988 Sydney to Melbourne race.

At his first attempt he astounded organisers by being the first Australian home in the event, finishing fourth overall.

He competed in the next three Sydney to Melbourne races, finishing fourth in 1989 and second in 1990 before his win in 1991.

He was inspired by ultra-marathon greats Cliff Young and George Perdon, who were friends and mentors. Mr Smith excelled in 48-hour races and contested four Colac six-day races, winning the final three.

He is one of only six runners in the world to have covered more than 1000km in six days.

Internationally, Mr Smith came third in the Spartathlon between Athens and Sparta. He also finished second in the United Kingdom 24-hour World Championship.

Mr Smith was supported in his races by his wife, Janet (nee Mackay), whose professional approach was seen as a significant factor in his success.

The couple met in 1964 and married in Williamstown in 1966.

After living in a large caravan while Mr Smith travelled around Victoria in his job at Telstra, the couple moved to their home of the past 29 years, Melton, in 1971.

Mark, their first son, was born in 1967, and was followed by Matthew in 1972 and Andrew in 1976.

Before he began seriously concentrating on running, Mr Smith was a keen tennis and squash player, among other sports.

In 1996, he began working for his friend Shane Cahill, who operated SVC communications.

He was held in high esteem by his work colleagues for his rigging skills, work ethic and friendship.

While competing in the Trans-Australia footrace, which involved 65 consecutive days of running between Perth and Canberra, Mr Smith became ill and died.

More than 400 friends, family and fellow runners, including Cliff Young, Yannis Kouros and Tony Rafferty, attended his funeral.

He is survived by his wife, Janet, his three sons and two grandchildren, Alexandra and Darcy-Jane.

Bryan Smith

We are very sorry to report the death of the Australian ultradistance runner, Bryan Smith. He died on February 2nd 2001 during the Trans-Australia Footrace which started on January 6th. He was 57 years old.

Bryan was a highly respected member of the ultradistance community not only in Australia but in many parts of the world. Those who knew him speak of his calmness under pressure, his natural good manners and of course his great ability as an ultrarunner.

Historically the development of ultradistance in Australia owes much to the performances of various individuals in competitions or solo runs. There are many ultradistance runners in that country with their sights set beyond the standard distance of 100km. Although Bryan has represented Australia internationally at 100kms it is probably correct to say that his interests ranged far beyond that distance. For a number of years the major ultradistance event in Australia was the Sydney to Melbourne race and the last of these took place in 1991. Bryan Smith was the winner covering the 635 miles in 6 days 12 hours 50 mins..

The 1980s saw the international revival of the Six Day Track Race after a lapse of nearly ninety years and with this revival came interest in the George Littlewood record of 1003kms set in 1888. It became clear that not only was the Littlewood record really difficult to beat but to this day only a handful of runners have passed 1000kms in a Six Day Track Race. Bryan Smith is one of this select group of athletes. He passed 1000kms in 1989 when he won the Colac Six Day Track Race in Australia.

In 1994 he was the first Australian in the inaugural Tasmania Run (a 7 day stage race over 617kms) where he finished third overall - this race was won by Anotoli Kruglikov (RUS) with Yiannis Kouros in second place. Those who watched the race which took place in extremely hard conditions were impressed with the excellent pace judgement and confidence of Bryan. From Day 1 there was an absolute certainty that he would finish.

Bryan's greatest track performance came in 1998 when he was second in the International 1000 Mile Championships at Nanango with a National Record of 11 days 23 hours 31 minutes and 44 seconds.

In a world desperately short of sporting heroes the passing of Bryan Smith marks a lessening of their number. He truly was a great Champion, a great Competitor and a great Gentleman.

from Bob Fickel

Thank you for all the emails, the one of Bryan Smith 's eulogy was very well put together, you seem to have a way with words. I'm still disappointed I couldn't make the funeral, although we sent flowers and at 2.30 pm on that Friday I stop work for a minute silence to think of Smithy and the time I came Second to him at the Liverpool 24 hr in Jan 1994 he ran 217.1km I ran 185km and in June the Traralgon marathon where we were running talking and next minute hes gone and I chasing the back of him Bryan 302.22 and me 302.38. But are many storys to tell from many people.

Kevin I should have sent this before Robert (Bob & Dot) Dorothy Channels are also in mourning at the lost of their son Adam Maurice kill in a car accident on 23/11/00 at Macksville N.S.W. Hope this is not to late to make the next Aura Mag.

reguards Bob.



A VOID THAT WILL NEVER BE FILLED


The loss of a mate [Bryan Smith] has stunned the ultra world. To Jan and family, words can't express our feelings. You have our endless love and support.

Bryan set standards that are the benchmark, I believe, of a "good bloke". We all know what I am trying to say, he touched us in many different ways. Goodwill, Fairplay and Sportsmanship are what Bryan projected in whatever he set out to do. Thanks for the time you gave us.

Gary and Sharon Parsons

Bryan Smith's death in the Trans Australia Race

Editor's Note: Jesse Dale Riley has just returned to the United States from Australia, where he played a major role in organizing and conducting the Trans Australia Footrace, the most competitive transcontinental ultramarathon ever staged. The event was marred by the death of Australian ultra legend Bryan Smith. Riley recalls the impact Smith had on his fellow runners and the day he died.

