

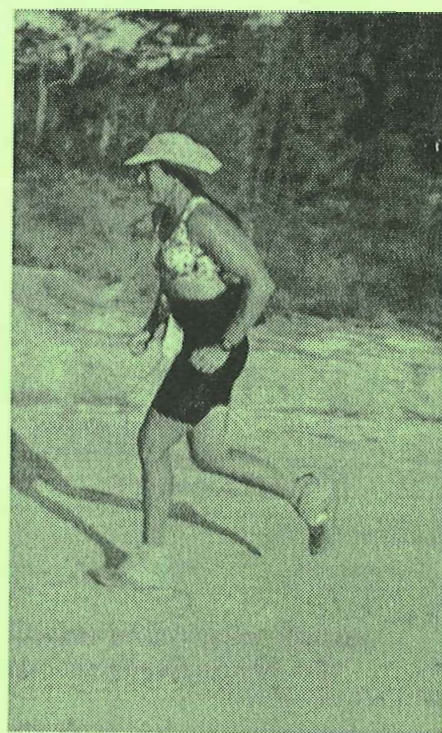
ULTRAMAG

Vol. 16 No. 3

September 2001



Kelvin Marshall. One of Australia's most consistent and regular performers strides out at the recent AURA 50 mile track race



Kerrie Hall.
The gutsy Queenslander has a long list of achievements over many years

 **AURA**
MAGAZINE



Official publication of
the Australian Ultra
Runners' Association
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I am not really sure how to start this editorial but it would be fair to say I am feeling a little shell shocked with the news of Phil Essam's coming resignation as secretary. Phil will be returning to the Royal Australian Air Force and we wish him well. Phil will still be appearing around the running scene, so he is not disappearing altogether. Personally, I think that the new secretary will have big shoes to fill, as Phil has been a tireless worker for Ultrarunning. Phil's letter of resignation appears at the bottom of this editorial.

The Fat Ass series of runs in NSW continue to spread their wings and Kevin Tiller and Sean Greenhill are to be commended for getting this off the ground. The Fat Ass concept has even spread to Canberra and Victoria. Kevin also puts in a lot of time as the web page slave.

David Criniti has put together some guidelines for the "Ultrarunner of the year" to start in 2002, while in WA, a new 40 mile event [along with the original event] is being scheduled for late April/early May as a lead up to the Comrades Marathon in South Africa.

On a disappointing note, the field of runners for the Australian 48 hour and Queensland 24 hour events was somewhat on the small side. Geoff Williams has put a lot of work into establishing this event on the beautiful Bribie Island and is keen to continue with the event; hopefully more runners will be there in 2002

Meanwhile, feedback on anything that is on your mind is always welcome and if you have anything to contribute, feel free to contact either David Criniti on 02 9871 8753 e-mail <dcritini@bigpond.net.au> or Phil Essam on 03 9398 4167 e-mail ultraoz@iprimis.com.au

This editions "Runner profile" features the incomparable Sandra Kerr, while Tony Rafferty has interviewed both Peter Armistead and 75 year old Stan Miskin. Stan is a unique and interesting individual and was an icon amongst the ultra fraternity back in the 80's. It is good to see Stan make a welcome return to the ultra scene. Kerrie Hall and Kelvin Marshall made excellent subjects for the front cover photos. Kerrie and Kelvin have been long time ultra stalwarts and have long lists of achievements over many years.

I have heard on the grapevine that Andrew Lloyd is planning to run the Leadville 100 mile race in Colorado next year. Andrew is well known as one of Australia's best track runners with a career that produced a Commonwealth Games gold medal in the 5,000 metres and several sub 28 minute 10,000 metre performances. Also overseas recently were Jonathan Worswick and Tony Howes. Jonathon, once again, ran an excellent time at Colorado's brutally tough Hardrock 100 miler while Tony put in a good performance at the 95 mile West Highlands Way event in Scotland

A collection of various articles makes for some interesting reading. Ann Osborne from WA has written a very inspiring article about overcoming the odds. If you think you are suffering the next time you nearing the end of a race, have a good read of Ann's story for some true inspiration. Also included is a newspaper feature about Nikki Gleeson, Nikki has been blind since birth and I may be showing some bias here, but Nikki is an incredible individual. I first met Nikki at a party back in 1987 when I had a small involvement with "Blind Sports". Despite his lack of sight, Nikki had overcome so many obstacles and it was impossible not to admire his spirit as he spoke about his skydiving with a bubbling enthusiasm for life. Nikki's most recent challenges are the Comrades Marathon and climbing Mount Kilimanjaro!!!!

Kevin Cassidy

Hi Everyone,

Sorry to have to do this to everyone and AURA, but I have been offered a position back in the RAAF wef 28 Aug 01. The position will entail a lot of after hours work and travel. Subsequently I hereby tender my resignation as AURA Secretary wef 1 Dec 01. I will also be handing over all of my other roles within the sport at the same time as well. Yes it pains me to do this to the sport -but the position/role was too good to pass up. I have started the ball rolling with a lot of fresh ideas for the sport in the past 12 months. I'm sure the current committee will keep this going and keep increasing the impetus. I would also like to thank everyone for their assistance in the past 12 months.

So if anyone would like to take over from me as Secretary from 1st December please let me know on 03 9398 4167 to discuss this further. You can also e-mail me on ultraoz@iprimus.com.au.

I will still see you all around the tracks as I will be remaining a member and hopefully you will start seeing me in an occasional race again.

Regards, Phil Essam

Stop Press

We have just had word that Sheila Hunter of Queensland has raised her hand for the secretary's job and, upon the committee's ratification, will be working with Phil towards a December 1st hand over [more in the next issue]

Australian Ultra Calendar (August 2001- August 2002)

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.

August 2001

- 11 **12 FOOT TRACK - FAT ASS RUN**
A 93km bush run - the Six 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 Kevin Martin (08) 9795-8762

September 2001

- 1 **NZ 100KM CHAMPIONSHIP - ROTORUA**
Starts 5am. Entries close Monday 20th August, 2001. Cost NZ\$50. Contact Alain "Moustache" Ventelou for further information via phone (07) 349-6100 or PO Box 408, Rotorua, New Zealand or email a.moustache.v@clear.net.nz. More info at the webpage www.coolrunning.co.nz/races/rotorua
- 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.
- 29-30 **GLASSHOUSE MOUNTAINS TRAIL RUNS**
160km, 80km and 55km on looped course. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at the webpage www.coolrunning.com.au/ultra/glasshouse

October 2001

- 6-7 **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 or website
- 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.fitzroyfallsmarathon.com
- 20-21 **SRI CHINMOY 6/12/24 HOUR & 100KM S.A.CHAMPIONSHIP TRACK RACE, SA.**
(Australian 24 Hours Championship) PO Box 6582, Halifax Street, Adelaide 5000 SA. Phone (08) 8332 5797 Sri Chinmoy Marathon Team.
- 26-28 **ADELAIDE TRAILWALKER 100km**
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 **VICTORIAN 6 HOUR & 50KM CHAMPIONSHIPS**
Starts 8am at Moe Athletics Centre, Newborough. The track is on a synthetic surface. \$30 entry covers both events. Starting time 8am. Entry forms and more information from Geoff Duffell (03) 5122 2855 or email gduffell@net-tech.com.au.

- 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, \$67.00 entry fee with pottery goblet, \$50 without, 7 hour time limit, halfway in 3hrs.20. Includes Relay Race and Balls Head 32km race. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.coolrunning.com.au/mountainrunning/events/bclassic/2001/index.shtml
- 18-24 **COLAC 6 DAY RACE, VIC**
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 email kevin@coolrunning.com.au or phone 0419-244-406.
- 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
- ?? **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

January 2002

- 5 **COASTAL CLASSIC 12 HOUR TRACK RUN & WALK**
Adcock Park, Pacific Highway, West Gosford NSW on a 400m fully surveyed grass track. \$40 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 31/12/2001.
- 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.
- ?? **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

- 17 **DAY TRIPPE TO ST ALBANS - FAT ASS RUN**
Starts 7am from Wiseman's Ferry, NSW. 45km and 60km options. Includes fire trails, singletrack, hills, flats, two ferries and a charming pub for lunch at St. Albans, the halfway mark. 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 email kevin@coolrunning.com.au or phone 0419-244-406.
- ?? **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.
- 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
- 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
- ?? **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

April 2002

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.

13-14 **COBURG 24 HOUR CARNIVAL, VIC**

Incorporating the Australian Centurians 24Hour Walk. Harold Stevens Athletic Track, Coburg. 6&12 hour events also available. Entry \$50 for 24 hour; \$40 for 12 hour; \$30 for 6 hour. Starts 10am Saturday. Further information Bernie Goggin (03) 9850-4958 or email gogginbj@bigpond.com or Tim Erickson (03) 9379-2065 or email terick@melbpc.org.au.

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.

20 **BROKEN NOSE - FAT ASS RUN**

Starts 7am from Bulli, NSW. 45km and 60km options. This trail run includes 3 of the best lookout points in the Illawarra and starts and finishes at an easy to find beach park with all facilities (water, toilet etc). 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 email kevin@coolrunning.com.au or phone 0419-244-406.

29 **EXAMINER THREE PEAKS RACE (Good Friday)**

Combined running/sailing event across 3 days approx. Legs are Sail/Run/Sail/Run/Sail/Run. Runs legs are between 30km and 60km each. Starts Launceston and finishes in Hobart. Contact web page at www.threepeaks.org.au

?? **WAITAKERE FAT ASS 50KM, NEW ZEALAND**

50km race in New Zealand. Contact Ian Cornelius 09 627 9562 or mobile 021 800 330 or email ian@fuelstar.com or read the website at www.coolrunning.com.au/ultra/2001005.shtml.

?? **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.

May 2002

5 **WALHALLA 50KM**

50km. Starting and finishing behind the Star Hotel, Walhalla VICTORIA and taking the Historic Bridges of Poverty Point and Bruntons on 16km of Walking track and the rest on unsealed roads with some big undulations. \$5 entry and 8am start. Also 37km and 19km support runs. For more details please ring Bruce Salisbury on (03) 5174-9869.

?? **ACT ROGAINING CHAMPIONSHIPS**

8hr and 24hr. Starts 12:00 noon approx 90 mins drive east of Canberra and includes beautiful open bushland, some farmland and little bit of scrub. A full meal service will be provided throughout the event, included in \$26 entry fee (\$20 concession). There is also a bus service being organized to the event to avoid fatigue on the drive home. More info at website <http://act.rogaine.asn.au> or email David.Baldwin@anu.edu.au.

?? **AURA AUSTRALIAN 50 MILE TRACK CHAMPIONSHIP PLUS 50KM**

at Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, \$35 entry for one or both events (AURA members), non-members \$40. Entry form available at <http://www.ultraoz.50megs.com/aust50mile.jpg> or contact John Harper (03) 9803 7560 (H) (03) 98542629 (W) or email harperj@ihug.com.au

?? **BANANA COAST ULTRA MARATHON, NSW. 85KM**

From Coffs Harbour to Grafton 6am start at Coffs Harbour.& introducing mini-ultra 56kms from Grafton to Nana Glen. 6am start from Grafton P.O. for both. T-shirt to first time finishers. Entry fees \$10 by 2nd May or \$10 on race day, own support vehicle / driver required. Entry form available at

<http://www.ultraoz.50megs.com/bananacoast.jpg>. Contact Steel Beveridge, 3B Surf Street, Emerald Beach NSW 2456. Phone (02) 6656-2735

- ?? **GLASSHOUSE MOUNTAINS TRAIL RUNS**
50km, 30km, 12km. Starts at Glasshouse Mountains Lookout at 5:30am to 8:30am (depending on distance). Fee from \$20-\$30 (depending on distance). Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at the webpage www.coolrunning.com.au/ultra/glasshouse
- ?? **SYDNEY TRAILWALKER 100km**
Starts 10am, Weil Park, Hunters Hill, Sydney. Teams of 4 only. Time Limit 48hrs. Finishes Brooklyn. Course follows the Great North Walk, an extremely arduous bush track. Sponsorship required as part of entry criteria - organised by Community Aid Abroad. Contact Sarah Craske via email sarahc@sydney.caa.org.au. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

June 2002

- 15 **POOR MAN'S COMRADES - FAT ASS RUN**
A 96km road run, held as close to the racedate of the original Comrades Marathon as possible. This is a hilly route from the steps of the Sydney Opera House, along the old Pacific Highway and other backroads and finishing at Gosford Railway Station. 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.
- ?? **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).
- ?? **HERVEY BAY HIKE 50KM, QLD**
Contact Brian Evans Ph. (07) 4121 4200

July 2002

- ?? **SHOALHAVEN KING OF THE MOUNTAIN AND ULTRAMARATHON - NOWRA TO KANGAROO VALLEY**
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.
- ?? **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.
- ?? **BRIBIE 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/bribie48hr.htm>. Contact Geoff Williams via email gjcarpet@caboolture.net.au or phone (07) 5497-0309 or mobile 0412-789-741 or Charlie Hall (07) 5496-4310. For accomodation please email schragbribie@hotmail.net.au.
- ?? **TAMBORINE TREK, GOLD COAST**
62kms out and back course & 3 person relay. Contact: 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://ultraoz.50megs.com/tamborine.jpg>

August 2002

- 25 **HOBSON'S BAY ULTRA GALLOP & STROLL**
45km(aprox). Start and Finish on The Esplanade/Maidstone St, Altona, VIC. Starts 8:30am. Check webpage <http://ultraoz.50megs.com/hobsons.htm> for more info or email Phil Essam on ultraoz@iprimus.com.au or phone (03) 9398-4167.

Secretary's Report

What the committee is doing or has done:

1. We now have an advert in Runners World
2. A new leaflet will be finished for 2002
3. Proposed options for code of conduct (in this issue)
4. Following up on insurance quote for next year
5. Working on a new Race Director's kit
6. Have joined Active Australia and will use their club improvement process
7. AURA Ultrarunner of the Year Award to be introduced from 2002
8. Looking at introducing partial subs for new members that join during the year.
9. Starting programme to introduce more elite marathon runners to the sport!
10. Treasurer/Membership Sec roles to be diversified away from the Secretary
11. Vlastik Skavril and Lindsay Phillips ratified as Interstate Reps for their respective states

If anyone would like any further information on any of these areas please ring me on 03 9398 4167 or email me at ultraoz@iprimus.com.au

I would like to publicly thank Kevin Cassidy and David Criniti for their help in the past three months. Kevin ran with a membership mailout to boost our membership which was looking a bit grey! As a result we are now back up to 218 members which is about the same as last year. I would also like to congratulate and thank David Criniti for his work in running with the Race Director's kit and not being afraid to making a suggestion. I'm sure David is going to be a tremendous contributor to the sport over the next few years.

Since being Secretary in the past year I have come to realise more and more the contribution that the old committee made to AURA and the sport. If it wasn't for them the sport wouldn't have got where it is today and there wouldn't be the tremendous potential for growth that it has today. I also don't know how they found the energy to contribute as much as did for the sport over so many years! The thought leaves me tired just thinking of serving for 17 years! Thankyou.

If anyone needs any info any time or has a suggestion for AURA/the sport, please call me on the details above

David Criniti will soon be taking over the role of Membership Secretary which is currently held by Phil Essam. To make it easier for AURA to contact you, could you please contact David and let him know your: Email address and any relevant phone numbers (home / work / mobile)

David's contact details are:
14 Cambridge Ave, North Rocks NSW 2151
(02) 9871-8753 (h & w) 0411 438 344 (mobile)
Email: dcriniti@bigpond.net.au

Phil Essam

HENRY GIRAULT RUNS 449TH 100KM RACE

Angers, France - French megarunner Henri Girault is still going strong. The unstoppable 64-year-old athlete completed his 449th official 100-kilometre race on June 17 at Saint-Augustin-des-Bois, near Angers, France.

"I continue and I don't even know myself where I will arrive," Girault said as he collecting yet another cup at the finish line. Then, Girault went back to the race course to wait for his wife, who was also participating in the race.

WWW.COOLRUNNING.COM.AU/ULTRA

www.ultraoz.50megs.com

AURA Points Race & Ultramarathon Runner of the Year Awards

As of January 1, 2002, all AURA members will be eligible for the AURA Ultramarathon Runner of the Year award. This will be decided as a result of the Points Race, which involves all official Australian, and international ultramarathon races.

What is the Points Race and Ultramarathon Runner of the Year Award?

The points race involves AURA members being given points for each race they start, each 100km completed (whether in one race, or over a number of ultramarathons), and for minor places, wins and records. The points system is described in more detail below. The male and female with the most points at the end of each calendar year are the Ultramarathon Runners of the Year.

Do I need to sign up?

No. As long as you're a financial member of AURA, you're automatically eligible. You don't have to do anything other than turn up and run. As long as the race director provides the results to the AURA committee, points will automatically be given to financial AURA members. Members who join during a year can begin to earn points after their membership is accepted.

How can I find out my ranking?

Points and rankings will be displayed in two tables (one for males and one for females) on the AURA website as well as in each edition of ultramag. The final results for each year's points race will be displayed in the March edition of the following year's ultramag, although they should appear on the AURA website much earlier.

Can my overseas races count towards the Points Race?

If you compete overseas throughout the year, you can earn points towards the Award, but you must provide an AURA committee with the official results (or request the race director do so) before the end of the calendar year.

For more details contact:

David Criniti
14 Cambridge Ave
North Rocks
NSW 2151
(02) 9871-8753
0411 438 344
dcriniti@bigpond.net.au

Tell me more about the allocation of points.

The points are allocated in 3 categories, as described below.

Category 1 - General

- (i) - 1 point per start. Each competitor receives a point for each ultra in which they start, regardless of finishing position.
- (ii) - 1 point per 100km. This can be accumulated. Eg: Someone who runs two 50km races in a year will get 1 point for reaching 100km. Someone who runs a 100km race and then does 600km in a 6-day race will get 7 points for completing 100kms 7 times within the year.

Category 2 - Placegetters

- i – 3 points for 1st place, provided there are at least 2 starters in your division (male / female)
- ii – 2 points for 2nd place, provided there are at least 4 starters in your division
- iii – 1 point for 3rd place, provided there are at least 6 starters in your division.

Category 3 - Bonus points

- i - Winning a national championship entitles participants to 1 points in addition to any points gained in category 1 and category 2
- ii - Breaking a Record (age, national or world) Breaking a record entitles a person to 5 points in addition to any points earned in category 1. Record breakers will not get any points in category 2.*

* The intention of this rule is to recognise that all records are equally important and worth striving for. An age group record where the person finishes last in a race, gets 5 points, as does a national record where the record breaker wins the race. The person who wins the race and breaks a record therefore gets 5 points, not 8, although they also get 1 point for starting and points for the kilometres run.

AURA CODE OF CONDUCT

The current committee have been working on a proposed Code of Conduct for AURA and the sport. Listed below are two options. Please could we have feedback for the next issue as we would like to finalise and ratify a Code of Conduct for the sport/AURA at next years AGM. Any feedback or ideas please direct to myself, Phil Essam, on 03 93984167 or ultraoz@iprimus.com.au

OPTION 1

Every ultra race in Australia should be held in the spirit of "Fairplay, Goodwill and Sportsmanship". This means that every competitor, crew member, official and spectator should be able to attend ultra events without fear of physical and verbal abuse or intimidation from other people present at the Race. It also means that the local race rules, AURA rules, guidelines from the IAAF Ultra Runners Handbook and Athletics Australia Code of Conduct will be followed by all people involved in the conduct of ultra races.

The Race Director of any race shall have the power to first warn any competitor, crew member or official not following the spirit of "Fairplay, Goodwill and Sportsmanship" during the conduct of their race.

If that conduct continues the Race Director shall have the power to remove the competitor, crew member or official from having anything more to do with the said race. Furthermore, the Race Director may submit a report in writing within fourteen days of the incident to the Executive of the Australian Ultra Runners Association for further investigation and action.

OPTION 2

All Competitors, crew, officials and spectators in Ultra Races shall comply with the spirit of "Fairplay, Goodwill and sportsmanship" and comply with the following rules:

1. Local race rules, AURA rules, guidelines from the IAAF Ultra Runners Handbook and Athletics Australia Code of Conduct will be followed by all people involved in the conduct of ultra races at all times.
2. Competitors, crew, officials and spectators shall also obey the following:
 - a. No verbal harassment of fellow competitors, crew, officials or spectators.
 - b. No physical violence shall be offered or take place against a fellow competitor, crew, official or spectators.
 - c. No act shall be committed by a competitor, crew member, official or spectator that could be taken as offensive by anyone in the area.
 - d. No competitor, crew member, official or spectator shall physically cause damage to property belonging to another competitor, crew member, spectator or official or property associated with the running of the race in question
3. The Race Director of any race shall have the power to first warn any

competitor, crew member, official or spectator not following the spirit of "Fairplay, Goodwill and Sportsmanship" during the conduct of their race.

4. If that conduct continues the Race Director shall have the power to remove the offending competitor, crew member, official or spectator from having anything more to do with the said race. Furthermore, the Race Director may submit a report in writing within fourteen days of the incident to the Executive of the Australian Ultra Runners Association for further investigation and action.

5 – As stated in the introduction, the code of conduct has been designed to ensure that all people involved with ultramarathon running in Australia are bound by the spirit of "Fairplay, Goodwill and sportsmanship". While this code of conduct is designed to prevent any breach of this, inevitably all eventualities can not be explicitly covered. It is therefore at the discretion of the race director to withdraw and / or remove any competitor, crew, official, or spectator from the event, after first giving a warning, for any conduct which the race director deems to be contrary to the spirit of the sport.

ULTRA RUNNERS INTERNATIONAL

Ultra Runners International is conceived as a global network of national ultra associations dedicated to the dissemination of information on the sport of Ultrarunning, providing support and advice as and when required.

It is all too easy for a global organisation to lose touch with its grass roots, yet it is at those grass roots that the sport grows and develops. URI seeks to fill the void that exists, providing the information and support that is necessary to promote and develop the sport world wide.

National Ultra Associations do much to nourish and nurture the grass roots of the sport in their own country, but often they need input on the global scene, and on the different strategies used by other bodies across the world. The role of URI is to act as a support network for the national associations and for other organisations and individuals, enabling and facilitating the healthy growth of the sport.

Individuals from countries new to the sport seek general background information, advice on training, organising races and how to become involved in the world scene. Others from more developed ultra nations need information to develop sponsorship opportunities, to make comparisons with other developed nations and input on how to move the sport forward in their country. Often informed analysis and commentary on Developments can highlight issues and problems that might otherwise be overlooked.

The information provided may be statistical - world rankings for standard events, participation statistics for major events or perhaps global or national participation. It may be technical - organisation of events, or development of training. It may be historical - giving insights into the traditions and development of specific events or of the sport generally. It may be promotional - biographies of leading runners, overviews of particular developments and trends within the sport or enabling effective networking.

The main conduit for the provision of these services will be the URI website which should be up and running in the near future. The material for the website is already complete, and will offer a wide range of information on the sport.

To compete in the modern world, Ultrarunning needs to be able to sell itself as being worthy of attention. It needs to be seen as a sport that is able to provide the media with the background information it needs both before and after a major event. URI has the necessary resources which can be tailored by national ultra associations and by individual race directors to address those needs.

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

AURA CLOTHING ORDERS

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

COLOURS RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

Black AURA logo on bright green background 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:

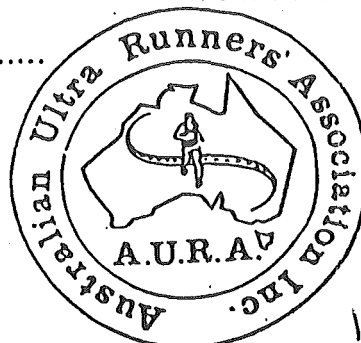
.....POST CODE:.....

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



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

19th ANNUAL

Sri Chinmoy National 24 Hour Track Race

Incorporating the Sri Chinmoy -
24 Hour Team Relay
12 Hour & 6 Hour Races
100 KM S.A. Championship Race



Adelaide - South Australia
October 20th and 21st 2001

*"Run and Become...
Become and Run."*

INFORMATION FOR THE ULTRA TRACK RACES

How long have you been running?
Do you hold any ultra distance records? If so, please list:
How many ultras have you run?
What was your Most outstanding race?
Longest distance run?

Distance	Best Race (including placing)	BEST TIME	HOW MANY	COMMENTS
MARATHON				
50 KM				
50 MILES				
100 KM				
100 MILES				
12 HOUR				
24 HOUR				
48 HOUR				
ANY OTHERS				
SYD-MELB				

What other sports are you active in?
Any comments or additional information of interest

RACE INFORMATION

Start:

24 Hour Race	8:00am Sat, 20 October 2001
24 Hour Team Relay	8:00am Sat, 20 October 2001
12 Hour Race	8:00am Sat, 20 October 2001
6 Hour Race	2:00pm Sat, 20 October 2001
100 Km Race	12 noon Sat, 20 October 2001

Location:

Adelaide Harriers Track, South Terrace, Adelaide

Service to Runners:

- Certified 400m floodlit track
- Personal lap counters
- Splits at Marathon, 50km, 50mile, 100km, 100mile, 200km, 250km
- Running direction changed every 6 hours
- Food and drink supplements during race
- Rest room and medical facilities
- No applicants under 18 years will be accepted

Prizes:

Medallions to all finishers

*Run, you can easily shake hands
with the fleeting time*

*Run, you can easily challenge
The pride of frightening distance - Sri Chinmoy*

APPLICATION FOR ENTRY

- Applications close 5th October 2001
- NO ON THE DAY ENTRIES
- To apply - Fill out entry coupon (below) and the information requested on the rear of the coupon.
Further information is welcomed on a separate sheet.

Include: Entry Fee	24 Hour Race	\$100
	12 Hour Race	\$ 50
	6 Hour Race	\$ 40
	100 km Race	\$ 60
	24 Hour Team Relay	\$135

(Three members per team, @ \$ 45 each)

Entries after 5 October will incur a \$20 late fee

Only 24 Hour Race entry fees include a T-Shirt
Extra T-Shirts are \$20

PASTA PARTY: "Meet the other runners"

Adelaide Harriers Track, Friday 19 Oct, 7.00pm, \$15 each

Send Cheque and Application with a stamped
Self addressed envelope to:

Sri Chinmoy Ultra Track Races

P.O. Box 6582

Halifax Street, Adelaide 5000

For more information: **Ph (08) 8272 5081**

Ph (08) 8332 5797 Fax: (08) 8332 5073



THIS EVENT IS SUPPORTED BY



19TH ANNUAL SRI CHINMOY ULTRA TRACK RACE - ENTRY COUPON

Please Print Clearly

Last Name		First Name		Sex Male Female		Age on race day	
Mailing Address		Street		City		Birth Date	
State	Postcode	Area Code	Phone Number		Occupation		

No runners under age 18 will be accepted

ENTRY FEE

<input type="checkbox"/> 24 Hour Race	\$100.00 (Includes T-Shirt)
<input type="checkbox"/> 12 Hour Race	\$ 50.00 (No T-Shirt)
<input type="checkbox"/> 6 Hour Race	\$ 40.00 (No T-Shirt)
<input type="checkbox"/> 100 km Race	\$ 60.00 (No T-Shirt)
<input type="checkbox"/> 24 Hour Team Relay	\$135.00 (No T-Shirt)
<input type="checkbox"/> Extra T-Shirts	\$ 20.00 each
<input type="checkbox"/> Pasta Party	\$ 15.00 per person

☐ Sm ☐ Med ☐ Lg ☐ X-Lg
No's attending

Race Fee

Total Amount

Make cheques payable to : Sri Chinmoy Centre

24 HOUR TEAM RELAY INFORMATION:

Team Name

Team Contact

Team Runners

1

2

3

Phone

Signature

Date

In consideration of this entry accepted, I, the undersigned, intend to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release the Sri Chinmoy Marathon Team and their representatives for any and all injuries suffered by me in said event, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Sri Chinmoy, Meditation teacher, author, musician-composer, weightlifter, athlete and peace advocate, has inspired people of all nations with his message of self transcendence through sport and physical fitness as we approach a new millennium of personal growth and peace.

**11 November
2001**

Victorian 6 hour & 50 km Track Championships

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 1st November.

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.

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

✂

ENTRY FORM

6 hour & 50 km Vic Track Championships

11 November 2001

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.**

5TH ANNUAL COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

7.30 PM SATURDAY 5 JANUARY 2002

PREVIOUS WINNERS

Male Runner		Female Runner	
2001 Buce Renwick	126.938 km	2001 Bernadette Robards	104.036km
2000 Paul Every	123.241 km	2000 Bernadette Robards	95.313 km
1999 David Criniti	128.8 km	1999 Georgina McConnell	85.47 km
1998 Andre' Rayer	139.629 km	1998 Helen Stanger	118.077 km

Male Walker		Female Walker	
2001 Keith Knox	93.101 km	2001 Carol Baird	97.290 km
2000 Robin Whyte	98.624 km	2000 Carol Baird	95.232 km
1999 Frank Overton	86.809 km	1999 Judy Brown	64.37 km
1998 Caleb Maybir	91.681 km	1998 No Holder	

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

Sponsors

Central Coast Leagues Club 02 43 233 131

Carlton & United Breweries 02 9217 1333

COUNTRYLINK 132 232

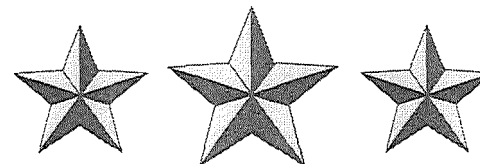
The Runners Parramatta Shop Penrith 02 47 222 137

GOSFORD ATHLETICS INC PRESENTS

5TH ANNUAL

COASTAL CLASSIC

12 HOUR TRACK RUN / WALK



7.30 PM SATURDAY 5 JANUARY 2002

Random lucky draw prizes.

Prize to the highest fundraiser.

Certificates to every participant.

Prizes to 12 hour placegetters of walk & run.



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

ADCOCK PARK WEST GOSFORD NSW AUSTRALIA

ENTRY FORM

Name: _____

Address: _____ Post Code _____

Phone: _____ a.h. _____ wk _____ Mob _____

Email: _____ D.O.B: _____ Age on Day: _____ Gender: _____

Entries close Friday 31st December 2001. Late entries maybe accepted subject to space availability.

Brief biography including previous ultra performances:

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

Circle your event: 12 hour run or 12 hour walk

Entry cost \$40.00 (includes T-shirt for 12 hour postal entries)

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

T-shirt cost \$15.00 for entries on the day.

Please make cheque out to Gosford Athletics Inc. Postal address

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

Stamped self addressed envelope required for confirmation of entry form.

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

Signed by entrant: _____

Date: _____

RULES AND INFORMATION

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

Local & Sydney based athletes must supply a lap scorer for the duration of the event. People may not run or walk more than two abreast. A general drink station providing Gosford Water will be assessable for the duration of the event. The running / walking direction will be changed every 4 hours. A timing clock & update board will be in operation.

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

An athlete can be withdrawn from further participation in the event if the Meet Manager or medcial staff consider they are endangering their health or their fellow competitors. They remain eligible for all awards.

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

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

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

Please note all our officials are volunteers. Please treat them with courtesy.

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

THE SOUTHERN STATES RUN

Adelaide to Melbourne

7th To 20th July 2002

Did the "Race of Fire" excite you?

Ever wanted to try a multi – day stage race?

Then the "2002 Southern States Run" is for you.

This concept was thought of by Andrew Lucas (who has procured the help of Ken Riches as Race Director and Godfrey Pollard as Assistant Race Director and Phil Essam who will look after publicity and promotion). All three are dedicated to running a professionally managed event.

Two events:

Solo Ultra

2 man ultra team – do half of the kms each day

Stages - To be advised. Will be approximately 900km over 14 days.

THE EVENT WILL RAISE MONEY FOR A YET TO BE DETERMINED CHARITY

ALL SOLO RUNNERS/TEAMS MUST PROVIDE THEIR OWN CREW, FOOD, DRINK AND ACCOMMODATION FOR THE DURATION OF THE JOURNEY – IAW NO CREW – NO START

ENTRY FEE IS YET TO BE DETERMINED. WILL BE FINALISED BY OCTOBER THIS YEAR.

25% OF ENTRY FEES WILL GO TOWARDS PRIZEMONEY

The race will need a definite ten starters by the end of February 2002 or the organisers will not proceed with the race.

Can't run – but would love to help as a Race Official or as a Crew member for a runner ? – we are interested in hearing from you. Email me now at ultraoz@iprimus.com.au .

MINIMUM QUALIFYING STANDARD FOR SOLO RACE

Marathon 3hr

100km - 14hr

24hrs - 160km

Or previous credentialed ultra or endurance race experience.

EXPRESSION OF INTEREST – This is not an entry form

IF INTERESTED IN POSSIBLY COMPETING – PLEASE FILL OUT THE FORM BELOW AND RETURN TO PHIL ESSAM AT 164 CIVIC PARADE, ALTONA, VIC 3018

NAME:

ADDRESS:

PHONE NUMBER:

BRIEF SUMMARY OF ATHLETIC

ACHIEVEMENT:.....
.....
.....
.....
.....

WANT FURTHER INFORMATION OR UPDATES:

Please ring:

Phil Essam on 03 9398 4167 or ultraoz@iprimus.com.au

Ken Riches on 03 9749 5680

Godfrey Pollard on 03 52481377

Name Sandra Kerr ULTRAMAG PROFILE.....SANDRA KERR

Date of Birth 11/08/45
Place of Birth England
Current address ! Olympus Drive, Croydon, 3136
Occupation Jack (Jill) of all trades!!
Marital Status Happily married 37 years
Children 2
Height 5ft 1in
Weight 59kg
Best Physical feature !!!!
Education background enough to get by !
Favorite Author so many
Favorite book Flanagans Run
Favorite non running magazine Border Fine Art
Favorite movie Brassed Off/Full Monty
Favorite TV show The Bill
Favorite Actor Woopi Goldberg
Favorite music anything by Michael Crawford
Book you are currently reading running on a dream
Hobbies craft work / fiddling on computer
Collections foxes / Royal memorabilia
Make of car you drive Toyota camry getaway
Make of car you would like to drive anything sporty
Greatest adventure Colac 6 Day event
Favorite spectator sport watching Hawthorn play footy
Favorite holiday destination United Kingdom
Favorite item of clothing you own slinky evening dress !!!
Most prized possession Family / 1st ultra medal (Rosebud 12hr)
Personal hero Dad / Cliff Young / Bryan Smith
Favorite quote Tomorrow is another day (Dad)
Personal philosophy try to help & like everyone regardless
Short term goal happiness all round
Long term goal more happiness all round
Achievement of which you are most proud Sons, Grand children, Colac 6 day
Pets Tom (Husband) !!
Pet peeve The above messing with TV remote
Favorite non running activity reading
Greatest fear bridges
Happiest memory to many to mention just one
Personal strength never give up
Personal weakness chocolate / Grandchildren



RUNNING

PB's Marathon 3:43:05 - 50ml road 9:04:11 - 12hr track 104.896km - 24hr track 165.09km
6hr track 66.337km - 100km 10:21:27 Colac 6 day 580.905km (should have been 600km!!)
Years running ultras 12 years (not competing at moment)
Number of ultras finished 12 - 14 I think !!
Best ultra performance probably Colac though I should have done 600km I know I had it in me, one of my greatest regrets,
Most memorable ultra & why I.A.U. World Challenge at Torhout, Belgium, because I was representing Australia, & it was a hard run to do because of the changing surfaces during the run.
Typical training week Mostly running depending on the distance I was training for, never went to the gym, rode bikes or anything like that
Injuries was very lucky, didn't have many, one fracture of the back, at the moment it is lack of time & a mental thing!!!
Favorite running shoes Adidas TRX's & Adidas Oregon
Favorite food/drink during an ultra porridge made with coca cola,
Favorite handler Ray Callaghan (what a mentor)
Favorite place to train any bike tracks with Anne Callaghan & Co plus Croydon Athletic Track
Favorite running surface anything smoothish (I'm not a trail runner)
Ultra running idol Cliff Young / Bryan Smith
Why do you run ultras At first I did them so that I would know how the ultra runners I looked after felt, then I was totally hooked & just loved doing them
Any advice to other ultra runners Train properly for the event you are going to do & ENJOY IT. You get out what you put in, if you do the training you will have the confidence you need.

BANANA COAST ULTRA MARATHON 2001.

Three men and a dog made up the field in this year's Bananacoast Ultramarathon run between Coff's Harbour and Grafton on Sunday morning. The smallest ever-starting line-up was the result of injury and illness on the local scene and the death of Queenslanders due to the proximity of the inaugural Lest-We- Forget Ultramarathon between the Gold Coast and Brisbane. However the nineteenth annual Bananacoast event went ahead and provided success in different shape for each of the participating runners. Although all three men were approaching the run from differing backgrounds, all, initially at least, had a similar goal time for the 85 kilometres, anything under 11 hours. Only Franz Wanderer was able to deliver fully on that ambition. The fifty nine year old from Emu Plains in Sydney's west made his trip to the north coast well worthwhile with his first ever outright victory in an ultramarathon in the very personally satisfying time of 9hours 51minutes 13seconds. Wanderer ran a very astute race hanging back, but not too far behind early leader Peter Wood of Coff's Harbour, before taking the lead at 45kilometres and moving steadily away from his tiring opponents. Wood, accompanied by his training partner, a blue cattle dog called Jive, had never run the full 85 k's before, but he had the lead from the top of Red Hill to halfway, reached in 4.23.56, looking quite comfortable. He was to suffer considerably towards the end with run through South Grafton becoming a real test of character. His finish time of 11.52.24 was testimony to the never-say-die attitude which saw him join a very select group who have finished both the Forster Ironman Triathlon and the Bananacoast Ultramarathon in the same year. However his dog could be forgiven if it runs and hides the next time he suggest an early morning run. The third runner, Peter Gray, drove from Geelong to add yet another ultra finish to his list. As he hobbled up to the finish line at the Post Office in Grafton after 13.04.15 on the roads he completed his 152nd ultramarathon. Franz Wanderer will take great heart from his run as he builds towards racing in the 2001 Comrades ultramarathon where amongst twenty thousand plus runners he will be never alone as he was through the farms and forest of the Orara Way but he will be hoping to return to run the other way, from Grafton to Coff's.

