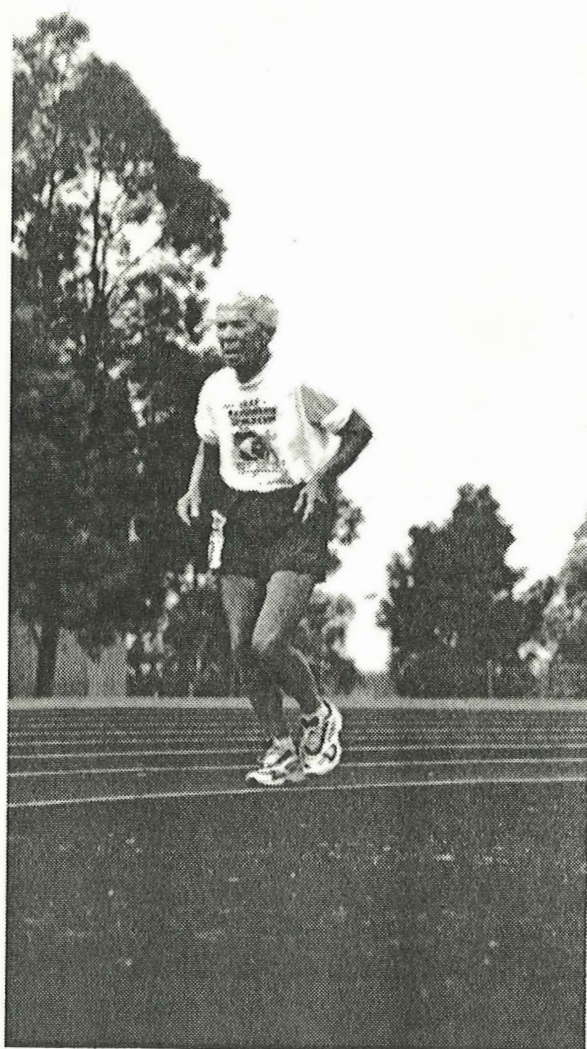


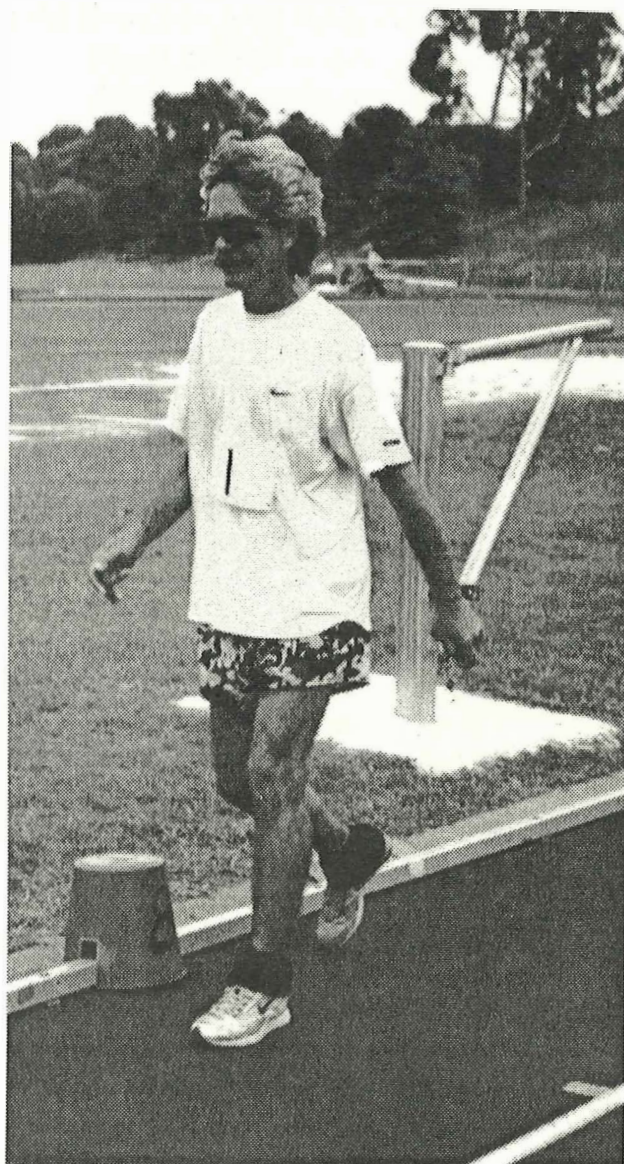
# ULTRAMAG

Vol. 16 No.4

December 2001

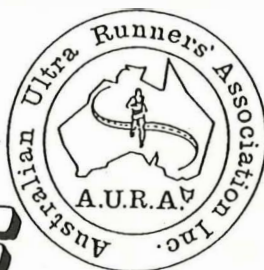


Shirley Young set two World Records  
at the recent Moe 6 hour event.  
Results in this issue



Jerry Zurkowski from South Australia

 **AURA**  
**MAGAZINE**



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

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**SOME LATE BREAKING NEWS.....Phil Essam reports that he has had over 20 expressions of interest in the Southern States 14 day stage race in 2003 from all parts of the world**

Modern technology well and truly entered the ultra world with the Colac Six Day event being beamed live across the internet via "Web Cam". Those with the facility to view the daily footage would fully appreciate how the technological world is going to benefit the sport Ultramarathon Running. Colac has had some ups and downs over the years with this event but the future is certainly looking good right now.