 **Los Angeles (UW)** The tragic death of Bryan Smith on 2 February 2001, while running the Trans Australia Footrace, shocked the world of ultrarunning. His status as the greatest of all native Australian ultrarunners had long made him a hero to many who knew of him, whether to family and friends or to those who knew him only through the media.

I'm sure the story of his passing will only add to his legend and confirm the respect of all who knew him.

On Day 7 of the race (12 Feb) police closed the road and halted the stage because of bushfires. It was my initial decision to simply transport the group ahead beyond the danger zone, but Bryan and several other Australians objected on the grounds that they were being denied the opportunity to cross every inch of the country, which was their main reason for entering the event.

I agreed to scout the course ahead to see if this was feasible.

I was gone several hours and the Australians grew restless and decided to run through the danger zone as insurance against the police or race management forcing them to bypass it. It was a brave gesture under the conditions: temperatures of 46 degrees in the shade in nearby towns, not counting the radiance of the sun, nor the heat coming off the bitumen, nor the additional heat from the flames.

Heavy smoke

And the heavy smoke in the air must have made things worse. Only after running through the worst of the fires did they return to find that we would be able to race all of the original route the following day, which meant that they would end up running that section twice.

In light of later events it would be one of the strongest impressions among the Australian competitors of Bryan: the man they had walked through the fire with.

Later on we were blessed by 11 straight days of cool weather, yielding on Day 26 (31 Jan) to typically hot summer weather in the 40's. The next day heading into Penong, South Australia (the first town in over 1100 kms), we got the kind of harsh conditions that have made the Outback legendary: high heat plus a strong blast-furnace headwind.

Bryan ran well enough (8:21:15 for 78.9 kms, tied for 7th of the 16 finishers), but the back of the pack was shattered, spread out over miles and miles by having to run through the afternoon heat.

Weather turns

Georgs Jermolaevs had been running with the leaders only two days before in cool conditions and really paid the price now that the weather had made a U-turn, last by almost two hours and nearly cut for time with his 13:22:59. We had made it across the deep desert and back to civilization, and not a moment too soon if it was going to continue this hot.

The next morning was full of promise. We gathered at the start in very cool conditions with a strong tailwind and Bernie Farmer gave an inspirational speech about how the hard stages were all behind us. Bryan was in a buoyant mood like everyone else, but everything changed so very quickly.

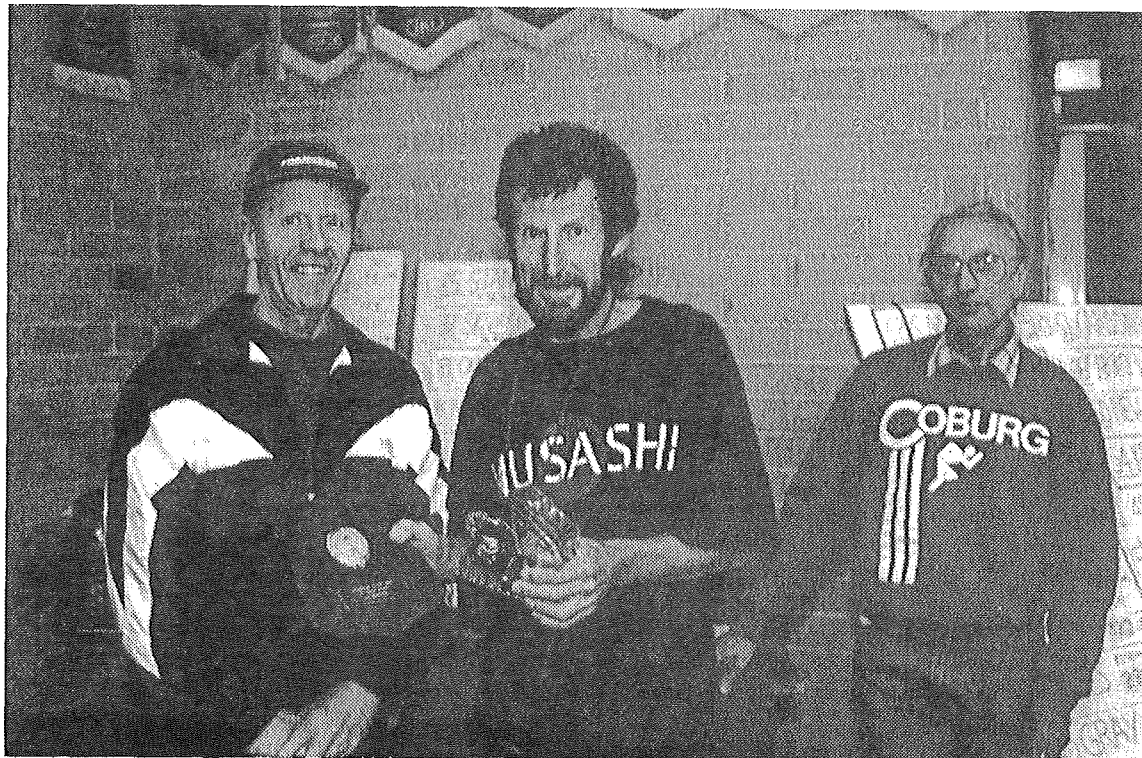
According to the ones who were right there when it happened, Bryan was met by his wife Jan for his first drink, only 3.2 kms into the stage. Then, he complained of feeling faint and collapsed and apparently died instantly. Numerous efforts to resuscitate him failed.