Thanks to the anonymous supplier for this article.

Banana Coast Ultramarathon 85km..... 13-5-01

The nineteenth annual Bananacoast Ultramarathon provided a complete contrast for winner Franz Wanderer from his 2000 Comrades experience . In the first place he did not get first place in South Africa , although he did get the coveted Bronze medal with a sub-11 hour clocking . In the second place he spent almost the entire Bananacoast experience all by himself except for his 'second' , his wife Cathy .

BUT (and it's a big BUT) he ran just over an hour faster between Coff's Harbour and Grafton than he managed amongst the masses in South Africa , completing his Bananacoast journey in 9.51.13 . This may be our slowest winning time but Franz , at 59 , is also our most senior winner .

Early on he judiciously trailed Coff's Harbour's Peter Wood who makes up in enthusiasm what he lacks in training and experience . The Coff's Harbour triathlete had recently completed his first Forster Ironman and had run from Grafton to Nana Glen last year . This year he was accompanied throughout by his blue cattle dog Jive (who now holds the canine record) .

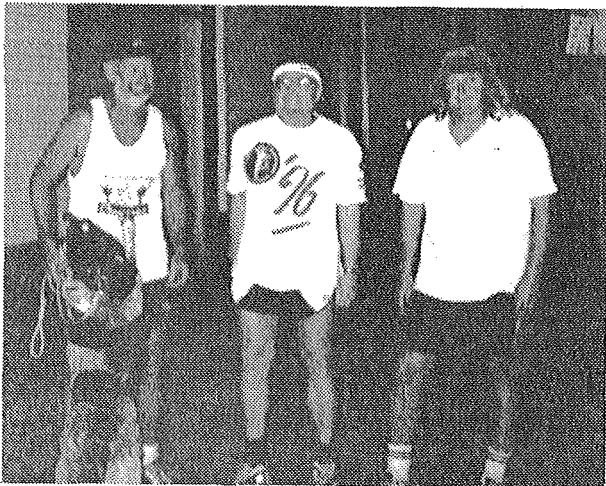
Franz moved to the front at about 45 kilometres and then relentlessly clicked off the kilometres moving further and further ahead of both his fellow travellers (and the dog) . He had passed through the halfway point just north of Glenreagh in 4.24.26 , a minute down on Peter Wood . When Peter Wood crossed the finish at the Grafton Post Office in 11.52.24 he had dropped over two hours .

Peter Gray was the third man on the back road to Grafton finishing his 152nd ultramarathon in 13.04.15.

As run co-ordinator I am most appreciative of the efforts of all three finishers - they kept our show on the road when it seemed that there may be no starters, let alone finishers. Obviously we were adversely affected by the inaugural, and very successful, Lest-We-Forget ultra north of the border. If it stays in late April we will have to move, probably to Spring (or maybe August) so that those of an ultra-bent can try for the DOUBLE, both Lest-We-Forget and Bananacoast in the one year.

Rest assured the Bananacoast event will be held so long as someone toes the start line. Next year that line will be outside Grafton Post Office when runners will head south.

The cut-off at Nana Glen will be nine hours. You can't sneak into Coff's Harbour in the dark! It's too dangerous.



The three Bananacoast runners await the start

GLASSHOUSE 50 RESULTS - 50 km

Place	Name	M/F	Age	Time
1	SHANE DENNIS	M	31	3:49:16
2	KIERON THOMPSON	M	37	3:57:14
3	DARREN SKILLICORN	M	35	3:57:59
4	ADAM GILL	M	27	4:35:06
5	PETER EDMISTON	M	43	4:39:53
6	ELWYN ROSE	M	55	5:05:31
7	ANGIE COTTRELL 1F	F	52	5:18:32
8	GEOFF WILLIAMS	M	50	5:24:03
9	GEROWYN HANSON 2F	F	44	5:29:49
10	DAVID McKINNON	M	30	5:30:46
11	SHIELA HUNTER 3F	F	58	6:32:12
12	PHILLIPA BOLT	F	44	6:56:00
13	KERRIE HALL	F	40	7:02:05
14	LEONIE TOWNSEND	F	47	7:16:59
15	JULIE SCHRAG	F	44	7:43:58
16	JOHN HARRIS	M	50	7:43:59

GLASSHOUSE TRAIL 50KM 20-5-01

by Shiela Hunter

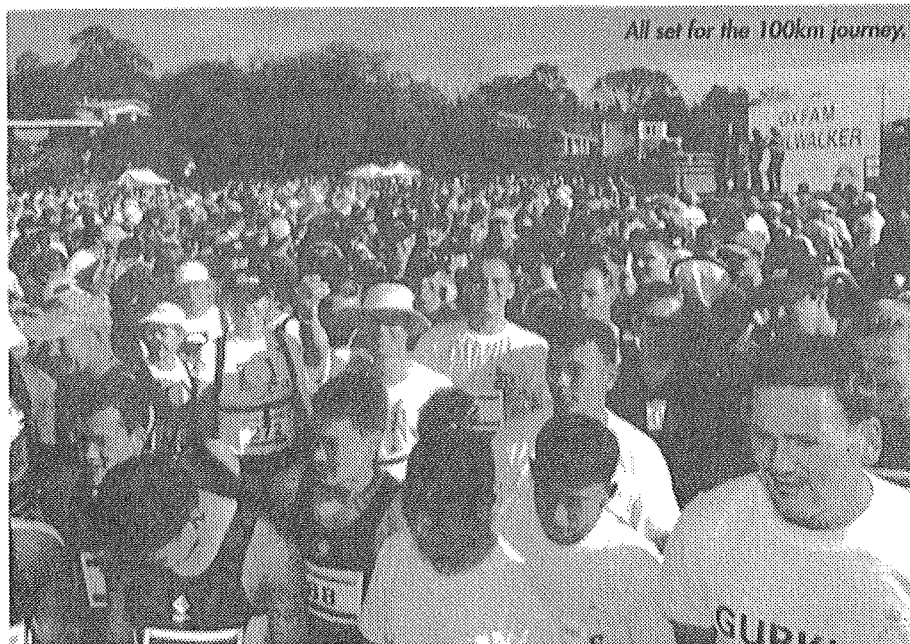
I would like to extend a very big thank you, to the race organizers and the aid station crews who remained out in remote areas of the trail in what was very uncomfortable conditions (cold) if you were not running. It was perfect if you were running. The organizers are very forgiving and patient with us slower runners allowing us the opportunity to gain experience and confidence. Let's face it, as slow as I was, there were still five other runners that the aid stations had to wait for. Once again a very big thank you to the race organization we would not have these races if it was not for you.

I would also like to take the opportunity to market this race. This is a true trail race, there is probably 300 meters of hard top road in the entire race, there are places where the trail winds through, up and down narrow dirt tracks through the eucalyptus forest, that have loose rocks to navigate and there are some doozies of hills. But there are also stretches of very pleasant fire roads and trails where you can really stretch out and run hard, or relax in my case.

For those not from Queensland, it is a wonderful opportunity to experience the flora and fauna of Queensland up close and personal. There is the evidence of forest fires recently on the trail but the ground cover is recovering quickly and there are little grass trees popping up everywhere, almost like little children watching you run by. Many of the trails are deep in the forest giving you the feeling you are running through a green tunnel, surrounded by the sounds of the Whip Birds and Cockatoos. I saw three Wedge Tail Eagles, at one point, but most of all, the people who put this race on are fantastic. The whole community is behind the race, it is small town community at its very best.

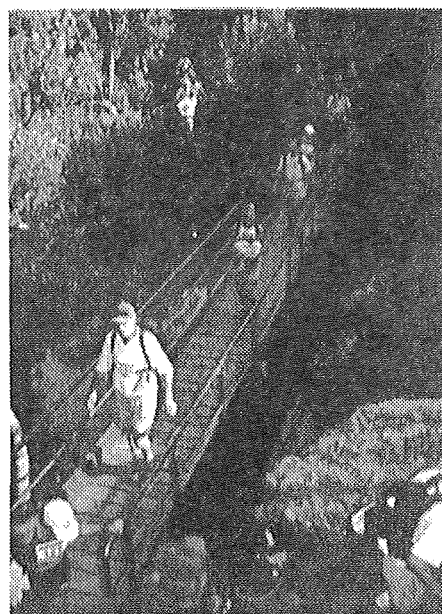
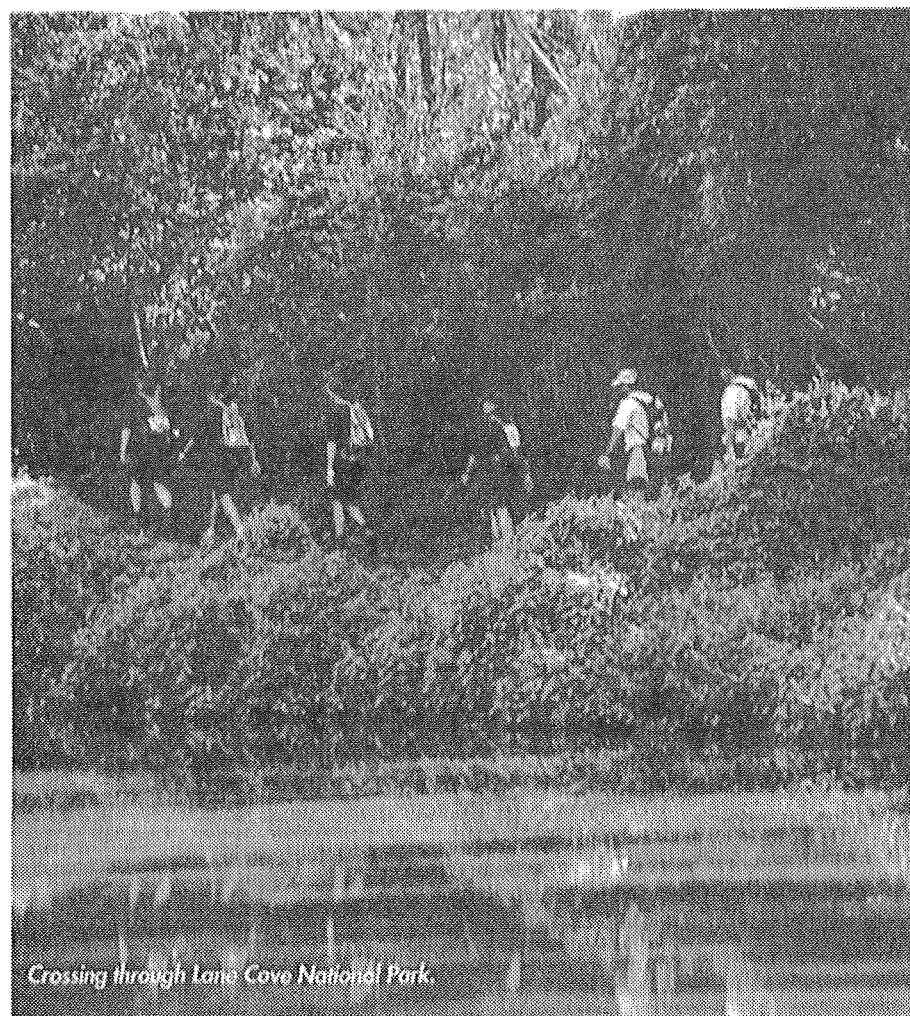
Keep up the good work
Shiela Hunter

OXFAM TRAILWALKER SYDNEY 2001



At 10am on a clear Friday morning in May, 300 teams of four set out on Oxfam Trailwalker Sydney – aiming to run or walk through some of Sydney's most spectacular and challenging bushland along the Great North Walk. The competitors were aspiring to conquer 100 kilometres within 48 hours. Each team was required to raise at least \$1000. All in, Trailwalkers raised more than half a million dollars for Oxfam Community Aid Abroad's work with poor communities in 30 countries. All four team members have to complete the whole 100km and finish together. In 2001, 124 teams did so, while 263 teams had at least one member complete the course.

Geoff Williams, a member of the Dads and Daughters team, was competing with a broken arm. "I broke my left arm training four days before Trailwalker started," Geoff said. "I had to go ahead because we're a team." The two fathers and daughters



crossed the line together, finishing in 27 hours and 42 minutes.

The UK-based Queen's Gurkhas Signals team – winners of Oxfam Trailwalker Sydney in 1999 and 2000 – faced some serious competition this year from two other international teams: a Royal Gurkha Rifles Regiment team and the Cosmo Boys, Hong Kong Trailwalker champions.

What the Gurkhas may not have expected was the incredible performance of Australian team, GU.RU. The team included Commonwealth Games 5000m gold medallist Andrew Lloyd, and their first woman, Sue

Thompson. With just 13.5 kilometres to go, the Gurkha Signals team headed off from checkpoint nine at 10:08pm. The Cosmo Boys left for the final stretch at 10:28pm with GU.RU just five minutes behind them.

Just after midnight on Friday night, the Gurkha Signals hit the finish line, shaving six minutes off last year's record to complete the punishing course in 14 hours, 22 minutes. Second home were the Cosmo Boys in 14

hours, 52 minutes, while GU.RU crossed the line soon after, in 15 hours, 14 minutes.

The final team home, aptly named The Final Few came in on Sunday morning in 47 hours and 33 minutes. – Caroline Green

Teams		
1. Team 88 The Gurkhas	14:22:00	
2. Team 214 Cosmo Boys	14:52:00	
3. Team 212 GU.RU	15:14:00	



"OXFAM" Sydney trailwalker 100km 25/27-5-2001

A wrap up of the "Fat Ass" competitors at the Sydney Trailwalker 100km

"Sydney Striders"

Team members: Warwick Selby, Gary Leahey, Joel Mackay, David King

Despite having the most boring team name possible, and the most obvious conflict of interest (running in another team's colours), three of this team have competed in Fat Ass events - or at least one of them - before (Warwick, Gary and Dave). Finished in 18:24 in 7th place. What more can be said other than they shot off at the start and were never seen again by mere mortals.

"Bee Squad"

Team members: Annie Lytle, Paul Every, Mark Radford and Neil Every (no relation)

Annie is one of the few females to be a Fat Ass having attended one run. Desperate to enter a team, she managed to team up with 2 non-Fat Assers, and scored the catch of the year by hooking Paul Every at the last minute. Paul told them they had to run sub-22 hrs as he had to go to work on Saturday. They tussled with the F.A.R.T. team in the early stages but then left them for dead at Rosemead (40km). Went on to finish in a superb 19:25.

"Striders on the Storm"

Team members: Mike Ward, Keith White, Adrian Spragg, George Herrissson

Mike has competed in 2 Fat Ass runs, Keith and George have one apiece. Again they started in Sydney Striders colours, but as the event wore on and the clothing changed to appropriate Fat Ass Style (the more garish the better). Despite being the team everyone was out to beat, they perform well as a team and held on to finish in a very creditable 20:51.

"Pittwater Outriggers"

Team members: Rosemary King (Fat Ass reader), Toby (one time runner), Marina (Olympic Rower), Brett (surfer)

Even though this team were total rookies, and almost completely Fat Ass free, (they get a listing here as Rosemary reads the emails !), they win the award for being Best Fat Asses by doing most of the run unsupported with no crew ! To finish in 21:44 is truly great and are definitely "No Wimps". Well done indeed. (well, the 2 of them that finish at any rate). Also win the prize for highest percentage of dropdeads.

"Fat Ass Racing Team" [F.A.R.T.]

Team members: Kevin Tiller, Sean Greenhill, Jan Hermann and Nick Drayton

All except Nick are frequent Fat Assers. Expectations going into the run were to finish in 20 to 22 hrs and kick some butt (mainly the Urgent Sperm team, Sundry Sydney Striders and arch-rivals the Berowra Bush Runners. In reality, the early part of the run went well to Mt Kuringai but Kevin had flaked out by Berowra Waters, never having sighted the Berowra teams and only just glimpsing the Striders on the Storm team. Kevin kept falling asleep and running off the track. He pulled out at Berowra Waters so that the team were not unnecessarily delayed. The team continued to finish bravely in 22:29. PBs were set by Sean for longest run ever (time-wise) and Jan for both time-wise and distance-wise. Nick Drayton played mother to a sagging Kevin and Sean, whilst Jan crept from quiet back-marker to clear leader and superior strength.

"Urgent Sperm Delivery"

Team members: Dave Flimpyhead, Thomas Lenzenhofer, Allen Pearson and Chris Solarz

All runners have competed at Fat Ass runs - Dave Flimpyhead the only person to run in all events to date. They only entered Trailwalker because everyone else was talking about it so much, and expectations were to finish in typical Fat-Ass style (whatever that means). Team spirit was at a high but they had to drop youngster Chris as he twisted an ankle. They endured the event and finished true to form, some hours after everyone else had left for home ! 26:33 ! The Men !

Wilson's Prom 2001 - Official Results

10 June 2001

Number	Name	Total time 43 km	Total Time 80km	Total Time 100 km
Start				
6.05	1 Paul Ashton		12.49	
	2 Sean Greenhill		15.45	
	3 John Lindsay			
	4 David Waugh			12.20.25
	5 Nigel Aylott			12.08.57
	6 Mike Dennis		12.49	
	7 Kevin Cassidy		15.45	
	8 Richard Rossiter			14.51
	9 Damon Goerke			14.51
Start	43 km Loop			
6.05	John Lindsay	7.48		
7.1	Jarad Thurley	7.2		
7.1	Sonia Byway	7.2		
7.1	Ryan Banting	7.15		
7.1	Jodie Clark	7.15		
Start	Unofficial entrants 41 km			
8.2	Simom Gerber	5.11		
8.2	Phil	5.58		
8.2	Harriet	5.58		

Official report by Run Director, Paul Ashton

First I would like to thank the Wilson's Promontory National Park staff for the support and advice that they gave in designing the course and in assisting with the pre run briefing. Without their support the run would not have been the success that it was.

Secondly a special thanks to all the runners who participated and especially for those that travelled up from Tasmania and down from New South Wales and to those AURA members that assisted with advice to me in organising this event. You were the people that made this run and will continue to be its lifeblood.

In total there were 13 official entrants and 3 unofficial entrants, an encouraging start for an inaugural ultra being run in the middle of winter in a potentially harsh coastal environment.

Those that participated will realise how lucky we were with the weather. Sunday brought a fine but breezy day. This compared with the Saturday when the Prom had been deluged with what seemed like monsoonal rains and blasted with strong blustery winds. Campgrounds got flooded and clothes saturated. Even the Wombats were forced to find shelter and seek new clothes, one was arrested in the act of absconding with David's pack whilst my tent received special attention over two nights, one rapacious Wombat deciding to walk through the wall of my tent in search of a loaf of raisin bread and a warm sleeping bag to lay on, and then returning the next night to walk through the front door of the tent. (Walking through should be read in the literal sense). Wombats 2, tent nil. Next year I will bring an electric fence and security guard to watch the camp!!

As race director I had some concerns as to the navigational abilities of some of the runners when at Leongatha, Mike and David got lost in the car park coming out of the supermarket and at the start of the run Nigel was seen holding up a full scale map of the park and asking questions about the route, all by torchlight.

I need not have worried. All starters completed the course even if navigation did present a bit of a challenge in getting off the beaches closer to Tidal river and caused concerns to their loved ones. As we pointed out Kevin is probably one of the most experienced Ultra runners in Australia and Sean had maps and notes and food overnight equipment and Kevin - so there was no reason to worry.

The day started brilliantly with no rain and the Run Director rousting everyone out of bed at 0430, by 0605 Nigel knew where he was going having arrived a bit late for the briefing and runners set off, quickly splitting into three groups, the hard men, Nigel, David, Richard and Damon, the slow but steady group, Paul and Mike - "you're the run director I won't get lost if I stay with you" and the tired runners - Sean had just completed the Trailwalker 100, two weeks previously and John was just back from the Great Wall Marathon in China, Kevin was on the comeback trail and just wanted a good chat. The Army team doing the 43km loop had a leisurely sleep in and set off approximately one hour after the main group and were never seen again, they did complete the course, logging in at all the checkpoints, judging by their times they may have others did found that it was a tough course.

Luck was with us as we hit Sealers Cove with the tide out and we splashed across in calf deep water. Adulation was everywhere with one group of school campers commenting "Now that's what I call cross country running " when told what we were doing. - Of course we thought we were just plain bloody stupid, but it was early days yet.

Everyone was still fresh as they charged up the hills overlooking Sealers and Refuge Coves taking in some stunning coastal scenery and passing early morning campers whom marvelled at the size of our packs and brains.

Eventually the checkpoint at the Telegraph track was reached and the times told the story, the hard men were hard and continued to pull away from the chasers. Mike and I named David the Bullshit kid because he'd said that he'd run with us, as he wanted a leisurely run. Eventually he finished 5 minutes behind Nigel. David Waugh is a runner to watch. He came 5 in the Cradle run in 37 degrees in his first big ultra and second in the 100 km Prom Run. He has a great future ahead of him and can't be trusted to stay with you if you're too slow or want to take photos. This guy wants to run.

The mobile phones worked well with John Lindsay ringing in and saying that he'd sprained his ankle and was going to take the short route out (43 km) and I got cheered up with a phone call from an ex girl friend in London and one from my loving partner, ringing to see how I was going. The timing was great as Mike and I strode up the big hill past Half way hut. Up, up, up and up.

After some easy running we got to the point where everyone must have cursed the Run Director, the hills to the lighthouse, so steep you could almost crawl and when you stood up it was only to be blasted by bitter Antarctic winds.

And so we struggled on. Desperate to get to the beaches before nightfall Mike and I popped neurofen to dull the pain in our legs and keep us going. Hitting the beach at Oberon we were tempted to stop and indulge in some Carbo loaded beer that a group of campers had offered us but we knew that drinking and running, if you can call what we were doing at this point, didn't mix. We pressed on and exited the beach off a cleverly hidden track just before nightfall. Walking along under the stars with the crash of the waves on the rocks below was an extraordinary experience and from feedback was I believe one of the highlights of the run.

We surged into camp to be greeted by Nigel and David who'd finished the 100 km loop about 1/2 an hour earlier and a worried mother and girlfriend seeking news of their runners. Advising Sean's mum that he was OK brought some relief to her concerns, however Kevin's partner was not so reassured. Accordingly David, who'd just finished the 100 km agreed to walk back towards Oberon Beach with a spare torch, food and clothes. An hour later the phone call came in to say that everyone was OK, and the supporters took off across the beach. David later reported that Sean had asked "did Paul send you" to receive the reply "No Paul and the guys weren't worried they knew you could look after yourselves", "It wasn't my Mum was it" queried Sean, who received a reassuring smile in reply at which time his jaw was seen to drop. (New rule for next year - wives, girlfriends, mothers not allowed).

All was well Richard and Damon came in 41/2 hours after starting the 22 km second loop and couldn't stop waxing lyrically about a run that had everything, bush, views, beaches, stars, roads. They loved it.

Till next year, tell your friends and together with the support of the Parks team at Wilson's Promontory we will bring an even better series of runs.

For 2002 I would like to have a number of loops ranging from 43, 60, 70, and 100 km but more of that later.

Again thanks to all those that made the run possible and to all the runners for exercising, safety, common sense and curtesy along the track

WILSON'S PROMONTORY 100KM 10th June 2001

by Kevin Cassidy

It was a vision of Paul Ashton's to organise a 100km run around one of the worlds most spectacular national parks at Wilson's Promontory, the southern most point of mainland Australia. Following in the traditions of the Fat Ass runs, it was very much a no aid, no prizes, look after yourself affair.

Wilson's Promontory has been a popular tourist destination for years and has attracted many training camps for athletes for as long as I can remember, however, the Prom 100 was to be the first ultra in the area. Paul had set up a course from the Tidal River camping ground that consisted of a large figure of eight course of 78.9km followed by a 22km loop in the northern parts of the Prom.

It is now 13 days since the race and a few stories have already hit the e-mails but I can finally tell my story now that some x-rays have confirmed that I ran this event with a broken rib.

I was all packed and looking forward to the 3 1/2 hour drive from my home when a fall in the back room at home saw me land chest first onto the arm of the couch....."crack" was the sound I heard from my chest and that was basically where my Prom run was going to end. I was sitting in the grandstand at a local football game until late afternoon watching the game and nursing a sore rib when a phone call convinced me that I should at least try and start in the run because I had been looking forward to it for quite some time. In an instant, I was roaring down the highway and arrived in the late hours missing most of the race briefing.

In the darkness of a cold winter morning 9 runners set off at 6am.....I linked up at the rear with Sean Greenhill and said immediately that I may turn back soon if my ribs give me any trouble. Pretty soon, I had tailed off to last place and was suffering.....I basically trudged all the way around to about 25km thinking at all times "I should turn back, I should turn back". I had almost reached the middle intersection of the figure of eight course when I caught up to John Lindsay, John had twisted an ankle and was going to take the short cut home back up the Telegraph Track. I reached the middle intersection at 32km and signed the first column of the identification card that was hanging on the post. I was ready to turn back myself but thought "no" "I have never seen the south end of the Prom, so I will push on". I eventually caught up to Sean again near the south point and he seemed surprised to see me, "I thought you turned back" he said. Sean also told me that he had linked up briefly with Paul Ashton and told him that he thought I had turned back!!!.

My broken rib made it difficult to breath hard without pain but I linked up with Sean and we got to see South Point and all the way around to the Lighthouse.....WOW, it was so spectacular as we negotiated the difficult trails high on the cliffs that looked out over the ocean. Despite my pain, this was well and truly worth the effort.

We continued back up the east side of the prom and the trail was very difficult and rough to say the least. Having to carry all your provisions due to no aid stations added to the difficulty. Sean and I had estimated that we would be back at the 79km point at Tidal River by nightfall [6pm] but as we arrived back at the figure of eight junction for the second time in complete darkness almost 6 hours after having been there the first time, we knew that we would be a lot later than that. As I went to sign the identification card for the second time, I got a shock to see that there was

Lindsay's name on the first loop!!!!!!!!!!!!!! How could I have been so stupid???????? "I hope this hasn't caused any confusion back at the camp" I thought to myself....[I didn't know it at the time but it caused a hell of a lot of trouble, more about that later]

Sean and I now estimated that we would be back at Tidal River at 8pm and we pushed on, My ribs were hurting and my trusty old achilles tendons and back were well and truly shot to pieces and I had already decided that I would stop at Tidal River for 79km and not do the northern loop.

The fun was just starting as Sean and I continued up the beach at Oberon Bay in complete darkness picking out the silhouette of the mountains with our flashlights. The trail head at the end of the beach is on the other side of the creek and is hard to find at the best of times in daylight.....How do you think we managed in the dark????? for almost 40 minutes we climbed back and forward on the rocks and in the cold creek water trying to find the trail in the dark.....I had only ever run this section in training once before and that was in daylight in a group about 6 years ago!!! As for Sean, he had never been here before. Sean confided that had he have been on his own, he would have ended up using his EPIRB. After much frustration, I started climbing up the rock face and through the scrub until I found a trail [I just knew it was up there somewhere!!].....I called out to Sean and he followed me up the rock face. Feeling relieved but tired, we were now about 7km from Tidal River but still 2 hours at our current pace!!! "We just stick on the trail and we will make it", I said to Sean.....Wrong, I had forgotten that we still had to cross Little Oberon Bay!!!! Yes, indeed, it was the same story....."Where the hell was the bloody trail"????????? we trudged up and down the beach and climbed all around the rocks but could not find a trail. Eventually, in the darkness, I could smell something burning. We climbed up a large and steep sand hill to a camp fire looking for help and guidance. Unfortunately, camping is not permitted here and the camper must have thought the two flashlights heading up the hill belonged to Rangers so he took off and hid in the bush!!! We called out for help but he wasn't going to show his face!! We returned to the bottom of the sand hill and kept searching.....Once again, in frustration, I just started climbing with all fours through the scrub until once again, I found a trail. Sean followed and we were now only 3-4km away and it was marked trail all the way home. We eventually staggered into Tidal River at 9.50pm for a 50 mile time of 15:45 !!!!!!! Sean was reluctant to go on to do the northern loop on his own after our experiences in losing the trail and he also stopped here.

It was only now that I learnt of the consequences of my stupid mistake of an incorrect card signing some 10 hours earlier. Nigel Aylott [100km winner in 12:07] ran through Tidal River at about 3.30 pm and said "Kevin hasn't signed in the first time". I had said before the start that I may turn back early because of my broken rib so for the next 6 hours my good friend Sandra and Sean's mum were in panic mode. Paul Ashton arrived back at Tidal River not long after dark and was also sure that I had turned back after what Sean had told him earlier when they linked up briefly on the bottom end of the course. Mass panic was averted somewhat when a call to John Lindsay's mobile phone [John was driving back home at this stage] confirmed that someone other than him had signed next to his name on the identification card. However, the rangers had already been notified and I had officially been listed as missing on the first section of the course for most of that day. With the first part of the course being heavily inhabited by bushwalkers and rangers, it was assumed that I had gone over a cliff and was out of sight!!! A search party was being organised and was within 10 minutes of setting out when Sean and I arrived back at Tidal River!!!!!!

Yes indeed, it had been an eventful day. The Prom course is very difficult indeed, the trails are rough and the constant ups and downs are very draining, water is available on the course but all other needs must be carried with you. It is a tough days work but if you want to see the spectacular forests, remote pristine beaches and incredible views out over the ocean then the Prom run is a must

The Prom 100 will be on again next year with some possible shorter options

WEST HIGHLAND WAY 95 MILES.....SCOTLAND 24/25-6-2001

Name	Club/Location	Time
1 Maier Michael	Germany	17:33:32
2 Kearn Dick	Compton	18:09:52
3 Wallace Dave	Harmony/Balerno	19:58:44
3 Davidson Brian	Citadel/Plymouth	19:58:44
5 Gayter Sharon	Cleveland	21:10:13
6 Van Belle Jean-Paul	RSA	21:12:48
7 Douglas Allan	East Kilbride	21:22:42
8 McEwan Murdo	Carnethy	21:31:28
9 Stott Adrian	Sri Chimnoy/Edinburgh	21:56:07
10 Endels Marc	Belgium	23:11:40
11 Kay Alan	Dundee Roadrunners	23:17:45
12 Lucas John	100k Assoc/Surrey	23:28:38
13 Smith Donald	Westerlands	23:42:52
14 Rogers Timothy	Kenley	23:46:18
15 Anderson Laurie	Fife AC	23:48:40
16 Cadger Carol	PSH/Perth	24:17:22
17 Hurley John	TRA/Jersey	24:30:24
17 Moran Paschal	Gains Morton Striders	24:30:24
19 Brawner Caroline	RSA	24:38:21

20 Beattie Ian	Troon Tortoises	24:50:31
21 Stark Bob	Menstrie	25:28:50
22 Walker Pauline	Carnegie/Rosyth	25:53:26
23 Drummond Jim	Doune/Central	25:57:41
24 Wilson Irene	Strathaven	26:00:10
25 Boyce Stephen	East Kilbride	26:39:50
25 Shaw Richard	Ans'er Haddie	26:39:50
27 Howes Tony	Australia	27:07:07
27 Briggs Mike	Carnegie	27:07:07
29 Kuz Lynne	Carnegie/Dunfermline	27:45:35
30 Stewart John	Lochaber/Fort William	28:23:52
31 Maxwell Adam	Dumbarton	29:07:01
31 Haig Graeme	Lasswade	29:07:01
33 Jenkins Robert	Telford	29:23:30
34 Hensler Kelly	HELP/Haddington	32:27:45
35 Cairns Steve	Glasgow	32:52:51
36 Stevenson Jim	Tranent	32:56:00
36 Murphy Craig	Carlisle	32:56:00
38 McCuaig Ian	Newark	32:59:00

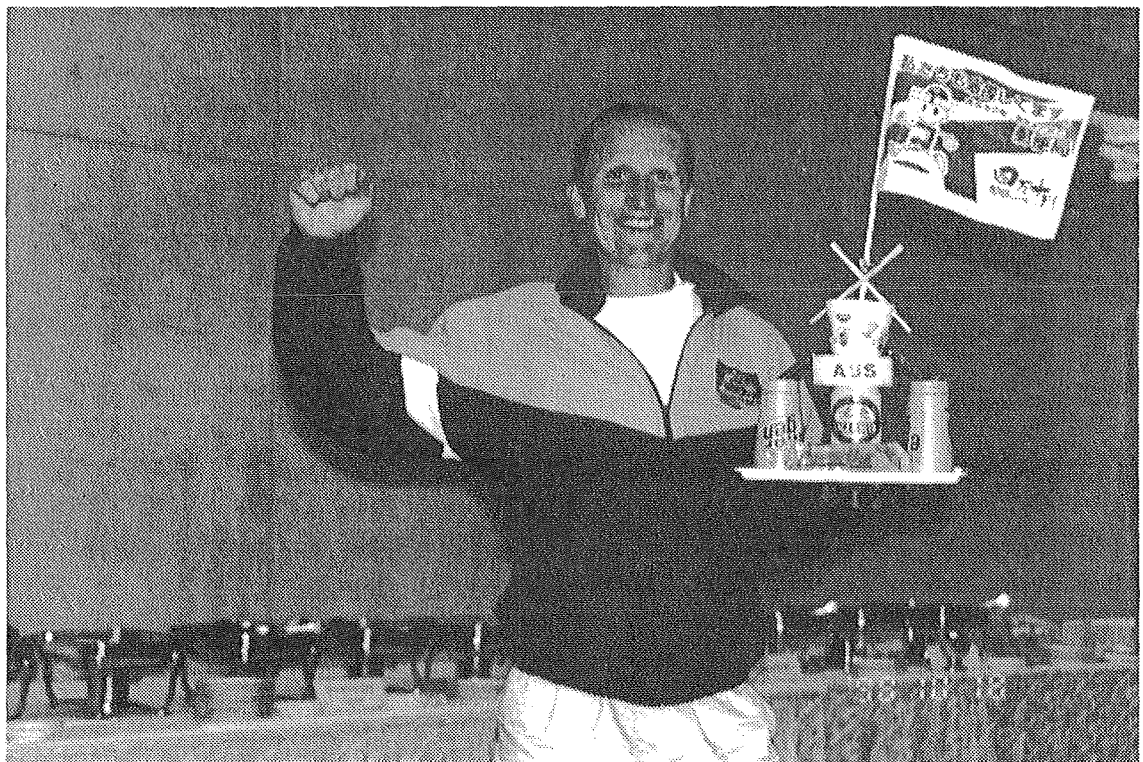
Australians at the 2001 Comrades

Runner	Club	Finish Time	Finish Position
DON WALLACE (1902)	?	05:47:18	15
TIM SLOAN (36161)	?	06:08:29	48
SANDY BURT (18179)	West Aust Marathon Club	08:02:06	1257
RODNEY LONG (21055)	?	08:33:42	2086
SEAN MURRAY (24278)	West Aust Marathon Club	08:36:07	2169
JOHN DAVIES (9123)	West Aust Marathon Club	08:39:32	2309
GWYNFOR BOWEN (9440)	?	08:40:12	2335
THOMAS CUNNINGHAM (49615)	?	08:53:20	2924
STEVEN SCHALIT (3207)	West Aust Marathon Club	09:03:02	3297
JANE THOMPSON (49251)	West Aust Marathon Club	09:13:26	3538
PHILIP WEBB (21040)	West Aust Marathon Club	09:21:38	3800

IAN FINLAY (4534)	West Aust Marathon Club	09:27:57	4036
TRACY STRAIN (21778)	?	09:42:32	4640
RICHARD RUSSELL (7642)	West Aust Marathon Club	09:52:09	5167
ANDREW DIX (22449)	West Aust Marathon Club	09:52:09	5168
DIANA BALL (49067)	West Aust Marathon Club	09:52:09	5169
PAULA RYAN (22271)	?	09:54:10	5322
KATHLEEN BURT (18178)	West Aust Marathon Club	09:54:57	5360
RAINER NEUMANN (9023)	?	10:12:27	6244
JENNY STAIB (21775)	?	10:12:27	6245
STEPHANY HOWARD (23868)	?	10:17:46	6577
STEPHEN DUNN (21808)	?	10:19:30	6729

STEPHEN BRUGGEMAN (21044)	?	10:19:46	6742
MICHELLE MCGRATH (24583)	West Aust Marathon Club	10:20:58	6806
CAROLYN CRAMB (44834)	West Aust Marathon Club	10:25:38	7149
DAVID COOKE (48468)	West Aust Marathon Club	10:29:30	7436
JON WHELAN (18173)	?	10:30:13	7490
ALFRED FIELD (301)	Sydney Striders	10:32:16	7643
GERALD WHITING (22273)	?	10:34:21	7802
KEVIN IRELAND (48842)	West Aust Marathon Club	10:34:31	7826
BARRY KENYON (48752)	?	10:34:33	7828
DIRK LIVERSAGE (382)	?	10:42:15	8595
NICHOLAS BUCKWORTH (48655)	?	10:43:51	8792

MARTIN EDWARDS (22826)	?	10:49:57	9630
ANNE POWELL (22534)	?	10:50:03	9652
SUSAN BRYANT (48841)	?	10:50:59	9776
SAUL BAKAITIS (48647)	?		
RICHARD BARTLETT (7205)	Sydney Striders		
GERARD DE SENNEVILLE (37421)	West Aust Marathon Club		
ANNE CRAWFORD-NUTT (9832)	?		
FRANZ WANDERER (4695)	?		
WILLIAM SINGER (14956)	West Aust Marathon Club		
KEITH SLOANE (21816)	?		
DAVID JENKINS (4702)	?		
ANDREW MOORE (22414)	?		
CHRISTOPHER MUNDAY (20227)	?		
PETER ANDERSON (12563)	?		