The terrorist attacks on New York have been felt by everyone and it is fair to say that the world is now a much different place. As a result of these attacks, The Sri Chinmoy Marathon Team decided to cancel all their events for the remainder of the year as a mark of respect for the deceased persons and their loved ones. This, of course, meant the sudden cancellation of the Australian 24 hour Championship scheduled for October in Adelaide. This was the second cancellation in three years and some debate has been sparked about the status of the Australian Title. Unfortunately we look like having no 2001 Champions, however some discussion has been taking place about having the 2001 Championship moved to the Coburg event in April 2002 !!!!! This is not as silly as it sounds. Back in 1976, The Australian Open Tennis Championships were contested twice in the same year [January and December] as the Tennis Association went about changing their future dates. What comes of this proposal remains to be seen at this stage

Here in Victoria, Paul Ashton has taken the initiative to introduce a series of runs along similar lines to the successful Fat Ass series in NSW. Known as 'Trail Running Victoria', Paul has a program of runs that appear in this issue.

The number of people submitting personal profiles has started to dry up. If you wish to see yourself in print, simply fill out the profile form in this issue. It is always of interest to learn about the non running hobbies and pursuits of fellow ultra runners.

In what is now becoming a regular occurrence, the incomparable and truly amazing Shirley Young has set two more new world records in her age group [W70] at the recent Moe 6 hour/50km event [results in this issue]. Something else you may not know about Shirley is that she is a member of a small groups of runners who have started and finished in every Melbourne Marathon since its inaugural running in 1978 !!!!!

I caught up with another of our world class ultra runners in Lavinia Petrie at a local fun run. Lavinia tells me that as a navigator, she makes a very good runner. Competing at the 4 peaks mountain events, Lavinia got hopelessly lost in the early stages of an event she has done on 14 consecutive years !!!!! Maybe a map and compass next year, Lavinia????

Kevin Cassidy

From Jerry Zukowski

I've just had a few thoughts about the 24 hours ultras that we run in, and we are all concerned about the lack of entrants.(or decline)

Maybe its because most of "average runners" after doing a few 24's and never getting to that magical 200 kilometre goal, give up and go elsewhere for their kicks. What if,as well as the normal-6 hour,12 hour,100 k's and 24 hour event, we also had a 200 kilometre race ,with a 30 hour cut-off.(it could start 6 hours earlier or finish 6 hours later) That would make an excellent stepping stone between the 24's and the 48's,it might just be what's needed to stop the decline in events like the Bribie Island Classic(which I hope to be doing in a few years time(2003 I hope)

If the event is still running(4 entrants only, what chance has it got of still being held in 2003?)not much I guess.

It would also work for the Centurians, just imagine, another 6 hours for them to get 38k's to give another goal reaching the 200 kilometre mark.

I for one,would love the chance to hit that 200k mark(at my age,I know the 24h/200 is out of my reach,but give me a 6 hour buffer,hey,who knows?) As I said at the start, it's just an idea.(I reckon, a bloody good one)

# Australian Ultra Calendar

(December 2001 – March 2003)

## 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](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

## DECEMBER 2001

- 9 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN**  
50Km and 2 person relay of 25Km each. Flat course along roads & paths adjoining the Gold Coast beachfront. Start time 5:00am from park adjacent to north end of Kurrawa SLSC, Broadbeach, QLD. Contact: Eric Markham, Gold Coast Runners, PO Box 6529 GCMC 4217, QLD. Phone (07) 5545-0209 or 0417-647-279 or email [eric\\_markham@austarnet.com.au](mailto:eric_markham@austarnet.com.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**  
Incorporating the AURA 100km Track Championships. 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](mailto:thomo@zeta.org.au). Entries close 31/12/2001. Entry form here [www.coolrunning.com.au/art/wordbutton.gif](http://www.coolrunning.com.au/art/wordbutton.gif)
- 6 **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](http://www.coolrunning.com.au/ultra/bogong).
- 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](http://www.geocities.com/ultraphil/goldfield.htm) for more info.
- 27 **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC**  
\$20 entry fee. 7am start. Closing date: 20th January, 2002. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781-4305. More info available at [www.coolrunning.com.au/ultra/mtbuller](http://www.coolrunning.com.au/ultra/mtbuller).