With Jan's consent the event resumed two days later, at the point where Bryan left us. Before the start we marked the spot with a white wooden cross. Despite it being the middle of summer in an arid land there was a light rain falling and cold winds and complete cloud cover. It turned out to be the only stage without a moment of sun.

Missed cutoff

Kawika Spaulding, who had missed the cutoff on Day 13 but stayed to crew for the others, ran the stage in tribute to Bryan and did well despite the two-and-a-half weeks without training. There was no competition and no cutoff, but still the last man was done early in the afternoon. It was still very cold. A few minutes later, the sun finally came out.

Bryan left us far too soon and our only consolation is that he died while pursuing his dream. Like many heroes he never left the field of battle, but fought on until he was carried out.



Bryan Smith receiving the winners trophy from Tony Rafferty
at the 2000 Coburg 24 hour event. Race organiser, Gordon Proudfoot
in the background

Marathon tribute

by Rebecca Urban

THE heartfelt embrace at the finish line said it all.

As English runner Bobby Brown approached Melton's Courthouse Square to complete the 53rd leg of the Trans-Australian Race last Tuesday, he was met by the widow of Melton runner Bryan Smith.

Arms intertwined, the two jogged the final 30 metres of the race together.

They then embraced at the finishing line, providing onlookers with an insight into the close-knit world of ultra-marathon running.

After finishing the 82km leg in third place, 31-year-old Brown said to see Jan Smith waiting at the finish line was the most emotional moment of his life.

"Today was my best performance by a mile and it was a very special run for me," he said.

"I met Bryan for the first time at the start of the race and he was a lovely bloke, so I tried to do extra well for him today."

Mr Brown was one of 16 runners to stop in Melton on Tuesday night as a tribute to Smith, who died while running through South Australia last month.

Crew member Phil Essam said Smith's death had hit the runners hard.

"It has inspired them," Mr Essam said.

"They all wanted to come here today to pay their last respects."

As the runners filtered into town from noon, a common theme started to emerge in the choice of after-race beverages. Most of the runners wanted a cold beer.

However, the tribute to Smith wasn't without a few harrowing moments.

Stage winner Andrei Derxen of Russia missed the finish line but finally stopped 500 metres down the road, prompting a brief scuffle between two crew members over the correct position of the finish.

The runners spent the night at Melton Motor Inn before heading off along the Melton Highway towards Keilor on Wednesday morning.

Mrs Smith thanked Melton Council, Melton CFA, Melton Motor Inn and residents who put runners up for the night for their hospitality.

"We received cards and flowers from all across the world. Brian was very well respected and I would like to thank everybody for all their support after our tragic loss," she said.



In an emotional moment Jan Smith embraces Bobby Brown.

EXTRA REPRINTS OF BRYAN SMITH SUPPLEMENT

There has been some enquiries about getting an extra copy/copies of the Bryan Smith supplement that was in the last issue.