Tim Sloan looks happy to have been the second Aussie finisher at the Comrades Marathon in South Africa

Place	First name	Surname	Time	Sex				
1	David	CRINITI	3:12:52	M	6	John	HARGREAVES	4:06:34 M
2	Peter	GOONPAN	3:30:52	M	7	Bill	HUCKER	4:06:36 M
3	Michael	CORLIS	3:31:42	M	8	Ludwig	HERPICH	4:10:22 M
4	Alan	WATSON	3:42:38	M	9	Laima	WAYNE	4:18:57 F
5	Kelvin	MARSHALL	4:00:50	M	10	Franz	WANDERER	5:09:12 M
					11	Nick	DRAYTON	5:22:16 M

Report by David Criniti

Track runs have their advantages. You're never more than 400m from food, drink, toilets, showers, and support. You can gauge your speed accurately, and you can enjoy the company of your competitors throughout the race, whether you are many kilometres in front or behind them.

I suppose, from that point of view, the disadvantage to a point-to-point ultra is the fact that you don't get to share as much time with your competitors, which is why I can't commentate on the performances of the rest of the field in the Shoalhaven Ultra marathon as accurately as I could in my article on the Australian 48 hour / Queensland 24 hour championships.

Nevertheless, all who I did speak to seemed to enjoy the race, even if it was a little on the chilly side as we waited for the starters gun (I suppose the cool air is to be expected on a winter's morning on the South Coast of NSW).

We were soon warming up however, as we got on our way, with Peter Goonpan, Michael Corlis & Alan Watson leading the way, and myself and Kelvin Marshall rounding out the top-five spots.

It stayed that way for the first seven or eight kilometres, with the three leaders gradually pulling away from Kelvin and myself along the quiet bitumen roads in the bushy surrounds. The friendly volunteers and locals encouraged us, which always helps to take the thoughts away from any soreness (for a while anyway).

After about 10km, I gradually began to pull away from Kelvin, who, possibly on account of having run a sub-three hour marathon the week before, was not having a good run by his high standards. The road soon turned to dirt, which made the impact on the feet a little easier, and the mountain views kept the scenery interesting as the run progressed.

After about 15km, with Peter, Michael and Alan still out of sight, I began to wonder whether I had let them get too much ground early on in the race. Just as I had resigned myself to fourth place, however, I rounded a bend at the bottom of a hill and crossed the river via a set of conveniently placed stepping-stones to find the three front runners labouring up the next hill not far ahead.

The Shoalhaven Ultra marathon shares part of its course with the famous King of the Mountain 32km fun run, which deviates at about the 20km mark. The race director had assured me that the ultra runners get it easier, because we 'go around' the mountain, as opposed to the King of the Mountain runners, who have to go 'over the top'.

I was thankful for this as I approached the 20km mark, in second place, as I was beginning to feel that I'd be happy never to see another hill again. Thankfully we were over the worst of them, and as I emerged from the bush onto the long road to the finish line, a few kilometres later, I was pleased to see a nice downhill stretch in front of me. By this time I had passed Peter and was feeling relatively comfortable.

With 30-odd km out of the way, and signs every kilometre by which I could judge my pace, I realised that my first sub-three hour marathon could be a reality, and I upped the ante for the next few kilometres before passing the marathon point around 2:57.

The next 4 kilometres passed soon enough, especially the last, which was run up the main street of Kangaroo Valley, which is a lovely, quiet town, towards the finish line at the showground.

Upon arriving I looked for my parents everywhere to no avail. Unfortunately, I had no one to blame but myself, after telling them I'd probably take about 4 hours, thinking the course would be more hilly than it was (although it was hilly enough). Soon after finishing I was to again appreciate how cold the day really was, although the complementary cuppa, which all competitors receive, certainly helped.

I managed to catch up with Peter and Kelvin after the race, both previously winners of this race, neither of whom had had one of their better days. When you've run as many ultras as Kelvin has, you have to have a couple not-so-good days. Good luck for your 100th ultra Kelvin, if you haven't already done it by the time this goes to print!

Overall, it was a good day out and one that I'll look forward to in future years, although I'll be sure to tell me parents to get to the finish with my warm clothes a bit earlier in future.

5th Annual

SRI CHINMOY 24 HOUR TRACK RACE CARNIVAL 2001,

Incorporating the New Zealand 24-Hour Championship

Sovereign Stadium – Auckland, N.Z.

9:00 am Saturday to 9:00 am Sunday 7/ 8 July 2001

By Simahin Pierce

Weather: Saturday ----- Cloudy and breezy

Night ----- Chilly and still

Sunday - Cloudy/ rain last half hour

Temperature ----- 8 - 13°C

- ❖ **VESA MURTO VICTORIOUS IN 196 KM RUN OF HIS LIFE!**
- ❖ **AUSTRALASIAN RACE WALKING RECORDS BY CANBERRA'S CAROL BAIRD!**
- ❖ **MARK BRIGHT RUNS NZ 50 KM TRACK BEST IN 6-HOUR RACE TRIUMPH!**
- ❖ **MAUREEN METCALF BECOMES 1st NZ WOMAN TO WALK 100 MILES IN A DAY!**
- ❖ **6 OVERSEAS WALKERS QUALIFY FOR KIWI CENTURION CLUB!**
- ❖ **12/ 6-HOUR WINS TO GARY REGTIEN, SUZI POTRATZ AND CAROLYNN TASSIE!**
- ❖ **RECORD FIELD IN 24-HOUR RACE!**

The year 2001 Sri Chinmoy 24-Hour Track Race Carnival kept us busy with 27 participants plus 2 teams in the 24-Hour, 7 entrants in the 12-Hour and 8 competitors in the 6-Hour. By 11:00am Saturday there were 44 ultra athletes moving around the track including 10 visiting race walkers from 5 different national backgrounds striving for the NZ Race Walking Club Centurion medals.

The Carnival was held in almost ideal conditions with the cloud cover providing a pleasant canopy and a not too cold night by Auckland July standards. The row of national flags beside the track, representing the 7 countries of the participating athletes, created a universal "Olympic" feeling as they fluttered in the breeze.

The Sri Chinmoy 24-Hour Race had returning Champions Gavin Smith (220-km personal best) and Margaret Hazelwood (205-km) joined by local, national and overseas challengers. In the men's race Shaun Cooper - Lake Taupo 153-km winner in 13:24, Geoff Tranter U.K (207-km race walking best), 2000 runner up Albie Jane from Stratford (187-km) and Christchurch's Vesa Murto (Lake Taupo 100-miler in 19:30) were contenders. Also to watch were Holland's Gerrit de Jong (100-mile time of 19:43) and 1999 runner up Peter Bloore of Rotorua (175-km).

In the Women's 24-Hour Race, Australian race walking champion Carol Baird (175-km) and top British walkers Jill Green U.K. (45 time finisher of the 100-mile event) along with her good friend Susan Clements (100-mile best of 23:13) would also be challengers.

The Sri Chinmoy 12-Hour Race would feature NZ masters champion Gary Regtien doing battle with Colorado USA's, Suzi Potratz. In the Sri Chinmoy 6-Hour Race Waiheke Island's Mark Bright would be burning around doing sub 90 second laps' in a quest for the Kiwi 50-km track record of 3:14:56. The 24-Hour Teams Relay had "Returning Runners" and "Willing Walkers", led by Roger Levie and Jacqui Jones and they would be looking to transcend the distances they covered in the 2000 race.

During the first 100-km of the 24-hour race a purposeful and steady running Shaun Cooper (9:01) led from Vesa Murto (9:40) followed by Barnaby McBryde (10:52), Albie Jane (11:06) and Peter Bloore (12:24). Behind the leading runners were some very disciplined and focused race walkers led by Parminder Singh Bhatti, U.K./ India (12:44), Herbert Neubacher, Germany (12:51), Geoff Tranter, U.K. (13:44), Graham Cleal, Orewa (13:57) and Gerald Manderson, Palmerston North (14:05). Returning 1998 and 2000 champion Gavin Smith, hampered by sore shins, was gallantly clocking up the kilometers at a reduced pace.

Year 2000 women's champion Margaret Hazelwood passed 100-km in 11:19 and had a handy lead over a pack of race walkers. These were led by Australia's cheerful and crisp striding Carol Baird (12:37), followed by equally cheerful Jill Green U.K. (13:18), Susan Clements U.K. (13:27), and the ever transcending Maureen Metcalfe, Hamilton (14:30).

The Sri Chinmoy 12-Hour Race saw an absorbing dual between Gary Regtien and Suzi Potratz. Gary, running at age 65-69 100-km world record pace reached 50-km in 4:28 followed by Suzi in 4:40, 11 times Ironman Finisher Pam Dickson, Rotorua (4:59), and Dianne Kowalewski, Stratford (5:19). Suzi led through 100-miles - 6:15 to Gary's 6:20. Gary held a slender 2 minute lead at 50-miles which he gradually consolidated to finish in 1st place with a fine 108.916-km. Suzi completed an excellent 107.841-km to win the women's race followed in 2nd place by Dianne with a gritty 90.600-km. James Reed, 66 also from Stratford walked an impressive 83.857-km.

Mark Bright dominated the Sri Chinmoy 6-Hour Race with a scintillating New Zealand 50-km track record of 3:12:12. Running like a fine tuned greyhound he raced around the track in 1:20's and 1:30's to take 2:44 off the previous record. After a 90 minute recovery break he cruised another 14-km to achieve a final distance of 64.000-km. Robert Hulubicki was 2nd with 59.932-km. 1997 Sri Chinmoy 24-Hour winner Carolyn Tassie was 1st women with a steady 60.451-km followed in 2nd place by promising race walker Breige Rendell from Napier with 47.765-km, and in 3rd place by Shirley Barber (45.410-km). Beverley Horton, 66 from Auckland walked an excellent 42.149-km.

On to the chill of the night Vesa ran, shuffled, walked - doing what ever it took to keep moving. He passed 100-miles in a personal best 17:05 and was having his best race as he moved into new territory. Vesa continued on to win the 2001 24-hour championship with a fine 196.400-km. Shaun feeling a little hypothermic took several long breaks and started walking towards the 100-mile mark, which he reached in 19:30. Barney, moving well, passed 150-km in 18:51 before a knee strain slowed him and he started limping onwards around the track.

Race walkers Parminder, Herbert and Geoff showed their buoyant spirits, commitment and experience as they steamed passed 100-miles in 21:18, 22:18 and 23:04 respectively to join the NZ Centurions Club. Runners Peter and Barney followed through in 23:05 and 23:12. Peter continuing on to finish 2nd with 168.757-km followed by Geoff in 3rd place with 167.248-km. Graham Cleal walked a personal best 154.414-km to win the 60-69 category while evergreen 74 year old Colin Clifton from Tauranga covered an inspiring 126.556-km to win the 70+ age group trophy.

Margaret had a tough time during the night and after several long breaks was unable to continue. Carol showed her race walking talent, resolve and positive attitude as she strode through an Australasian record 100-mile split of 20:55 to win the women's championship and established a new Australasian 24-hour walking record of 176.728-km. Jill, who along with Herbert, achieved her 5th national Centurion Club qualification, reached 100-miles in 22:18 and ended up in 3rd place with 162.400-km. Susan also qualified as a Kiwi Centurion, passing 100-miles in a personal best 23:00, and proceeded on to finish 2nd with 165.200-km. Maureen, inspired by what was happening around her, unleashed her considerable potential and powered through the second half of the race to become the 1st Kiwi woman to walk 100-miles in a day.

The 24-hour team "Returning Runners" led by Roger Levie (50.800-km) and Greg Argent (50.596-km) transcended their year 2000 tally by 20-km to achieve an excellent 281.396-km final distance. Their "Willing Walkers" team of friends headed by Jacqui Jones (38.000-km) also improved - adding 14-km to last year's total to finish with 167.709-km.

At the awards ceremony Sandy Barwick and Gary Regtien presented the Sandy Barwick and Richard Tout 24-Hour Perpetual Trophies to 2001 champions Carol and Vesa while Dudley Harris and Ross Pilkington presented medals to the 7 new Kiwi Centurions.

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Sri Chinmoy 24 Hour Track Race Carnival

Sovereign Stadium - Auckland New Zealand - 7/ 8 July 2001

Results Sheet 1



Sri Chinmoy 24 Hour Race ----- Men		Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km
Name, Age -----	Address										
Vesa Murto, 53 -----	Christchurch	1	03:57:33	04:32:32	04:43:33	06:09:44	07:46:13	09:40:56	15:36:24	17:02:52	196.400
Peter Bloore, 52 -----	Rotorua	2	04:16:51	04:58:31	05:10:34	07:03:33	09:25:21	12:24:33	21:31:59	23:05:29	168.757
Geoff Tranter, 53 -----	Rowley Regis/ U.K	3	05:26:18	06:14:28	06:28:00	08:27:01	10:47:41	13:44:20	21:31:42	23:04:37	167.248
Barnaby McBryde, 36 -----	Auckland	4	04:10:13	04:48:53	04:58:59	06:36:38	08:26:18	10:52:35	18:51:51	23:12:12	164.712
Herbert Neubacher, 48 - Aachen/ Germany		5	05:02:59	05:47:40	05:59:44	08:05:45	10:04:31	12:51:01	20:35:06	22:18:08	162.400
Shaun Cooper, 35 -----	Auckland	5	03:36:55	04:07:29	04:16:14	05:36:04	07:04:38	09:01:26	16:36:25	19:30:26	162.400
Parminder Singh Bhatti, 45 -----	U.K./ India	7	05:15:59	06:02:50	06:15:21	08:02:53	10:04:50	12:44:00	19:50:45	21:18:58	161.200
Graham Cleal, 60 -----	Orewa	8	05:43:10	06:34:13	06:48:28	08:51:39	11:11:42	13:57:43	23:13:47		154.414
Gerald Manderson, 57 --	Palmerston North	9	05:28:45	06:22:05	06:36:45	08:39:52	11:02:41	14:05:10			146.400
John Fenton, 58 -----	Halesowen U.K.	10	06:08:07	07:04:25	07:20:54	09:45:51	12:38:24	15:59:07			144.855
Gavin Smith, 48 -----	Tauranga	11	04:10:40	04:45:09	04:55:50	06:42:51	17:08:48	19:15:57			130.407
Colin Clifton, 74 -----	Tauranga	12	06:18:11	07:14:05	07:30:09	10:13:10	12:50:22	16:50:44			126.556
David Fall, 56 -----	Birmingham/ U.K.	13	05:35:38	06:25:40	06:40:11	08:43:31	11:09:30	14:48:41			122.800
Julian Barnet, 39 -----	Birmingham/ U.K.	14	06:14:14	07:15:10	07:34:59	10:23:14	14:10:59	20:04:35			113.218
Albie Jane, 48 -----	Stratford	15	04:15:32	04:49:23	04:59:32	06:26:08	08:24:08	11:06:50			112.800
Keith Still, 49 -----	Tauranga	16	05:39:21	06:27:44	06:41:33	08:47:22	11:29:38	15:01:07			100.000
Scott Whitley, 31 -----	Auckland	16	04:34:40	05:19:27	05:28:00	07:24:57	09:32:44	13:02:43			100.000
Chris Metcalfe, 53 -----	Hamilton	16	06:23:33	07:19:15	07:33:50	09:42:08	12:17:43	15:42:58			100.000
Jack Tegurtha, 64 -----	Hastings	19	07:24:30	08:21:44	10:42:48	17:03:51	20:46:40				96.465
Gerrit de Jong, 59 - Schoonhoven/ Holland		20	05:43:00	06:33:22	06:48:02	08:57:32	11:27:16				80.467

Sri Chinmoy 24 Hour Race - Women		Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km
Name, Age -----	Address										
Carol Baird, 52 -----	Canberra/ Australia	1	05:05:29	05:50:47	06:03:33	07:52:38	09:55:25	12:37:50	19:29:48	20:55:46	176.728
Susan Clements, 47 -----	Cambridge/ U.K.	2	05:24:14	06:12:52	06:26:01	08:20:49	10:35:31	13:27:25	21:17:20	23:00:05	165.200
Jill Green, 59 -----	Isle of Wight/ U.K.	3	05:19:58	06:07:39	06:21:28	08:17:40	10:31:50	13:18:23	20:42:18	22:18:08	162.400
Maureen Metcalfe, 49 -----	Hamilton	4	05:53:14	06:50:42	07:08:07	09:09:07	11:27:06	14:30:58	22:12:30	23:47:08	162.198
Margaret Hazelwood, 51 -----	Picton	5	04:23:02	05:02:59	05:13:58	06:53:39	08:54:50	11:19:43			125.200
Linda Law, 50 -----	Orewa	6	05:46:55	06:33:03	06:46:59	09:02:25	12:24:12	20:39:50			118.136
Dianne File, 55 -----	Auckland	7	05:20:47	06:33:36	06:56:54	11:13:24					77.200



Sri Chinmoy 24 Hour Track Race Carnival

Sovereign Stadium - Auckland New Zealand - 7/ 8 July 2001

Results Sheet 2



Sri Chinmoy 12 Hour Race ---- Men											
Name, Age ----- Address	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km	
Gary Regtein, 65 ----- Auckland	1	03:42:33	04:18:47	04:28:47	06:20:12	08:08:16	10:32:31			108.916	
James Reed, 66 ----- Stratford	2	06:01:27	06:51:12	07:05:19	09:12:10	11:32:32				83.857	
Sri Chinmoy 12 Hour Race - Women											
Name, Age ----- Address	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km	
Suzi Potratz, 37 - Auckland/ Colorado USA	1	03:57:25	04:30:20	04:40:39	06:15:17	08:10:46	10:44:02			107.841	
Dianne Kowalewski, 44 ----- Stratford	2	04:23:20	05:08:18	05:19:46	07:16:47	09:57:44				90.600	
Pam Dickson, 47 ----- Rotorua	3	04:06:53	04:46:52	04:59:04						58.400	
Hillary Boyd, 35 ----- Auckland	4	10:46:09								46.594	
Jennifer Wagstaff, 34 ----- Auckland	5	11:21:27								44.195	

Sri Chinmoy 6 Hour Race ----- Men											
Name, Age ----- Address	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km	
Mark Bright, 37 ----- Waiheke Island	1	02:39:48	03:04:03	03:12:12						64.000	
Robert Holubicki, 35 ----- Auckland	2	03:59:10	04:39:59	04:50:12						59.932	
Michael Law, 51 ----- Orewa	3									29.245	
Sri Chinmoy 6 Hour Race --- Women											
Name, Age ----- Address	Place	Marathon	30 mile	50 km	40 mile	50 mile	100 km	150 km	100 mile	Total km	
Carolynn Tassie, 39 ----- Auckland	1	04:00:19	04:38:45	04:54:54						60.451	
Breige Rendell, 44 ----- Napier	2	05:18:07								47.765	
Shirley Barber, 55 ----- Auckland	3	05:34:46								45.410	
Anne Winter, 50 ----- Stratford	4	05:58:13								42.403	
Beverley Horton, 66 ----- Auckland	5									42.149	



Runners toe the start line at the Sri Chinmoy 24 Hour Track Race in Auckland N.Z.



Carol Baird [above] strides out
During the 24 hour event
[Left] Carol looks very satisfied
as she shows off her trophies

"THE BRIBIE ISLAND CLASSIC"

AUST. 48HR & QLD 24HR TRACK C/SHIPS.

RESULTS 48Hr

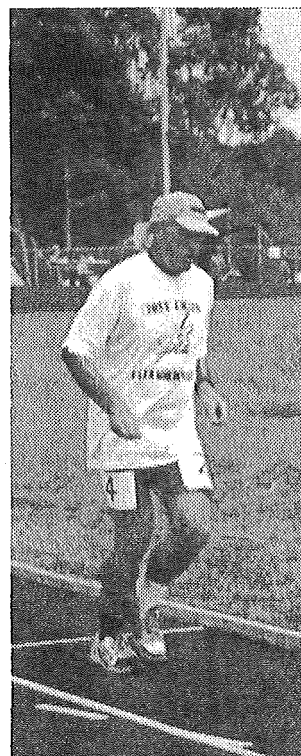
John Harris	221.68k
Kerrie Hall	204.405k
David Criniti	102.4k [DNF]
Tony Collins	102k [DNF]

RESULTS 24Hr

Graeme Watts	178.667k	[PB]
Lindsay Phillips	164.042	
Geoff Hain	162.337k	
Brian Evens	115.758k	
Julie Schrag	106.086k	[PB]
Jodie Watts	61.24k	
John Fowler	75k	[DNF]
Adam Barron ---	Training Run	



David
Criniti



Tony
Collins

By Geoffrey Williams, Race Director.

Five minutes to the start, was my announcement over the PA, on Friday 20th July 2001. This was to be my first attempt at race directing an event of this stature, and another first for Bribie Island. Four competitors fronted the start line. Two from Sydney, Tony Collins & David Criniti, with John Harris from Brisbane & Kerrie Hall of Caboolture. The weather was sunny and pleasant. The start was delayed a few moments for Dave, having to answer a quick nature call in the nearby toilets. Ready, teddy, go, they were on their way in the 48hour event.

A good steady pace was maintained by both Tony & Dave, while Kerrie being the only women just had to be there at the finish. John, walking the event was guaranteed a place just by finishing. The laps and time ticked away

without any problems. Tony made one comment about the grass being too spongy, in that it extracted some energy from his legs. Other than that, all was going well with the competitors. Until 12 hours into the event, Tony, having covered 255 laps [102k] came to me telling of an old leg injury returning. He stated the pain was so severe he believed he would be unable to return to the track at all, even with the time off used to his advantage. Tony, now walking with some difficulty, packed some goodies from his tent and took his wife and daughter back to their motel. We now, were down to three competitors, but only for the next hour. Dave, unknowingly had been suffering with ITB trouble and wisely withdrew, preventing any further damage. Dave had clocked up one more lap than Tony. Now it was down to Kerrie and John. What did I say at the start, John just had to be there at the finish for a placing. Now he only has to finish and he is the winner, and the same for Kerrie, who looks to be finding the going a bit tough. Kerrie a well-seasoned competitor does not know the meaning of DNF. A cold night was upon us as we sat at the table marking off the laps these competitors were accumulating. The night passes, the sun rose, competitors started arriving for the 24 hour, while Kerrie and John continued circulating. John Bateman, the councillor for Bribie was invited to start this event. He made a short speech before setting the competitors on their merry way. This event attracted a good field, not as in numbers, but in competition. Graeme Watts of Nanango, 1000 mile finisher in 2000. Lindsay Phillips seasoned competitor and Westfield entrant. John Fowler of Burleigh Heads, last winner 24hr in Maryborough [been training heavily for this], Geoff Hain from Ballina, seasoned ultra and 24hr runner, never underestimate him, always there at the finish. Brian

Evens, who shares ownership in a gymnasium with his daughter at Maryborough, is a very capable & sensible runner, but has been hounded with injury for many months. Julie Schrag, local walker from Caboolture, first attempt in a 24hour, trained with John Harris and recently competed in World Vets. Sweet Jodie Watts, daughter of Graeme, brave young lady to tackle such an event. Later in the day saw the arrival of Adam Barron of Kallangur, who, along with a couple of other Australians, is travelling to Paris to represent Australia in a 100k event. Adam only came up to do about 6hrs training.

From the start, Lindsay took off, kicking his heels high he put a large number of laps on paper early. Not disturbed in now sharing the track with other competitors, John & Kerrie continued. Saturday was a repeat of Friday, weather wise, beautiful. As night fell, so did the temperature and sadly John Fowler. John spoke with his wife and family before coming to me with the sad news he was retiring injured. John was disappointed after all the hard yards put in leading up to this event, but wisdom prevailed over continuing and further injury. At this point in time, Lindsay was starting to come back to the field. Graeme, running consistently was closing the gap, while Julie, walking very strongly was showing great determination to accumulate as many laps her body would permit. Jodie was steadily walking around the track in great discomfort in both her legs and her stomach. During the night, little incentive prizes were given out. The first went to Jodie, for being the most consistent, time wise, circulating the track. Another, to the competitor closest to the clock at the change of the hour. Lindsay took that, as well as the fastest lap of 1.34mins. I gave him 2pairs of socks for his great effort. To keep the women inspired; an award went to the

fastest lap walked in the next half-hour. Julie took a pair of sock as her prize. As the night continued, so did the movement of places. Graeme was strongly holding 1st place, with Geoff Hain moving into 2nd and Lindsay even with all his early hard work slipping into 3rd, followed by Brian, Julie, and Jodie. Brian, who has not been successful in completing a number of events due to injuries, was taking this one very steady, with the finish fixed in his mind. Early morning saw a strong move by Lindsay, with that second place returning to him. Geoff always looking very smooth relaxed and upright admitted he was hurting. Graeme on the other hand continued working away at putting more laps on paper, with no sign of slowing. Sunrise, this Sunday morning showed the return to the track of all competitors, to go on and finish at 9am. A shout of relief was heard from all, when the starter's gun was fired, for the finish of the events. With their sandbags dropped, we walked the track measuring the added distance each competitor travelled, then added that onto their laps. Weary and sore each competitor returned to their tent or place of rest for some comfort from their crew person, while the placing's were finalised. Trophies and random prizes were displayed awaiting all competitors return for the presentations. After the presentations, congratulations, and commiserations were made, injury update, good buys said, then the safe return trip home.

To all competitors in both events, thank you. Without you, there would be no event. If you enjoyed it, tell your friends. If you didn't, tell me. I am open for suggestive improvements. To the interstate and far travelled competitors, thank you for taking the time and effort to come to an event you did not know of its outcome. To the locals, thank you for having the faith in me, to revive this

event. A big thanks to always there Charlie. You are a good reliable right hand man. Thanks for your involvement in this event and for being around when needed.

I wish to thank the people and companies who came on board to help make this event the success it became.

Caboolture Shire Council, 4KQ radio station, Health World [Endura], Bribie Island Recreation Club, Bribie Island Cricket Club, Ken Piva of Blue Pacific Hotel, Birch Carroll & Coyle, Caboolture RSL, Sportsco Morayfield, Schrag Real Estate, Bribie Island Apex, Bi Lo Morayfield, South East Qld Fuels Caboolture, Barry Andrews of Murray & Assoc. Surveyors, Bribie Island Sea Scouts, QURC, Pat Bradshaw, and all lapscorers. Many thanks to all for this success. See you again next year.

Report by David Criniti

Geoff Williams somehow found the time to pick up me and my one-man support team, Denis, from Brisbane airport on the eve of the Australian 48hr championships.

A few odds and ends were tied up and we went out to Bribie Island to help set up the tracks and do a few last-minute preparations before going back to Geoff's house for a nice bowl of pasta and an early night.

The event started at 9:00am on Friday, and it soon warmed up to be a nice Queensland winter's day. Tony Collins started off well, followed by myself, Kerry Hall and John Harris, who was walking his first 48hr event.

With only four of us out there, it was a pretty uneventful first few hours, but that was to change mid-afternoon when cricket training commenced in the nets. A few wild shots, a few near misses, and a few harsh words spoken, but darkness soon settled in and thoughts turned to keeping warm. Within the space of an hour, all four of us had donned new attire and were still circulating, with Tony and I approaching the 100km mark at a similar pace.

At about 95km I felt my left knee playing up, and within the space of half an hour, my race changed dramatically. It was the same injury that had put me out of last years Colac Six Day Race with a world's worst performance of 25km. At 100km I decided to eat and have an hour off to pray for a miracle.

However, this was to no avail, and when I emerged from the tent an hour later, I found I couldn't run for more than 200m without a sharp pain piercing my left knee. Little did I know that Tony was experiencing problems of his own, and we both withdrew with just over 100km to our credit.

Knocking off for the night, I woke to find Kerry and John walking steadily around the track with the 24 hr runners lining up for their test. I wished them good luck and left for the beach where I enjoyed my traditional post-ultra pig-out.

I returned just before dusk when the 24-hour runners were well and truly into their race and John and Kerry were looking forward to the three quarter mark.

Grame Watts was looking strong and was running steadily as was Geoff Hain. As darkness descended, so did the pace of Lindsay Phillips, although when Geoff Williams decided to spice things up by offering a random prize for the fastest lap before the next turnaround in just over 10 minutes, Lindsay fired up and posted the fastest lap of the event; 1.32.

Moving at an entirely different pace was Graeme's daughter Jody, who the lap scorers decided should have been given an award by virtue of the courage she showed.

I wasn't showing the same courage however, and went scampering into the relative comfort of my sleeping bag at about 3:30am, re-emerging at about 8:00 when all runners were in the finishing straight, figuratively speaking.

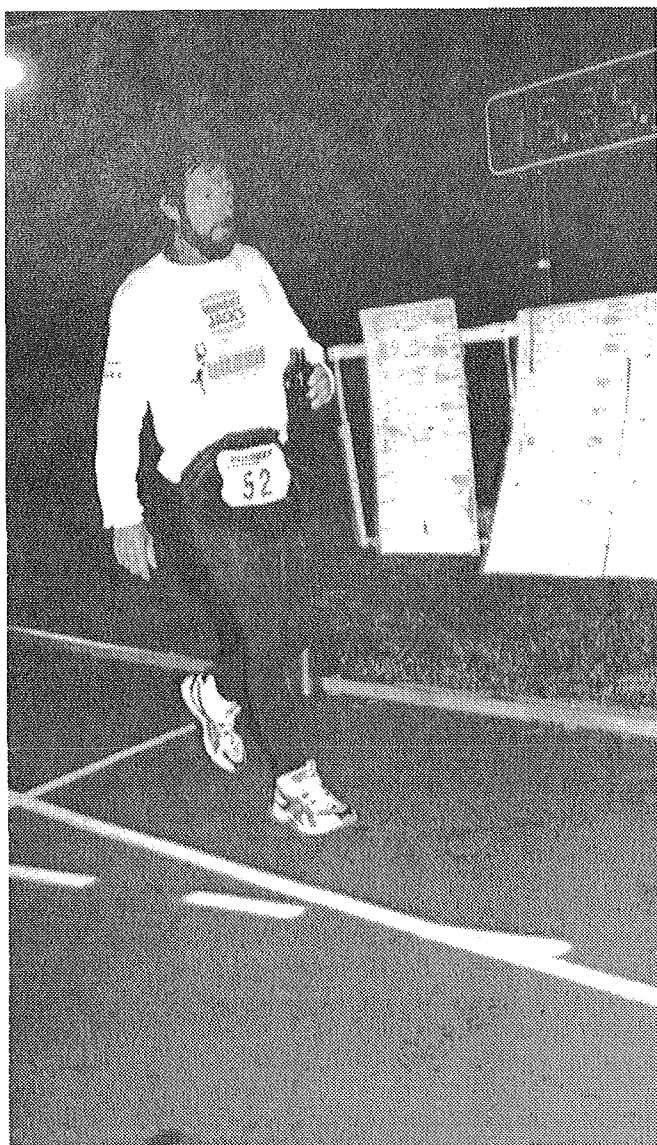
What I have come to love about ultramarathons over my short involvement in the sport, is that there are a whole lot of people out there, of distinctly different abilities, all trying their best, in the same event.

Some had performances which gave them a great deal of satisfaction, such as Grame Watts, who ran 14km further than his previous 24hr P.B., Lindsay Phillips, who grabbed second place with over 164km with just five months training under his belt, and Geoff Hain, who persevered to produce another performance over the 100 mile mark. Also pleased with their performances were the winners of the men's 48, John Harris, and the women's 24hr, Julie Schragg, both of whom were competing over their respective events for the first time.

Kerrie had mixed fortunes, winning the women's 48-hour championship in her 7th race over that period, but failing to reach her goal of 213km.

Bryan Evans and Jodie Watts had performances that were not personal bests, as did Tony Collins, and myself but were credible nonetheless. While Jodie didn't reach her target of near 70km, she kept smiling throughout, and while Bryan will not remember this as his best 24-hour performance, he certainly enjoyed listening to the radio as the Aussies thrashed the Poms at Lord's.

All in all, most people seemed to enjoy the first 24 / 48 on Bribe Island and Geoff Williams should be commended on his first solo-effort as race-director. Hopefully the event will continue to grow, and will attract more support from runners and the community, in terms of volunteers and sponsorship, in future years.



The Great Bryan Smith was a long time supporter and multiple winner of the Australian 48 hour event

Hardrock 100 Mile Endurance Run Colorado USA
Results July 13-15 2001

1	Karl Meltzer, M, 34, UT	26:39	33	Carl Jess, M, 43, NM	40:58
2	Hans Put, M, 41, NY	28:42	33	Keith Baker, M, 47, NM	40:58
3	Betsy Kalmeyer, F, 40, CO	29:58	33	Kristen Kern, M, 37, NM	40:58
4	Jan Fiala, M, 48, NM	30:05	36	Jerry Gray, M, 45, CO	41:04
5	Jonathan Worswick, M, 38, NSW	30:12	37	Steve Pero, M, 50, MA	41:14
6	Scott Gordon, M, 40, NM	30:27	38	Reinhold Baues, M, 51, OR	41:37
7	Ruth Zollinger, F, 36, UT	30:40	39	Chuck Kroeger, M, 55, CO	42:13
8	Kirk Apt, M, 39, CO	31:40	40	Edward Strickland, M, 45, CO	42:42
9	Tom Hayes, M, 51, MT	31:59	41	Nigel Finney, M, 55, MN	42:59
10	Tyler Curiel, M, 45, TX	32:41	42	Kirk Boisseree, M, 44, CA	43:05
11	Roch Horton, M, 44, CO	32:59	43	Steve Pattillo, M, 51, NM	43:11
12	Tom Garrison, M, 42, NM	33:17	44	Mike Dobies, M, 40, MI	43:15
13	Blake Wood, M, 42, NM	33:30	45	Don Platt, M, 47, CO	43:48
14	Betsy Nye, F, 37, CA	33:48	46	Murray Schart, M, 42, UT	43:48
15	Tim Cannon, M, 39, CO	34:02	47	Kevin Taverner, M, 38, CO	44:27
16	Scott Eppelman, M, 35, TX	34:39	48	Martin Miller, M, 49, MT	44:29
17	Scott Mills, M, 50, VA	35:14	49	Rickie Redland, F, 47, WY	44:34
18	John Robinson, M, 36, OR	35:28	50	Dick Curtis, M, 56, CO	44:54
19	Elizabeth McGoff, F, 41, MT	35:47	51	Matt Mahoney, M, 46, FL	45:00
20	Randy Isler, M, 44, NM	35:51	52	Eric Hodges, M, 52, CA	45:17
21	Edward Boggess, M, 43, CO	35:55	53	Marc Witkes, M, 35, CO	45:21
22	Todd Salzer, M, 27, CO	36:36	54	Margaret Heaphy, F, 46, MT	45:33
23	Dan Tranel, M, 44, IA	36:45	54	Mark Heaphy, M, 39, MT	45:33
24	Charlie Thorn, M, 55, NM	37:42	56	Leslie Trammell, F, 46, TN	45:40
25	Jeff Holdaway, M, 43, VA	37:43	57	Max Welker, M, 59, WA	45:47
26	John DeWalt, M, 65, PA	39:52	58	Ulrich Kamm, M, 54, CO	46:06
27	Thomas Knutson, M, 51, MN	39:56	59	Duane Nelson, M, 45, OR	46:21
28	Jeff Collins, M, 48, CA	40:00	59	Kerry Collings, M, 52, UT	46:21
29	Mike Farris, M, 46, MN	40:07	61	David King, M, 55, NC	46:36
30	Mike Erlich, M, 38, CO	40:35	62	Todd Burgess, M, 32, CO	46:37
31	Joe Prusaitis, M, 47, TX	40:47	63	Rollin Perry, M, 62, IA	46:54
32	Mike Price, M, 51, UT	40:51	64	Jim Ballard, M, 51, OR	46:55

TAMBORINE TREK [qld]

62km 29th JULY 2001

SOLO		SPLITS	SPLITS	SPLITS	FINISH
1	DARREN SKILLCORN	1.37.05	2.41	3.29.13	5.15.27
2	KELVIN MARSHALL	1.31.34	2.36	3.28.12	5.15.28
3	DAVID BEVERLEY	1.37.05	2.43	3.38.12	5.40.58
4	BERNADETTE ROBARDS	1.54.25	3.12	4.14.45	6.31.24
5	GEOFF LAST	2.00.42	3.22	4.38.10	7.03.01
6	PETER GIBSON	2.00.42	3.22	4.38.10	7.03.01
7	ROD LAYMAN	2.01.10	3.23	4.42.16	7.13.01
8	ROB BURNS	2.17.25	3.57	5.27.35	8.45.13
9	SHANE DENNIS	1.37.05	2.37	3.26.06	DNF
10	AILEENE MARKHAM	2.01.12	3.34		DNF
11	ROY TRELOAR	1.54.25	3.12		DNF

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THE Poor Man's Comrades



(This run is absolutely not sanctioned nor authorised by the Official Comrades Marathon)

96km - Gosford Railway Station to Sydney Opera House Steps
16th June 2001. Temps 7c to 17C.