## FEBRUARY 2002

- 2 **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](mailto:sue.drake@trump.net.au) or phone (03) 6239-1468 for further information. More info including entry form, results and reports on the very unofficial webpage at [www.coolrunning.com.au/ultra/cradle](http://www.coolrunning.com.au/ultra/cradle)
- 15-16 **CARLTON - CANCER COUNCIL RELAY FOR LIFE**  
Friday 6 pm to Saturday 6 pm at The University of Melbourne, Carlton, VICTORIA. Organised by the Cancer Council. Teams of 10 or more walkers and/or joggers preferred but teams can be as small as 1 (ie solo runners). All teams should 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 Cancer research, support and prevention programs. Contact race website at <http://www.accv.org.au>
- 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](http://www.coolrunning.com.au/fatass) for more info or email Kevin Tiller on email [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.
- ?? **6 and 12 HOUR and 50km RUN, WALK & RELAY QLD**  
Caboolture Historic Village, Boerburum 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



## **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](mailto:ericah@ensynergy.co.nz) or the event organizer [ingrid@relay.co.nz](mailto:ingrid@relay.co.nz) or via an announcement on the web at [www.coolrunning.com.au/ultra/2000014.shtml](http://www.coolrunning.com.au/ultra/2000014.shtml).

## **MARCH 2002**

2-4

### **WY-WURRY 3 DAY WALK, QLD**

approx 24 km 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](http://www.coolrunning.com.au/races/wy-wurry).

1-2

### **HAMILTON - CANCER COUNCIL RELAY FOR LIFE**

Friday 6 pm to Saturday 6 pm at Hamilton Showgrounds, Hamilton, VICTORIA. Organised by the Cancer Council. Teams of 10 or more walkers and/or joggers preferred but teams can be as small as 1 (ie solo runners). All teams should 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 Cancer research, support and prevention programs. Contact race website at <http://www.accv.org.au>

1-2

### **PORTLAND - CANCER COUNCIL RELAY FOR LIFE**

Friday 6 pm to Saturday 6 pm at Henty Park, Portland, VICTORIA. Organised by the Cancer Council. Teams of 10 or more walkers and/or joggers preferred but teams can be as small as 1 (ie solo runners). All teams should 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 Cancer research, support and prevention programs. Contact race website at <http://www.accv.org.au>

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](mailto:raceorganiser@sixfoot.com) or check out the webpage at [www.sixfoot.com](http://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](http://www.tall-tale.co.nz)

15-16

### **WERRIBEE - CANCER COUNCIL RELAY FOR LIFE**

Friday 6 pm to Saturday 6 pm at Galvin Park Athletics Track, Werribee, VICTORIA. For more information please contact Carol on 0419-504-359 - Organised by the Cancer Council. Teams of 10 or more walkers and/or joggers preferred but teams can be as small as 1 (ie solo runners). All teams should 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 Cancer research, support and prevention programs. Contact race website at <http://www.accv.org.au> or email Phil Essam on [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au)

16-17

### **TAMWORTH - CANCER COUNCIL RELAY FOR LIFE**

Jack Wallaston Oval, Tamworth - Contact phone (02) 6766-1164 - Organised by the Cancer Council. 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 [http://www.nswcc.org.au/volnteer/specevent/relayforlife\\_index.htm](http://www.nswcc.org.au/volnteer/specevent/relayforlife_index.htm) or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email [steve@nswcc.org.au](mailto:steve@nswcc.org.au)

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](http://www.coolrunning.com.au/ultra/auradam) or contact Nigel Aylott via email [nigel\\_aylott@mail.com](mailto:nigel_aylott@mail.com) or at 19 Bennett Ave, Mt Waverley VIC 3149 or telephone (03) 9634-2776.

22-23

### **ESSENDON - CANCER COUNCIL RELAY FOR LIFE**

Friday 6 pm to Saturday 6 pm at Moonee Valley Athletics Centre, Essendon, VICTORIA. Organised by the Cancer Council. Teams of 10 or more walkers and/or joggers preferred but teams can be as small as 1 (ie solo runners). All teams should 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 Cancer research, support and prevention programs. Contact race website at <http://www.accv.org.au>

24

### **WATER WORLD GREAT OCEAN RUN**

Red Rock to Coff's Jetty Beach & Headland. 45 kms. 7:00am start at Northern end of Red Rock beach, finish at Coff's Harbour Jetty. Entry fees \$10.00 before the day, \$15.00 on the day. Thongs to all finishers. Contact Steel Beveridge via phone (02) 6656-2735 or 3B Surf Street, Emerald Beach, NSW 2456 or email [steelyn@hotmail.net.au](mailto:steelyn@hotmail.net.au).