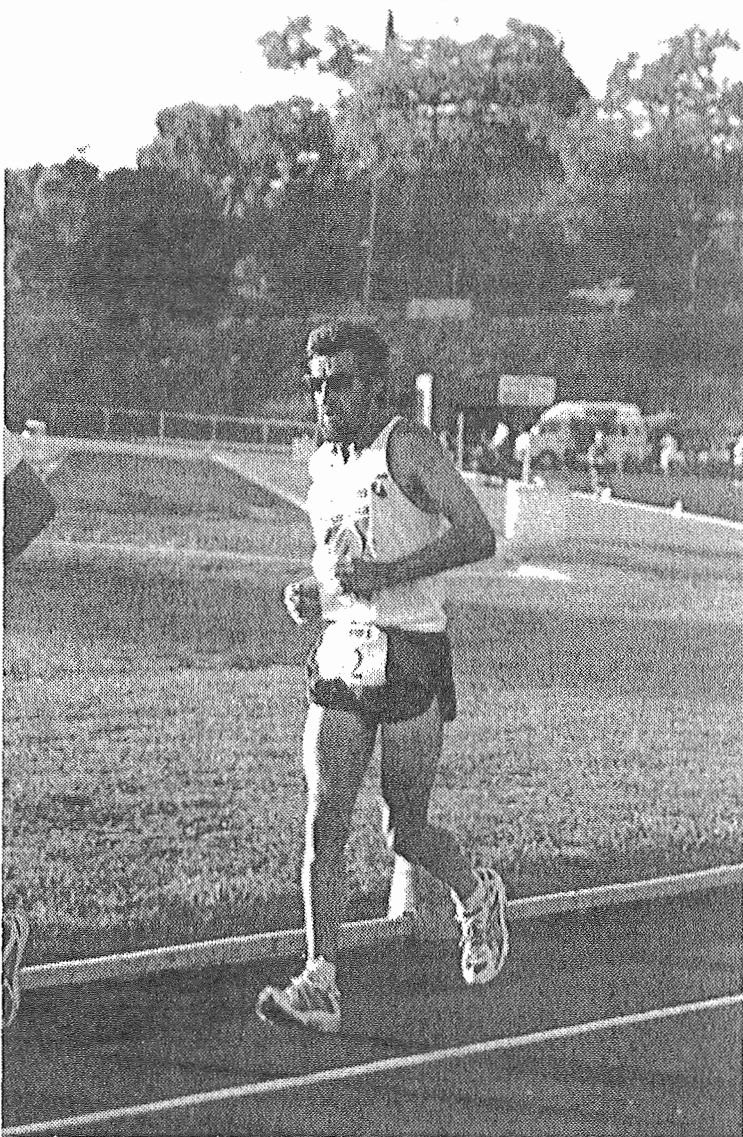
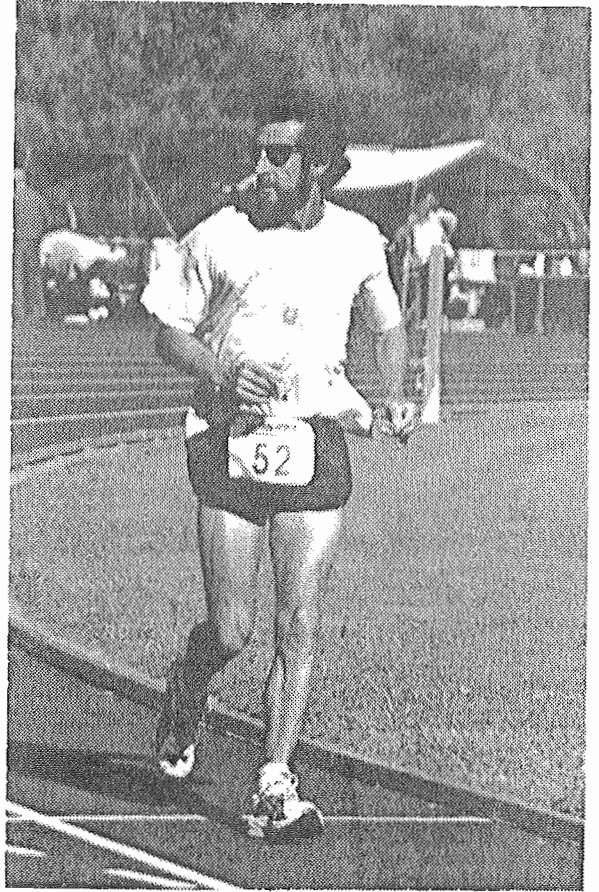
Unfortunately there are no copies left but if anyone is interested, please let me know and I will explore the printing and postage costs involved. Thanks

Phil Essam 03 9398 4167

BRYAN SMITH IN ACTION



Bryan with Randy Bromka and Dusan Mravlje



experiment of ONE

Knowing When (and When Not) to Quit

By Kevin Setnes

The starting line of virtually every ultra includes participants that will not reach the finish line. Most trail 100-mile runs in this country have about a 65 percent finish rate. Anything over 70 percent is considered very good. Anything under 50 percent reflects a very difficult course or extreme conditions and consequently, a high drop out rate. Thus, quitting an ultra is not uncommon.

No one likes to think about not finishing an event. Most prefer to focus on the finish line, regardless of the time, or toll, it takes. Over the years, the principle focus of this column has been development, both physical and mental of the ultrarunner, so that they can better themselves and hopefully make it to the finish line.

Yet, we all have probably asked ourselves "Should I quit?" at some point in our ultrarunning career. Some of us have also heard the "I think you should quit" from a handler or family member. Some of you have suffered the unenviable loss of a TKO (technical knockout), by being asked to drop out for medical reasons or for falling behind the time cut-offs.

Is Quitting a Loss?

In the competitive sport of ultrarunning, failure to finish is considered a loss. Seldom reported on or even recognized are the losses of many top ranked ultrarunners. Often times it is referred to as "forced to retire" or "withdrew from the race," but either way, it has to be reported in the loss column.

Quitting or not finishing an ultra should be in the very remote corners of your mind. Some would suggest that it has absolutely no place at all in one's mind. The absolute focus has to be on running smart, so that you can overcome all the obstacles that stand between you and the finish line. For the competitive athlete, he or she must balance the difficulties of the distance and course with that of the competition.

In major international competitions, such as the 100 Km World Challenge, the attrition rate is quite high. This is due to the high stakes and nature of the competition. Team scoring allows for only three of the six members to score, perhaps creating an aggressive strategy by some countries, in order to secure just three out of six performances. Japan and the U.S. are two countries that field athletes who still pride themselves on finishing, as both have consistently finished most of their team members.

High level competition, in which battles are being fought other than the course or distance, can place an extra burden on the athlete. Winning and losing takes on a different perspective. I can't think of too many of us who have not suffered at least one of these losses. Roy Pirrung, the national record holder for 48 hours and a perennial national masters champion at multiple distances, is perhaps one of the few exceptions. Pirrung has never quit a major race; once he toes the starting line he absolutely refuses to take a loss. While he has not won every event he has entered, he has almost always ranked at or near the top, especially within his age division. Few Americans can his match this outstanding record.