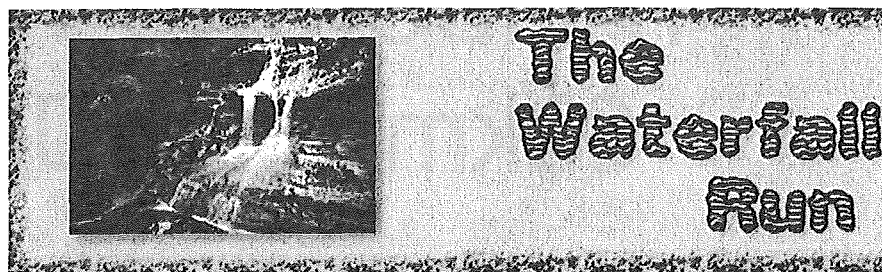
	Name	Result
1	Kieron Thompson	10:14
1=	Paul Every	10:14
3	Jan Herrman	12:01
4	Kevin Tiller	12:49

".. All in all, a good course, although hillier than I expected, good scenery, traffic not too bad, great weather, apart from the wind, and very convenient in terms of food and drink support.. "

Jan Herrman

	Name	Result
1	Goonie	4:53 [FM]
2	Cookie	5:20 [FM]
3	Colin Gowan	5:25 [FM]
4	Menai Al	5:25 [FM]
5	Elizabeth Short (Pinkie)	5:37 [FM]
6	Ludwig Herpig	5:37 [FM]
7	Glenn Hayward	5:40 [FM]
8	Thomas Lenzenhofer	5:52 [FM]
9	Max Bogenhuber	6:02 [FM]
10	Sean Greenhill	6:02 [FM]
11	Kevin Tiller	6:14 [FM]
12	Jan Hermann	6:26 [FM]
13	Bill	4:30 [PO]
14	Laima	4:30 [PO]
15	Phil Clarke	4:40 [PO]
16	Dave Fimpyhead	4:50 [PO]

*[PO] - Piker's Option - missed Burning Palms Loop (36km)
 *[FM] - Full Monty Option (45.5km)



The Royal National Park, NSW 12th May 2001
Many thanks to MAX BOGENHUBER



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45km Yowie Option

Place	Name	Age	Town	Result
1	Mike Ward	48	Balmain	5h 28min

The Cotter Winter Wonderland, held on 15th July 2001, was the first ever mid-winter run in the Brindabellas near Canberra. Race Director Martin Fryer Put on one CLASS event !

64km Yeti Option

Place	Name	Age	Town	Result
1	Kieron Thompson	37	Bowen Mountain	6h 30min
2	Thomas Lenzenhofer	27	Sydney	7h 35min
2	Jan Herrmann	38	St Ives	7h 35min
2	Paul Every	37	Turrumurra	7h 35min
5	Sean Greenhill	23	Sydney	7h 49min
6	Kevin Tiller	35	Berowra	8h 31min
6	Natalie Chan	22	Canberra	8h 31min
6	Chris Hatherly	22	Canberra	8h 31min
9	Colin Gowan	32	Curran Hill	8h 42min
10	Dave Flimpyhead	33	Sydney	9h 14min



Race Report from Dave Flimpyhead

In the history of man's constant struggle against nature, perhaps none have possessed so much gear as Thomas Lenzenhofer. Lenzi doesn't just have everything; he has several of each. This is one guy you do not want to have to buy a birthday present for. His new 4WD pulled up at my Canley Heights home on the Saturday night before the run, weighed down not so much by Kevin, Paul and Jan as by the tonnes of equipment which had been packed into the back of the vehicle. My modest cache of gear was added - I did note, however, that I was the only one taking a pillow (how could I risk having a bad-hair day for the big run!). Before we left, the guys insisted on a quick tour of Flimpy's dungeon of pain where some scenes from the Rocky movies were filmed and Paul reminded us all of the pre-eminence of the Canley Heights and Fairfield district in Fat Ass international affairs. Oh yeah, we were in the hub.

Soon we were careering down the F5 at breakneck speed, with Lenzi at the wheel. He had been spurred on by a box containing two packs of every type of Aldi biscuit at my place, which awaited him on his safe return. The prospect of consuming this veritable Noah's Ark of cookiedom was the one and only reason for his spectacular success in the run the following day.

Later that evening, while the other runners were slumming it at La Porchetta, we dined sumptuously at Le Hungry Jacques fine establishment at Marulan. We originally came to this place, on the way to Bogong this year, for the food, but we come back for the service. After dinner it was back to the road and more of Lenzi's four-wheeled daredevilry. As we drove, we discussed life, love and loss. We solved intractable global problems at will, each time disregarding it casually and moving on. We pondered the most profound questions of our time. But mostly it was Fat Ass gossip as we put the verbal slipper into anyone we could think of who wasn't in the car with us. Soon we were cruising through Canberra and out again just as quickly. Try as he might, Lenzi just couldn't run down the kangaroo that was dodging us on Brindabella Road and his brand new bullbar could do nothing more than shine menacingly in the starlight.

We set up camp by the Murrumbidgee. Paul, Jan and Lenzi had all brought tents along and I was available for the night to the highest bidder. Kevin flagrantly provoked us by positioning his bivi bag directly in front of our tents and climbing inside, even though he knew full well the tent is the only thing out there which separates us, as humans, from the animal kingdom. He looked like a giant green slug. Unfortunately, we were across the car park from the river so we couldn't pick him up and throw him in. But through the night, each of us took turns urinating on him in his bag, although he somehow managed to sleep soundly and unaware. Meanwhile, we drifted off to sleep to the sounds of some of the nation's prominent politicians engaged in a burnout comp across the way in the carpark of Cotter Pub.

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Dave Flimpyhead's report continued

The next day, Lenzi and I stood up at 5:30 and the others after this. The campground toilet block was the focal point of our pre race activities as we warmed frozen fingers and ate breakfast by the shimmering urinal. We arrived at the start line right on 7:00 to find all the other runners had arrived - a look at the results will indicate who these people were, while a look at the start line photos will show Kieron and Paul barelegged and vying for brassmonkey award honours. At this point, Kieron took me aside and suggested we toss a coin to decide which one of us should be the pacesetter and which one sweeper. Well, as you can probably tell from my finishing time, I lost the toss and Kieron gave me the job of bringing up the rear in case any runners got into difficulty. This entire decision making process took a matter of seconds, and it is unlikely Kieron even remembers it so don't ask him about it.

Just as Martin was about to get us started, the terrifying prospect of a nuclear holocaust became reality. Our suspicions that Tidbinbilla did more than track satellites was confirmed as Biohazard Man hijacked proceedings. His geiger counter sounded like a thousand morse code operators frantically sending back news from the frontline. The other runners were so frightened by their impending radioactive doom they laughed. I panicked so much the front of my shoes fell off. The nonsensical scribbles, which covered this nuclear surveyor's hazard suit, suggested a narrow escape from a frenzied horde of uranium-addled mutants. The hills had eyes.

Anyway, we all started the run and I had left my gloves in the car so my hands were freezing. But I was wearing two of Lenzi's many jackets. Kieron took off at the front and was never seen again. The steep hills forced the rest of us to walk much of the time and it took a while for everyone to begin to spread out. The scenery was great with the country plunging down to the Cotter River on the right as the fire trail snaked southwards. Kevin pointed out that Colin was now wearing the tardis as a backpack, as it now housed the enormous biohazard suit in a space smaller than a walnut shell. For a while I ran with locals and newcomers Natalie and Chris and I was acting really cool, telling them how I didn't train but just turned up and did these trail runs, how I was going to do the 3 Peaks in 48 hours, trying to be a big shot with the usual Flimpyhead spiel, and they seemed to be impressed. The Blue Lab run, in particular, seems to have bestowed a special aura upon those who crossed Solitary and I made sure I threw this one in. Funny how Natalie and Chris ended up pulling away from me later in the day and made something look easy which took me significantly more time and probably more suffering.

I approached Warks Camp at 24km for the first time with Sean, Kevin, Colin and Paul. Mike was just behind near Nat and Chris. The German speaking tandem of Jan and Lenzi was off the front of the peleton and out of sight. The two newcomers were almost treated to Fat Ass at it's ugliest; fortunately Paul's trackside pitstop was finished just before they emerged around a blind corner - Mike was not so lucky but I hear his therapy is coming along quite well. It had taken just over 3 hours to get to the aid station Martin and Ian Wright had set up and everyone except Mike decided at this point to go the Yeti option of 64km. Sean rested here for about 3.5 seconds before heading out again.

The next leg was a 19km loop which included the delightful Moonlight Hollow which I'm told is run in the Brindabella Classic each year in the opposite direction. Martin escorted Colin and I around this section and he collected the course markings as he went. On this section I noticed the difference in walking speed between Nat and Chris and myself. They were walking away from me on the uphill and soon were out of sight. They were the walking-man and woman.

At roughly the 6 hour mark I arrived back at Warks Camp with only 21km and an elevation loss of 500 metres ahead of me. Ian was still there manning the aid station. Colin was heading out on the last leg and told me to come on. I told him I'd catch him as I fought to hold back the tears for I knew in my heart that I would never see him again. At least not until Cotter Pub.

The last section included a scintillating 5km descent where I was so rooted I even stopped to walk a few times. I had been eating enough through the day but my legs felt shithouse and I had a few blisters on my toes (I had foolishly worn socks inside my cutoffs for the first 43km to stave off frostbite). I just kept checking the distances Martin had supplied on his handout and counting down to the finish. 20 km - that's less than a half-marathon. 19 km - that's like doing a 10 km run with a 4.5 km walk before and after. 18.5 km - that's like the last thing but a bit less.

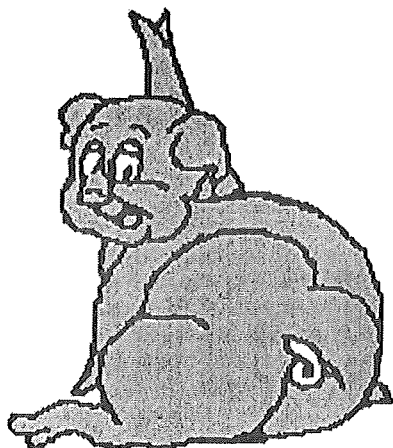
At the bottom of the hill (approx 15km to go) one of the blisters on my little toe burst and it became painful to run. Even walking hurt. I didn't have any tape or bandaids but I had to do something. I sat on log by the track, removed the last bread roll from my pack and ate it. Then I carefully fashioned a small pad out of toilet paper and placed it over the burst blister, using the glad wrap from the bread roll to fasten it to my toe. Lastly, I took the elastic from my hair and secured the whole thing. That's just crazy enough to work, I thought. And it did. I was McGuyver.

Dave Flimpyhead's report continued

From here to the finish I walked and ran and wasted time at Vanity's trying to devise a cunning plan before eventually walking through the river and getting wet. And I bumped into Ian a few times as he patrolled the course. I was so slow, Lenzi and Jan had driven out to laugh at me 2km from the finish after they had already finished, had a shower, played three sets of tennis and listened to the entire live version of "Dazed and Confused". But I shuffled down the last few hills and reached the hallowed speedhump in the Cotter Pub carpark 9 hours and 14 minutes after setting out.

All the other Yetis had stayed at the pub and we all had a drink by the fireplace before the group disbanded. Everyone had survived, noone had gotten lost (although Colin had apparently tried several times) and we had enjoyed a level of organisation and support unparalleled in Fat Ass history. Martin was the organisation-man. When I caught up with Juan Antonio Samaranch a few days later, he announced it was the "Best Fat Ass ever" to the complete bewilderment of other IOC members who had no idea what he was talking about and felt that the old man's descent into senility had begun.

We left Cotter and headed home with heavy hearts, sad that the hospitality of Martin and Ian was now behind us. But soon our collective thoughts turned to other issues - 24 hour runs, Belanglo backpackers, and the next chapter in the Fat Ass story, the mighty 12 Foot Track. Who can tell what tales of heroism and tragedy will write themselves into history on that day?



Name	6 Foot	12 Foot	Result otherwise
Kieron Thompson	5:00	11hrs 06mins	n/a
Peter Goonpan	5:14	11hrs 36mins	n/a
Martin Fryer	5:14	11hrs 36mins	n/a
Lawrence Mead	6:12	13hrs 25mins	n/a
Jan Herrman	5:40	14hrs 20mins	n/a
Thomas Lenzenhofer	5:40	14hrs 20mins	n/a
Sean Greenhill	6:25	15hrs 44mins	n/a
Dave Flimpyhead		n/a	16hrs 43m in*[MVPOO2]
Kevin Tiller	7:03	n/a	16hrs 43mins *[MVPOO2]
Bill Tomiczek	6:50	n/a	n/a
Jonathan Worswick	n/a	n/a	*[BRRPOO]
Paul Every	n/a	n/a	*[MVPOO2]

11th August 2001

The Six Foot Track run is about the oldest trail run in Australia, having been held every year since 1984, and is 46km long. The 12 Foot

Track, 93km, is equally pioneering in extending a good idea to make an out and back along the same route. Incredibly seven runners completed the whole route, with minimal aid.

*[MVPOO1] - Megalong Valley pike out option (approx 8km)

*[MVPOO2] - Megalong Valley pike out option (approx 85km)

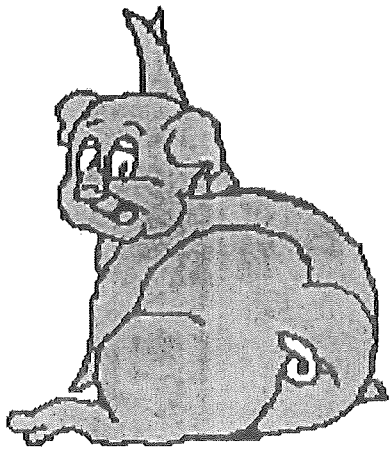
*[BRRPOO] - Black Range Rd pike out option & to Caves Rd & back to aid stop (approx 40km)

Fat Ass

No Fees, No Awards,

No Aid, No Wimps

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12 Foot Track

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Laurence, Jan and I ran together until about little river, then Laurence took off. Jan and I reached Cox River about 10 minutes after 6pm when it got really dark. We decided to cross this time via the bridge, there were even some people camping out there and 2 4WDs driving around in the darkness. After a couple of km that we ran even uphill after the Cox River I was so stuffed. I felt really bad and could only keep walking slowly. I recovered after a while and after the Megalong Valley checkpoint we managed to run almost all until the ascent started. The steps were a real killer and I had to rest 2 times. Afterall - Jan and I arrived at 5 minutes to 10pm at the explorers tree, so finished the whole thing in 14 hours 20 minutes. I felt like sleeping straight away in the car and it was hard to drive home. I hope you and the rest of the group arrived well and see you soon. Thanks for organizing this great run although it was one of toughest I have ever done. Relax today **Thomas**

I finished last night in 13hrs 25 mins just before 9pm, thanks to Ross for the tea at the end. Needless to say my Quads are shot today, dont you think it was a bit like Brindabella on the way back? On the way back I ran with the teutonic twins until little river, then by myself for the remainder. I made it to the coxs river at 6pm just as it got dark, took the bridge then proceeded to trip over rocks the whole way along the path next to the coxs river, how did Dave fare without the toes covered? I then, ran fairly well & was feeling good all the way to Nellies Glen which changed things abruptly. Thanks again for organizing this one. P.S whos going to tell Everyman "it's gonna suck to be you" as now hes going to have to keep training for the next 12ft??? **Lawrence**

Although I didn't realise it at the time, I had fun yesterday. Perhaps it was delirium but as Kevin and I were crossing Pinnacle Hill in the darkness, on that most perfect of nights, I felt almost euphoric. In an age when most of our fellow humans lack to means to choose their own destiny, and the few that can are consumed by materialism, I found simple pleasure in gazing up at a galaxy of stars. Sure, I was exhausted and my feet hurt and I was a long way from my beautiful daughters, but I was exactly where I wanted to be. And I felt a connection with the other Fat Ass crazies somewhere ahead of us on that same trail, under those same luminiscent heavens. And while everyone that did it yesterday has shown they have the right stuff, I think Sean deserves a special mention. He ran some of the outward leg and ALL of the return leg on his own. He would have been in the dark for about five and a half hours. He showed determination and mental strength beyond his years. Sean, you are the inspiration-man. **Flimpyhead**

I was talking to someone not long ago when I compared the ultramarathon thing in general, and Fat Ass in particular, to a bunch of Vietnam vets putting their foot forward for one more Tour of Duty. Especially Fat Ass... I love running long distance, especially in the bush, but when I get pumped up about a run it's not just the running, its also about getting back with "the Team"... or, to continue the military analogy, "my unit". Dave and Tiller and Thomas and Thomas and Thomas and Lawrence and Jan and Paul and Kieron and Martin and Max and all the other guys who do this stuff- they're my unit and we're in the trenches, ready to go over the top together. It's not a camaraderie where you'll get together every Friday and have some beers (though I gladly would with some guys in my unit), it's stronger and deeper than that. How that bond came round I can't quite explain. I do know that around 8.20 Saturday night I came over the top of Pinnacle Ridge, looked towards where I was going to go, and saw a torch on the move. This must have been Jan and Thomas, though I wasn't sure who it was at the time. I did know that it was someone from my unit. The first feeling that hit me was "I'm not quite alone here, they're still with me even if they aren't next to me" and, seriously, I almost wept with joy. Not something I normally do. Last time I felt that way was at the end of Trailwalker. If you run through a day, through a night and into the next day with three other guys and you all depend on each other, well that's very strong emotional stuff. When Jan and Nick and I jogged down the steps off the firetrail in Brooklyn and past the marina, four minutes to finish, resolved to finish arm in arm, and "to do it for Kevin", well I had trouble containing myself then, as well. **Sean**

History was made in Victoria today when the first Fat Ass Run was held. This being the very first 45km Hobsons Bay Ultra Gallop and Stroll. It was an out and back course from Altona to Williamstown which had some scenic views of Port Phillip Bay and surrounding areas. 6 competitors travelled from all over Victoria to start at a flexible starting time. This was designed that all runners would finish by 3.00pm. Most runners were just glad to have a Sunday training run turn into an Ultra distance! The runners that competed were Kevin Cassidy (first to start and first to finish - said something about going to see his beloved Melbourne Storm Rugby Team in the afternoon!), Ken Riches, Bruce Salisbury, Rob Embleton, Andrew Lucas and Max Carson. The final results were:

1. Max Carson	3:37
2. Rob Embleton	4:23
2. Bruce Salisbury	4:23
4. Kevin Cassidy	4:40
5. Andrew Lucas	4:47
6. Ken Riches	5:40

All finishers were rewarded with a Chupa Chup for their efforts (just a slight variation on the Frankston to Portsea chocolate tradition) The run will be on again next year (will be shifted a bit earlier or later) and I will probably do some slight course modifications. I will also start all the runners at the same time. It was also good to hear today that there will be one (maybe two) new ultras in Victoria in 2002. Bruce Salisbury will be putting on a 50km run at Walhalla in Gippsland, Victoria in 2002. Here are the details for the definite one: Walhalla 50km. May 5th 2002. Starting and finishing behind the Star Hotel , Walhalla and taking the Historic Bridges of Poverty Point and Bruntons on 16km of Walking track and the rest on unsealed roads with some big undulations. \$5 entry and 8am start. Also 37 and 19km support runs. For more details please ring Bruce Salisbury on 03 51749869.



"Interested" spectators at the Hobsons Bay Gallop

PHOTOS, PHOTOS, PHOTOS

Yes indeed, photos are in short supply and are always most welcome. If you want to see your smiling face in Ultramag, then forward a photo to Box 2786 Fitzroy, 3065 vic.

Capel 40 mile road race 12-8-2001 Western Australia

1.Bjorn Dybdahl	5H 08M 25sec
2.Mick Francis	5H 15M 30sec
3.Graham Maier	5H 57M 57sec
4.Caspar Greeff	6H 14M 37sec (South Africa)

Only 4 runners but we hope to improve on that, the course is an outback scenic route with some challenging hills in the middle.

Bjorn and Mick ran together for the First 35km then Bjorn opened a gap and gradually increased it to the finish.

SPECIAL ADVERTISING FEATURE

Souvenirs of Australia's greatest ever footrace
"The Trans Australia Race of Fire"

Limited supplies are available in the following items:

Caps \$12

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Running shorts made from sportswool \$25

Sportswool running shirts [bicycle style] size 18 and 20 limited numbers \$60

[One of these shirts signed by one runner recently brought \$750 at a Canberra sporting memorabilia auction]

Definitely limited numbers and once they are sold, no more will be made in this style again

Contact Bernie Farmer at b.farmer@eisa.net.au



Trans Australia runners on the approach to Melbourne



Trans Australia Runners as they pass through Melbourne

THE GREAT WALL OF CHINA MARATHON

By John Lindsay

To our delight, the morning of the marathon was perfectly clear. It made such a difference to see the sky as we drove into the mountains 130 kms east of Beijing for our section of the wall. This is not the place that most tourists go, and is very rural.

We were transported to the Wall in a convoy of 18 buses, with a police escort for the last 50 km or so to clear a path through the slow moving traffic which pays not a lot of attention to road rules. There were approximately 600 runners (350 in the marathon and 250 in the half) plus spectators, and the trip took 3 hours. This required a couple of pit stops along the way, and the 18 buses and police escort simply pulled up on the side of the road near an orchard for 10 minutes. No doubt there'll be a great crop of apples from this orchard this year.

At 7.30 am, the marathon started, followed half an hour later by around the half marathon. The half marathon incidentally was won by New Zealander Rod Dixon who won the Boston Marathon some years ago. He's now 50 years old and looks very fit. His time was 2.04, which should give you an idea of the difficulty of the course.

The Great Wall in this part of China is VERY STEEP. You do a 3.2 km section twice, the first time starting at the 5 km mark. At this stage, your legs are still fresh and I found I could walk the up sections without stopping. That's right, I said "walk", not "run". I never saw anyone running on the Wall, up or down, although some of the elite athletes may have. The race rules in fact prohibit running on some sections due to the danger. It would be just too easy to trip with nothing to stop your fall, and you'd likely take a bunch of people with you.

We then go from 8 kms to 34 kms on gravel and asphalt roads through small villages, where the inhabitants all came out to watch and many of the little kids said Hello in English to us. We weaved in and out of people at the markets, smoking and noisy three wheeled mini tractors, people on bikes, and motor scooters sometimes carrying whole families. Immaculately dressed police in uniform were at regular spots to give us clear passage.

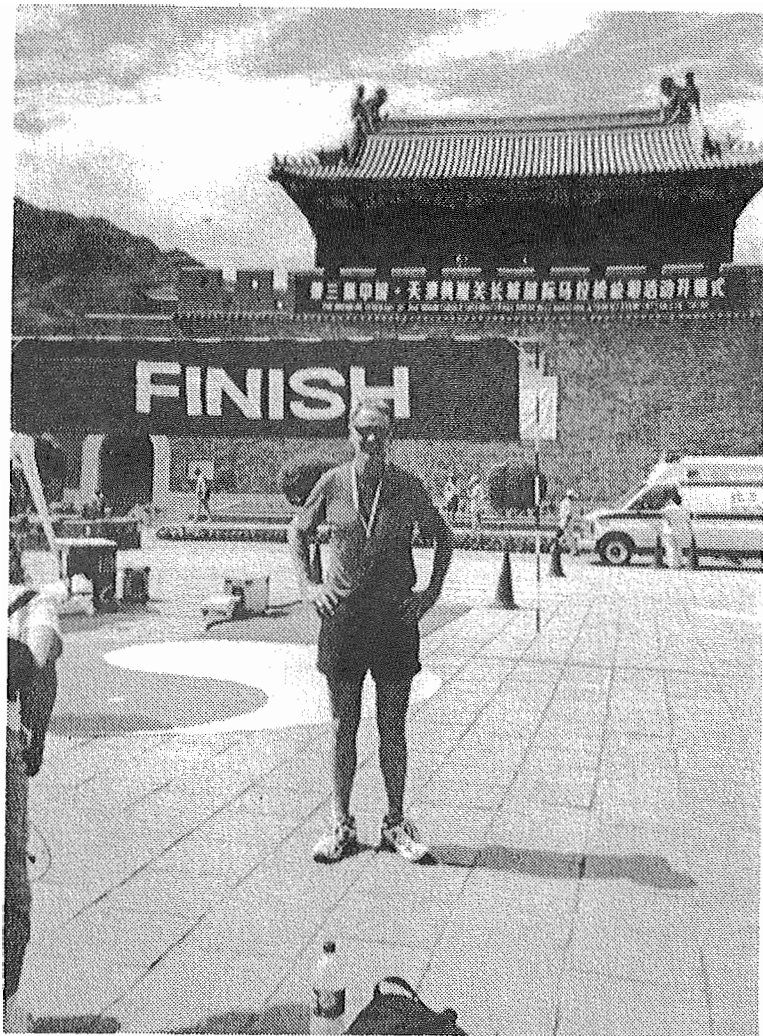
In fact, that's something which stood out. I went to China in 1985 and at that time everyone in the military or police seemed to be dressed in a "one size fits all" green uniform with a Mao cap. This image is now completely gone, and they've invested in some very smart uniforms for their police and military, and they wear them with great pride.

Most marathonners "hit the wall" at around 32 kms. In the Great Wall Marathon, this has special meaning, because you really do hit the wall for the 2nd time at 34 km, but this time your legs are glycogen depleted. I was surprised how much difference this made. It was like going up Duane Spur in the Bogong to Hotham event, maybe harder due to the steepness of the steps.

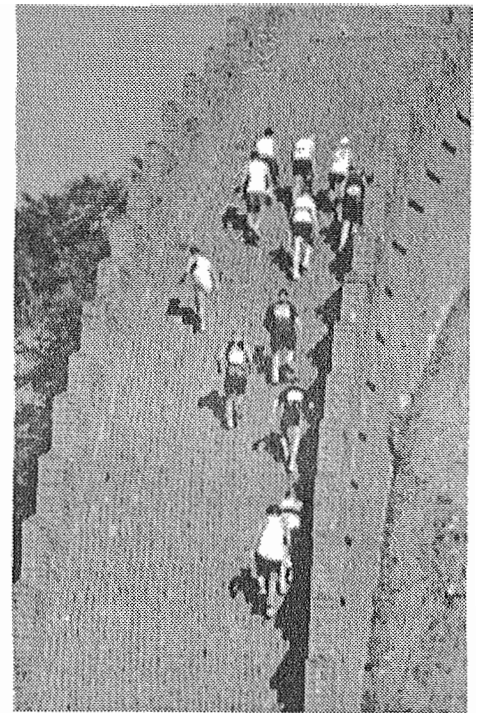
So hard was this section that it took me 1.20 to go 2 kms. I did not see a single person who did not have to repeatedly stop for recovery on this section. One of the faster runners from Australia was John Taplin from Melbourne who completed the event in 4.30 (the winning time was 3.50). He told me that he had to lie down for 10 minutes in one of the towers. I passed a US person who said he felt like he was running an event at 14,000 ft, and that's just what it felt like to me.

I finished the marathon in 6.31, almost exactly the time that I predicted. I was 185th out of 259 finishers under the 8 hours when they stopped recording times. It was quite hot with the temperature around 30 degrees Celsius, and this would have caused some problems for people coming from cooler climates.

This is a marathon you need to put on your list of "100 things to do before you die". It's definitely a unique experience. They had something like 30 the first year they ran it, 90 the 2nd year, and 600 this year. I believe it will continue to grow rapidly for the next few years, and will almost certainly have to be capped due to the logistics involved in putting that number of people over the wall which in sections is only single file with steep unprotected drop offs over the side - not all of it is restored bricks.



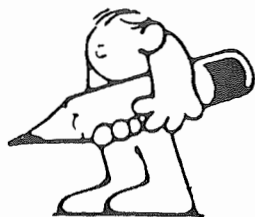
John Lindsay at the finish of the
Great Wall Marathon in China



Runners negotiating the Great Wall

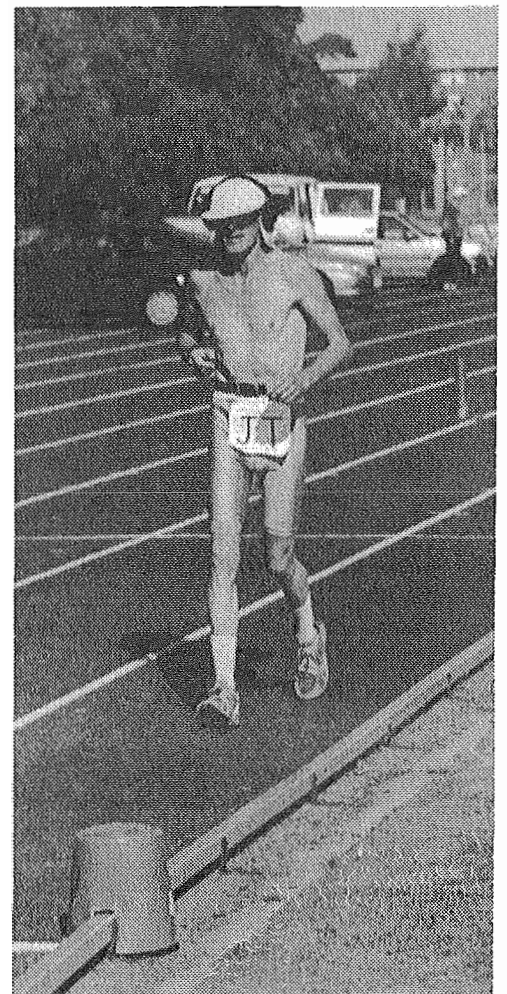
ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.



John Timms in action

INSPIRED BY THE POETS MISKIN ENDURES THE LONG RUN

Like a modern-day Dorian Gray, STAN MISKIN refuses to grow old.
TONY RAFFERTY met him at his home.

TONY RAFFERTY: Do you make a habit of running through shopping centres as a form of training?

STAN MISKIN: Not shopping centres in general but Fountain Gate yes. I quite often have a coffee and doughnut there and to extend the training distance a little. I go upstairs, down the bottom and up and down the passages in the centre.

When did you commence competing in ultras?

I went to Adelaide for the Festival City Marathon. I didn't know at the time that I had an upper respiratory infection. The race was from Gawler through to the Adelaide suburbs and to the finish in the city centre. I got to the half way mark in an hour and three quarter. The bug got me. I didn't remember anything from there until I woke up in the gym at the Adelaide University with a doctor sticking needles in my arm. I later found out I'd been offered a ride by the MG club who were picking up the stragglers. I knocked them back. My goal was to run to Adelaide. I had an oxygen mask on in the gym. I said to Ellwyn we'd have to come back to Adelaide and improve on that run. In a sports store window a few days later I saw entry forms for the 24-hour run in Adelaide. The first official 24-hour event in Australia. I entered it. 13th November 1982. I covered 163.43 kilometres. Sixth overall. First in age group.

What's your best achievement?

Probably that first 24-hour race. I did 32 miles in the first six hours in the heat of the afternoon. The second six hours I did 18 and a half. I got to just over 50. Everyone said, 'he's gone. He'll never make a hundred.' When the evening came in my pig-headedness, or mental strength, whatever you like to call it, I got more than 100 miles.

Any race you'd like to dismiss from your memory?

The one that lead me into ultras. The first one. I should say I did a 50-miler at the University of Melbourne track.

What's your longest competitive event?

A 48-hour for Victoria's 150th birthday. I managed just over 240 kilometres. But I had a lot of time off the track. Cramping. Blisters.

What is your preference, road or track?

I prefer the track. For your piece of mind you're never more than 200 metres from your support team. Never far away from food, drink, toilet.

Describe a normal training run.

It depends whether I'm training for marathons as I used to do, or ultras. When I trained for marathons I ran to and from work which was 10k each way. I'd go to the vets on a Tuesday and Thursday night and have a long run on a Saturday and/or Sunday. In ultra work I'd do 12, 14, 16 and 18k runs. I once did 900k in a month and many times more than 700. But in the old measurement I averaged about 100 miles a week.

Describe your normal diet.

Breakfast, I have Sultana Bran and fruit with low-fat powdered milk. I never drink whole milk, with one exception which will come later. Then when I'm trying to take weight off, like now, one slice of toast with Vegemite. Our toast is all home-made. Wholemeal. We're making soya and linseed at the moment. I love the crusts. I leave the soft bit to Ellwyn.

What would you eat during a 24-hour race?

I start off well-hydrated after a normal breakfast. I eat and drink early in the race. Sustagen or other sports drinks. Later I can't handle the taste so I just drink water. Then my stomach revolts against the water. From then on I'm in trouble. I eat baby foods. Custrad. Rice. Babies survive on canned food. Peaches. Pears. Things like that. Occasionally I'd have jelly beans. Chocolate sometimes. Last October at Adelaide I had for the first time - because prior to that I used to have just cold, boiled potato in halves which took me ages to swallow. I suppose you've had the same trouble - anyway, over there the Sri Chinmoy people dished up the most delicious, soft mashed potato you've ever eaten in your life. It had the chill taken off it and I ate it by the bucket-full. I must get the recipe from Fiona Baird. Towards the end of the race I can't eat anything. I've just got to keep going. As soon as I've finished I'll have a craving for whole milk which I never drink all year round. A real craving. You know what it's like.

Yes. We have many cravings. Like pregnant women. Tell me about school days and what sports you played.

At school I played Australian Rules. I wasn't interested in cricket. I played tennis as a junior and at 12 or 14 I won a 3AW tennis championship at the courts in Balwyn. Then later I competed in motor cycle racing. My last race was Australia Day 1950. I was second in the Victorian Senior A-Grade TT race. No Grand Prix then. It was the TT. Tourist Trophy. You'll recall the Isle Of Man TT.

Yes. Indeed. Geoff Duke, a young John Surtees, Ray Amm. Ken McIntyre and the Australian Ken Cavanagh. Wonderful memories. Stan, what's your general philosophy of life?

To do no one any harm. My family comes large in everything I do.

Who do you find inspiring?

One of the most inspiring people was the eye surgeon, Fred Hollows. We're foundation members of the Fred Hollows Eye Foundation. He was a great humanitarian. He hasn't had the recognition he deserved.

Yes. A wild man at times.

Oh yes. All part of his terrific personality.

What talent do you wish you had?

I'd love to be able to paint. You may think I'm old-fashioned: scenes and portraits that are recognisable. Not this modernism.

So you're not fond of Picasso?

I think eyes should be on your head, not on your backside.

A marathon runner wants to compete in an ultra, what would you advise?

If that person, male or female, had done a marathon or two I'd say allow about three months for training. Mix a little bit of easy stuff with the tough work. Don't increase the milage by more than 10 per cent per week. Take a day off now and then and a week before the ultra taper off. Don't train up to the last day. You've got to be prepared to add a few kilograms at this time.

Arrive at the track well hydrated, well fed.

Any regrets in running?

No. Although I was disappointed with my performance in Adelaide last October. I did 120K. I walked. I beat some of the runners. I was the oldest. But I'd had a hernia a short while before. I had an operation. Following that I had a haemostatic. I wasn't allowed to drive the car for five weeks. I put on five kilograms and being the eternal optimist I thought the unders and overs would cancel each other out. I was prompted again to say I could do better. I trained hard with (neighbour) Fred Brooks for three months and I broke a number of (age) records at Coburg.

Any aspirations toward a six-day race?

No. But a few years ago I thought about walking the length of the Alpine Trail from Cape York to the Grampians in Victoria. I thought I'd become the first person to do it. I planned it. I checked where the roads intersected the trail. A lot of it you can't get a car in. A helicopter is the only way. Then I found that parts of it were not complete even though the authorities claimed it was finished. There were bits missing here and there. By the time it was finally fixed I had cancer and I lost interest in it.

How do you feel these days after your contact with the disease?

I'm really good. I'm convinced I've got it beaten. The time off may have reduced my performance a little. But I know I perform better than most men my age.

You turned 76 yesterday (31st July). Will you be competing in ultras when you're 80.

When I'm 92! I've got a little poem. I used to drink beer a lot when in the air force in England. We'd get rotten drunk every night. But I've more sense now. My taste has changed. I went from beer to cider and then to wine. I drink red and white. Two glasses every day. My doctor asked me once if I drank. He said two glasses a day is good for you. Of course you can prove anything with maths. I said to him if two glasses a day is good, four a day must be twice as good. He laughed. He wouldn't have any of that. I took his advice. When we go out I'll often take a bottle if it's a BYO and dutifully ask the waiter for the cork so I can take it home. It never happens that way. I usually finish off the bottle. Anyway, the reason I mention 92, I've got this little poem. It's called The Preservation Of Man.

The horse and mule live thirty years

And nothing known of wine or beers.

The goat and sheep at twenty die
With never a taste of Scotch or rye.

The cow drinks water by the ton
And at eighteen he's mostly done.

The dog at sixteen cashes in
Without the aid of rum or gin.
The cat in milk and water croaks
And in twelve short years it crakes.

The modest sober bone-dry hen
Lays eggs for nogs then dies at ten.

All animals are strictly dry
They sinless live yet swiftly die.

But sinful gutful rum-soaked men
Survive for three score years and ten

And some of us the mighty few stay pickled till we're 92.

How can we attract more people to attempt ultramarathons? I don't know. It probably about sowing the seed among marathon runners. It's no good starting at a lower level than that. I always assure people that it's not nearly as damaging as one might think. It's at a much lower intensity. You do have to be strong-willed.

Do you watch much television?

Yes. Practically every sports program, accept wrestling. British comedy only. American comedy leaves me cold. Well...it's not comedy with all that canned laughter... Documentaries. Historical themes.

Music?

Yes, I've a broad taste. Anything from the classics to Rock'n Roll. Much of the later music you can't hear the words. It's too loud. I like Judith Durham. Sinatra is a good example.

Reading?

Yes. I read cover to cover the newspapers every day. Sport. News. Stock market. I read many books even children's books. Harry Potter, to keep up with my grand-children. Yes Minister was a great series. One of the best comedy shows ever. At the moment I'm reading Going For Broke by Paul Barry. About Alan Bond. Historical novels. Political books.