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](http://www.threepeaks.org.au)

- ?? **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 Snobs Place, Bunbury WA 6230 phone (08) 9721-7507 or Stephen Peacock (08) 9791-3452

## 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](http://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 **WILSON'S PROMOTORY 100KM, VIC**  
100km, 80km, 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 [www.coolrunning.com.au/ultra/wilsonsprom/index.shtml](http://www.coolrunning.com.au/ultra/wilsonsprom/index.shtml) or contact Paul Ashton via email: [pashton@telstra.easymail.com.au](mailto:pashton@telstra.easymail.com.au) or phone: 03 9885 8415 (h) or 0418-136-070 (mobile).
- 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](mailto:gogginbj@bigpond.com) or Tim Erickson (03) 9379-2065 or email [terick@melbpc.org.au](mailto:terick@melbpc.org.au) or Download the entry form as a MS-WORD document here <<http://www.coolrunning.com.au/art/wordbutton.gif>> .
- 14 **CANBERRA 50KM WITH MARATHON**  
Check race website at [www.canberramarathon.com.au](http://www.canberramarathon.com.au) for contact details. Event is held as part of the Canberra Marathon but allows runners to continue for additional 8km to complete a properly measured, flat, fast, 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](http://www.coolrunning.com.au/fatass) for more info or email Kevin Tiller on email [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.
- 28 **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](http://www.riverrun.com.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](mailto:ian@fuelstar.com) or read the website at [www.coolrunning.com.au/ultra/2001005.shtml](http://www.coolrunning.com.au/ultra/2001005.shtml).

## 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.
- 11 **AURA AUSTRALIAN 50 MILE MEN AND WOMEN 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 for download as MS-WORD format (40kb) [www.coolrunning.com.au/art/wordbutton.gif](http://www.coolrunning.com.au/art/wordbutton.gif) or from John Harper at [harperj@ihug.com.au](mailto:harperj@ihug.com.au) or (03) 9803-7560 (H) or (03) 9854-2629 (W)
- ?? **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](mailto:David.Baldwin@anu.edu.au).
- 12 **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
- 19 **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](mailto:ijaves@caloundra.net). More info at the webpage [www.coolrunning.com.au/ultra/glasshouse](http://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](mailto:sarahc@sydney.caa.org.au). More info including results and reports on the webpage at [www.coolrunning.com.au/races/trailwalker](http://www.coolrunning.com.au/races/trailwalker).

## JUNE 2002

- 9 **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](http://www.geocities.com/ultraphil/mtmee.htm)

- 15 **POOR MAN'S COMRADES - FAT ASS RUN**  
A 96km road run, held as close to the race date of the original Comrades Marathon as possible. This is a hilly route from 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](http://www.coolrunning.com.au/fatass/poormans) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

## JULY 2002

- 19-22 **BRIEBIE ISLAND CLASSIC 24HOUR AND 48HOUR**  
Australian 48hr Track Championship & Qld 24hr Track Championships. 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 19/7/2002. 24hour event starts 9am 20/7/2002. Entry details (from 2001) available at <http://www.ultraoz.50megs.com/bribie48hr.htm>. Contact Geoff Williams via email [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au) or phone/fax (07) 5497-0309 or mobile 0412-789-741 or Charlie Hall (07) 5496-4310. For accomodation please email [schragbribie@hotmail.net.au](mailto:schragbribie@hotmail.net.au).

- ?? **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 [jekyll@bigpond.com](mailto:jekyll@bigpond.com). Entry form is available on the web as a PDF file.

- ?? **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](http://www.coolrunning.com.au/fatass/cotter) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

- ?? **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@ret.net.au](mailto:eckers@ret.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](mailto:ultraoz@iprimus.com.au) or phone (03) 9398-4167.

- ?? **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](http://www.coolrunning.com.au/fatass) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

- ?? **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 2002

- ?? **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](mailto:a.moustache.v@clear.net.nz). More info at the webpage [www.coolrunning.co.nz/races/rotorua](http://www.coolrunning.co.nz/races/rotorua)

- 28-29 **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](mailto:ijaves@caloundra.net). More info at the webpage [www.coolrunning.com.au/ultra/glasshouse](http://www.coolrunning.com.au/ultra/glasshouse)

## MARCH 2003

- 9-22 **AURA SOUTHERN STATES ULTRA**  
900km stage race between Adelaide and Melbourne - this race is commemorating that great moment in Australian sport - 20 years since Cliff Young's win in the 1983 Sydney to Melbourne race. Contact Phil Essam via email [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au) or webpage at [www.coolrunning.com.au/ultra/southernstates.shtml](http://www.coolrunning.com.au/ultra/southernstates.shtml).



## **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.

### **In remembrance of Bryan:**

The two winners will each receive the Bryan Smith Memorial Trophy. Bryan Smith was arguably the best Australian-born ultramarathon runner with achievements including a win in the prestigious Westfield Sydney-Melbourne Ultramarathon, and being one of only a handful of people in the world to have run further than 1,000km in a 6 day race. Bryan was well liked for his sporting values and it is thus fitting that the Ultramarathon Runner of the Year Award is named in his honour.