Reasons to Quit

There are valid reasons for dropping out of a race. A physical injury is surely one of those. If you are physically unable to complete the distance due to a fall or extreme physical distress, then it is wise to drop from the event, accept the loss and ready yourself for a return to competition. Most race directors reserve the right to disqualify anyone they deem to be in physical peril. This is an unenviable task, since they must weigh the natural toll the event takes against what they see as real danger. Add to that the fact that some ultrarunners mask pain or danger better than others, and will do most anything to hide even extreme distress from the event director.

Under severe heat stress, the importance of quitting and taking the loss is even more important. The potential for long term damage from heat seems to have a lasting effect. Like a boxer taking one too many punches

to the head, an ultrarunner cannot afford to subject his or her body to heat damage, beyond what is considered tolerable. While we are highly trainable and adaptable to heat, all of us have a boiling point.

Physically being unable to perform due to injury, especially to the legs, is another valid reason for dropping. Running on a damaged leg affects your stride, which in turn can disrupt or even hurt something else. Superficial wounds can be tolerated and are not necessarily reason to withdraw from the competition.

In the early 1990s, at the Ice Age 50 Mile, Steve Szydluk fell at the 30-mile point, broke his arm, made it into the next aid station, had a splint fashioned out of cardboard, then continued on to finish in the top 10. While obviously enduring a lot of extra pain, he was able to manage a respectable finish and thus avoid a complete loss.

Each runner bears the responsibility of judging whether he or she should withdraw from an event. Accepting the loss is sometimes the best thing to do. Regroup and evaluate your goals for your next event and you might be a better ultrarunner for it.

Avoid Quitting

Almost every runner will face the difficult question that seems too loom like a vulture overhead: should I quit? Fatigue and physical pain, which are inevitable, often beg you to quit. It becomes a mental tug of war between continuing on or dropping out. Should I tough it out and just hang on for the finish? Should I quit now and save myself for the next race?

Since goals vary, the validity of the reasons to quit also varies. Some frontrunners who are going for the win, which may or may not be in the cards on any given day, will drop if they are getting beaten. Middle to back-of-the-pack runners face challenges the frontrunners don't. Often times, are out on the course for twice the amount of time and consequently find themselves facing obstacles such as cold and darkness.

Sports psychology experts vary in their opinions of the proper approach to competition. Unfortunately, not many studies have been done on ultrarunners and how they approach contests. Mental routines throughout an ultra can be of help in overcoming the urge to quit.

Prior to an event, think of the reasons you are doing the event. Write them down on paper and share them with your crew or handler. Commit them to memory and repeat them to yourself as you run on down the trail or road. When the difficulties really begin to mount, review the list of reasons to yourself over and over until the "I think I should quit" feeling subsides.

Another list you should think about is one that contains the potential pitfalls you'll encounter along the way. Write down all the mistakes that could happen, that would prevent you from attaining your goal. This might include:

- Going out too fast
- Not drinking early enough
- Not consuming enough energy items
- Not walking all the hills
- Not sticking to a predetermined pacing plan

While some might argue that you should not think about the negatives, I believe you have to thoroughly understand the potential mistakes and avoid them at all costs. They should be either committed to memory through one's own discipline or verbalized to yourself by a handler. I would suggest you write down these items and repeat them as an exercise prior to your next event.

Lastly, think about the consequences of not finishing. Think about how long that ride will feel if you are coming home "a loser." Don't second guess yourself, don't make excuses and never wish you had not made as many mistakes. Mental discipline is one of the keys to success in any sport. Winning comes to but a few, but showing is better than losing.

Sandra Brown C4 on 'Racing at Ultradistance'

RACES

They can be few and far between - rare and very special occasions - or they can be frequent experiences, training outings, a way of life. Either way, races happen on particular days, as do performances; and good performances require planning and preparation, just as events do !

I am going to look at aspects of racing: initially, before the race; and in a later part, on the day and afterwards - mainly from an ultrarunner's viewpoint, although many points are equally applicable whatever the distance.

PLANNING YOUR PROGRAMME

How often do you want to race ? If you are an ultrarunner, you will find yourself largely dependant on races for your regular fix. Whereas people who like 10km events can do them at any time. They may race them, but they don't have to - just to go the distance.

If your love is the big stuff, competition is vital. Most of us don't have lifestyles which lend themselves to families or friends 'attending' us for hour after hour along roads. Such performances cannot be easily be validated, which limits the sense of achievement.

In any case, ultraracing is a social activity - often silent but friendly, and mutually supportive among members of the ultra-community, even when it is within a competitive environment. So we need races, for all sorts of reasons.

In our house, we look forward to the arrival around Christmas-time of race schedules and fixture lists for the coming year. These are produced by organisations like the International Association of Ultrarunners, the Road Runners Club, and the French National Walking Commission which coordinates the programme of Paris-Colmar qualifying races. Increasingly, the schedules are available on the internet. We map out provisional schedules of races for the year, discuss our ideas with one another (the overlap is never 100%), and talk to friends in the UK and elsewhere about their plans. It's always fun to do races which are also social occasions; when several athletes and supporters can share transport and accommodation, and help each other.

OWN GOALS

How often you race will partly depend on your goals. If one of your goals for the season is to set a PB or to break a record, then try to identify a couple of races which will give you a good chance of achieving this.

Do you want track or road, do you prefer warm or cool conditions, to race at home or abroad ? Will you have help or be reliant on good organisational support ? By

identifying two or three potential key events, you maximise your chances of a good build-up and a successful outcome.