What are you training for at present?

The 24-hour run at Adelaide in October. I may start out at a higher speed than normal in an attempt to push the 12-hour, 50-mile and 100k records a little further. If I do that I might dawdle on for the remainder of the time to see what total I make.

So you are attempting the 75 to 79 age records?

Yes. I improved on Drew Kettle's records for the 50-mile, 100K, 12-hour and 24-hour. I walk these days even though I'm chasing running records. I walk because my knees have had it.

A final comment, Stan

I've run with a few runners. I've helped people with marathons and ultras. When people have difficulties I whisper in their ear these words from Kipling's poem IF:

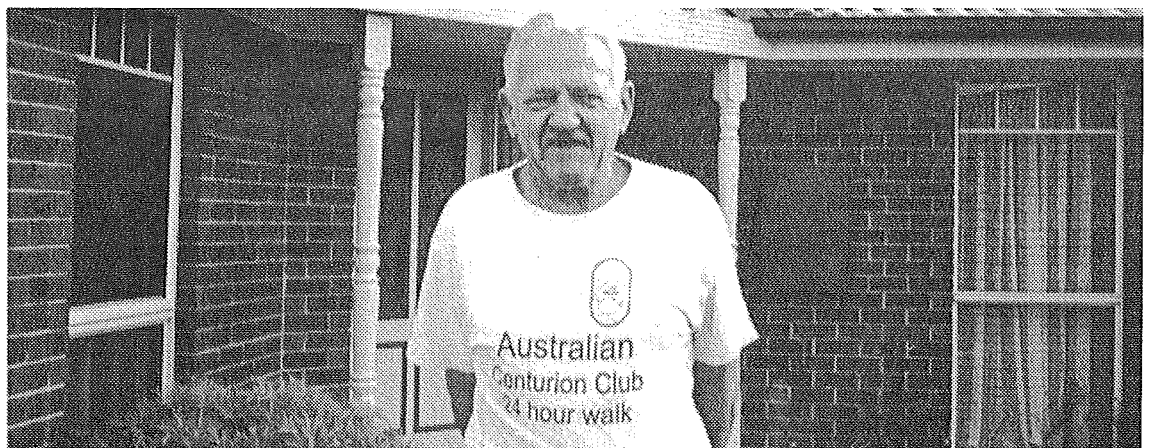
If you can force your heart and nerve and sinew
To serve your turn long after they are gone
And so hold on when there is nothing in you
Except the will which says to them: 'Hold on!'...

If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man, my son!

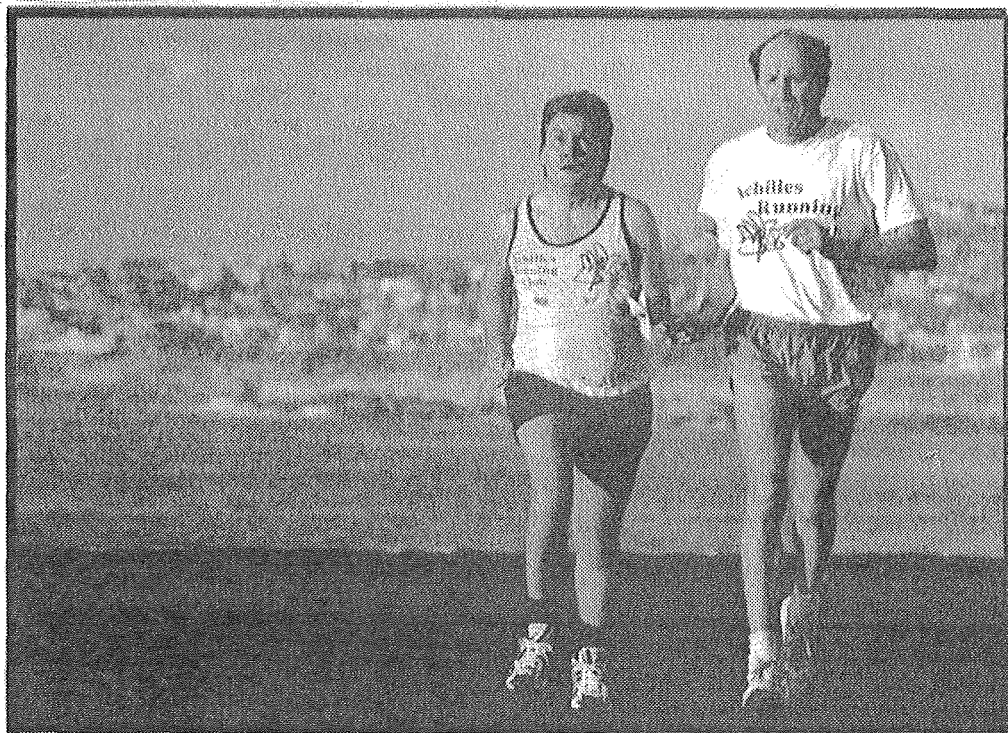
I used that with a few runners who were on the point of giving up. It's all about thinking in a positive way. It's all in the mind.

With those words of strength we'll leave it there Stan. Many thanks.

TONY RAFFERTY - August 2001.



The super human Stan Miskin



Nick Gleeson (at left), 40, has been blind since a childhood accident. He works for the Royal Blind Society and lives in Sydney with his wife, who is also blind, and their two children. **Ellis Janks**, 44, is a physiotherapist who lives with his wife and two children. Gleeson and Janks have been running partners for five years, and next month they will set off to climb Africa's Mount Kilimanjaro.

Nick: In my younger days I had been a fairly good sprinter and was ranked number one in Australia for a few years. I finished 13th at the 1984 Paralympics in the 100 metres and made the semis of the 400 metres. But after I stopped running competitively I lost all my fitness and turned to fat. In 1996, when I finally decided to do something about it, I was 17 kilograms heavier than I am now.

The Achilles Running Club [a club for disabled runners] had just started in Sydney and I decided it was what I needed. Ellis was the very first person I ran with at the club. We set off around Centennial Park and I

disabilities, and besides, being blind meant most of my time was spent trying to cope with the study and everyday life. They were tough years.

Slowly Ellis and I began talking more on our runs; the conversations moved from the everyday to the personal and he got through my wariness. When you are blind you rely on people to honestly describe things to you, and Ellis has never let me down. He is now one of my closest friends and we share our most intimate secrets.

My wife and I lost a baby, who died just a few hours after being born. It was a terrible time, but Ellis and I

90 kilometres I had proved to myself that anything was possible.

Ellis came here from South Africa and is a little more political than I am. He thinks Australians don't realise what a wonderful country they have, and that they complain too readily. He likes politicians like [Jeff] Kennett who preach a 'get on with life' message.

We train together a couple of times a week and, while I always look forward to seeing Ellis, I know he is going to inflict pain, and he has an evil knack of finding the steepest hills. When I say to him that I am feeling pain, or that I don't think I can go on, his usual advice is that if I just run faster those things will disappear.

But I have a few little tricks up my sleeve. If I can steer the conversation onto politics I know Ellis will get wound up for a good 15 minutes and forget about the pace. All I have to say is something like, 'Do you think John Howard will survive? He's looking a bit shaky? Maybe Kim would do a better job.' And that's enough to get me a short pardon.

"There is a total lack of body language in our communication which forces me to express myself better, to think about what I'm saying and feeling."

remember thinking we'd gone two or three kilometres and, when I asked, he said we'd only run 500 metres.

Not everyone can guide a blind runner, but Ellis picked it up very quickly. He is almost cat-like and can sense the uneven ground and the dangers. Now when we are running, it's like I am an extension of his body.

Even though we were running together a lot, the friendship was not automatic. I don't have a lot of close friends and it takes a long time for me to get close to people. I think that stems from my teenage years when I went from a blind school to an ordinary high school, where I didn't have any friends at all. Teenagers are particularly wary of people with

continued our running. The training runs were long counselling sessions where I would talk about my grief and he would listen, offering advice. Just being able to talk to him about that helped me enormously to cope.

But we also share our triumphs. Last year we ran in one of the world's most arduous marathons, the Comrades event in South Africa – 90 kilometres uphill from Durban to Pietermaritzburg in under 12 hours. Before we left I had all these doubts and on the plane over was thinking, 'Gee, if I make 40 kilometres or 45 kilometres will I go home satisfied?' Ellis was with me every step of the way, encouraging me, prodding me, and when we crossed that line after

Ellis: My first impression of Nick was of this big, jolly jelly baby. The guy was really out of shape. We had just started the Achilles club and he was among the first to turn up.

I had run at a competitive level for many years and could not do the times or put in the effort to remain competitive. Just like the old cliché, I felt I had got a lot out of the sport, and running with disabled people was my way of putting something back. As it has turned out, I am getting more out of this than I ever did running by myself.

Nick has a wonderful ability to put people at ease. It is confronting for some people to talk to blind people for the first time, but Nick has this knack of almost making them forget he is blind. In a group, he is always the first to put out

his hand and introduce himself.

When we began running together, he started to draw me out. Like a lot of blokes, I was probably not the best communicator, but being with Nick I was forced to describe what we were seeing and what was happening around us. It took me time to learn, but after a while the conversations moved on from describing trees and buildings to describing feelings and family and, as that happened, our friendship began to strengthen.

My wife and I have often discussed how my friendship with Nick has improved our own relationship, because I can now communicate

better with her and also with my children. I moved from South Africa 12 years ago, and while I have close friends overseas, I don't have many in Australia. Because Nick and I spend so much time together, the friendship has developed into one where I can really express my feelings. I think his blindness has helped me because there is a total lack of body language in our communication which forces me to express myself better, to think about what I am saying and feeling.

Nick is one of those people who wants to squeeze as much as he can out of life and, being blind, that is sometimes frustrating. He

has accepted his blindness, but it frustrates him that it takes him longer to do the most mundane of things and is harder. But, incredibly, he remains self-controlled and I have never seen him lose his cool.

Last year, before we ran in the Comrades Marathon, Nick was going through terrible self-doubts about whether he would finish. Being there when he conquered his own mind was one of the most satisfying things I've experienced.

Kilimanjaro will be an awesome challenge. A lot of people have climbed it, but a lot have turned back. We don't intend to turn back. ■

Bruce Fordyce, Comrades King



Johannesburg, South Africa - It is Bruce Fordyce's ability to think introspectively and to express himself in a strong individual way that drew author John Cameron-Dow to the diminutive runner who, for so many years, captured South Africa's imagination by winning one Comrades Marathon after another.

Nine, in fact, "and there won't be a 10th", quips Fordyce. His willingness to allow someone else to write Bruce Fordyce Comrades King has much to do with the fact that he believes his own story isn't finished and he will write that much later. The title of that one, says Fordyce, will be Short-Man Complex!

"The race has changed with the opening up of the country and foreign participation," he notes.

While he missed out on the big money now up for grabs in the race, he believes that the Comrades was raised to new heights during the '80s because of South Africa's isolation.

End of amateur era

"People had so little to focus on," he says. This book captures the end of the amateur era and he reminds us of what the build-up to a Comrades race in those days was like. "The Comrades was the focus for more than two months back then."

Many will remember watching those live broadcasts, from the sound of the early-morning starter's gun until the winners crossed the line five hours later - and tuning in again a touch later for the winning women. But it was Fordyce's battles that mesmerised the nation. There was never any doubt that he would win, but we all wanted to know when he would start making his move to get to the front.

He singles out 1988 as one of the great years.

It was his eighth consecutive victory, he set another new record, the first "up" run under five and a half hours. Yet on that day he was upstaged by Frith van der Merwe who set a remarkable time of 6:32:56 to shatter a 17-year-old record. And then there was also Wally Hayward's run. He completed the race just 40 days short of his 80th birthday. "You had all those things happening during one race and we need that kind of excitement again."

Not in with a chance of victory, his own participation in races has changed dramatically. "I had my best non-winning run three weeks ago when I ran the London to Brighton with some friends," he says. At the end, he forgot to ask who had won the race! A decade ago that would have been unheard of. These days the only thing he wants to know after the Comrades is whether his record still stands!

'Retirement'

For both author and sportsman, it was important to also look forward and, unlike many sportsmen, Fordyce didn't have much of a problem adapting to being non-competitive. His biggest problem initially was working for other people. He had for so long been calling his own shots that this was a directional change which took some getting used to.

His wife, Gill, says that the first few months following his "retirement" were messy but now there's routine in their lives.

As CEO of The Sports Trust he is still involved with everything he loves and more than that, he has tapped into development and upliftment, which is where he really wants to be.

"We are a great team and while there's still the odd bit of bureaucracy that gets me down, I love what we're doing."

At the moment he's very excited about a show (the second of its kind) being put together for July at Carnival City. Titled Figment of Imagination, for which Bruce has called on all his sports buddies to join in a concert of great fun, games and familiar musical numbers - Fordyce himself will be doing Riverdance, which will require some fancy footwork.

Different light

"Initially I thought they would be shy but then I thought of an opening batsman at a big international game and I knew it would be a walk in the park." And that's exactly what he found out last time around, so this time they are going to invite the public as well. Tables will be sold to companies, but then they will also have seats available to the general public who might enjoy seeing their sports stars in a different light.

Although, by all accounts, he's a bit of a party animal, it must have been a relief to let go of all the hard work of training to win. His running is fun these days, without any of the stress. For most of the year, his focus was on the London to Brighton race and the Comrades.

"Everything I did was determined by those races," he says.

Anyone who lived through that era will not forget how they watched the Comrades just to see Bruce win - and this is what the book reminds one of.

It takes you through the Bruce Fordyce Comrades era, but also has enough informal details about the runner to give you an idea of the man and his life. It even has the chocolate cake recipe Bruce's mom Nancy used to bake for him before a great race!



DREW AND GEMMA WALKING NEW ZEALAND

Along with my support driver, Roy Bently, Gemma and I arrived at Christchurch just after midnight on the 14th of March 2001. After breakfast, we drove down to the Bluff in our loaned support vehicle. Arriving after dark, everything was deserted and we slept in the van. We had an early breakfast and started my walk in the dark hour before dawn. There were a couple of early visitors who gave donations to my cause (Walking frames for children with cerebral palsy).

Roy had gone ahead and I caught up with him about 3 Ks up the track and kept shuffling along while Roy moved up another span. This was to be our system of travel for the entire journey. We stopped at hotels if they were open, (its where I get most of my donations from) besides that, my job was a thirsty one and I needed all the encouragement I could get!

Up and down hills all the way to Dunedin, across some beautiful farmlands with lots of dead possums, hedgehogs and ferrets squashed flat on the bitumen. There's a lot of challenge climbing some of the steep hills and Dunedin was really spectacular at night with its array of city lights encircling the bay and its mountainous regions.

On through Palmerston and on to Christchurch, the country flattened out. There were several long narrow bridges where, for safety's sake, Roy took Gemma and I aboard. It was better than being dragged under a big semi trailer, as I nearly was once.

A very interesting part of the trek was the east coast. On the way up to Picton, long sections of highway ran along the sea. Basking on rocky ledges were seals and sea lions. (Gemma would have loved to have got at them!) On seeing us, some of them flopped their way into the ocean.

On the other side of the highway, the train line often made it's way through tunnels that takes it under mountain ridges that edge their way to the sea. At Picton, we took the ferry to Wellington, our journey on the south island completed to our satisfaction.

After a welcoming address by the New Zealand Lions, we set off for Spirits Bay in the top north of the north island from where I would start shuffling back to Wellington via Rotorua, a distance of about 1150K's to be done in about 35 days. So far we had been very fortunate with the weather- only a couple of wet days (There was a drought in the south island.)

We motored to Palmerston to meet friends and then set off early for the northern cape, which we reached early next morning. The lights of the lighthouse were flashing to welcome us there. At dawn I set off with Gemma on the first day of our journey south. The first 20K's of road was gravel, but with the increase of traffic, further south it eventually became Highway No1 in New Zealand.

I have never walked in such heavy traffic as I and Gemma had for the rest of our journey, though I must admit the drivers did a great job and never once ran over us! Roy nearly always had difficulty in finding a spot on the roadside where he could wait for me and Gemma to catch up.

On our right were the long sand hills of the ninety-mile beach- on the left, a low mountain ridge prevented us from seeing the Pacific Ocean.

All little towns were friendly to us, but in this age of motor cars very few people walk the footpaths, however there was generally a pub where a few lonely souls would donate to our cause as well, of course, we would often get a beer and a feed to keep it down. Auckland was our biggest city apart from Wellington and with its magnificent harbors and skyscraper tower which we (in a lift) went to the top of.

On the last day into Rotorua, the rain poured down. Gem and I did a record day because I was that wet and cold that if I had stopped, I might not have been able to get going again. We stayed the night at a Lion's Club member's house. Next morning, with the weather cleared we walked into the bubbling pools and steamy marshes of that famous melting pot. I had a swim in a hot pool and could have stayed there for a week.

I was soon on the track again. I was wearing my sixth pair of joggers (My shuffling style rapidly wears out the heels. I have even worn a hole in my sock before realizing that the heel was right through!) We had a couple of nights camping out before reaching Taupo, I had camped in my swag under the stars a few times but mostly I slept in the passenger seat with a blanket over me.

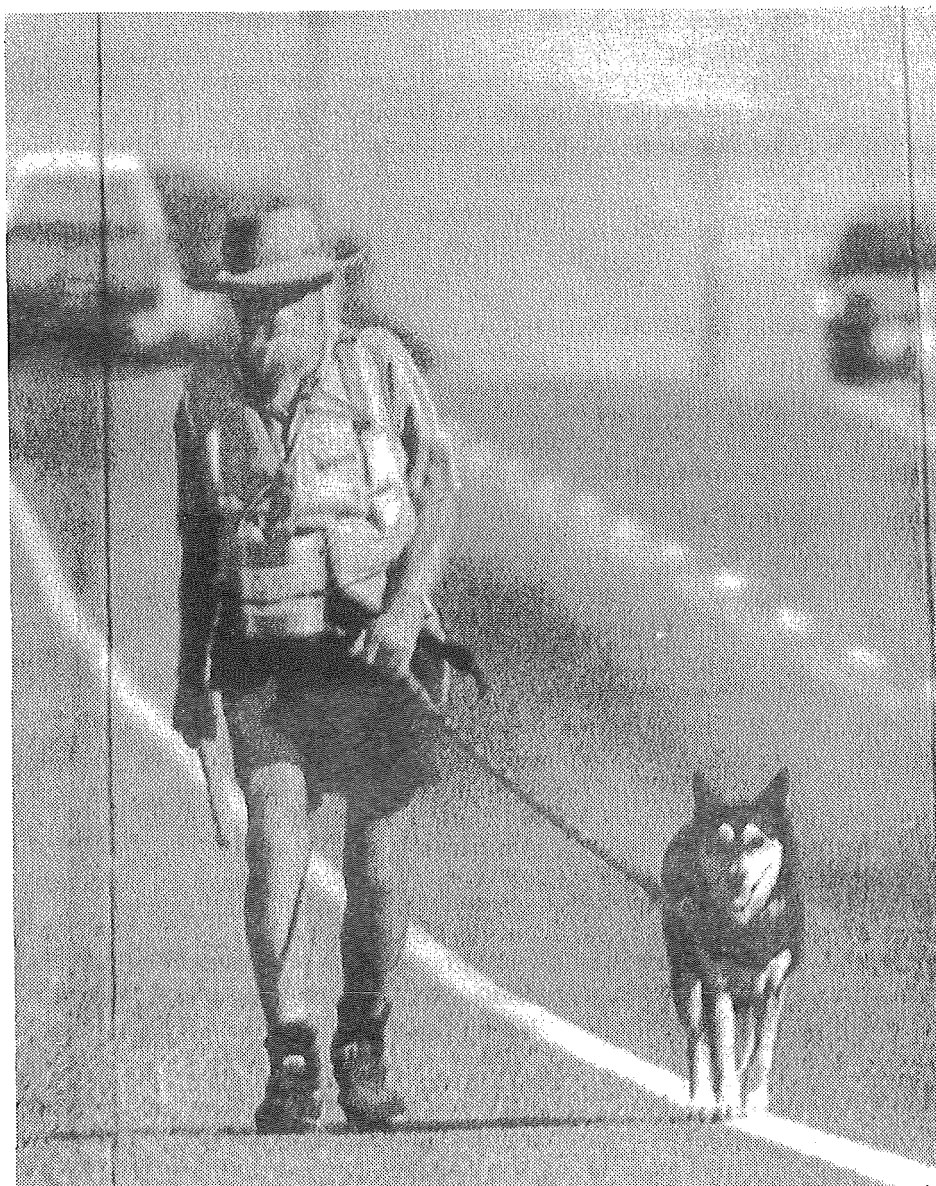
Taupo was my favorite spot in New Zealand, with its beautiful inland lake with its bays, sailing boats and islands. I didn't have time, but I would have loved to have gone sailing on it. The water was as clear as the ocean, though its beaches were not as golden as ones in Victoria.

As we edged our way around Lake Taupo and the signs said 'Desert Highway', we prepared for a desert as we know it in Australia. However, that was not to be- although pines and poplars disappeared there was still plenty of vegetation. In a couple of days we were again where trees were being planted and sheep and cattle grazed. The beautiful Mount Ruapehu stood out in the distance.

Bulls was where we turned south to Wellington, but first we motored over to Palmerston North where we again stayed the night with friends, then back to Bulls in the morning.

For the last 25ks of my walk, I was joined by a number of men and women who felt they would like to accompany Gemma and me on the last leg of our journey. Most were Lions Club members. It was a pleasure to have them along, especially Ann and Bruce who were at the head of the Walker Committee for children with cerebral palsy.

It was a happy bunch who gathered at the city center to thank Roy, Gemma and I for our effort in raising about \$20,000 towards walking frames. At 4am. in the next morning, we were at the airport sorting our selves and Gemma out to fly home, which we did with the rising sun behind us nearly all the way.

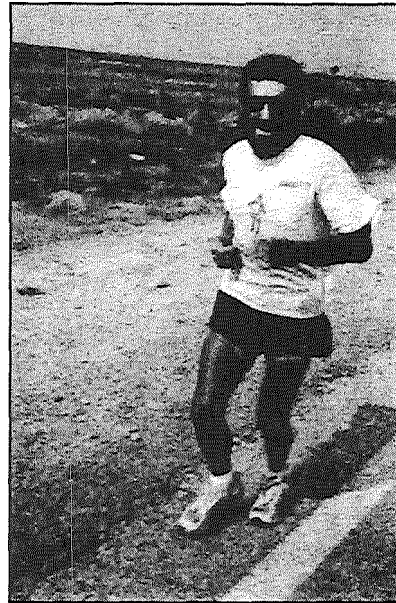


BRYAN SMITH.

26-10-43 to 2-2-01.

Oh what a man, what an athlete. Born to run, would you say? When one reads of Bryan's running achievements, you wonder, how can one man be so good, so gifted. Look over Bryan's records of his runs. Some of us would be contented with half of what he has achieved.

I don't know exactly when I first meet Bryan. I saw him running at Nanango 1000 mile, with Janet crewing. As Bryan got further into the event, he adopted bad lean, which troubled organisers and spectators thinking he would withdraw in pain. This never happened. The leaning was no problem to Bryan, he went on to complete the 1000 miles in an Australian record in 1998 of 11 days 23 hours. I had previously been involved in the 48hr/24hr track championships on the Gold Coast in 1997, where Bryan competed. He finished strong in that event blistering his opposition by 40 kilometres. They are two incidents, which stuck in my mind, like they were only last week. Our paths crossed at other events. His completions of events were noted, as he was a great athlete to me to whom I held with the greatest of respect. Some people have past in comment, of our appearance being similar. That may have been so, but not my running. Boy I would only hope it could be.



Bryan Smith

In the early days of the Trans-Australia, some European runners thought at first sight I was Bryan, and would want to stop me to talk of the days run. This became an ongoing joke with Bryan & myself, to the point we would refer to each other as brother in passing on the road. On occasions, I would go for a run with different runners, then turn around & run back to the vehicle. Janet came upon me doing that, returning to my vehicle. She was telling me later that day, for that first moment she wondered why was Bryan running back to her. But as she got closer, realising it was only I. Our party, being Paul Every, Bob Brown, Diane, Chris & myself, shared accommodation at Penong on the night of February one. It was a big house, allowing us all to have a room each. Diane cooked diner. We sat around the table eating and talking of the run and our poor mobile phone reception Next morning being Feb 2nd, we woke early as usual. Had breakfast, noticing Bryan did not eat all his. I drove our runners to start, while Bryan drove Jan. We, runners & crews gathered around the start, listened to Bernie address the runners in how proud he was of their conquering the hardships behind them. You are the runners who are going to make it, Bernie said. Then Jessie counted down to the start time & got the race going for the day. I talked with Janet & other crewmembers about ice and some immaterial matters. Said farewell to

other crewmembers about ice and some immaterial matters. Said farewell to them, returned to the house to help clean up and pick up the remainder of our party. Everything seemed very normal, until Bob Brown came walking in the door grief struck. He sat down, telling of the incident. At first, the way Bob was describing it, I thought Bryan was still alive being rushed to Ceduna hospital, with Paul & Janet. But later during our rushing around to tidy up, pack the van, & get to the hospital, Bob made it clear to me, Bryan had passed away. Although I took it hard when Bob first told us Bryan had a heart attack, I took his death much harder. It was believed, Bryan was dead before he hit the ground. Unfortunately no difference was made from all who tried to revive him. Janet was told, Bryan would not have suffered, and he died doing what he loved. Later the hospital staff arranged for the runners & crew to pass by Bryan in last respect to him. It was so very hard to see him lying there, so unnatural. For a man who was so active, I could not come to terms with him lying there. I hoped for him to sit up, or to say or moan something. As I walked out of the room, I looked back seeing him still lying there, I realised this will be our last meeting. I attended the hospital debriefing & during that season believed this to be so true. I accepted the reality, and upon conclusion of the debriefing, asked if I could say a farewell to Bryan. I did so farewelling a gentleman among gentlemen, farewelling an athlete I admired & respected. It seemed, words were not enough to describe Bryan, to have known him was an enrichment to any one's life. Sunday, runners & crew returned to the place of Bryan's death, where a cross was placed, later to be followed by a remembrance plaque. We all payed our last respects said our own farewell then slowly moved away towards Ceduna. Any one was allowed to run or walk in our last farewell to Bryan. I noticed the day's weather over the weekend, the funeral day, & when the run ran into Melton, they were all grey days. Not raining, but not clear sunny days. The day we were to run into Melton, started grey, but became clearer as we got closer, like happier.

The race restarted on Monday 5th, with a few course & distance changes. Bryan's spirit & memory was not forgotten. I got approval from Janet, Bernie, Jessie, and the runners before I started. With no objections, I carried Bryan's memory & spirit on to the end of the race. With a pair of Bryan's innersoles & a special written T shirt, I started with the runners, ran a couple of hours, crewed, and returned to the road to run the last 10k to the finish line each day. A part of Bryan lived on to the finish at Canberra.

We were told the funeral was well attended by well known running identities and dignitaries, from around the country. Sympathy cards and e-mails flooded in from around the world. What can you say about a man who holds so much admiration, respect, and friendship from so many people? He was a great man. More can be said about this guy and will be, which is good, as he deserves it all. A true gentleman.

Bryan's records runs and achievements have been publicised through different running magazines around Australia. Here are some I hope are of further interest. For computer operators with the net, log onto Cool Running.

Farewell,

Bryan.

Geoff Williams

Ann Osborne from Bunbury W.A.

I write this letter in response to yours, in the hope that you will consider its material worthy of printing in your AURA magazine. I was a dedicated and avid, if somewhat futile dreamer of what I could achieve in distance running, reader of AURA, before my whole world nearly unravelled. Let me tell you my story. It is one which inspires great hope for why we choose to run as an activity. It also explains why I have dropped my membership over the past 3 years.

I am 47 years old. I began running in 1992, I guess turning nearly 40 was the catalyst!! I joined Bunbury Runners Club and I gradually built myself from huffing and puffing around 5 kms in 28 minutes to doing a very respectable 22.40. From there, I tentatively tried 7, then 10 kms, then ran my first 12 kms Perth City to Surf fun run in 1994. In 1995 I ran my first half Marathon in Bunbury and followed that up in 1996 and 1997, getting progressively faster in a moderate sort of way, 1.50.49 in 1997. This spurred me to go further, so in 1997, with a programme set by Brian Kennedy, I tried my first 6 hour Ultra Marathon. I trained conscientiously for this and finally gave it a go. It was daunting and nerve wracking to say the least, as "real runners" had come from all over Australia for this event. I stuck at it, plodding on and on, hour after hour and after 5 hours, stopped, having completed 43 kms- just over marathon distance. This was stunning for me, so with constant encouragement and support from Brian Kennedy (a running legend here in WA) and others at the Bunbury Runners Club, I gulped and set my sights on running the 1998 Bunbury Marathon.

In 1998 I spent the first five months in serious training. Many hours were devoted to slogging along the Bunbury beachfront and pathways as I clocked up the necessary kilometres in training- in all I did 700 kilometres. I ran the 6 hour Ultra-Marathon in Bunbury again in March and covered 45.5kms in the time. I was delighted as I had achieved an Australian 6 Hour Track Ranking (which is still held at No 39!) Buoyed by this, I ran the Bunbury Marathon on the 17 May. It was torturous and I was ill twice but I made it- very slowly (4 hours 50 mins), but this was a feat I never thought I'd achieve. I give great credit to Brian Kennedy for giving me the self belief to do this while others, including Mary Morgan, who is an inspiration, gave great support.

Then in July 1998, just 8 weeks after the marathon, my world was turned upside down. Absolutely unaccountably my legs swelled up and I casually went to get it checked out. It was shatteringly revealed that I had a massive cancerous tumour in my pelvis, blocking the blood supply to my legs, hence the swelling. The biopsy determined it was an aggressive form of Non Hodgkin's Lymphoma which had spread extensively up to my chest and into my neck and armpits. It was a shock, as I had never felt sick, short of breath and was so fit, and had never noticed any signs of its sinister presence.

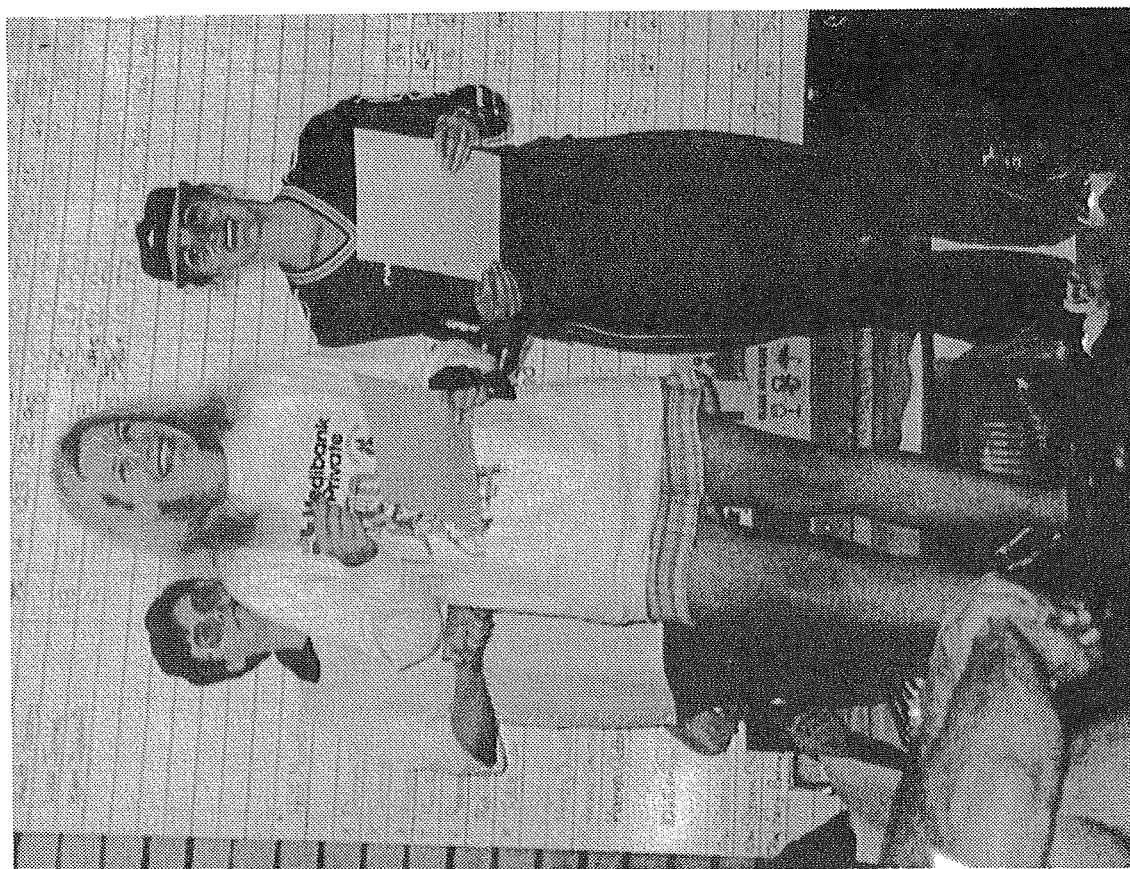
Anyway, the oncologist said my disease was life threatening but should respond to chemotherapy and my fitness was a good sign in my favour. I embarked on a roller coaster ride of toxic (chemotherapy) drugs over 9 months which saw me lose 10 kgs, lose my hair and all my energy but I did make some progress. The original chemotherapy diminished the disease but didn't eradicate it completely so I was switched to a high dose regimen, then to the "big gun" chemotherapy. This was so toxic it killed my bone marrow which meant I had to have an autologous stem cell transplant, a dangerous procedure as I had no immunity to any infection. So exactly a year after my Bunbury marathon, in May 1999, I had the big transplant. All went well and although my condition was touch and go for a while, I recovered bit by bit to be hailed as the first Sir Charles Gairdner Hospital cancer patient ever, not to be re-hospitalised with infection in the post transplant period. I was thrilled!

The glory was diminished however by there still being signs of the disease, so in September '99 I had to travel to Perth everyday for 4 weeks to receive 20 radiation treatments to my pelvis area. The Bunbury community's support simply was amazing. Everyday I was accompanied or driven to Perth by someone, no mean feat as it was a 500 km round journey every afternoon. This hopefully completed the process but scans in December '99 showed residual disease signs still and as I'd been through the full gamut of treatment available, nothing more could be done.

That said, I determined that my love of life and positive attitude were still strong and I would never give up so in 2000 I got back into everything, and gradually moved myself from walking to gentle walk- running. Put into perspective, while this is nowhere near running marathons or Ultras, it is still miraculous. On Australia Day 2000, I ran my first 5 km again in Bunbury and was awarded an Australia Day Award for Achievement. I was truly humbled by this gesture by my community.

So there we are. It is now July 2001 and I'm still here. I'm increasingly feeling fitter and better and can't believe my luck. I continue to have scans every 6 months but the disease "shadow" has done nothing- good news, the oncologist said after 21 months. He is beginning to believe it may only be scar tissue!! My fitness, my hope, my determination, my positive thinking, plus huge support from my family, friends and community which helped me to achieve my first (and only) marathon, have all paid off to achieve a far greater hurdle. Long may it continue!! Doctors pay tribute to all of these qualities which accompany traditional medicines to defeat cancer, so I thought I'd relay this message to all runners.

Thank you for reminding me about AURA. That is why I have let my membership lapse!! However, I'm happy to resume being a member, even if I never run more than 5 kms again!! I hope some people find my story an inspiration to keep up their determined efforts in fitness. I certainly count the efforts of the Bunbury Runners Club as important reasons as to why I fought so successfully to feel as well as I feel today.



Ann looking a picture of health

GOING THE DISTANCE.

For many people the prospect of running a Marathon is an unbearable task. However, there are man and women who run distances that put Marathon to shame. In our club we have more than a dozen runners who regularly compete in runs well over 42 km – the ULTRA MARATHONS. The best known are the Cradle Run a Three Peaks Race.

I developed my liking for the Ultras only in recent years and the results have been very encouraging. It proves that anyone who is prepared to train hard enough and has the determination can succeed in ultras. It is a sport where ordinary people are doing extraordinary things.

Most of the Ultras known in Tasmania are conducted in mountains running on “goat tracks” but there is much more to Ultras than mountains.

Running on a 400 m athletic track for 6, 12 or 24 hours might not sound as much fun but the reality is completely different. You are mixing with other runners all the time, your support and all facilities are never further away than 400 m and you will never find more friendship and acceptance regardless of your performance. Everyone earns a lot of respect from the spectators and other runners for just having the courage to be on the starting lane. Also in what other sport you can find yourself running on the same track with the World Champion, the best ultra runner the world has ever seen – Yiannis Kourous. I had the opportunity in Coburg recently, have completed about six laps with him and had a very interesting conversation. But there is much more. I have witnessed 70 year old Shirley Young breaking her World Age Record by completing 442 laps or 176.810 km in 24 hours. You never stop admiring people like Shirley and the memory of witnessing such great achievements stays with you for ever.

Ultras run on the roads are very different to running on a track. It could be a very lonely run as the runners stretch over long distances and unless running in a group you might not see another runner for hours. I personally enjoy running on the road as much as on a track. “LEST WE FORGET”- 84.4 km run from Gold Coast to Brisbane is a good example of such a run. It can be run by individuals or teams. Two runners can combine to run each a marathon or four runners a half marathon each and have a great time on the Gold Coast at the same time.

AT 55 ARMISTEAD AIMS FOR GREATER GOALS

He hopes to run marathons at 70. TONY RAFFERTY travelled to Frankston and spoke with Peter Armistead.

TONY RAFFERTY: Who or what inspired you to attempt ultramarathons?