### **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.

Hopefully this table will answer your questions.

Category	Points	Awarded for	Explanation
<b>Category 1</b>	1	Starting	Each competitor receives a point for each ultra in which they start, regardless of finishing position.
Points for everyone	1	Each 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.

<b>Category 2 Placegetters</b>	3	1 <sup>st</sup> place	Provided there are at least 2 starters in your division (male / female)
	2	2 <sup>nd</sup> place	Provided there are at least 4 starters in your division
	1	3 <sup>rd</sup> place	Provided there are at least 6 starters
<b>Category 3 Bonus points</b>	1	Winning a National championship	Winning a national championship entitles participants to 1 points in addition to any points gained in category 1 and category 2.
	5	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.*

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

## TRAIL RUNNING VICTORIA

Trail Running Victoria is a new running group that has been set up to promote the sport of trail running through some of Victoria's most scenic and spectacular natural areas. Its aim is to organise trail runs on a regular basis in and around Victoria enabling like minded runners to enjoy running, social company and fantastic scenery whilst developing their own goals. Runs range from easy 10km jogs to more demanding runs such as the Prom 100km ultramarathon. Participants are encouraged to set achievable goals and work towards them. No fees are charged to participate in the runs and runners accept full responsibility for themselves on the run and must be able to support themselves in all conditions. All runners must sign a release form before starting each run.

The current program for Trail Running Victoria is:-

Run Date	Location	Distance	Leader
16/17 December	Razorback - Mt Feathertop	(22/38km)	P. Ashton
19/20 January	Mt Buffalo	(20/40km)	P. Ashton
16/17 February	Mt Hotham Mt Loch	(20/40/60km)	P. Ashton
02/03 March	Otways	(20/40/60km)	TBA
12/13/14 April	Wilsons Promontory	(43/60/80/100km)	P. Ashton
23 June	Kinglake NP	{20/40km}	TBA
13/14 July	Grampians	(25/50km)	P. Ashton

All distances are approximate

Regular training runs are held on Saturdays/Sundays in the Dandenongs/Kinglake area. Additional run leaders are required. If you have a favourite run or running area or would like to lead a run then please contact Paul Ashton.

For details on any of the above events please contact Paul Ashton On 9885 8415  
(h) 0418 136 070 (m) pashton@telstra.easymail.com.au

## AUSTRALIAN ULTRAMARATHONERS HALL OF FAME

I was thinking in the last couple of days that it's about time that the sport recognised the runners, walkers and officials for their life time achievement to the sport. Perhaps we could nominate five people to be initial inductees in the Hall of Fame next Sep/Oct and then induct person per year after that. Here are my thoughts on who could be considered for a place in the initial Hall of Fame:

Yiannis Kouros - His Westfield results, performance over 24hrs, 48hrs and 1000 miles. Almost goes without saying.

Bryan Smith - Bryan had an impeccable career with great times from 50km through to 1000 miles. He was a Gentleman of the track and was the Best Australian born Ultrarunner of the modern era.

George Perdon - Held and still holds some of Australia's distance records. Had some great battles with Tony Rafferty in the 70's.

Tony Rafferty - The original Nutra Grain Iron Man and has held the World 1000 mile record. also did some great Solo Runs and wasn't afraid to use the media to promote the sport.

Cliff Young - Cliff stopped the Nation in 83 with his awe inspiring performance. He was to inspire us all many times after that as well!

Pat Farmer - Pat was never going to be at the Top in competitive Ultra running, but managed quite a few impressive Solo Runs including his quickest lap of Australia a couple of years ago.

Gary Parsons - Gary is a former World Record holder over 1000 miles and has done the longest official distance around Australia. A gutsy performer who never says die!

Ron Grant - The first to complete a Solo Lap of the country and a great organiser for the sport over the last few years.

Peter Gray - Was the youngest to complete the Westfield and surely must have completed more Ultras than anyone else.

Kevin Mansell - Completed 5 Westfields and has never been afraid of helping others in the sport with his good humour and advice!

Dot Browne - Secretary of AURA for 17 years. Mainstay of the sport. What can I say?

Jack Webber - Long distance walker who was an inspiration and still is for walkers all over the country.

Yes there will be many people that I left out. If myself or Kevin Cassidy receive enough interest about this idea before the next issue I will organise a Poll to go in the next Mag.

My details are: Phil Essam 10 Murray Jones St Point Cook Vic 3030

03 93953685

ultraoz@iprimus.com.au



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 handwritten 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](http://WWW.COOLRUNNING.COM.AU/ULTRA)

[WWW.COOLRUNNING.COM.AU/ULTRA](http://WWW.COOLRUNNING.COM.AU/ULTRA)

# GLASSHOUSE TRAIL ON VIDEO

With the help from Michael of Fox Video, I am able to make available the video that I put together at the Glasshouse Mountains Trail Events on September 29/30 in Queensland, Australia.