At some distances such as 1000 miles or more, there may be one shot a year. At 24 hours, it is possible physically to aim for several races in a season, and to go from strength to strength in each one - provided you allow time for recovery and make a conscious effort to keep well. If you plan to race at 24 hours in, say, March, May, July and September (the months may need shifting in various locations) you may get new PBs in each one. You might intersperse shorter ultras on non-ultras between these, but allow a week or two for recovery after a long one before racing again.

If you are seriously addicted to distance, and your idea of a family fun-weekend is to put another 100 miles on the clock, you may want to identify several races in the calendar, aiming to do as many as your fitness, time and budget will allow. But be ready to be flexible, especially if you are not fully fit or well at some stage. Don't become a slave to the schedule in a way that puts at risk your racing goals, your health, or other life priorities.

In some years, there may be a particular race which means a lot to you (e.g. a Centurion qualifying race) or perhaps the possibility of selection for a particular competition. In which case, it is especially important to make your plans around key races; and where selection is concerned, important to give thought to races which will give you the best chance of showing good form; then to plan carefully in the run-up period to stay at your best.

BEFORE THE RACE

You have decided your schedule with perhaps a mix of distances: some near home, others further afield. Now work for it, and make it work for you ! The first of this supplemental series (January 2000) considered training for ultras.

There is no substitute for year-round 'maintenance' training for ultradistance athletes, with enough to keep you fit and strong, but without tipping you over into illness or injury. Within this general approach, there is plenty of scope for variety, cross-training and rest to avoid tiredness and overuse injuries.

You can't expect 'something from nothing' when you race. If you haven't trained you will notice the deficit; and when you race pretty regularly, you will notice the benefit, cumulatively, in your fitness and strength.

At the same time, a big mental element is involved at ultradistance. There are many fit, strong athletes who don't do themselves justice at long distances, while

apparently weaker/slower/older athletes produce better performances. So training isn't everything, by any means !

If you didn't race, your training programme would probably still have variations from day to day and week to week. Factoring planned ultraraces into your training schedule means easing off the training volume and intensity in the days before a race. From midweek before a weekend 24-hour race, training lightly (no muscle-taxing speedwork), relax, then ease off altogether for the last couple of days.

We do not like doing nothing, and there is no need for this - a body used to exercise will feel stale and restless. It is important to keep the circulation and muscles moving, and to stretch gently. Go for a good walk. If you are away from home, go sightseeing - but don't get carried away and exhaust yourself !

SET YOURSELF UP

The second in this supplemental series (February 2000) looked at nutrition and supplements for athletes. Aim for year-round health to maximise training and racing opportunities and to minimise illness and injury.

As you taper your training before a race, maintain your usual diet. Don't cut down your meals a lot because you're not training as much; you could end up weak, unwell, and poorly prepared for the race. Don't eat more, either; carboloading before a race, however tempting, is likely to make you feel bloated, and could make you ill before or during the race. Keep well hydrated, with plenty of water and well-diluted drinks during the days and hours before the race.

Some experienced ultrarunners emphasise protein (along with adequate but not excessive carbohydrate) in the days before a race and after, for the physical strength and resilience needed during a race and for a quick recovery.

Setting yourself up for a race in this way can make all the difference, reducing the risk of a 'bad tum race', and making it easier to perform and survive when feeding turns out to be difficult for some reason - and we all have such races !

If you have a 'bad tum race', analyse why. Did you overeat or drink before or during the race ? Did you eat or drink something which disagreed with you, and which is best avoided another time ?

RELAX !

Just thinking about your race programme is part of motivating yourself to train and race effectively. Enjoy the atmosphere which surrounds a race and let it work for you. But try to keep it all in balance. Not everyone thrives on excitement. Before a race, you can be outgoing but still be inwardly calm, relaxed and

centred. Sometimes, especially if you are abroad, you may need to create and hold on to your inner calm and space, while participating in civil functions and formalities !

If your race plans have to change because of injury, illness, work or family reasons, take it in your stride and look forward to next time. Don't race if you are injured or ill; you risk knocking yourself up big time and putting in jeopardy your future plans.

ULTRA-ATHLETES DO IT OFTEN !

Make the whole experience of racing, including before and after, part of your life, and this will help you cope well with even extraordinary pressures in sport and elsewhere. Get used to how it feels, including the physical and emotional ups and downs around races which follow a familiar cycle - you will recognise them once you have been there a few times, and will be better able to ride the peaks and troughs.

We like to race often, which may mean one or two 24-hour races a month from (northern hemisphere) February to October. The more often you race, the easier it is to take the whole racing experience in your stride, and the more opportunity you have to learn what works for you.

Some people think that too much LSD - too many ultradistance races - will damage their speed. In fact, there are many examples of athletes of all ages who compete successfully over a wide range of distances, from sprints to ultradistance - people like Eleanor Adams and Stephen Moore in the running world, Colin Young and Bob Dobson in racewalking.

If you want to maintain speed for shorter races like 10km, 10 miles or marathons, you need to be prepared to rehearse your target speed in training. How you train should fit with your personal goals.