PETER ARMISTEAD: I've run marathons and middle-distance for years. You must have goals and motivation to keep going. Then ultrarunning appealed to me as a new form of running to keep up my interest. It was a real transition. Unless there's a challenge you don't get fired up to train and work to the level you'd like to achieve.

What's your best ultrarunning achievement?

My best run was in the Six-Foot Track event. Then a 100K race at Bathurst, when I had a battle with Bryan Smith. Eight hours 20 approximately. Very hilly course. Time nothing flash. A fantastic race.

How did Bryan run?

He passed me in the last kilometre. Three runners within two minutes at the finish of a 100K made it an amazing run.

What race would you like to forget?

Oh gee! ... None of them. Even though you have horrible experiences where you bomb out, you learn from them. I've had disasters.

For example?

The six-day at Colac some years ago. My attempt was pretty hopeless.

Peter, you're a bit hard on yourself. What did you learn from it?

Just that a multi-day race is such a different ball game to a normal ultra. You need more miles in the legs. Better conditioning. Even compared to a 24-hour run. You can run a good 24-hour any time but to perform a good six-day run you have to back up day after day. There're tough.

Describe your first ultra?

A run from Frankston to Portsea. I regarded it as a training run. I ran it hard. But I didn't feel any worse after the 34 miles than I did after a marathon. Marathons knock you around. Intensity.

You mentioned the Colac race. What training did you do for it?

Normal running plus two yoga sessions a week. Yoga helped my strength and fitness. But I didn't do nearly enough long distance in the lead up to it.

How did you cope with the mental aspect of the multi-day at Colac. Any trauma?

On the second day I was in a mess physically. My feet swelled up. Blisters. All that. Mentally I felt distraught. I had a negative attitude at this time. 'Killer' Mansell bucked me up. He gave me a long talk. I was good after that.

Well, Kevin's had the experience.

Yes. He was a great help. I won't forget it.

Would you compete in a similar event again?

Definitely. I hope to do it again. Age has no bearing in my opinion in this type of race.

If you put in the work you can achieve great things in a

multi-day race. You mention yoga as a form of training. How has it changed you?

Health. Well-being. It's great. A good adjunct to an athlete. Running tightens muscles. Yoga stretches them. Yoga helps the whole body. And it relaxes the mind.. Energy levels improve. Even aerobic capacity increases. Most people aren't aware of this. I do one two-hour session and less intensive workouts through the week. I do a very physical form of yoga. It's certainly not passive. I believe you can get physically fit with regular yoga sessions.

Road races. Track races. What are your preferences and why? I love trail running. I went to America a couple of times. I'm better suited to road running. My style, low knee lift, is better for the road. But the trail is more enjoyable.

In which American event did you compete? Western States 100K. I was on target to complete it in under 24 hours but the heat got to me. I was physically sick. Vomited. They held me in an aid station for an hour. I eventually finished it in 29 hours. Unhappy with that I went back a year later and bombed out completely. After that I lost interest in running for a couple of years.

After your first year's experience what was the reason for your poor performance the second time? I was fitter than I'd ever been in my life when I hit America and then I trained stupidly. I did a couple of real hard runs and brought myself down. I got sick before the run. So I'd blown it before I reached the starting line.

Speak a little about your diet a few weeks before and leading up to an ultramarathon. I don't change my diet. I eat what I normally eat.

Are you a meat eater? Yes. Not a lot. One or two feeds a week. I go through days when I could be called a vegetarian. I feel better eating some meat. I believe a vegetarian diet is good. I have two daughters, vegetarians. Bryan Smith was a strict vegetarian. It didn't stop him from running well. I eat white meat, chicken and fish.

During a race does your eating pattern change? I used to have trouble keeping food down towards the end of an ultra. My stomach shut down. I could improve a lot with my eating habits during ultras. It's hard to get a balance. What to eat. When to eat.

Tell a little about your early days. I competed in cross country. I tried every sport, really. Tennis, table tennis, football. I rode a bike for a few years. A friend competed in the Sun Tour. When I got married I started running and continued from there. After running from age 22 I completed my best marathon at 36. It's a long term thing to reach your peak in running.

Who do you find inspiring? Without a doubt Percy Cerutti. And a yoga teacher I met some time ago. Glen Clerisoli. An inspiration.

Any regrets? Probably the Western States run. Actually I signed on for a third year but it was costing me a fortune just to gain the silver buckle you are rewarded to cover the distance within 24 hours...I'll go back again...sometime.

What talent do you wish you had? I wish I was a bit more disciplined, and a better manager of

money. I could have retired years ago if I had been. I wouldn't be laying bricks for a living.

What advice would you give to a marathon runner who aspired to greater distances?

Keep up the marathon training and attempt longer races. Don't be afraid of distance. Rid yourself of mental blocks regarding long distance. Accept the challenge.

How can we attract more interest in ultramarathon running? If we knew that Tony we'd have a unique sport that flourished instead of where it sits now...on the back-blocks. It's a difficult question. We love it. We achieve great satisfaction from the ultra, but to attract others, I don't know.

What's your favourite television program?
Sports. Aussie Rules.

Your choice of music?
All music. I learnt piano for seven years. I couldn't play a note now. I love going home to my parents place. We sing along around the piano. I love to sing. I bought an old piano and gave it to my grand-daughter. We hope she takes it up.

Reading?
Yes. I read books about people. I'm not fond of fiction... Sports biographies. I've read a book about a woman who stayed in a cave for 12 years in the mountains. Great story.

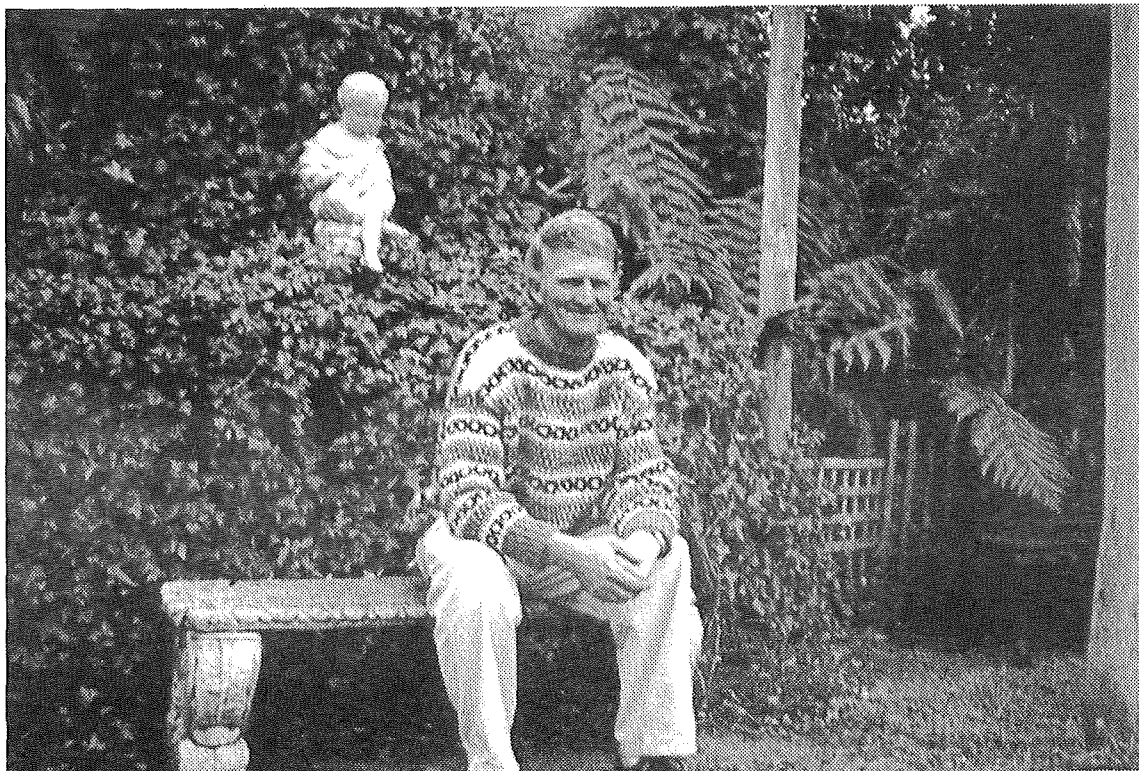
How do you relax?
Tennis once a week. Walk the dogs.

During the last 30 years we've seen a number of memorable ultramarathons. What event stands out in your mind?
No doubt the Sydney to Melbourne race was the pinnacle of ultras. It created enormous interest in this country and elsewhere.

Will we see another runner like Yiannis Kouros?
No...At least not in my lifetime. If ever.

Pete. Thanks for your time today.

TONY RAFFERTY - August 2001



Peter Armistead in a reflective mood



MARATHON MAN: Burnie's Vlastik Skvaril shows off his Victorian 24 Hour Track Championship trophies. Picture: Stuart Wilson.

Skvaril is up to the challenge



By Emily Hope

ONE would think running around in circles for 24 hours would be enough to drive a person crazy ... but not Vlastik Skvaril — for him it is fun.

Skvaril recently took part in the Victorian 24 Hour Track Championship, a race run around a synthetic athletics track for an entire day where the athlete completing the most laps wins.

Skvaril came away from the event tired but with the championship trophy firmly in his grasp.

In winning the event he ran a massive 483 laps, totalling 1932 km — 42 laps more than his nearest challenger.

Of course the question on everyone's lips is: "wouldn't he get bored?"

"That's what people think, but I don't get bored. We change direction every six hours and they call your number out every lap; there's always things going on," he said.

"I ran in the 12 hour one last year because I needed to race over 100 km to qualify for the Spartathon (Greek endurance run)."

Skvaril said the hot conditions were not too good, causing some problems for a number of athletes.

"It was very muggy, it was not ideal for running. It was muggy all day and through the night and I just couldn't cool down.

"I lost two kilograms in the first six hours and then I put on a kilogram so I only lost one kilogram for the entire race."

Skvaril is also getting set to tackle another challenge, a run from Hobart to Burnie to raise money for the Make-a-Wish Foundation.

He estimates it will take him about three days of non-stop running and walking.

"I enjoy running. I'm just crazy about it, it's wonderful fun. You meet one challenge then you look to the next one," he said.

Vlastik Skvaril

Multi — day stage races are not very regular events and are the ultimate test of endurance. Most runners would rule themselves out even without a due consideration. One such a race being planned for next year is "THE SOUTHERN STATES RUN". It will be from Adelaide to Melbourne 7th to 20th July 2002. It will be approximately 900 km over 14 days. If it seems to be too hard for one runner, there will be also team event — 2 runners — each doing half of the kms each day. I believe it would be experience of a life time to take a part in an event like this which could be a family affair.

For anyone interested in ultras, there is an organisation worth joining — Australian Ultra Runners Association (AURA). It costs only \$30 per year to be a member and includes 4 magazines each year loaded with interesting reading including Calendar of events, personal profiles, race advertisements and entry forms, race results and reports, articles about people, events, tips on training and many more interesting information.

Anyone interested in more about ultra running or joining AURA can contact me either personally during our races or by phone (64330651) or E-mail : joandvlastik@bigpond.com.au

Ultra-Marathon!??

(What makes a person want to keep running after 42.2 km.?)

By Lindsay Phillips

This is a question I have asked myself, & had literally hundreds of people ask me, many thousands of times over the years! Its hard to say in just a few words, but I'll give it a go.

The three key ingredients to my continued participation in such a "minor sport" - some would call "fringe sport" - as ultra-marathon running for almost 15 years now are; challenge, satisfaction and health.

Challenge

Everything in life is relative to one's past experiences, present activities and future goals, and most of our lives are too busy to have more than one or perhaps two activities that we engage in on a regular basis. (Eg. I don't think anyone will get to read this who is an extremely active; water skier, rock 'n' roll dancer, or wood-turner.) However once one has reached a certain level of achievement in running, which differs from person to person, no run under say... 'triple figures' seems important!

I first started running in 1980, attempted my first 24 hour run in 1987, completed my first 24 hour in 1988 and ran 1000 km. in the 1991 Westfield Sydney to Melbourne. Though there have been two long breaks in my first 20 years of running ('84 - '86 & '95 - '98), there have been a large number of challenges throughout the other years, most of these were when I have run over 100 km., which I have now done 18 times!

Sure there are virtually a limitless number of challenges in the world (mountain climbing, sky-diving, hang-gliding, motor racing, bungee-jumping, white water rafting - just to name a few) and I have to admit I wouldn't mind doing most of them once or twice in my life-time!...but there's no denying they all have a fair to high degree of risk involved. Obviously the risks associated with running for six hours to six days, and beyond, are extremely minor by comparison.

Satisfaction

Satisfaction is one of life's more obscure qualities, like beauty...its very much in the eye of the beholder. This is not to say that there are many other aspects to my life that never cease to give me great satisfaction. This is especially the case with my loving wife Denise, and also true of my relationships with my; son, brother, mother, work-mates and running friends.

Clearly some of the more satisfying aspects of my running are the 18 times I have run over 100 km., and the greatest high-lights being the four times I have run over 500 km! Each one of these occasions has a very special place in my memory and is over-flowing with many good, and some not-so-good reminiscences. Two of my most treasured memories however didn't even occur during these occasions when I ran over 100 km.!!

The two events happened on 'black Friday'!, May 13, 1988, and the following day.

The previous year ('87) I attempted 24 hours and failed at 70km. due to shin splints, which I had suffered 2 months prior and 5 months post this particular run. I had my second attempt at 24 hours, and qualifying for Westfield (my New Year's Resolution of '87) coming up in June or July of '88...so I set myself the goal of catching a bus to the Gold Coast and running home! (I did this 20 times in the four years '88 - '91!!)

Although I had been putting this run off for some 4 - 6 weeks I knew I couldn't put it off any longer. Although I didn't quite make it home (Mum had to answer an 'SOS' 'phone call from Holland Park) I was very happy with the distance I had run. But more importantly, all day long I said to myself, "If I never run again after today I will have achieved something great to remember for the rest of my life!" (Little did I think I'd still be a keen - many would say 'mad' - runner 13 years later.)

The next morning I forgot that earlier in the week, or the prior weekend (I can't remember) I had arranged for a fellow runner, Peter Dent, to pick me up and go for a training run from Holland Park to Chandler, and back. Having just run approx. 70 km. the day before the last thing I wanted to do was get out of bed to go for another 30 km. run! (Is this stating the obvious or what?) Fortunately I did, and the first five km. or so I felt absolutely...(four letter words deleted)...horrible, not to mention having the need for the other runners in the group to keep circling-back for me!! But somewhere around about the seven km. mark everything started to loosen-up and I think I lead the group for most of the remaining 20 km. or so!!

There are many other satisfying occasions of the last 15 years of running ultras, but unfortunately they'll have to keep for perhaps another article(s).

Health

The health benefits of aerobic exercise have been widely-known now for over three decades, so it may seem there's not much need to go over this aspect in huge detail. However, as health is such an important factor in all our lives, I feel a great need for me to clarify a couple of key issues.

The most important issue is that we should never lose sight of the 'big picture'!! Just because some people are able to do (or not do) certain things which are bad for their health - and get away with it - for many years, it doesn't automatically follow that there's no point trying at all. For example, a little-known statistic about smoking is that 20% of people can smoke their whole life and never suffer any of the many possible cancers or heart ailments that smoking contributes to in the rest of us.

Clearly the problem arising is that science has not yet found a way (or they're not saying if they have) of determining whether or not a particular person will fall into the 20% group, or not! With these sorts of high risks in mind, one can't help thinking how similar the odds are to say playing "Russian Roulette".

So to it is with an active concern with one's diet and exercise. Until we're able to know (if indeed we'll ever be able to know) if our health is adversely affected by our diet and exercise or not, the onus is on each of us to improve, or maintain, the way we look after our own health. I hasten to add here that I'm not 'overly-fussed' with the thought of living to the age of 100 or 110 as opposed to say 75, my main motivation is that I am able to still be fairly active in my 60's and 70's - Quality, not quantity!! (Definition of 'fairly active' to an ultra-marathon runner is...running a couple of half-marathons every year!!)

Another important issue with running ultras is that different types of aerobic activity place different levels of gravitational strain on our bodies esp. our joints. Clearly swimming, cycling and walking are excellent examples of how we can look after our levels of aerobic activity without all the harmful side-effects of continual pounding of the body on hard surfaces. This is the thing I like most about ultras because they are nearly all run on grass tracks (exc. trail runs or road runs). In addition to mainly competing on grass, I estimate I'd do approx. 80% of my training on grass, thereby considerably reducing the cumulative effects of gravity on my joints.

As my uncle has been a Chiropractor for many years, I have been acutely aware of this problem for some time...

I believe that the best way to run, and to not do any major long-term damage to your joints, is to run on grass at least two-thirds of the time.

I hope that this brief account of why I run has given some of you readers a greater understanding of the "fringe-sport" that is...

Ultra-marathoning

...and that in the next few months a few more runners will be teased into taking the "giant leap" into running "triple figures" with me.

Stop Press

"It's the sheer love of the sport that comes through, that is what I've seen over the past 10 years or so in Lindsay Phillips. I recall he has turned up to begin a race and sometimes not even been 'half fit' for the event - but you can't deter him. You see it's the 'want' and the 'need' to compete that stands out! July 2001 I watched a fitter and more determined Lindsay compete in the Qld. 24 hour championships. He ran a sound 163 km. (102 miles), and he's back!"

-Gary Parsons, President, Aust. Ultra-Runners Assn.,

The only person to twice-hold the World Record for 1000 miles on the track.

The fastest person to run 19000 km. non-stop.

Next article...

In the coming months Lindsay's long-time ultra-running friend & colleague Dave Holleran will be launching his first book...

"Extra-ordinary Adventures of an Ordinary Runner"!!

In anticipation of this Lindsay will give a brief re-count of when they both ran; 10km., the half marathon & the full marathon - *three-legged!!*



Phil Essam [left] in action at the Coburg 24 hour event.

Phil has been a tireless worker in his capacity as Secretary but has been forced to resign his position due to a career change as he returns to life in the RAAF

Aalto wins his second Sri Chinmoy 3,100 mile race

Jamaica, Queens, N.Y. - Ashprihanal Aalto of Helsinki, Finland, won the world's longest certified footrace for the second straight year on Saturday, completing the fifth annual Sri Chinmoy 3100-Mile Race in 48 days, 10 hours, 56 minutes and 12 seconds (48d:10:56:12).

The event, which started June 17, is run on a .5488-mile (883-metre) sidewalk loop through urban streets in Queens and has a 51-day cutoff. Runners must average a minimum of 60.7 miles a day (97.7km) to finish within the allotted time. The course is open 18 hours a day.

As has become the custom at the race, Aalto did not stop after reaching the finish line but continued on for just over 11 more kilometres in order to complete 5,000-kilometres and have the time officially recorded (48d+13:08:16). (It is the only known distance race with a 'split time' longer than the race itself.)

Last year the 30-year-old endurance athlete finished the race nearly a day faster in a time of 47d:13:29:55. He encountered a setback early in the race when he developed shin splints, or a low-level shin infection, that slowed him down. After being prescribed mild antibiotics, the problem cleared and he ran strongly through the remainder of the race.

His finishing time this year was the sixth fastest 3,100-mile time and the sixth fastest 5,000-kilometre time ever recorded in a certified event. He sprinted the final lap at close to six-minute pace, smiling broadly as he crossed the finish line.

To celebrate, Aalto plans to go to the beach Sunday for a swim, then play some tennis and return to the race to watch the two remaining runners continue on toward the finish.

Only three runners started the 2001 race, the lowest number since it began. However, all three are expected to finish. Namitabha Arsic, 35, of Yugoslavia is expected to finish the event for the third time on Monday and Suprabha Beckjord, 45, Washington, D.C., the lone woman, is expected to finish for the fifth time on Wednesday.

"Everything else went okay. It's great that we are going to have a 100% finish -- three finishers out of three starters."

The weather was somewhat better this year than it has been in the past. Runners endured extreme heat in 1998 and 1999 while temperatures were cooler than normal in 2000. This year there were two or three hot spells with temperatures in the 90sF and high humidity. But overall it has been rated a good year.

"I'm just amazed how they can approach this on a daily basis, just go out there mile after mile and lap after lap," Szczesiul says.

After five years, the event has become familiar to neighbours in the suburban area of Queens where it takes place - even though it attracts only minor news coverage.

"The people look forward to seeing us come here in June," Szczesiul says. "They say when we go away they feel a little sad. It's like part of the make-up of summer. There's always hundreds of people who come by, people who live in apartments nearby, who have business in the schools, or people who just drive by regularly - they're all familiar with us."

"They see a runner in the morning and then they see same person still running when they come home from work in the afternoon. They say, 'What is going on?' And they come over eventually and look at the scoreboard."

"He doesn't have any blisters, no injuries of any real consequence. He started out injured. He was in the 10-day race back in April and May and he had some problems with his knee and he had to drop out after 360 miles. He was running in wornout racing shoes and it started to bother his knee. He went to hospital and his knee was sore for weeks after the race."

"He couldn't really run much. So his approach to the (3100-mile) race was come and be careful and gradually get into shape. After you have done one of these things you can kind of gauge how to get through another one. On the physical level he was able to start the race and then find his way. He did get shin splits but he came through them. After his problems cleared up - he took off. From the 15th day to the 26th day he ran 63 to 71 miles and most of the days were 68 or 69 miles."



Sandra Brown, seen here in the New Zealand 24 hour event, has a wealth of advice on how to tackle the 24 hour discipline

Sandra Brown on 'Racing at Ultradistance

AVOID THE STAMPEDE

There is good evidence that, in a long race, the best results are obtained by even, steady pacing - by knowing what pace you want to maintain and sticking to it for as much of the time as possible. Some people believe (and, again, there is evidence) that 'negative splits' - a marginally faster pace in the second half of the race than the first - is even better than one steady pace throughout.

Of course, this is just the opposite of what our mind and body - uncontrolled - will tend to do ! It takes discipline to set your own pace and stick to it, blinkering yourself to the opening stampede you see in many races and to the tactical manoeuvres of other racers going on around you. You will have the last laugh when the early speedsters falter in the latter stages of the race ... if not before !

You need to work out your goal-pace on the basis of your target distance/time, with a realistic allowance for a bit of down-time for toilet stops etc. If your target pace has been carefully and realistically considered, try to stick to it if you can. Try to avoid the temptation to speed up in the early stages of the race, or to slacken off when the going gets tough and things start to hurt - as they will do, if you are working at your sustainable limits after several hours on the road or track. Tell yourself that it is the same for everyone, and remind yourself of your race goals.

But in any long race, you should also tune in to yourself and heed the signals. If the first 20km or 50km feel unusually hard, consider easing off a touch rather than risk blowing the whole race - you can always pick up the pace again later, if you feel better. Conversely, if after 100-150km at target-pace in a 24-hour race you are feeling really well and strong, you might consider winding up the pace a little. Adjustments to target-pace should be slight if there is still a long way to go; and you should stay closely tuned to your mental and physical response to any given pace.

STEADY ON !

I know how easy it is to get carried away at the start when you are fresh, especially if others charge ahead. I prefer to start steadily, often standing around the middle or towards the back of the group. Getting 'boxed in' is rarely a serious problem in ultra races, as even relatively large fields soon sort themselves out.

Starting steadily gives you a chance to warm up, to get a feel for the course, and for the weather conditions, the quality of the organisation and the support (marshalling, drink and food), and to get a feel for the others around you - who's there, how do they seem to be approaching this race, do they look fit and sparky today or out of condition ?

Finally, starting steadily gives you a chance to get a feel for yourself - how good do you feel today, on this course (or track), in the conditions of this race ? Above all, starting steadily helps you to set your own pace, to create your own space. Don't be afraid to look 'left behind'. There is nothing clever about being caught up in a stampede. You will earn respect by showing that you have your own race plan and the sense to stick with it.

TACTICS

What do you personally want to achieve in this race ? Are your goals highly individual (e.g. to achieve a particular time or distance) or competitive (e.g. to win the race or to beat someone, or for your team to win) ? How far are your goals related to other competitors in the race ? Maybe much, not much, or not at all ? Whether your goals are individual or competitive, it can help you only if you have a good understanding of what represents an optimum, sustainable pace for you. Then, if you vary your pace for tactical reasons, you know what you are doing and you are deciding your race strategy, rather than having it decided for you by others.

Race tactics are primarily about gaining psychological advantage and/or position. Having your own pace and space - visibly sticking to your own game-plan, and not meddling with others - can be one of the most effective tactical approaches at ultradistance. However, there may be times when you see psychological value in putting pressure on others by putting in bursts of faster-paced walking; for example, at the start or some later stage, especially when you are overtaking and want to look decisive and strong at this point.

Use a fast start only if you are properly warmed up, and are confident you can maintain the pace for long enough to take and maintain the lead. Variable pace tactics can be highly effective: for example, by discouraging an opponent if you are able to overtake and pull ahead when he/she is tiring. But beware !

DON'T BLOW UP

We probably all know athletes who acquire a reputation for injudicious bursts of speed, after which they 'blow up', sometimes throw up, and are overhauled again easily by the people they overtook. Some people never seem to learn, so presumably they get kicks out of such tactics; but such erratic pacing does their overall performance no favours.

It is easy to damage your chances by trying too hard, maybe to get ahead or to stay ahead of someone, or to stay with someone who is going too fast for you at that moment. Be patient - they may well tire and 'come back' to you later on, if you stick at your-goal-pace. You must develop a feel for the point at which you are digging too deep, getting into diminishing returns in a way which have 'revenge effects' later on.

You can build up the ability to use variable pacing. In training, try to experiment with pacing, tactics, feeding strategies, etc under real race conditions. This is useful in giving you psychological and physical stamina, resilience and confidence about your ability to cope with and respond to different situations.

MUTUAL AID

Even if your goals are essentially personal, might other competitors - knowingly or not - help you to achieve them ? In ultradistance races, mutual assistance is very common, even between people who are competing fiercely with each other !

There have been events when I have walked many hours with another competitor. Such collaboration can be beneficial to you both: keeping you moving along at a good pace, providing company and encouragement when you might tire and flag, for example, during the night on a dark and quiet circuit.

But keep asking yourself if this cooperation is suiting your purpose. If your goal is a PB in time or distance, and you are lucky enough to find someone at your goal-pace who will help pull you along, then use them. If this conflicts with their goals, you will know soon enough, if they change pace abruptly or take other evasive action.

If someone else latches on to you, do you mind ? If you do mind because, for example, they may be disrupting your pace or disturbing your concentration, you will need to put space between you by, say, pushing ahead or by taking a tactical pause.

REFUELLING

What you prefer to eat and drink during races, and how often are very personal matters. Get ideas from others, but don't just copy them or assume that, because race organisers provide particular foods, they are palatable and digestible ! My earlier note on nutrition made suggestions on feeding and drinking during races.

FACING THE MUSIC

Should you use a Walkman during races ? A powerful example of the value of music during a long event is the annual 550km Paris-Colmar racewalk, a three-day almost continuous event on roads across France. It is a requirement that all participants are closely shadowed by a support vehicle; and the custom is for music to be relayed from loud-speakers on the vehicle throughout the day and night.

For the walker and the supporting crew, the music sets a rhythm and, as everyone tires, it helps motivate and keep them awake. Each walker's choice is like a signature tune. And the approaching sound of music tells spectators - and other teams - that someone is coming along the road.

If you find that using a personal stereo is helpful during races, go ahead. Racewalkers in particular often find the rhythm and swing of the music helps their style and pace. Some people will have a radio playing for much of the time. There are risks in this, notably that the music may distract you from concentrating on your goal-pace, and encourage you to go at a pace that you can't sustain - or even lead you to forget to eat and drink.

There is also a risk that the Walkman will lose its effectiveness in giving you a lift when you really need it, if you use it so much that the tapes become background music which you hardly notice.

I like to think of music partly as a reward for making good progress, so I tell myself that I will not use it during the first 12-15 hours - but, after that, I can have music if I want it. Which keeps it for when I really need it, rather than blunting it by overuse.

In many races of 100 miles or 24 hours, I don't use a Walkman at all. I like to feel 'centred', in touch with my body and in control of my race. Also, I like to be aware of the race environment, and to respond to spectators and organisers. In the jargon, I aim to balance association and disassociation.

But there are times when we all need help, when we need a distraction to blot out pain for a while, need a lift to get us going again, need a change if time is dragging - or just need a reward. In 24 hour races, sometimes I put on music for a while (and have a cup of tea !) when I have done 100 miles, to reward that effort and to help me keep swinging along without losing momentum.

AFTER THE RACE

Enjoy ! However the race has gone, respect the effort you made, and be good to yourself. Recover, eat well, and take a vitamin and mineral supplement to help protect you against infection. If you have made many hours of continuous effort, adjust your routine to what will encourage a good recovery. You may be back at work and busy at home - this is the real world - but eat and drink well and regularly, and try to get to bed a bit earlier for a few days if necessary, until you feel refreshed.

It is common after a 24-hour race for the body to be so flushed with endorphins - nature's painkillers - that for the first day or so you are not even fully aware of the physical damage to feet and muscles, and on an emotional 'high'. By the time you are 'coming down', the healing process will be well under way, and blisters and aches will already have eased.

As for training, I like 'active rest'. It's a good idea to keep yourself moving. Promoting your circulation boosts healing and the immune system; and a gentle walk to move the muscles will facilitate stretching and aid recovery. Cross-training - easy cycling indoors and out, swimming, walking without straining - are all good recovery exercises in the days after a race.

Within a week, you can be back to something like your normal training pattern; but go easy, and don't get carried away. It's better to take a bit longer to recover and to rebuild carefully than to risk injury or illness.

TAKE HOME LESSONS !

What did you learn from that race ? Whether it went well or not so well, there will be learning potential.

Did you have a plan, and stick to it ? Did it work out ? Did you achieve what you had hoped ? Analyse the strengths and weaknesses of that race experience, and of how you approached it. Would you tackle the race differently if you did it again ?

Can you learn from what others did in the race, how they paced themselves, what they ate, drank and wore ? What about the race organisation - did it live up to your expectations ? Would you recommend the race to others, and consider doing it again ? Have you any suggestions to pass on to the organising club ?

GOOD LUCK !

I hope that these personal reflections on racing at ultradistance will interest and help you. Go for it, enjoy your racing, the achievements, the exhilaration, the pleasure and good company it brings - and good luck !

Always wear comfortable footwear when running.



All-Time List

Legend

R = road in otherwise track list
i = indoor
T = track in otherwise road list
s = split in longer event
* = uncertified road course or no lap times taken
^ = incomplete lap recording (only to minute)
r = resident alien
rr = ratified record (better marks may exist)

1,000 Miles

Men

Yiannis Kourou,GR	10+10:30:35	R
rr-Petras Silkinas,57,LIT	11+13:54:58	T
Stu Mittleman,US	11+20:36:50	R
Bryan Smith,55,AU	11+23:31:44	T
rr-Rimas Jakelaitis,45,LIT	11+23:07:21	R

all-time, North America

Stu Mittleman	11+20:36:50	R
Marty Sprengelmeyer,45	13+07:19:41	s
Trishul Cherns, CAN	13+07:50:45	
Tom Possert	13+14:02:52	
Michel Careau,47,CAN	13+21:31:53	
John Wallis,52	14+09:45:04	
Don Winkley,59	14+10:56:46	
Ronnie Wong	14+12:48:25	

USA Ratified 1,000-Mile Records, Men

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

rr-Sandy Barwick,42,NZ	12+14:38:40	Rs
rr-Eleanor Robinson,50,GB	13+02:16:49	T
Dipali Cunningham,AU	13+20:18:40	R
Antana Locs,CAN	13+23:18:32	Rs
Nidhrui Zimmermann,AUS	14+07:02:21	Rs
Martina Hausmann,40,GER	14+08:52:29	Rs

all-time, North America

Antana Locs,CAN	13+23:18:32	Rs
Suprabha Beckjord	14+08:56:57	Rs
Dhava Dorn,CAN	15+22:39:35	Rs
Sylvia Andonie,MEX	14+18:52:38	R

USA Ratified 1,000-Mile Records, Women

Open: Suprabha Beckjord	14+08:56:57	Rs
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6 Days

All-time, men

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

Uncertified additions

Yiannis Kourou,GR	658	1144	R*
David Standeven,AU	628	352	R*
Kevin Mansell,AU	628	352	R*

World track record

Yiannis Kourou,GR	635	1385	
rr-Yiannis Kourou,GR	635	147	

Modern, men

Jean-Gilles Boussiquet,48,FR	640	21	rr
Yiannis Kourou,GR	639		Rs
Gilbert Mainix,57,FR	626	164	i
James Zarei,46,GB	622	508	
Bryan Smith,45,AU	622	435	

Modern, men, North America

Stu Mittleman	577	1100	i
George Gardiner,40	554	72	
Brian Purcell	543		Rs*

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

Age groups, world

40-44 J.-G. Boussiquet,FR	605	1691	i
45-49 J.-G. Boussiquet,FR	640	21	i
50-54 Gilbert Mainix,FR	609	775	i
55-59 Gilbert Mainix,FR	626	164	i
60-64 Cliff Young,AU	536		R*
George Perdon,AU	522	1664	
65-69 Cliff Young,AU	416	998	
70-74 Cliff Young,AU	406	225	
75-79 Drew Kettle,AU	363	876	
80-84 Drew Kettle, AU	241	608	

Age groups, U.S.

40-44 George Gardiner	554	72	
45-49 Cahit Yeter	468	417	
50-54 Michael Allen	473	440	
55-59 Donald Winkley	450		Rs
60-64 Richard Cozart	387		Rs
65-69 Dictino Mendez	385		Rs
70-74 Ed Fishman	335		Rs
80-84 Ted Corbitt	240		R

USA Ratified Six-Day Records, Men

Open: George Gardiner	554	72	
40-44 George Gardiner	554	72	
45-49 Gurdazyke	373	440	
50-54 Michael Allen	473	440	
55-59 Donald Winkley	450		R
60-64 Clarence Richey	339	12	
65-69 Dictino Mendez	385		R
70-74 Ed Fishman	335		Rs
80-84 Ted Corbitt	240		R
All-comers: Yiannis Kourou,GR	639		

All-time, women

rr-Sandra Barwick,NZ	548	558	
Eleanor Adams,GB	538	582	
rr-Dipali Cunningham,AU	504		R
Donna Hudson,US	487	1585	
Edith Couhé,41,FR	479	968	i

Uncertified additions

Mary Hanudel,US	486	1056	Rs*
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Women, North America

Donna Hudson	487	1585	
Mary Hanudel	486	1056	Rs*
Suprabha Schechter	459		Rs
rr-Lorna Richey	457	345	
Madame Du Pre,1882	456		
Pippa Davis,48	454		Rs
Antana Locs,CAN	452		Rs
Sylvia Andonie,MEX	450		R
Sue Medaglia,49	411	1623	
Janet Johnson	405	440	
Barbara McLeod,55,CAN	404	1156	Rs
Karina Nequin	400	220	i

Age groups, world

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

Age groups North American

40-44 Sylvia Andonie, Mex	394	1054	R
45-49 Pippa Davis	454		Rs
50-54 Janet Johnson	405	440	
55-59 Myra Linden	340	440	
60-64 Samara Minoli	310		Rs
65-69 Helen Klein	354	1584	R
70-74 Helen Klein	373		R

USA Ratified Six-Day Records, Women

Open: Lorna Richey	457	345	
40-44 Vivian Cortes	266	440	
45-49 Sally Middleton	311	1320	
55-59 Myra Linden	312	880	
All-comers: Eleanor Adams,GB	462		

48 Hours

All-time, men

Yiannis Kourou,40,AU	294	710	T
Tomas Rusek,46,CZ	269	514	
Valéri Goubar,5U	265	1187	^
Gilbert Mainix,57,FR	264	282	^
J.-G. Boussiquet,47,FR	263	597	^

All-time, North America

John Hughes,1882	251		si?
Roy Pirrung,48,US	243	759	
Brian Purcell	240		
James A. Cathcart,1888	238		si
Frank Hart,1882	232	440	si
Scott Demaree	230	704	
David Luljak,43	229		Rs
Jack Christian	227	584	
Don Choi	227		s
Patrick Fitzgerald,1888	226		s
Ray Krolewicz	224	1731	
Al Prawda	224	1177	i
Dan Brannen	223	135	i
Trishul Cherns,CAN	221	230	
Doyle Carpenter,48	219	1689	i
Richard Lacouse,1881,CAN	218	352	si
Edward Weston,40,1879	218		i
Dan Herty,1882	217	660	i
Danny Ripka, 43	216	785	
Jeff Hagen,52	216	721	
Charles Harriman,1883	216		i
Stu Mittleman	215	1540	si
John Sullivan,1882	215		i
Ephraim Clow,1881,CAN	215		si
Thomas Andrews,44	214		
George Gardiner,40	213		s
Jim Drake,52	213		R
Rae Clark	212	176	Rs
Peter Panchot,1883	212		i
Robert Vint,1883	211		i

U.S. all-comers record

Yiannis Kourou,GR	266	578	s
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Age groups, world

40-44 Yiannis Kourou,AU	294	710	T
45-49 Tomas Rusek,46,CZ	269	514	
50-54 Gilbert Mainix,FR	259	427	^
55-59 Gilbert Mainix,FR	264	282	^
60-64 Don Winkley	200	579	T
65-69 Manfred Hauser,GER	151		
70-74 Manfred Hauser,GER	156	225	
75-79 Cliff Young,AUS	149	1102	Ts
80-84 Robert Lardinois,BEL	125	1494	

Age groups, North America, modern

40-44 David Luljak	229		
45-49 Roy Pirrung	243	759	
50-54 Roy Pirrung	231	769	
55-59 Donald Winkley	201		Rs
60-64 Don Winkley	200	579	
65-69 Michael Allen	158	1447	
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	
80-84 Ted Corbitt, 81	105		R

USA Ratified 48-Hour Records, Men

Open: Brian Purcell	240		
40-44 Thomas Andrews	213	1320	
45-49 Roy Pirrung	243	759	
50-54 Roy Pirrung	231	769	
55-59 Don Winkley	201		
60-64 Don Winkley	200	579	
65-69 Richard Cozart	139	263	T
70-74 Matt Miller	142	1617	
75-79 Matt Miller	144	281	
80-84 Ted Corbitt	105		
All-comers: Yiannis Kourou,GR	266	880	

All-time, women

Sue Ellen Trapp,51,US	234	1428	
Irina Reutovich,50,RUS	229	113	i
Hilary Walker,GB	227	1302	
Eleanor Robinson,49,GBR	219	100	i
Susan Olsen,US	216	1444	

All-time, North America, women

Sue Ellen Trapp,51	234	1428	
Susan Olsen	216	1444	
Sylvia Andonie,MEX	195	1760	
Bev Williams,CAN	191	1470	i
Suprabha Beckjord	191		Rs
Donna Hudson	189	693	s

79

Marcy Schwam	187	1406	i
Pippa Davis, 48	182		Rs
Eileen Eliot, 45	180	1584	i
Antana Loos, CAN	180		Rs
Barbara McLeod, 52, CAN	177	137	i
Essie Garrett, 41	170		
Françoise Carpenter, 50	170	440	
Mary Ann Miller, 50	169	1335	
Linda Elam, 53	169		
Missy Heeb	165	932	
Debra Richmeier	165	932	
Kay Moore, 44	164	936	i
Kim Cavanagh	161	75	i
Lorna Richey	160		s

Age groups, World

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

Age groups, North America

40-44 Susan Olsen	206	904	T
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp, 51	234	1428	
55-59 Barbara McLeod, CAN	158		Rs
60-64 Mary Ann Miller	139	1003	T
65-69 Helen Klein	130	858	

USA Ratified 48-Hour Records, Women

Open: Sue Ellen Trapp	234	1427	
40-44 Susan Olsen	206	904	T
45-49 Sue Ellen Trapp	223	1340	R
50-54 Sue Ellen Trapp	234	1427	
55-59 Mary Ann Miller	145	1531	
60-64 Mary Ann Miller	139	1003	T

24 Hours

All-time, men

Yiannis Kourou, 41, AU	188	1031	T
Wolfgang Schwark, GER	171	1106	R
Anatoli Kruglikov, RUS	171	857	
Bernard Gaudin, FR	170	1231	R
David Dowdle, GB	170	974	
Hans Erdmann, GER	170	580	R

World track record

Yiannis Kourou, 41, AU	188	1031	T
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World road record

Yiannis Kourou, 42, AU	180	589	
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All-time, North America

Rae Clark	165	427	
Mark Godale	162	809	R
Park Barner	162	537	
Kevin Setnes	160	749	R
Tom Possert	158	565	R
John Geesler	157	1677	R
Bernd Heinrich, 43	156	1367	
David Luljak, 41	156	492	R
Cahit Yeter, 46	155	1182	
Roy Pirrung, 41	154	313	iR
Arthur Newton, 1931	152	540	i
Peter Holubar, CAN	150	1659	
Al Howie	150	354	
John Hughes, 1882	150		s
Brian Purcell	146	1584	s
Nick Marshall	146	528	Rs
Don Jewell, 46	145	1115	R
Robert Van Deusen	145	408	
Tommy Taylor	144	1472	R
John Metz, 50	144		R
Scott Demaree	143	704	s
Lion Caldwell	143	392	
Ed Foley	143	238	
James Edmonson	143		
Steve Warshawer	142	598	
Danny Ripka, 40	142	523	R
John Prewitt	142	383	
Marshall Ulrich	142	153	
Luis Rios	140	756	
George Gardiner, 40	140	400	R

Age groups, world

40-44 Yiannis Kourou, 41, AU	188	1031	
45-49 Don Ritchie, GB	166	1203	
50-54 Tomas Rusek, 50, CZ	163	897	R

55-59 Dave Cooper, GB	155	676	R
60-64 Max Courtillon, 62, FR	149	91	iR
65-69 Geoff Oliver, GB	132	1543	
70-74 Max Courtillon, 70, FR	120	669	
75-79 Ernie Warwick, GB	103	651	
80-84 Ernie Warwick, GB	86	1100	

Age groups, U.S.