I was concentrating on the 100 mile event, but all competitors in the 50 mile and 55 kilometre events do get, at least, one look in on the tape. I also got some brief and occasional snippets of the 12 and 27 kilometres fun runs on the Sunday morning.

The tape is 64 minutes in length and features the Friday night gathering, which includes competitor "interviews". I have also included footage of a number of aid stations in action and "interviews" with volunteers and race organisers. Some lighter moment also appear such as Bill Thompson snoozing on the table while Ian Javes gave his last minute instructions and Darren Skillicorn doing his various exercises after winning the 50 miler.

I have captured all 100 mile runners in action at various points and it was my intention to get each 100 mile finisher as they crossed the line but, unfortunately, Jonathon was so fast that he caught me napping but I got him just after he had finished.

All 100 mile finishers are "interviewed" and the presentation gathering is also featured. Some good shots of the various mountains appear and I have narrated the video from start to finish.

Yes, it is amateur video done on a 10 year old camera but I had fun putting it all together. Anyone wanting a copy of the tape is more than welcome, I am not out to make any profit from this but all I need is the cost of the blank video, copying and postage which comes to \$19.

Contact me, Kevin Cassidy, at P.O. box 2786, Fitzroy, 3065. Phone 0425 733 336

## "SEE AUSTRALIA RUN"

Don Maclurcan, 19, plans to run across Australia, starting January 2002, in order to raise money for charity. He is hoping to receive approval to raise funds for the Fred Hollows Foundation ([www.hollows.com.au/](http://www.hollows.com.au/))

The Fred Hollows Foundation is a community-based not-for-profit organisation. Through skills training programs and the development of new technologies, The Foundation builds sustainable local capacity to prevent and treat avoidable blindness in developing countries. It also works as a catalyst for improving the health of indigenous Australians. To date, The Foundation and its supporters have helped more than half a million people all over the world to see again.

This is from Don himself:

" Plans are well underway for my run across Australia, departing Perth Jan 6th - all going to schedule. The 'See Australia' run will attempt to raise funds for charity, hopefully for The Fred Hollows Foundation. This foundation provides cataract surgery in at least six developing nations, whilst assisting our own indigenous population. They have trained over 500 doctors in sight-restoring operations. I have chosen this organisation because the most memorable aspect of my trip across Australia involved what I saw, not what I felt. If my running can further efforts that give people the chance to see what I have seen, then I find it worthwhile.

I was part of the support crew on the recent Trans-Australia Footrace. They ran a 4700km route (from Perth to Canberra via Melbourne), whilst I plan to head across from Perth to Port Augusta, via Wagga, and finishing in Sydney, making the trip closer to 3760km. To finish on the 22 Feb will require an average daily total of 80km. I realistically plan to arrive in Sydney by 28th Feb, requiring "only" 71 km/day.

I will be holding a formal awareness/fundraising dinner in early December, to which you will all be invited. I am currently extremely busy with the run's logistical implications, support, legalities, and funding. If anyone is interested in providing assistance to organise the dinner or other areas of the run (or would like to crew!), I'd love to hear from you. I'm looking for at least two crew members who can provide their own way to Perth by January. I will cover food and other expenses (though accommodation will be in tents/car) for the remainder of the trip to Sydney, hopefully ending late February. At the moment I'm a fair way behind schedule, but I'll try my hardest to be at that Bell Tower, come early January. With your help this could become a greater reality. Please spread the word to any prospective sponsors. I can be contacted anytime on: (02) 9953-4664, fax: (02) 9953-2411 or at [donmacca@hotmail.com](mailto:donmacca@hotmail.com) email address.

# COOL RUNNING Australia

## *I Have Finally Found My Hero* by Phil Essam



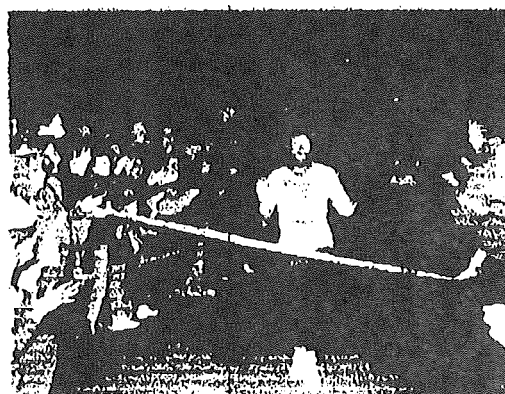
www.coolrunning.com.au



### Book Synopsis

Ultra running was alive in Australia before the "Westfield". The 1800's saw many people compete in the "Pedestrian" races around the country. The 1900's found many people attempt the Highways between our Capital cities right around Australia.

In the 70's we were fortunate to be blessed with two Ultra running legends. They were Tony Rafferty and George Perdon who were to have many battles over the years which was promoted as an intense rivalry by the Australian Press. As a result of this rivalry, sports Promoter John Toleman put up a "Winner Take All" purse and the Westfield was born.