Even if your focus is entirely at ultradistance, you may want to be able to race pretty hard and to choose a turn of speed without stress when you choose. If so, make your training multi-purpose: don't avoid the hills and, every now and then, clip along for just a bit of fun.

Being able to handle speed helps in longer races e.g. for tactical bursts (which, in a 24-hour race, may need to be sustained for some time), and to allow you to maintain a hardish pace, perhaps for minutes, perhaps for hours, without fear of stress or physical upset, to achieve a particular goal.

EXPERIMENT

If you race often, some races will be more important than others. Use the less important to experiment a little. People who race 10km can experiment with pace, drinks etc in training. It's much more difficult to simulate race conditions at ultradistance.

Don't be afraid to vary your race routine; if there is some aspect of your routine you're not satisfied with, think about possible problems and solutions, and choose a race to try something different - you might make an important discovery about yourself and what works for you.

Never just accept as gospel what other athletes or coaches say (including me !). Listen to others' advice and experience, but remember that we're all different. With dozens of ultra races on the clock, I'm not complacent. I'm still making and enjoying new discoveries, so that racing is both a familiar friend and a fresh and fascinating experience every time.

DON'T GET PARANOID

Some people fret if their pre-race routine is disturbed. Learn from experience what works for you, and try to follow it. Take a low risk if you can - don't invite stress or problems (e.g. eating food you know isn't your thing, or staying out too long in the sun). But don't get paranoid about ideal preparations - relax, be sensible, and take things in your stride.

Sometimes changes in routine can bring pleasant surprises. You have had a long journey with little sleep, unfamiliar climate and food, a scramble to arrive on time - and then you have a 'blinder' !

You could be highly motivated by all the challenges - so stay confident and positive. Don't be dismayed by external factors: travel problems, less than ideal race facilities, or the overheard remarks of other athletes or their crews (who may be trying to put you off). Think for yourself, be prepared, stay calm, and think positively.

You may find your own personal version of Neuro Linguistic Programming (NLP) helpful in keeping yourself positively minded and motivated. It's a good excuse for talking to yourself !



Statistician, John Fotakis, looks to be in deep thought as he compiles the national rankings

RANKINGS

A note about the ranking's. If you think your name should appear but doesn't, than you will need to contact the race director of the event involved and ask him/her to send a copy of results to our statistician, John Fotakis. Statistics can only be compiled from official race results. If John doesn't receive a set of results then they won't get included in the ranking's. Johns mailing address is 6 El Nido Grove, Glenhuntly 3163

AUSTRALIAN RANKINGS FOR 200KM TRACK men

Name	State	Time	Place	Date	at Age
KOUROS, Yiannis	VIC	15:10:27	ADELAIDE	04/10/97	41
STANDEVEN, David	SA	18:01:50	ADELAIDE	29/10/89	37
SMITH, Bryan	VIC	18:03:19	OLYMPIC P	19/08/89	45
TOLLIDAY, Owen	QLD	18:16:44	ADELAIDE	29/10/88	39
MARCH, Mike	TAS	18:22:48	COBURG	25/02/89	45
BREIT, John	VIC	18:33:07	COBURG	25/02/89	31
HEPBURN, Brickley	VIC	19:29:13	COBURG	23/02/91	39
BLOOMER, Brian	VIC	19:42:30	BOX HILL	15/02/86	45
GRAY, Peter	VIC	20:09:23	COBURG	23/02/91	26
PARCELL, Ashley	QLD	20:16:28	HENSLEY	23/02/85	29
YOUNG, Cliff	VIC	20:17:09	ADELAIDE	09/11/85	63
FISHER, Keith	VIC	20:27:27	COBURG	25/02/89	23
KELLY, Frank	NSW	20:34:56	HENSLEY	28/05/88	34
BROOKS, Barry	VIC	20:43:52	BOX HILL	28/02/87	46
KINSHOFER, Rudi	SA	20:45:13	COBURG	23/02/91	36
FRANCIS, Mick	WA	20:47:43	ADELAIDE	24/10/99	0
WOODS, Graeme	QLD	20:51:25	ABERFELDIE	23/01/88	41
COX (JNR), Terry	VIC	21:41:04	COBURG	10/03/90	0
AUDLEY, George	WA	21:43:37	PERTH	18/10/86	51