40-44 Bernd Heinrich	156	1367	
45-49 Cahit Yeter	155	1182	
50-54 John Metz	144		
55-59 Richard Rozier	139	429	R
60-64 Dwaine Batt	129	352	R
65-69 Ray Piva	120		R
70-74 Edson Sower	107	655	
75-79 Matt Miller	90	393	
80-84 Edson Sower	63	445	

USA Ratified 24-Hour Records, Men

Open: Rae Clark	165	427	
40-44 Bernd Heinrich	156	1367	
45-49 Roy Pirrung	147	1510	
50-54 Roy Pirrung	137	970	
55-59 Gard Leighton	131	507	
60-64 Carlton Mendell	125	1044	
65-69 Beacham Toler	112	187	
70-74 Edson Sower	107	655	
75-79 Matt Miller	90	393	
80-84 Edson Sower	63	445	

Road:

Open: Mark Godale	162	809	
40-44 John Geesler	157	1677	
45-49 Roy Pirrung	153	1363	
50-54 John Metz	144		
55-59 Gaylon Dodson	121	385	
60-64 Dwaine Batt	129	352	
65-69 Ray Piva	120		
70-74 Howard Henry	94	491	
75-79 Howard Henry	83	101	
80-84 Ted Corbitt	54	1759	

All-time, women

Elena Sidorenkova, RUS	154	1161	i^A
Sigrid Lomsky, 51, GER	151	706	
Irina Reutovich, 48, RUS	150	1336	
Eleanor Adams, 41, GB	149	411	
Hilary Walker, GB	146	1629	R
Sue Ellen Trapp, 47, US	145	506	R

World Indoor record

Elena Sidorenkova, RUS	154	1161	i^A
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All-time, North America

Sue Ellen Trapp, 47	145	506	R
Ann Trason	143	152	R
Randi Bromka, 40	138	510	R
Susan Olsen	134	1695	
Mary Hanudel	132	1299	
Lorna Richey	130	973	
Stephanie Ehret	128	1743	
Chris Hart	128	181	
Barbara Marquer, SYLVANIA	126	1371	
Sue Medaglia, 47	126	749	
Suzanne Gagnon, CAN	125	1513	R
Toni Belaustegui, 40	125	885	
Kathy Welch, 41	125		R
Karina Nequin	124	661	
Sylvia Andonie, MX	124		R
Lynn O'Malley, 41	123	1106	
Mercedes Balderas, 40, MX	122	795	R
Kay Moore, 42	122	186	R
Susie Lister	122		R
Debra Moore	121	714	R
Debbie Jones, 43	120	1284	
Bonnie Busch	120	994	R
Beverly Williams, CAN	120	649	

Age groups, world

40-44 Eleanor Adams, GB	149	411	
45-49 Sue Ellen Trapp, US	145	506	R
45-49 Irina Reutovich, 48, RUS	150	1336	
50-54 Sigrid Lomsky, GER	151	706	R
55-59 Gerda Schröder, GER	119	140	R
60-64 Françoise Lamothe, FR	114	760	R
65-69 Helen Klein, US	109	880	
70-74 Shirley Young	109	152	
75-79 Rosa Vögeli, SW	62	241	R

Age groups, U.S.

40-44 Randi Bromka	138	508	R
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45-49 Sue Ellen Trapp	145	505	R
50-54 Sue Ellen Trapp	137	615	R
55-59 Ruth Anderson	110	440	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	
70-74 Helen Klein	102	1300	R

USA Ratified 24-Hour Records, Women

Track:

Open: Sue Ellen Trapp	136	946	
40-44 Toni Belaustegui	125	885	
45-49 Sue Ellen Trapp	136	946	
50-54 Sue Ellen Trapp	132	1194	
55-59 Ruth Anderson	110	440	
60-64 Helen Klein	105	1294	
65-69 Helen Klein	109	880	

Road:

Open: Sue Ellen Trapp	145	506	
40-44 Randi Bromka	138	508	
45-49 Sue Ellen Trapp	145	505	
50-54 Sue Ellen Trapp	137	615	
55-59 Eileen Eliot	107	912	
60-64 Sarann Mock	83	100	
65-69 Sarann Mock	80	1430	
70-74 Helen Klein	102	1300	

200 Km

All-time, men

Yiannis Kourou, 41, AU	15:10:27	sT
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All-time, North America

Rae Clark	16:55:13	s
Cahit Yeter, 46	17:44:27	s
Kevin Setnes	18:02:30	Rs

Age groups, world

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

USA Ratified 200-Km Records, Men

Track:	
Open: Rae Clark	16:55:13
40-44 Roy Pirrung	18:05:35
45-49 Roy Pirrung	20:34:48
50-54 Gard Leighton	21:07:11
60-64 Carlton Mendell	23:39:47

All-time, women

Eleanor Adams, 42, GB	19:00:31	sRi
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All-time, North America

Ann Trason	19:22:05	Rs
Sue Ellen Trapp, 47, US	20:14:06	Rs
Sue Ellen Trapp, 45	21:08:47	s
Randi Bromka	22:41:00	s

Age groups, world

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

USA Ratified 200-Km Records, Women

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

12 Hours

Men

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

All-time, North America

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

Age groups, world

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

USA Ratified 12-Hour Records, Men

Track:

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

Road:

Open: Rae Clark	98	
40-44 Roy Pirrung	90	
45-49 Roy Pirrung	84	1631
50-54 Roy Pirrung	77	811
55-59 Bruce Boyd	72	79
60-64 Dwaine Batt	70	527
65-69 Ray Piva	69	
70-74 Burt Carlson	46	16
75-79 Ben Mostow	50	
80-84 Wilfredo Rios	45	1114

Women

Ann Trason,US	91	1258	T
Angela Mertens,BEL	87	831	
Anke Drescher,GER	84	1658	
Eleanor Adams,GB	83	1339	T
Anni Loenstad,DEN	83	877	R

All-time, North America

Ann Trason	91	1258	T
Christiane Avin,40	79	1658	
Lorraine Lees-McGeough	79	1587	T

Age groups, world

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

USA Ratified 12-Hour Records, Women

Track:

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

Road:

Open: Ann Trason	90	
40-44 Randi Bromka	79	
45-49 Sandra Kiddy	79	698
50-54 Sue Ellen Trapp	72	1671
55-59 Eileen Elliot	63	489
60-64 Louise Mikovic	48	64
65-69 Sarann Mock	47	247

100 Miles

All-time, men

Don Ritchie,GB	11:30:51	T
Cavin Woodward,GB	11:38:54	T
Yiannis Kourros,GR	11:46:38	s
Derek Kay,40,SA	11:56:56	T
Ferenc Gyori,HUN	12:00:00	s

All-time, North America

Tom O'Reilly,GB	12:02:32	T
Andy Jones,CAN	12:05:43	
Rae Clark,US	12:12:19	
Dave Box,41,SA	12:15:09	T
Martin Daykin,GB	12:16:46	

All-time, North America

Andy Jones,CAN	12:05:43	
Rae Clark	12:12:19	
Bernd Heinrich,44	12:27:01	T
Alfonso Anzaldo Meneses,MX	12:46:20	*
José Cortez	12:54:31	*
Stuart Mittleman	12:56:34	*
Roy Pirrung	13:15:50	
Ray Scannell	13:16:02	*
Terry Martin,CAN	13:18:25	*
Lion Caldwell	13:19:12	

Age groups, world

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

Age groups, U.S.

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

USA Ratified 100-Mile Records, Men

Track:

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

Road:

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

All-time, women

Ann Trason,US	13:47:42	
Eleanor Adams,42,GB	14:43:40	si
Hilary Walker,GB	14:49:34	
Rae Bisschoff,SA	14:53:06	R
Sigrid Lomsky,51,GER	15:02:30	s
Sue Ellen Trapp,44,US	15:05:51	
Christine Barrett,GB	15:07:45	
Sandra Kiddy,49,US	15:12:54	
Monika Kuno,GER	15:27:46	Ts
Donna Hudson,US	15:31:57	*

All-time, North America

Ann Trason	13:47:42	
Sue Ellen Trapp,44	15:05:51	
Sandra Kiddy,49	15:12:54	
Donna Hudson	15:31:57	*
Marcy Schwam	15:44:28	Ts
Randi Bromka	15:45:52	s
Sue Medaglia,48	15:55:17	*
Sue Olsen	15:55:24	Ts
Naralie Cullimore	16:11:00	*
Christine Gihbons	16:41:26	

Age groups, world

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

Age groups, U.S.

40-44 Sue Ellen Trapp	15:05:51	
45-49 Sandra Kiddy	15:12:54	
50-54 Sue Ellen Trapp	16:57:58	
55-59 Ruth Anderson	20:54:24	Ts
60-64 Helen Klein	22:15:26	Ts
65-69 Helen Klein	21:03:01	Ts
70-74 Helen Klein	23:29:34	s

USA Ratified 100-Mile Records, Women

Track:

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

Road:

Open: Ann Trason	13:47:42
40-44 Sue Ellen Trapp	15:05:52
45-49 Sandra Kiddy	15:12:54
50-54 Sue Ellen Trapp	16:57:58
55-59 Eileen Elliot	21:54:14
60-64 no record	
65-69 no record	
70-74 Helen Klein	23:29:34

100 Km

All-time, men, certified

rr-Don Ritchie,GB	6:10:20	T
Takahiro Sunada,JPN	6:13:33	
Jean-Paul Praet,BEL	6:15:30	
rr-Jean-Paul Praet,Bel	6:16:41	R
Valmir Nunes,BRA	6:18:09	
Alexey Volgin,RUS	6:20:44	
Aleksander Masargin,RUS	6:20:59	
Yasufumi Mikami,JP	6:22:08	
Konstantin Santalov,RUS	6:22:28	
Jaroslav Janicki,POL	6:22:33	

Uncertified additions

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

All-time, North America, certified

Tom Johnson	6:30:11	
Erik Seedhouse,CAN	6:33:03	
Dan Held	6:33:12	
Andy Jones,CAN	6:33:57	
Richard Chouinard,CAN	6:36:57	
Allan Kirik	6:37:54	
Bernd Heinrich,41	6:38:21	
Stefan Fekner,CAN	6:41:05	
Charles Trayer	6:41:47	
Rich Hanna	6:42:09	
Sean Crom	6:45:35	
Tom Zimmerman	6:45:46	
Dave Dunham	6:46:39	
Barney Klecker	6:50:43	
Frank Bozaniich	6:51:20	
Alfonso Anzaldo Meneses,MEX	6:51:52	T
Carl Andersen	6:54:25	
Bryan Hacker	6:55:10	
James Garcia	6:55:27	
Rae Clark	6:56:43	
Bob Sweeney	6:57:40	
Victor Hickey,CAN	6:57:58	
Kevin Setnes	6:58:06	

Uncertified North American additions

Bill DeVoe	6:54:56	*
Stuart Mittleman	6:57:49	*
John Coffey	6:58:54	*

Age groups, world

40-44 Domingo Catalan,SP	6:30:37	
45-49 Roland Vuilleminot,FR	6:30:35	
50-54 Roland Vuilleminot,FR	6:43:33	R
55-59 Kurt Engländer,GER	7:10:51	
60-64 Peter Köhn,GER	8:03:52	
65-69 Wil Van der Lee,HOL	8:07:22	
70-74 Max Courtillon,FR	8:53:45	

75-79 Horst Feiler, BER	11:41:58	T
80-84 Helmut Gnosa, GER	15:32:37	R
85-89 Johann Schauer, SW	21:06:25	R
40+ track: Don Ritchie, GER	6:46:10	T

Age groups, North America

40-44 Bernd Heinrich	6:38:21	
45-49 Bernd Heinrich	7:00:12	T
50-54 John Sullivan	7:38:43	
55-59 Gardner Leighton	8:34:53	T
60-64 Ray Piva	8:58:04	
65-69 Ray Piva	9:24:41	
70-74 Carlton Mendell	11:27:10	
75-79 Howard Henry	16:23:00	
80-84 Phil Larulippe, 80, CAN	15:50:50	

USA Ratified 100-Km Records, Men

Track:

Open: Bernd Heinrich	7:00:12	
40-44 Warren Finke	7:14:17	
45-49 Bernd Heinrich	7:00:12	
50-54 Roy Pirrung	8:26:32	
55-59 Larry Webster	10:03:02	
60-64 Carlton Mendell	10:41:08	
65-69 Ray Piva	9:30:31	
70-74 Edson Sower	12:13:19	
80-84 Edson Sower, US	23:22:07	Ts

Road:

Open: Tom Johnson	6:30:11	
40-44 Bernd Heinrich	6:38:21	
45-49 Kevin Setnes	7:04:54	
50-54 John Sullivan	7:38:43	
55-59 Gardner Leighton	8:53:08	
60-64 Ray Piva	8:58:04	
65-69 Ray Piva	9:24:41	
70-74 no record		
75-79 Howard Henry	16:23:00	

All-time, women, certified

Tomoe Abe, JPN	6:33:11	
Ann Trason, US	7:00:48	
Noriko Kawaguchi, JPN	7:11:42	
Birgit Lennartz, GER	7:18:57	
Maria Auxiliadora Venancio, BRA	7:20:22	
Valentina Lyachova, RUS	7:22:18	
Edit Berces, HUN	7:25:21	
Carolyn Hunter-Rowe, GB	7:27:19	
Valentina Schatyayeva, RUS	7:27:39	
Makiiko Hotta, JPN	7:30:26	

Uncertified addition

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

All-time, North America, certified

Ann Trason	7:00:48	
Donna Perkins	7:33:46	
Chrissy Duryea	7:44:23	
Marcy Schwam	7:47:29	
Sandra Kiddy, 47	7:49:17	
Kris Clark-Setnes	7:55:55	
Danielle Cherniak	7:56:18	
Ashley Evans, CAN	8:02:59	
Chrissy Ferguson	8:04:47	
Sue Ellen Trapp	8:05:26	
Deb Bollig	8:08:03	
Kathy D'Onofrio-Wood	8:08:43	
Ellen McCurtin	8:16:53	
Lorraine Gersitz	8:20:09	
Dana Parrot	8:22:21	
Theresa Daus-Weber	8:22:38	
Jennifer Devine	8:22:58	
Luanne Park	8:24:59	
Sue Kainulainen, CAN	8:29:44	
Lorraine Lees-McGeough, CAN	8:32:23	
Suzie Lister	8:32:57	
Deanna Lindsay, CAN	8:33:58	
Debbie Peebles	8:35:26	
Jackie Davis	8:39:02	
Randi Bromka	8:40:07	
Jennifer Johnston	8:40:29	
Susan Olsen	8:40:48	
Nancy Drach	8:40:56	
Carole Williams	8:41:19	
Janice DeHaye	8:42:22	
Christy Cosgrove	8:43:24	
Shelby Hayden-Clifton	8:43:44	

Age groups, world

40-44 Maria Venancio, BRA	7:20:22	
45-49 Huguette Jouault, FRA	7:46:53	T
50-54 Daniele Geoffroy, FR	7:54:23	
55-59 Sandra Kiddy, US	8:42:36	
60-64 Ursula Schmitz, GER	9:20:07	
65-69 Shirley Young, AU	10:47:13	
70-74 Shirley Young, AU	10:59:00	S
75-79 Rosa Vögeli, SW	15:38	
80-84 Ann Guarnieri Ortolani, IT	19:34:59	

Age groups, U.S.

40-44 Ann Trason	8:22:27	T
45-49 Sandra Kiddy	7:49:17	
50-54 Sandra Kiddy	8:46:11	*
55-59 Sandra Kiddy	8:42:36	
60-64 Dixie Madsen	11:14:14	
65-69 Helen Klein	12:09:17	
70-74 Helen Klein	12:50:49	S

USA Ratified 100-Km Records, Women

Track:

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

Road:

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

50 Miles

All-time, men

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

All-time, North America

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

Age groups, world

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

Age groups, U.S.

40-44 Bernd Heinrich	5:10:13	S
45-49 Roger Rouiller	5:29:44	
50-54 Ted Corbitt	5:35:03	
55-59 Alex Ratelle	5:53:08	
60-64 Frans Pauwels	6:24:18	
65-69 Ray Piva	7:17:46	S
70-74 Ray Piva	7:48:56	
75-79 Matt Miller	10:18:03	

USA Ratified 50-Mile Records, Men

Track:

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

Road:

Open: Barney Klecker	4:51:25	
40-44 Bernd Heinrich	5:10:13	
45-49 Kevin Setnes	5:39:42	
50-54 Ted Corbitt	5:35:03	
55-59 Alex Ratelle	5:53:08	
60-64 Malcolm Gillis	6:43:48	
65-69 Fred Nagelschmidt	7:27:10	
70-74 Ray Piva	7:48:58	
75-79 Matt Miller	10:34:06	
All-comers: Bruce Fordyce, SA	4:50:51	

All-time, women

Ann Trason, US	5:40:18	
Valentina Lyachova, RUS	5:55:41	T
Donna Perkins, US	5:55:45	
Carolyn Hunter-Rowe, GB	5:57:58	
Marcy Schwam, US	5:59:26	

All-time, North America

Ann Trason	5:40:18	
Donna Perkins	5:55:45	
Marcy Schwam	5:59:26	
Kim Moody	6:01:53	
Sandra Kiddy, 47	6:09:09	
Danielle Cherniak	6:13:44	
Jan Kreuz, 41	6:19:05	
Ellen McCurtin	6:19:59	
Chrissy Duryea	6:22:31	
Katey Angel	6:25:49	
Sue Ellen Trapp	6:25:56	S
Ashley Evans, CAN	6:26:44	Ts
Karen Smith-Rohrberg	6:29:29	
Chris Gibbons	6:31:35	
Dana Parrot	6:32:17	S
Debbie Peebles	6:35:27	
Nina Kuscsik	6:35:54	
Mary Hanudel	6:36:13	
Deb Bollig	6:37:17	
Bohbie Dixon	6:37:53	*
Nancy Drach, 40	6:38:02	
Denise Green	6:38:16	

Age groups, world

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

Age groups, U.S.

40-44 Jan Kreuz	6:19:05	
45-49 Sandra Kiddy	6:09:09	
50-54 Sandra Kiddy	6:34:28	
55-59 Mary Ann Miller	7:44:48	
60-64 Marcie Trent	8:15:17	*
65-69 Helen Klein	9:04:31	
70-74 Helen Klein	9:55:09	Rs

USA Ratified 50-Mile Records, Women

Track:		
Open: Donna Perkins	6:09:27	
40-44 Lynn O'Malley	7:11:39	
45-49 Sue Ellen Trapp	7:39:31	
50-54 Sandra Kiddy	7:08:28	
55-59 Ruth Anderson	8:25:03	
60-64 Dixie Madsen	9:46:37	
65-69 Helen Klein	9:39:33	

Road:

Open: Ann Trason	5:40:18	
40-44 Jan Kreuz	6:19:05	
45-49 Sandra Kiddy	6:09:09	
50-54 Eileen Eliot	7:47:27	
55-59 Mary Ann Miller	7:44:48	
60-64 Dixie Madsen	8:35:19	
65-69 Helen Klein	9:04:31	
70-74 Helen Klein	9:55:09	

50 Km

All-time, men

Thompson Magawana,RSA	2:43:38	s
Zithulele Sinque,RSA	2:47:39	Rs
Eric Mhlonogo,RSA	2:48:06	Rs
Jeff Norman,GB	2:48:06	T
Ben Choeu,RSA	2:48:52	
Zoka Neube,RSA	2:49:30	R

All-time, North America

Chuck Smead	2:50:46	*
Don Paul	2:50:55	
Barney Klecker	2:51:53	
Bill Scobey	2:52:24	*
Tom Fleming	2:52:30	*
Andrew Jones,CAN	2:53:20	s
Carl Swifi	2:53:54	*
John Viitanen,CAN	2:54:11	
Richard Holloway	2:55:54	
John Cederholm	2:56:43	
Erik Seedhouse,CAN	2:56:55	T
Kaj Johansen	2:57:00	
Carlos Talbott	2:58:09	
Fritz Mueller',42	2:58:20	
Bill McDermott	2:58:35	
Ken Moffitt	2:58:46	
Brian Teason	2:59:05	
Bruce Mortensen,44	2:59:36	
Jeff Wall	3:00:00	

Age groups, world

40-44 Jeff Norman,GB	2:53:21	
Tim Johnston,GB	2:55:07	T
45-49 Stephen Moore,GB	3:04:48	Ts
50-54 Stephen Moore,50,GB	3:06:08	
55-59 Ortho Perkins,US	3:17:26	T
60-64 Alec Dunn,GB	3:35:11	T
65-69 Malcolm Gillis, US	3:41:41	
70-74 Randall Hughes,AU	4:07:00	R
75-79 Ken Matchett,75,AU	4:52:13	T
80-84 Ernie Warwick,GB	6:29:51	
85-89 Charles Benovoy,CAN	14:50:01	Ts

Age groups, U.S.

40-44 Fritz Mueller'	2:58:20	
Bruce Mortensen	2:59:36	
45-49 Mel Williams	3:10:15	
50-54 Fred Kiddy	3:15:39	
John Sullivan	3:19:33	
55-59 Ortho Perkins	3:17:26	T
60-64 Malcolm Gillis	3:35:51	
65-69 Malcolm Gillis, US	3:41:41	
70-74 Ed Benham	4:34:51	
75-79 Ed Benham	5:03:38	
80-84 Edson Sower	7:31:40	Ts

USA Ratified 50-Km Records, Men

Track:

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

Road:

Open: Jeff Wall	3:00:00
40-44 Jeff Wall	3:00:00
45-49 Joe Schieffer	3:24:21
50-54 John Sullivan	3:19:33
55-59 Ken Young	3:51:10
60-64 Malcolm Gillis	3:35:51
65-69 Malcolm Gillis, US	3:41:41
70-74 Frank Rodriguez	6:37:13
75-79 Ed Benham	5:03:38
80-84 Wilfredo Rios	6:59:34

All-time, women

Frith van der Merwe,SA	3:08:39	s
Janis Klecker,US	3:13:51	
Angelina Sephooa, LES	3:15:51	
Maria Bak,GER	3:16:36	
Karen Griffiths, RSA	3:17:14	

All-time, North America

Janis Klecker	3:13:51	
Ann Trason	3:20:24	T
Linda Edgar	3:21:27	*
Mary Bange	3:23:31	*
Jan Arenz	3:26:47	
Sandra Kiddy,47	3:32:24	
Dana Parrot	3:29:28	R
Lori Bowden, CAN	3:34:18	R
Jennifer Devine	3:35:06	R
Carol Greenwood	3:35:43	
Donna Perkins,38	3:36:07	Ts
Gail Volk	3:37:06	*
Christine Gibbons	3:37:13	
Chris Iwahashi	3:37:48	

Age groups, world

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

Age groups, U.S.

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

USA Ratified 50-Km Records, Women

Track:

Open: Ann Trason	3:20:23
40-44 Ann Trason	3:47:13
45-49 Sue Ellen Trapp	4:40:11
50-54 Beryl Skelton	4:54:56
55-59 Ruth Anderson	5:00:18
60-64 Dixie Madsen	5:40:01
65-69 Helen Klein	5:44:45

Road:

Open: Janis Klecker	3:13:51
40-44 Jan Kreuz	3:44:32
45-49 Sandra Kiddy	3:32:34
50-54 Sue Ellen Trapp	4:58:39
55-59 Sandra Kiddy	3:56:55
60-64 Marge Dunlap	5:07:03
65-69 Myra Rhodes	4:50:50
70-74 Helen Klein	5:44:04
75-79 Helen Klein	6:10:32

Canada

6 days, men

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

6 days, women

Antana Locs	452		Rs
Barbara McLeod,55	404	1156	Rs
Maggie Rowell,1879	387		i
Dhvaia Dorn	378		Rs
Mary Ann Trusz	373		Rs
Nelli Lozej	370		Rs

48 hours, men

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

48 hours, women

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

24 hours, men

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

24 hours, women

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

100 miles, men

Andy Jones	12:05:43	R
Terry Martin,43	13:18:25	
Peter Holubar	14:03:23	Ts
Al Howie'	14:06:18	T
Mike McNamara'	14:09:45	i
Norm Patenaude	15:07:23	

100 miles, women

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

12 hours, men

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

12 hours, women

Lorraine Lees-McGeough	79	1587	T
Beverley Williams	75	612	T
Antana Locs	74	1618	
Suzanne Gagnon	74	1102	
Sue Kainulainen	74	64	T

100 km, men

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

100 km, women

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

50 miles, men

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

50 miles, women

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

50 km, men

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

50 km, women

Lori Bowden	3:34:18	
Lorraine Lees-McGeough	3:50:44	
Tina Louise-Harris	3:52:29	
Wanda Cousineau	3:54:46	
Tess Porter	3:58:26	

AUSTRALIAN RANKINGS FOR 24HRS TRACK WOMEN

Name	State	PB for 24HRS	Place	Date	at	Age
STANGER, Helen	NSW	228.680km	COBURG 24 HR	23/08/98		48
PARRIS, Dawn	VIC	203.650km	OLYMPIC P	19/08/89		36
HERBERT, Cynthia	VIC	200.615km	ADELAIDE	01/11/86		44
McCONNELL, Georgina	NSW	195.355km	OLYMPIC PK	19/08/89		46
SPAIN, Trisha	WA	191.207km	PERTH	27/05/89		47
GORDON-LEWIS, Lyn	QLD	178.413km	GOLD COAST	17/05/96		40
SMITH, Margaret	VIC	177.600km	BOX HILL	02/02/85		49
YOUNG, Shirley	VIC	176.810km	COBURG 24 HR	09/04/00		**
GRANT, Dell	QLD	176.800km	BRISBANE	10/06/93		39
CLARKE, Angela	QLD	175.541km	GOLD COAST	18/05/97		57
BAIRD, Carol	ACT	171.927km	COBURG	09/04/00		0
BAIRD, Fiona	SA	171.722km	ADELAIDE	24/10/99		26
O'CONNOR(MORRIS, Helen	SA	171.426km	ADELAIDE	01/11/86		34
FOLEY, Wanda	QLD	170.179km	ADELAIDE	28/09/91		45
MARKHAM, Aileene	QLD	169.234km	GOLD COAST	17/05/96		48
STANDEVEN, Cheryl	SA	168.584km	ADELAIDE	29/10/88		32
TALBOT, Kim	VIC	168.493km	COBURG	25/02/89		20
KERR, Sandra	VIC	165.009km	COBURG	10/03/90		44
WORLEY, Sue	SA	164.568km	ADELAIDE	01/11/86		39
RILEY, Geraldine	VIC	164.412km	BOX HILL	15/02/86		22
BOWER, Jill	WA	163.461km	PERTH	12/10/85		0
WARREN, Val	NSW	162.793km	CAMPBLETOWN	28/10/89		55
KINCHIN, Marilyn	NSW	162.527km	CAMPBELLTOWN	12/10/91		42
SALTER, Bronwyn	WA	162.342km	PERTH	31/05/92		44
LEAHY, Marcia		162.328km	CAMPBELLTOWN	13/10/90		0
KIDD, Trudi	QLD	161.600km	LIVERPOOL NSW	02/10/94		0
HAARSMA, Kay	SA	161.579km	ADELAIDE	13/11/82		0
MILBOURNE, Colleen	WA	161.044km	PERTH	27/05/89		0
DARLINGTON, Joan	QLD	157.204km	QLD 24 HR	06/09/98		52
CATON, Kathy	QLD	154.790km	LOTA QLD	03/06/95		31
TAIT, Merrilyn	VIC	154.708km	COBURG	25/02/89		39
GLADWELL, Lucille	NSW	153.411km	CAMPBELLTOWN	28/10/89		0
CASE, Valerie	QLD	151.255km	HENSLEY	28/05/88		51
McCARTHEY, Marilyn	SA	147.777km	ADELAIDE	01/11/86		37
STREET, Carol	QLD	145.600km	BRISBANE	/ /		0
BARNES, Helen	SA	139.015km	ADELAIDE	28/10/89		39
TANNER, Vicki		136.115km	MARYBOROUGH	22/08/99		0
SOMMERS, Corinne		132.946km	CABOOLTURE	23/06/90		29
YOUNG, Mary	VIC	132.895km	BOX HILL	02/02/85		24
METCALF, Karen	SA	132.731km	ADELAIDE	05/10/97		24
HALL, Kerrie	QLD	132.215km	BRISBANE	03/06/94		33
LUSH, Eileen	SA	131.566km	ADELAIDE	04/10/87		40
BENSON, Carolyn	SA	131.293km	ADELAIDE	28/10/89		42
BARDY, Sue	SA	130.591km	ADELAIDE	27/10/96		63
BUCKLAND, Isobel	NSW	124.710km	CAMPBELLTOWN	12/10/91		46
GORDON, Leonie	SA	124.455km	ADELAIDE	03/11/84		0
MIDDIS, Cheryl	QLD	124.412km	MARYBOROUGH 24 H	06/09/98		0
JONKER, Melanie	QLD	124.346km	MARYBOROUGH	22/08/99		0
KEAHY, Marcia		124.040km	LIVERPOOL NSW	02/10/94		0
WISHART, Lois	VIC	122.671km	COBURG	22/02/92		46
HAWTHORN, Mona	QLD	119.083km	LOTA QLD	03/06/95		0
SMITH, Shelly	QLD	119.000km	GOLD COAST	17/05/96		38
CURRAN, Michelle	QLD	118.836km	WOLLONGONG	02/04/95		0
MARIES, Rosemary		116.860km	COBURG	09/04/00		0
BRUNER, Patty	VIC	110.601km	ADELAIDE	05/11/83		46
FILE, Dianne	SA	110.159km	ADELAIDE	24/10/99		0
LEANEY, Joy	NSW	109.800km	TAMWORTH	13/03/93		0
BECK, Carol	SA	108.371km	ADELAIDE	24/10/92		0
GUTERES, Elaine	SA	103.690km	ADELAIDE	09/10/85		0
PHILLIPS, Naomi	SA	102.800km	ADELAIDE	24/10/99		0
DEAN, Shayne	VIC	99.062km	COBURG	08/04/01		0
VAUGHAN, Caroline	NSW	92.800km	BOX HILL	02/02/85		46
MULLENS, Roma	NSW	91.444km	TAMWORTH	09/10/91		0
FILMER, Lesley		91.438km	TAMWORTH	24/03/90		0
SMYTHE, Ann		87.260km	LIVERPOOL NSW	02/10/94		0
WATTS, Jodie		69.520km	MARYBOROUGH	22/08/99		0
DAVIES, Jeanette	QLD	50.800km	BRISBANE	03/06/94		44
PERRY, Michele	WA	42.000km	PERTH	26/05/90		0