Bob Bruner wins the Westfield in '81

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

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

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

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

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



The Bicentennial Westfield was again won by Kouros. It was slowly becoming two races in one. Yiannis Kouros versus the clock and the rest of the runners versus each other. They tried to handicap Kouros but he still made his way through the field. Kevin Mansell was to run his second Race and knocked thirty four hours off the first one. As Kevin said "I finally found my hero in life and it was me"

The finish of the 1989 Westfield was to be the closest result yet. David Standeven literally fell over the line half an hour in front of Kouros. As one bystander said "It's the greatest run by an Australian in this country". Kouros still won the race corrected time, but Standeven won the hearts of many Australians around the country. Was it the ferocious battle that Kouros had with Kevin Mansell through the East Gippsland hills that weakened Kouros for the final run?

1989 was also to see the last attempt at the Westfield by its debutant winner, Cliff Young. It was on the top of a hill ten kilometres out of Bombala when he stopped and said "I give it me best!"

Yiannis Kouros was to again win in 1990. He was back to his brilliant best and wasted no time in toying with the opposition. Bryan Smith ran well to finish second. Cracks were starting to appear in the race though. Kouros complained bitterly before and after the race about the lack of prize money.

1991 was to see the last running of the Westfield. Yiannis Kouros ran his own solo run as a protest against Westfield. The greeting that Kouros received was an abhorrence against the great World Champion. The race was to see two changes. The route went through the highest town in Australia and a handicapping system was introduced. Bryan Smith ended up winning the race and picked up \$60 000 for first across the line and fastest time. Kevin Mansell and Mark Gladwell were to finish the race for a fifth time and definitely wrote their names into the record book.

The Top twenty runners are rated in the second last chapter and the last chapter is filled with funny, courageous and tragic stories from all the runners. Seven years on since the last running of the race and many Westfield runners are still competing in Ultras around the world. It was in 1998 when former Westfield runner, Helen Stanger reached the pinnacle of her career and smashed the Australian women's 24 hr record in a race in Melbourne. She definitely "Ran, won and ran her best on the day".

## Order Your Copy

### *Product*

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

**"I have finally found my hero"**  
*by Phil Essam*

Phil Essam :10 Murray Jones St  
Point Cook ,Vic 3030  
Ph.03 9395 3685  
mob.0407830263  
Email: [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au)

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**T**hirty seven year old, Phil Essam is the author of "I have finally found my hero". Phil is married with one daughter and has been in the Royal Australian Air Force for the last eighteen years.

Phil's hobbies in life include Ultra Marathoning (24 hour distance of 123 556km), Sports Journalism and Writing. Phil has had articles published in the Australian Ultra Runners Association Quarterly Magazine, "UltraMag" and writes a quarterly column for the South Australian Road Runners Club Newsletter "Footnotes". He is currently undergoing a writing course with the Writing School and this is his first major publication.

**MEMBERSHIP APPLICATION / RENEWAL**  
**QUEENSLAND ULTRA RUNNERS CLUB INC**

I, .....

of .....

.....P/Code .....

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

hereby apply



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

.....

Signature

...../...../.....

Date

.....

Proposer

.....

Secunder

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



for renewal of membership.

...../...../.....

Date

**NOTES**

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



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

---

**QURC Treasurer's Use Only**

Date cheque received:    /    /

Date cheque banked:    /    /

## 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	104.036 km
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
<del>1998 Caleb Maybir</del>	<del>91.681 km</del>	<del>1998 No Holder</del>	

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

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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 medical 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

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

Race Date: **Sunday 27<sup>th</sup> January 2002**

Start Time: 7am (daylight savings time)

Report in: 6.30am sharp.

Entry fee: \$20.00 payable to Peter Armistead,  
includes an AURA tee-shirt.

Entry to: Peter Armistead, 26 William Street, Frankston 3199 Vic.

Closing date: **Friday 18<sup>th</sup> January 2002**

Race start Location: Corner of Highton Lane & Malcolm Street. (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield, 400 metres on the Mansfield side of Pullins Ski Hire).

Accommodation: A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.

Support team: It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.

Safety Precautions: Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.

Clothing: If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.

Finish: Drinks and refreshments available at the Arlberg Hotel at the finish, where the presentations will be held.

Results: Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.