ROONEY, James	NSW 22:00:00	LIVERPOOL 24HR	02/10/94	41
KIRKMAN, Geoff	SA 22:04:19	ADELAIDE	09/11/85	35
DEVINE, Alan	WA 22:05:30	PERTH	17/10/87	28
JAVES, Ian	QLD 22:06:49	BOX HILL	28/02/87	44
KIP.MELHAM, Anyce	NSW 22:10:58	ADELAIDE	28/10/89	31
HUNTER, Bob	QLD 22:11:27	QLD	01/07/89	54
CHANNELLS, Robert	NSW 22:17:21	CAMPBELLTOWN	28/10/89	47
WISHART, Greg	VIC 22:20:26	COBURG	25/02/89	50
SMITH, Jeff	VIC 22:23:34	COBURG	23/02/91	40
McKELLAR, Jack	VIC 22:31:39	BOX HILL	15/02/86	45
LYNN, Charlie	NSW 22:33:05	ADELAIDE	09/11/85	40
BEAUCHAMP, William	VIC 22:33:28	BOX HILL	28/02/87	41
BRUNER, Bob	VIC 22:35:22	BOX HILL	15/02/86	47
RILEY, Gerry	VIC 22:35:34	ADELAIDE	01/11/86	56
COX, Murray	SA 22:38:18	OLYMPIC P	04/08/90	0
CROXFORD, Alan	WA 22:38:49	PERTH	18/10/86	0
PEACOCK, Alan	QLD 22:43:34	QLD UNI	05/09/87	0
TAGGART, Bob	SA 22:50:01	ADELAIDE	29/10/88	41
DONNELLY, Bruce	QLD 22:50:25	CAMPBELLTOWN	13/10/90	0
WILKINSON, Graeme	NSW 22:53:23	HENSLEY	29/11/86	40
COLLINS, Tony	NSW 23:05:46	CAMPBELLTOWN	28/10/89	42
READ, Nick	ACT 23:06:22	COBURG	13/02/88	36
BELL, John	VIC 23:14:21	BOX HILL	15/02/86	0
YOUNG, Nobby	NSW 23:15:00	NSW	01/09/90	44
WOLSTENCROFT, James	VIC 23:15:44	COBURG	25/02/89	34
EVERY, Paul	NSW 23:20:00	ADELAIDE	24/10/99	0
BOYLE, Brad	NSW 23:20:15	CAMPBELLTOWN	28/10/89	29
NASMYTH, Chilla	NSW 23:20:25	CAMPBLETOWN	13/10/90	0
TAYLOR, Maurice	NSW 23:27:00	BOX HILL	28/02/87	38
ROSS, Howard	VIC 23:28:26	BOX HILL	15/02/86	40
TWARTZ, Peter	SA 23:28:39	ADELAIDE	22/10/95	36
LUCAS, Andrew	TAS 23:29:02	ADELAIDE	05/10/97	32
TWARTZ, John	SA 23:29:19	ADELAIDE	22/10/95	52
MEDILL, Graham	QLD 23:30:02		26/09/92	44
STENNER, Graham	SA 23:31:46	COBURG	25/02/89	44
PARSONS, Patrick	VIC 23:34:20	COBURG	10/03/90	43
FIRKIN, Graham	NSW 23:35:58	NSW	04/09/90	52
CHAMPNESS, John	VIC 23:36:22	HENSLEY	28/05/88	37
HOOK, Geoff	VIC 23:38:58	COBURG	23/02/91	46
QUINN, Peter	VIC 23:39:09	OLYMPIC P	05/08/90	40
ARMISTEAD, Peter	VIC 23:45:45	COBURG	10/03/90	43
ALLEN, Barry	VIC 23:56:51	BOX HILL	28/02/87	30
FICKEL, Bob	NSW 24:00:00	LIVERPOOL 24HR	02/10/94	42
PARKER, Ross	WA 25:43:25	PERTH	16/10/87	0
HILL, Ron	VIC 25:44:18	ABERFELDIE	23/01/88	47
RECORD, Joe	WA 26:37:20	PERTH	16/10/87	46
BURNS, Bob	QLD 30:26:30	CABOOLTURE	22/06/90	47
CLARK, Gary	WA 31:54:42	PERTH	16/10/87	0
THOMPSON, Mike	WA 32:32:23	PERTH	16/10/87	39
PHILLIPS, Lindsay	QLD 32:59:19	CABOOLTURE	22/06/90	24
MISKIN, Stan	QLD 33:21:47	ABERFELDIE	23/01/88	62
RICHARDSON, Peter	VIC 34:32:42	ABERFELDIE	23/01/88	33
RAFFERTY, Tony	VIC 35:41:24	ABERFELDIE	23/01/88	48
WATTS, Graham	QLD 36:01:12	MARYBOROUGH	21/08/99	45
HILLIER, Greg	VIC 42:26:56	ABERFELDIE	23/01/88	32
KETTLE, Drew	VIC 42:39:50	COLAC	21/11/95	75
WADDELL, Peter	ACT 42:42:58	MARYBOROUGH	22/08/99	0
SCOTT, Dave	WA 43:16:06	PERTH	13/10/87	40
DUNN, Stephen	SA 44:02:50	ABERFELDIE	23/01/88	21
HUME, James	VIC 44:28:56	ABERFELDIE	23/01/88	0
PETERSON, John	QLD 44:33:25	CABOOLTURE	30/06/89	72
FARMER, Pat	NSW 45:56:55	ABERFELDIE	23/01/88	25

AUSTRALIAN RANKINGS FOR 200KM TRACK women

STANGER, Helen	NSW 21:40:52	WOLLONGONG	01/04/95	44
PARRIS, Dawn	VIC 23:25:40	OLYMPIC P	19/08/89	36
HERBERT, Cynthia	VIC 23:56:11	ADELAIDE	01/11/86	44
GRANT, Dell	QLD 32:10:42	CABOOLTURE	22/06/90	36
McCONNELL, Georgina	NSW 38:02:01	COLAC	21/11/95	52
LUSH, Eileen	SA 41:10:05	ABERFELDIE	23/01/88	40
CASE, Valerie	QLD 42:39:06	CABOOLTURE	24/06/90	53
HALL, Kerrie	QLD 45:32:58	MARYBOROUGH	22/08/99	38

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!