AUSTRALIAN RANKINGS FOR 24HRS TRACK MEN

Name	State	PB for 24HRS	Place	Date	at	Age
KOUROS, Yiannis	VIC	303.506km	ADELAIDE	05/10/97		41
MARCH, Mike	TAS	260.099km	COBURG	25/02/89		45
STANDEVEN, David	SA	256.157km	ADELAIDE	28/10/89		37
SMITH, Bryan	VIC	254.515km	OLYMPIC P	19/08/89		45
TOLLIDAY, Owen	QLD	253.063km	ADELAIDE	29/10/88		39
BLOOMER, Brian	VIC	242.598km	BOX HILL	15/02/86		45
HEPBURN, Brickley	VIC	239.320km	COBURG	23/02/91		39
BREIT, John	VIC	238.469km	OLYMPIC PARK	04/08/90		33
YOUNG, Cliff	VIC	235.969km	ADELAIDE	09/11/85		63
PARCELL, Ashley	QLD	234.959km	HENSLEY	23/02/85		29
KINSHOFER, Rudi	SA	232.431km	COBURG	23/02/91		36
MOLLOY, Geoff	VIC	232.400km	BOX HILL	02/02/85		42
FISHER, Keith	VIC	232.207km	COBURG	15/02/89		23
GRAY, Peter	VIC	230.732km	COBURG	23/02/91		26
RECORD, Joe	WA	230.029km	CRYSTAL P	12/10/79		38
BROOKS, Barry	VIC	227.574km	BOX HILL	28/02/87		46
KELLY, Frank	NSW	225.275km	HENSLEY	28/05/88		34
FRANCIS, Mick	WA	224.521km	ADELAIDE	24/10/99		0
KIRKMAN, Geoff	SA	220.560km	ADELAIDE	09/11/85		35
AUDLEY, George	WA	219.361km	PERTH	18/10/86		51
ROONEY, James	NSW	218.421km	LIVERPOOL NSW	02/10/94		41
COX (JNR), Terry	VIC	217.373km	COBURG	10/03/90		24
PARKER, Ross	WA	217.237km	PERTH	30/05/92		0
JAVES, Ian	QLD	217.070km	BOX HILL	28/02/87		44
WISHART, Greg	VIC	216.784km	COBURG	25/02/89		50
BEAUCHAMP, William	VIC	213.875km	BOX HILL	28/02/87		41
LYNN, Charlie	NSW	213.839km	ADELAIDE	09/11/85		40
HUNTER, Bob	QLD	213.453km	QLD	01/07/89		54
KIP.MELHAM, Anyce	NSW	213.287km	ADELAIDE	28/10/89		31
WOODS, Graeme	QLD	212.559km	QLD UNI	05/09/87		40
BRUNER, Bob	VIC	211.584km	BOX HILL	15/02/86		47
CROXFORD, Alan	WA	210.934km	PERTH	18/10/86		43
SKROBALAC, Joe	VIC	210.430km	COBURG	09/04/95		42
RILEY, Gerry	VIC	210.272km	ADELAIDE	01/11/86		56
OOSTDAM, Bert	WA	209.539km	PERTH	30/05/92		0
CHANNELLS, Robert	NSW	209.146km	CAMPBELLTOWN	28/10/89		47
McKELLAR, Jack	VIC	208.915km	BOX HILL	25/02/86		45
READ, Nick	ACT	208.859km	COBURG	13/02/88		36
BELL, John	VIC	208.450km	BOX HILL	15/02/86		41
FICKEL, Bob	NSW	208.440km	LIVERPOOL NSW	02/10/94		42
COLLINS, Tony	NSW	208.091km	CAMPBELLTOWN	28/10/89		42
DONNELLY, Bruce	QLD	207.929km	CAMPBELLTOWN	13/10/90		0
PEACOCK, Alan	QLD	207.410km	QLD UNI	05/09/87		0
FORSYTH, Ian	NSW	207.167km	LIVERPOOL NSW	15/10/95		41
TAGGART, Bob	SA	206.849km	ADELAIDE	29/10/88		41
EVERY, Paul	NSW	206.588km	ADELAIDE	24/10/99		32
WOLSTENCROFT, James	VIC	205.848km	COBURG	25/02/89		34
ROSS, Howard	VIC	205.634km	BOX HILL	15/02/86		40
MEDILL, Graham	QLD	205.350km	CABOOLTURE	26/09/92		44
SMITH, Jeff	VIC	204.852km	COBURG	23/02/91		40
BOYLE, Brad	NSW	204.717km	CAMPBELLTOWN	28/10/89		29
WILKINSON, Graeme	NSW	204.716km	HENSLEY	29/11/86		40
NASMYTH, Chilla	NSW	204.213km	CAMPBLETOWN	13/10/90		0
YOUNG, Nobby	NSW	204.083km	NSW	01/09/90		44
PARSONS, Patrick	VIC	203.812km	COBURG	10/03/90		43
FIRKIN, Graham	NSW	203.608km	NSW	01/09/90		52
STENNER, Graham	SA	203.526km	COBURG	25/02/89		44
TAYLOR, Maurice	NSW	203.526km	SYDNEY	/ /		0
TWARTZ, John	SA	203.522km	ADELAIDE	22/10/95		52
CHAMPNESS, John	VIC	202.934km	HENSLEY	28/05/88		37
LUCAS, Andrew	TAS	202.652km	ADELAIDE	05/10/97		32
HOOK, Geoff	VIC	202.532km	COBURG	23/02/91		46
DEVINE, Alan	WA	202.000km	PERTH	17/10/87		28
QUINN, Peter	VIC	201.708km	OLYMPIC P	04/08/90		40
JACOBS, Trevor	ACT	201.238km	ADELAIDE	28/09/91		39
THOMPSON, Mike	WA	201.228km	PERTH	27/05/89		41
TWARTZ, Peter	SA	201.200km	ADELAIDE	22/10/95		36
PEARCE, Phil	WA	200.808km	PERTH	26/05/90		0

Name	State	PB for 24HRS	Place	Date	at Age
ALLEN, Barry	VIC	200.776km	BOX HILL	28/02/87	30
ARMISTEAD, Peter	VIC	200.612km	COBURG	10/03/90	43
DAVIS, Ivan	TAS	200.420km	LOTA QLD	03/06/95	0
GRAY, Dan	NSW	198.571km	HENSLEY	30/05/87	40
NASH, Robert	VIC	197.778km	COBURG	13/02/88	37
TOWNSEND, Graeme	NSW	196.770km	HENSLEY	28/05/88	30
HILL, Ron	VIC	196.715km	HENSLEY	29/11/86	46
SWIFT, Keith	NSW	196.400km	HENSLEY	23/02/85	0
McMANUS, Alistair	O/S	196.340km	HONG KONG	17/11/84	34
SMITH, Ronald	VIC	195.382km	COBURG	13/02/88	43
BURNS, Bob	QLD	194.819km	TAMWORTH	24/03/90	46
MARTIN, Ross	SA	194.695km	ADELAIDE	09/10/85	56
MARDEN, Bob	NSW	194.562km	HENSLEY	30/05/87	34
COOK, Bruce	QLD	194.258km	QLD UNI	06/09/87	31
SILL, David	NSW	193.640km	HUMBERSIDE U.K	03/08/97	50
WHITEOAK, Michael	VIC	193.300km	ADELAIDE	03/11/84	39
SKVARIL, Vlastik		193.087km	COBURG	08/04/01	0
SCHNIBBE, Klaus	VIC	191.890km	ADELAIDE	09/11/85	42
BOASE, Geoff	QLD	191.850km	ADELAIDE	28/10/89	38
BRISTOW, Ralph	VIC	191.805km	TAMWORTH NSW	09/03/91	51
PRITCHARD, Mark	WA	191.697km	PERTH	08/06/91	43
MANSELL, Kevin	SA	191.637km	CAMPBELLTOWN	13/10/90	39
MILNE, Peter	VIC	191.634km	COBURG	13/02/88	32
McCOMBE, Andrew	SA	190.138km	ADELAIDE	03/11/84	54
STUART, Roger	SA	189.962km	ADELAIDE	01/11/86	43
WILSON, Greg	VIC	189.910km	WOLLONGONG	26/03/94	41
ALLEN, Greg	SA	189.346km	ADELAIDE	24/10/92	0
BENCZE, John	VIC	189.052km	COBURG	13/02/88	54
O'CONNELL, Keith	NSW	188.957km	HENSLEY	28/05/88	49
FRENCH, Cliff	QLD	188.819km	GOLD COAST	17/05/96	53
FARMER, Pat	NSW	188.180km	CAMPBELLTOWN	08/10/88	26
STEPHENSON, Chris	NSW	187.631km	BOX HILL	15/02/86	29
FAULKNER, Joe		187.522km	SYDNEY	/ /	0
COX (SNR), Terry	VIC	187.359km	HENSLEY	29/11/86	49
MISKIN, Stan	QLD	187.104km	ADELAIDE	03/11/84	59
SLAGTER, Michael	SA	186.076km	ADELAIDE	24/10/92	22
DUNN, Stuart		185.717km	SYDNEY	/ /	0
GIBSON, Peter	QLD	185.566km	LOTA QLD	03/06/95	40
MURRAY, Ken	NSW	185.445km	HENSLEY	23/02/85	48
BRYCE, Michael	VIC	184.699km	ADELAIDE	29/10/88	40
TAYLOR, Ian	NSW	184.456km	HENSLEY	30/05/87	35
KIRK, Bruce	VIC	184.408km	COBURG	28/02/89	25
DIETACHMAYER, Tony	VIC	184.000km	COBURG	13/02/88	24
CASSIDY, Kevin	VIC	183.695km	HENSLEY	30/05/87	26
COLWELL, Brian	NSW	183.554km	SYDNEY	/ /	0
YEAMAN, David	VIC	183.514km	COBURG	13/02/88	51
BOHNKE, Michael	NSW	182.166km	WYONG	27/01/90	36
JERRAM, Col	VIC	182.149km	COBURG	10/03/90	40
TAYLOR, Dave	NSW	182.047km	BOX HILL	15/02/86	34
PEARSON, Frank	NSW	181.621km	HENSLEY	23/02/85	0
HARRIS, Trevor	QLD	181.390km	QLD UNI	05/09/87	40
MARTIN, Rod	NSW	181.387km	HENSLEY	28/05/88	45
PARTINGTON, Ian	WA	181.261km	PERTH	10/10/85	0
PICKARD, Terry	QLD	181.232km	QLD UNI	05/09/87	0
BROWN, David	NSW	181.081km	HENSLEY	28/05/88	30
VEGA, Eduardo	NSW	180.988km	NSW	01/09/90	49
WEINSTEIN, Roger	VIC	180.920km	COBURG	23/02/91	40
KITTO, Max	SA	180.649km	ADELAIDE	04/10/87	41
SUTCLIFFE, Roy	SA	180.517km	ADELAIDE	13/11/82	0
McCOOL, Tony	SA	180.483km	ADELAIDE	09/11/85	0
FOWLER, John	QLD	180.360km	MARYBOROUGH	22/08/99	59
GRANT, Stephen	NSW	179.898km	COBURG	13/02/88	30
ROWE, Craig	QLD	179.701km	TAMWORTH	09/03/91	23
LOGAN, Peter	VIC	179.280km	ADELAIDE	05/11/83	36
KAPARELIS, John	VIC	179.268km	COBURG	25/02/89	21
PIERCE, Simahin	SA	179.127km	ADELAIDE	23/10/94	46
BIVIANO, Frank	VIC	179.006km	ADELAIDE	01/11/86	42
LAW, Andrew	TAS	179.002km	OLYMPIC PARK	19/08/89	29
McCLOSKEY, Ian	QLD	178.756km	GOLD COAST	18/05/97	45
GOONPAN, Peter	NSW	178.731km	COBURG	14/04/96	37

Name	State	PB for 24HRS	Place	Date	at Age
HARGREAVES, Bruce	NSW	178.333km	CABOOLTURE	23/06/90	37
SCHUBERT, Guy	SA	177.652km	ADELAIDE	01/11/86	35
TUTTY, Peter	VIC	177.470km	NZ	22/08/87	22
NEVILLE, Howard		177.027km	CHELMSLEY UK	09/07/83	0
TRIPP, Tony	WA	177.027km	COBURG	13/02/88	41
HOSKINSON, Peter	TAS	176.960km	COBURG	09/04/95	32
PFISTER, Peter	VIC	176.725km	BOX HILL	02/02/85	45
McKEOWN, Gordon	VIC	176.421km	ADELAIDE	03/11/84	0
TILLER, Kevin	NSW	176.412km	LIVERPOOL NSW	02/10/94	28
TRELOAR, Roy	QLD	176.289km	GOLD COAST	17/05/96	40
HOUGH, Ken	VIC	176.061km	COBURG	25/02/89	44
ZUKOWSKI, Jerry	SA	176.014km	COBURGDE	08/04/01	45
MORROW, Tom	NSW	175.786km	SYDNEY	/ /	0
RAMELLI, Ray	VIC	175.756km	BOX HILL	15/02/86	40
GOBEL, Joe	VIC	175.518km	BOX HILL	15/02/86	48
BOGENHUBER, Max	NSW	175.321km	HENSLEY	28/05/88	46
RAFFERTY, Tony	VIC	175.198km	BOX HILL	02/02/85	45
MADDOCK, Mike	TAS	174.850km	COBURG	09/04/95	0
RICHARDSON, Peter	VIC	174.109km	HENSLEY	30/05/87	32
SCHULTZ, Peter	SA	174.080km	ADELAIDE	13/11/82	0
GRAYLING, Michael	VIC	173.679km	ADELAIDE	27/10/96	40
KENNEDY, Brian	WA	173.000km	PERTH	27/05/89	0
ASHWELL, Tony	SA	172.640km	ADELAIDE	01/11/86	0
WILLIAMS, David	NSW	172.387km	LOTA QLD	03/06/95	48
GRANT, Ron	QLD	172.000km	BRISBANE	10/06/93	50
STAPLES, Alan	NSW	171.636km	CAMPBLETOWN	13/10/90	41
PHILLIPS, Lindsay	QLD	171.350km	CAMPBLETOWN	01/10/88	23
HUTCHINSON, Ian	NSW	171.200km	HENSLEY	19/07/86	39
CLEMENTS, Harry	NSW	171.082km	NSW	01/09/90	0
DONALD, Colin	VIC	170.842km	BOX HILL	28/02/87	0
WOODS, Kelvin	QLD	170.774km	GOLD COAST	17/05/96	31
TIMMS, John	QLD	170.734km	ADELAIDE	23/10/94	52
SPENCER, Don	SA	170.616km	ADELAIDE	03/11/84	0
SINCLAIR, John	QLD	170.549km	QLD UNI	05/09/87	45
FARNHAM, Tony	NSW	170.417km	CAMPBLETOWN	12/10/91	45
BRAY, Steve	SA	168.800km	ADELAIDE	24/10/92	0
JACKSON, Keith	NSW	168.720km	SYDNEY	/ /	0
GUTTERIDGE, Bill	SA	168.311km	ADELAIDE	01/11/86	0
ELLIS, Ray	VIC	168.038km	COBURG	13/05/88	58
TURNBULL, Jim	WA	167.969km	PERTH	28/05/88	51
MARSHALL, Keith	VIC	167.903km	BOX HILL	15/02/86	59
KERRUISH, Graham	NSW	167.612km	COBURG	13/02/88	48
MARTIN, Kevin	WA	167.358km	PERTH	08/06/91	44
BIRD, David	WA	167.293km	PERTH	28/05/88	0
HANNAMAN, Martin	QLD	167.240km	TAMWORTH	24/03/90	0
CLARK, Gary	WA	167.113km	PERTH	18/10/86	0
HART, Gerry	VIC	166.870km	BOX HILL	02/02/85	46
WOODHOUSE, Paul	NSW	166.417km	HENSLEY	30/05/87	25
KEWLEY, Doug	ACT	166.285km	ADELAIDE	16/10/93	43
NORDISH, Steve	NSW	166.251km	NSW	01/09/90	0
BYRTH, Robert	SA	166.234km	ADELAIDE	09/11/85	36
CLARKE, Tom	WA	165.714km	PERTH	08/06/91	44
WILLIAMS, Reg	VIC	165.642km	BOX HILL	04/02/84	32
HAIN, Geoff	NSW	165.513km	GOLD COAST	18/05/97	50
MARTIN, Claude	VIC	165.498km	ABERFELDIE	24/01/88	52
WILKINS, Michael	SA	165.122km	ADELAIDE	22/10/95	49
POWER, Tony	VIC	164.955km	COBURG	10/03/90	0
LEWIS, Stephen	QLD	164.712km	QLD	01/07/89	30
LEWIS, J		164.400km	CAMPBELLTOWN	18/11/90	0
WATTS, Graham	QLD	164.331km	QLD 24 HR	06/09/98	45
WALDECK, David	SA	164.306km	ADELAIDE	03/11/84	0
HICK, Bill	NSW	164.211km	COBURG	14/04/96	48
HOLMES, Chris	NSW	164.028km	ADELAIDE	22/10/95	41
GLADWELL, Mark	NSW	163.956km	HENSLEY	29/11/86	0
WIESE, Bob	SA	163.857km	ADELAIDE	27/10/90	44
VENUS, Graham	SA	163.812km	ADELAIDE	25/10/89	0
CLARKE, Phillip	NSW	163.766km	HENSLEY	28/05/88	36
TAYLOR, Bill	WA	163.692km	PERTH	18/10/86	44
McCORMACK, George	VIC	163.630km	LIVERPOOL NSW	02/10/94	0
VERNON, Peter	VIC	163.200km	BOX HILL	28/02/87	32

Name	State	PB for 24HRS	Place	Date	at Age
SIDEBOTTOM, Ced	NSW	163.097km	SYDNEY	/ /	0
HOLLERAN, David	QLD	163.074km	COBURG	22/02/92	35
SPARE, Charles	WA	163.000km	PERTH	18/10/86	47
HAYNES, John	SA	162.811km	ADELAIDE	05/11/83	0
McCARTNEY, Stan	SA	162.677km	ADELAIDE	05/11/83	38
KING, Les	SA	162.518km	ADELAIDE	24/10/92	0
BARKER, Carl	NSW	162.477km	CAMPBELLTOWN	28/10/89	30
WILLIAMS, Geoff	QLD	162.460km	BRISBANE	03/06/94	43
MAHONY, Paul		162.400km	CAMPBLETOWN	28/10/89	0
LOVE, Greg	NSW	162.400km	CAMPBELLTOWN	28/10/89	0
DOCHERTY, Andy	SA	162.241km	ADELAIDE	01/11/86	55
JANOVSKY, Peter	NSW	162.102km	NSW	01/09/90	30
KING, Peter	WA	162.097km	PERTH	17/10/87	0
BIRD, John	WA	162.000km	PERTH	28/05/88	0
SCOTT, Dave	WA	162.000km	PERTH	27/05/89	41
HARRISON, Bill	VIC	161.910km	BOX HILL	02/02/85	42
RISSTROM, Peter	VIC	161.744km	COBURG	23/02/91	29
SHERMAN, Andrew		161.722km	NSW	01/09/90	0
LEAR, Phil	QLD	161.600km	BOX HILL	04/02/84	39
COULTER, Greg	SA	161.336km	ADELAIDE	01/11/86	28
HARBER, Tony	NSW	161.331km	NSW	01/09/90	0
MILLS, Brian		161.034km	CAMPBLETOWN	28/10/89	0
GRINBERG, Bill	VIC	161.010km	BOX HILL	02/02/85	0
HAMILTON, Kevin	WA	160.934km	PERTH	12/10/85	0
HEPPELL, Barry	WA	160.934km	PERTH	10/10/85	0
WARREN, Morris	WA	160.934km	PERTH	12/10/85	0
HARRIS, John	QLD	160.934km	CENTURIONS 24 HR	20/09/98	0
McCOSKEY, Ian	QLD	160.920km	BRISBANE	03/06/94	42
VISSER, Jeff	VIC	160.800km	COBURG	10/03/90	26
NEWMAN, Harry	NSW	160.456km	CAMPBLETOWN	28/10/89	0
McPHEE, Jevvan	SA	158.770km	ADELAIDE	24/10/99	0
KALEY, Matthew	NSW	158.529km	HENSLEY	28/07/88	20
HERD, Robert	NSW	158.406km	TAMWORTH	05/10/97	42
HARRISON, Max	VIC	158.040km	COBURG	25/02/89	49
MANNING, Peter	NSW	157.960km	HENSLEY	30/05/87	34
NAYLOR, Tom	SA	157.887km	ADELAIDE	05/10/97	54
FOLEY, Mark	NSW	157.727km	CAMPBELLTOWN	13/10/90	37
WIGGER, Ron	NSW	157.028km	CAMPBELLTOWN	13/10/90	46
MARDEN, Ken	VIC	156.995km	COBURG	23/02/91	0
SCANLON, Shaun	NSW	156.136km	LIVERPOOL NSW	02/10/94	50
MANNIX, Brian		155.813km	CAMPBLETOWN	02/10/89	0
AUSTIN, Patrick	NSW	155.711km	NSW	01/09/90	51
MOLLOY, Brett	NSW	155.006km	ADELAIDE	27/10/96	36
BUTKO, Kon	VIC	154.418km	BOX HILL	15/02/86	38
CATTLE, Ernie	VIC	154.295km	SYDNEY	30/05/89	39
FLEMMING, Darryl	QLD	154.197km	GOLD COAST	17/05/96	33
MARTIN, Norm	SA	154.164km	ADELAIDE	13/11/82	0
EVANS, Brian	QLD	154.019km	GOLD COAST	18/05/97	54
RICHTER, Trevor		153.900km	BOX HILL	02/02/85	0
COLLINS, Gary	NSW	153.600km	HENSLEY	29/11/86	26
JORY, Derek	QLD	153.298km	QLD UNI	05/09/87	0
HUGILL, Phillip	NSW	153.230km	LIVERPOOL NSW	02/10/94	36
WOOLGAR, Chris	VIC	153.112km	BOX HILL	15/02/86	42
JOANNOU, Bill	NSW	152.783km	TAMWORTH	13/03/93	36
SMITH, Wally	SA	152.772km	ADELAIDE	03/11/84	0
BURROWES, Gordon	VIC	152.213km	BOX HILL	28/02/87	51
EVANS, Len	WA	152.000km	PERTH	26/04/90	0
CROTTY, Dick	SA	151.693km	ADELAIDE	04/10/87	57
BOWMAN, Alan		151.610km	CAMPBELLTOWN	12/10/91	0
BRUER, Marcus	SA	151.473km	ADELAIDE	24/10/92	0
BUCHAN, Sandy	QLD	151.152km	CABOOLTURE	01/07/89	35
BARWICK, David	NSW	151.000km	CABOOLTURE	26/09/92	49
FRY, Gordon	SA	150.133km	ADELAIDE	05/11/83	44
PARSONS, Gary	QLD	149.500km	GOLD COAST	18/05/97	47
FOULKES, Stephen	VIC	149.428km	ADELAIDE	01/11/86	32
MICHELSSON, Leif	VIC	149.204km	BOX HILL	28/02/87	45
CURRIE, Stuart	QLD	148.962km	QLD UNI	05/09/87	40
MORGAN, Rod	QLD	148.607km	GOLD COAST	18/05/97	49
MATCHETT, Ken	VIC	148.584km	COBURG	27/02/93	71

Name	State	PB for 24HRS	Place	Date	at Age
PATTERSON, Barry	VIC	148.512km	ADELAIDE	01/11/84	35
MATTHEW, Alex	SA	148.291km	ADELAIDE	05/11/83	45
YANNA, George	VIC	147.653km	COBURG	25/02/89	32
COOK, Bruce	VIC	146.880km	BOX HILL	02/02/85	46
DUNN, Stephen	SA	146.299km	ADELAIDE	27/10/90	24
ALLEN, Graham		146.144km	CAMPBELLTOWN	28/10/89	0
MELLAN, Jimmy		145.944km	SYDNEY	/ /	0
SMITH, Larry		145.554km	CAMPBELLTOWN	13/10/90	0
COX, Don	SA	145.101km	ADELAIDE	28/10/89	42
CHATTERTON, Ray	QLD	144.974km	CABOOLTURE	23/06/90	41
SYRED, Creece	NSW	144.924km	SYDNEY	/ /	0
PETERSON, John	QLD	144.523km	QLD UNI	05/09/87	71
QUADRIO, Doug	QLD	143.805km	BRISBANE	23/05/92	40
MILLER, Bill	NSW	143.600km	HENSLEY	30/05/87	34
SLAGTER, Peter	SA	143.420km	ADELAIDE	16/10/93	47
COSTELLO, Warren	NSW	143.200km	SYDNEY NSW	01/09/90	48
JOHNSTON, Norm	VIC	142.891km	COBURG	10/03/90	53
DUNLOP, Graeme	VIC	142.887km	ADELAIDE	09/11/85	27
JACKSON, Brian	WA	142.514km	NORTH SHORE, NZ 2	05/07/98	31
RYAN, Cliff	VIC	142.267km	COBURG	10/03/90	60
LATCHFORD, Stan	WA	142.205km	PERTH	17/10/87	0
MEYER, Rudy	QLD	142.025km	LOTA QLD	03/06/95	48
BUXTON, Terry	SA	141.601km	ADELAIDE	28/09/91	0
CONNOR, Mick	NSW	141.150km	CAMPBELLTOWN	08/10/88	0
RYAN, Peter	VIC	140.821km	ADELAIDE	03/11/84	36
FOREMAN, Kevin	SA	140.418km	ADELAIDE	05/11/83	0
HAMS, Denis	NSW	140.127km	CAMPBLETOWN	12/10/91	42
POLLARD, Godfrey	VIC	139.893km	COBURG	25/02/89	57
FRANHAM, Tony		139.600km	LIVERPOOL	29/01/94	0
EARSMAN, Dallas	NSW	138.936km	HENSLEY	30/05/87	59
KETTLE, Drew	VIC	138.400km	COLAC	16/11/92	72
GAILLARD, Jacques	VIC	138.167km	OLYMPIC PARK	04/08/90	43
HILLIER, Greg	VIC	137.654km	ADELAIDE	04/10/87	32
WALSH, Colin	WA	137.601km	PERTH	17/10/87	0
RICHARDS, Duncan	NSW	137.397km	NSW	01/09/90	0
BAZZICA, Nick	SA	137.378km	ADELAIDE	05/11/83	0
CHRISTOFFEL, Jeff	QLD	137.355km	QLD RRC	01/07/89	35
BYRNES, Mark	NSW	137.200km	HENSLEY	23/02/85	0
HESSELL, Victor	ACT	136.800km	COBURG	09/04/00	0
PASCOE, Stephen	NSW	136.220km	ADELAIDE	24/10/92	0
HARTNETT, Kerry	VIC	136.000km	BOX HILL	28/02/87	52
TAILSFORD, Brian	NSW	135.885km	HENSLY	28/05/88	40
MORRE, Jean-Claude	VIC	135.191km	COBURG	13/02/88	0
HEBEL, Karl	QLD	135.141km	BRISBANE	10/06/93	53
NORRIS, Chris		135.001km	CAMPBLETOWN	13/10/90	0
STEGEMANN, Prachar	ACT	134.476km	ADELAIDE	23/10/94	0
BARNES, Max	SA	134.437km	ADELAIDE	03/11/84	63
OVERTON, Frank	NSW	134.400km	CENTURIONS 24 HR	20/09/98	0
WARD, Wayne	NSW	133.770km	HENSLEY	30/05/87	32
CRINITI, David	NSW	133.386km	ADELAIDE	24/10/99	0
CARROLL, Ray	VIC	133.333km	COBURG	13/02/88	37
TYSON, Alan	WA	132.545km	PERTH	12/10/85	0
SMITH, Jonathon R.	SA	132.394km	ADELAIDE	03/11/84	0
BAMBRICK, Derek	NSW	132.165km	WYONG	27/01/90	47
LITTLE, Anthony		132.136km	TAMWORTH	09/03/91	0
BROWN, Dean	SA	132.123km	ADELAIDE	05/10/97	42
MACLUCAN, Don	VIC	132.013km	COBURG	08/04/01	0
BEVERIDGE, Steel	NSW	132.000km	CENTURIONS 24	20/09/98	47
SMITH, Errol	NSW	131.512km	ACT	27/01/90	40
ARTHUR, John	WA	131.000km	PERTH	27/05/89	0
MOYLE, John	SA	130.645km	CABOOLTURE	23/06/90	39
WORLEY, Peter	SA	130.502km	ADELAIDE	04/10/87	0
DEDMAN, Kaven	SA	130.367km	ADELAIDE	29/10/88	41
DOWN, Jeff	VIC	130.122km	BOX HILL	15/02/86	28
LEMAN, Colin	WA	130.000km	PERTH	12/10/85	0
RAINES, Wayne	QLD	130.000km	CABOOLTURE	01/09/91	33
FORD, Peter	NSW	129.306km	CAMPBELLTOWN	28/10/89	0
KLUMP, Darryl		129.043km	TAMWORTH	24/03/90	0
TAYLOR, Ray		129.024km	CAMPBLETOWN	10/09/91	0

Name	State	PB for 24HRS	Place	Date	at Age
PATTERSON, Michael	VIC	128.728km	ADELAIDE	04/10/87	0
GDAMS, Brian	NSW	128.630km	CAMPBELLTOWN	08/10/88	0
SIMMS, Robert	NSW	128.213km	WYONG	26/01/91	40
DAVIS, Les	NSW	127.665km	WYONG	27/01/90	44
MACKAY, Mark	QLD	127.318km	ADELAIDE	16/10/93	27
BADIC, Safet	VIC	126.800km	COBURG	10/03/90	29
DAVIS, Robyn	NSW	126.574km	CAMPBELLTOWN	28/10/89	44
HARVEY, James	SA	126.007km	ADELAIDE	03/11/84	0
VUCAK, Mate	ACT	125.981km	BOX HILL	02/02/85	44
LIGHT, Graham	VIC	125.320km	BOX HILL	28/02/87	38
GRIGNOL, Max	SA	125.305km	ADELAIDE	04/10/87	44
BRYAN, Greg	SA	125.296km	COBURG	13/02/88	0
OLIVER, Alan		124.173km	HENSLEY	13/02/85	0
PLECAS, Laurie	WA	124.000km	PERTH	08/06/91	0
JONES, David	VIC	123.718km	COBURG	08/04/01	0
CAMPBELL, Ron	VIC	123.620km	COBURG	25/02/89	45
DYBDAHL, Bjorn	WA	123.600km	ADELAIDE	24/10/99	0
CUSACK, John	NSW	123.400km	LIVERPOOL NSW	15/10/95	53
DEACON, Grahame	NSW	123.200km	HENSLEY	19/07/86	0
O'KEEFE, Arthur	VIC	123.128km	COBURG	16/04/94	47
FARMER, Bernie		122.781km	CAMPBELLTOWN	28/10/89	0
ESSAM, Philip	NSW	122.726km	COBURG 24 HR	23/08/98	36
VARLEY, Chris	ACT	122.498km	WOLLONGONG	26/03/94	0
FERRIS, John	WA	122.000km	PERTH	12/10/85	35
GARLICK, Peter	SA	121.509km	ADELAIDE	29/10/88	30
HILLEARY, Don	QLD	121.000km	GOLD COAST	17/05/96	54
WADDELL, Peter	ACT	120.830km	COBURG 24 HR	23/08/98	0
CORNELIUS, Ian	QLD	120.697km	NANANGO	09/03/94	53
DUFFY, Brian		120.269km	TAMWORTH	24/03/90	0
SUMNER, John	VIC	120.000km	BOX HILL	28/02/87	46
GUNNING, Ribin		119.588km	TAMWORTH	24/03/90	0
DAHM, Murray	NSW	119.263km	HENSLEY	30/05/87	44
SINFIELD, Peter	QLD	119.015km	GOLD COAST	18/05/97	37
TOLLEY, Dennis		118.959km	CAMPBLETOWN	28/10/89	0
EATT, Ken	WA	118.151km	PERTH	28/05/88	0
CIRCOSTA, Paul	QLD	118.120km	QUEENSLAND UNI	05/09/87	34
MACBETH, Robert	WA	118.000km	PERTH	12/10/85	32
GREEN, Warren		117.032km	ADELAIDE	23/10/94	0
ELTRINGHAM, David	WA	117.000km	PERTH	12/10/85	0
ST JOHN, Gerald	VIC	117.000km	PERTH	28/05/88	43
BRYCE, Steven	NSW	116.900km	LIVERPOOL NSW	15/10/95	39
HENDERSON, John	NSW	116.700km	TAMWORTH	13/03/93	37
TOOMEY, Thomas	VIC	115.840km	CAMPBLETOWN	12/10/91	37
CLARKE, James	VIC	115.061km	COBURG	23/02/91	47
SCHICKERT, Bob	WA	114.820km	BOX HILL	02/02/85	43
RAMSDEN, Graeme	QLD	114.604km	QLD UNI	05/09/87	41
WILLIAMS, Glen	SA	113.459km	ADELAIDE	24/10/92	0
MORRIS, John	NSW	112.700km	TAMWORTH	13/03/93	0
LACHLAN, Robert	NSW	112.400km	HENSLEY	23/02/85	0
CORMACK, George	VIC	112.000km	LIVERPOOL NSW	15/10/95	45
MOORE, Bob	VIC	111.600km	BOX HILL	28/02/87	46
HALEY, William	QLD	111.590km	QLD UNI	05/09/87	0
CLISSOLD, Ron		110.809km	TAMWORTH	24/03/90	44
ANDERSON, Frank		110.638km	WYONG	26/01/91	0
WALKLEY, Cecil	WA	108.029km	ADELAIDE	13/11/82	53
COX, Graeme	SA	106.618km	ADELAIDE	16/10/93	0
BREGANT, Anthony	QLD	106.572km	CABOOLTURE	23/06/90	22
SUTTON, Denis	WA	106.341km	PERTH	08/06/91	41
HOLMES, James		106.182km	CAMPBELLTOWN	12/10/91	0
HOCKS, Gerard	QLD	106.000km	BRISBANE	10/06/93	52
STOCKMAN, John	QLD	106.000km	LOTA QLD	12/06/93	43
NIKOLAIDIS, Chris	VIC	106.000km	COBURG	08/04/01	0
HOLLAND, Bill		104.900km	TAMWORTH	13/03/93	0
CHAV, Lee	NSW	104.501km	WOLLONGONG	26/03/94	0
WHELAN, Robert	VIC	104.266km	BOX HILL	28/02/87	33
SMITH, Jason	NSW	103.200km	NSW	29/01/94	0
WAKEFIELD, Charlie	VIC	102.807km	CABOOLTURE	23/06/90	36
STEWART, Barry	QLD	102.295km	QLD UNI	22/05/92	59
PROSSER, Graham	WA	102.000km	PERTH	26/05/90	0

Name	State	PB for 24HRS	Place	Date	at Age
WHITEMAN, Peter		101.871km	CABOOLTURE	23/06/90	48
CARRIGAN, John	NSW	101.700km	TAMWORTH	13/03/93	40
WEIR, Steve	SA	101.064km	ADELAIDE	28/10/89	0
UPPAL, Peter	SA	101.032km	ADELAIDE	27/10/96	27
GANDER, Peter		100.994km	CAMPBELLTOWN	12/10/91	0
GLOVER, Gary	WA	100.520km	PERTH	28/05/88	0
THOMPSON, Paul	NSW	100.479km	CENTURIONS 24 HR	20/09/98	0
GLOVER, Brian	VIC	100.400km	CENTURIONS 24 HR	20/09/98	0
SYMINGTON, Bill		100.107km	WYONG	26/01/91	0
CULLEN, Stephen	QLD	100.000km	QLD UNI	05/09/87	0
LANHAM, John	QLD	100.000km	QLD UNI	05/09/87	0
TAYLOR, Bob	VIC	100.000km	COBURG	13/02/88	47
BAZELEY, Gavin	QLD	97.200km	BRISBANE	22/05/92	29
PENG, Choi		96.835km	ADELAIDE	16/10/93	0
WALKER, Ian	QLD	96.400km	BRISBANE	03/06/94	34
MUNRO, Michael		95.837km	CAMPBLETOWN	12/10/91	0
SLOAN, Terry	QLD	92.000km	BRISBANE	03/06/94	36
WEEKS, Roger	QLD	91.200km	QLD UNI	05/09/87	0
OLIFENT, Ian	SA	88.916km	ADELAIDE	09/11/85	0
GREEN, Daniel		87.043km	TAMWORTH	24/03/90	0
PITMAN, John	QLD	86.982km	CABOOLTURE	23/06/90	50
SWAN, Barry	NSW	86.018km	TAMWORTH	13/03/93	0
HUGGINS, Graham	VIC	86.000km	PERTH	12/10/85	46
MARTIN, Warren		84.400km	CAMPBLETOWN	13/10/90	0
PENDLEBURY, Mal	NSW	84.400km	HENSLEY	23/02/85	0
RUSSELL, Graeme	VIC	82.479km	ADELAIDE	27/10/90	32
LEWIS, Peter	QLD	81.720km	MARYBOROUGH	22/08/99	43
WILSON, Ron	VIC	80.468km	BOX HILL	02/02/85	48
FAY, Gerard	VIC	80.400km	COBURG	10/03/90	38
HENRY, Mel	QLD	80.000km	QLD UNI	05/09/87	29
STEEL, Brian	NSW	80.000km	HENSLEY	23/02/85	0
BROOKE, Norm	VIC	76.400km	COBURG	13/02/88	61
WILD, Maurice	NSW	74.000km	HENSLEY	29/11/86	0
ENGUIX, Heath	NSW	72.800km	HENSLEY	28/05/88	16
THOMPSON, Amery		72.072km	TAMWORTH	13/03/93	0
WALTERS, Ken	VIC	72.000km	COBURG	25/02/89	56
SKINNER, Peter	VIC	68.400km	COBURG	13/02/88	0
KOSTOPOULOS, John	SA	68.000km	COBURG	25/02/89	27
JARVIS, Glen	QLD	67.360km	BRISBANE	03/06/94	21
SLEEMAN, Lionel	VIC	65.600km	BOX HILL	02/02/85	0
KOUYOUMDJIAN, Manouel	NSW	65.200km	BOX HILL	15/02/86	27
PHILLIPS, Gary	NSW	64.000km	HENSLEY	29/11/86	0
TOET, Robert	VIC	63.200km	BOX HILL	02/02/85	0
PARKER, Dennis		61.432km	TAMWORTH	24/03/90	0
QUARREL, Dennis		60.876km	CAMPBLETOWN	28/10/89	0
TOWNSEND, Dean	VIC	60.000km	QLD UNI	05/09/87	0
McAVOY, Mike	VIC	60.000km	COBURG	09/05/95	60
OPPERMAN, David	SA	59.173km	ADELAIDE	28/10/89	0
BROWN, Colin	NSW	56.800km	HENSLEY	29/11/86	0
McDONALD, Colin		54.500km	CAMPBLETOWN	08/10/88	0
McCRORIE, Wal	NSW	52.000km	HENSLEY	28/05/88	57
VAN BALEN, Glenn	NSW	50.000km	QLD UNI	05/09/87	0
BROWN, Darryl	SA	47.200km	Q'LD UNI	05/09/87	0
WILSON, Alfred	VIC	44.400km	BOX HILL	02/02/85	0
NELL, Peter		42.000km	COBURG	23/02/91	0
SABO, Josop	VIC	40.000km	BOX HILL	02/02/85	0
VENNELL, Noel	NSW	38.400km	BOX HILL	15/02/86	47
NIMAC, John		36.400km	CAMPBLETOWN	13/10/90	0
BINDER, Kurt	VIC	29.200km	COBURG	25/02/89	0
PETRIE, Bob	VIC	15.200km	BOX HILL	02/02/85	43
MARTIN, Phillip	NSW	13.600km	HENSLEY	29/11/86	0

OMISSIONS

If you feel that one of your performances is missing from the ranking's list, please contact John Fotakis with evidence of your performance. John can be found at 6 El Nido Gve, Glenhuntly 3163, ph. [03] 9569 2489.

MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED

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

I
(Full name of Applicant)

of
(Address)

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

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

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

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

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

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

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

Current membership fees for 2001 (in Aust. dollars) are as follows: Cheques payable to AURA Inc.

Please circle desired rate: \$30 within Australia

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

Send Application and money to : Phil Essam [Hon. Sec.], AURA inc, 164 Civic Pde, Altona 3018

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!