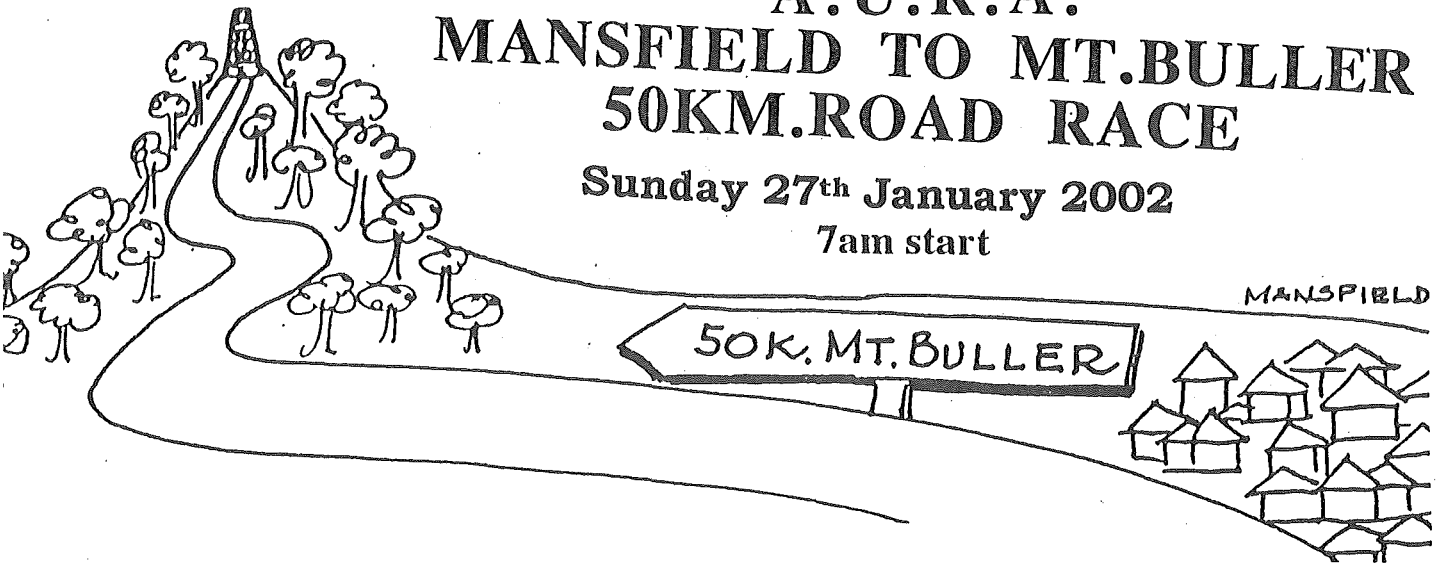
Cut-off Time: 3 hours 15 min. for 30km.  
7 hours 00min for 50km.

Drink stations, official timing or race supervision will not be provided after these cut-off times.

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

Sunday 27<sup>th</sup> January 2002

7am start



Race Organiser: Peter Armistead, 26 William Street, Frankston 3199  
Ph. (03) 781 4305

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

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

**PRIZES:** First Male  
Second Male  
Third Male      First Female

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

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

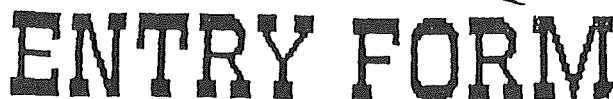
**CLOSING DATE:** Friday 18<sup>th</sup> January 2002

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

**DEDICATION   DETERMINATION   DISCIPLINE**

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

## 7am start



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

# ***THE BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE***

***2nd March 2002-5.00pm  
INCORPORATING STATE 50KM TRACK  
CHAMPIONSHIPS  
500m Certified Grass Track***

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

SURNAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_ SEX: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

### ***RUNNERS PROFILE INFORMATION***

NUMBER OF MARATHONS: \_\_\_\_\_ NUMBER OF ULTRAS: \_\_\_\_\_  
DETAILS OF BEST PERFORMANCE OVER EACH DISTANCE: \_\_\_\_\_

#### **DECLARATION**

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

SIGNED: \_\_\_\_\_ DATE \_\_\_\_\_

**ENTRY FEE:** \$30.00 includes free T-shirt (payable to 'Bunbury Runners Club')  
( Entries received after 31<sup>st</sup> Jan 2002 \$40.00 & no race T-shirt)

Send entry forms & entry fee to: Vikki Ellis  
3/10 Wisby Street BUNBURY WA 6230  
phone: 08 97918363

Further information from:  
Race director: Mary Morgan 97217507

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

**SPONSORED by BUNBURY HOLDEN**

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INCORPORATING STATE 50KM TRACK  
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## ***E N T R Y      F O R M***

*(Limited to first 30 entries )*

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**SPONSORED by BUNBURY HOLDEN**



# COBURG 24 HOUR CARNIVAL

APRIL 13<sup>th</sup> & 14<sup>th</sup> 2002

COME AND BE PART OF THE 15<sup>th</sup> ANNUAL COBURG 24 HOUR CARNIVAL, INCORPORATING

- THE 19<sup>th</sup> VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 18<sup>th</sup> AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE 12 HOUR RELAY TEAM CHALLENGE

This year we continue the 6 Hour & 12 Hour Run/Walk events in addition to the 24 Hour Run/Walk Race.

ENTRIES : \$50 - 24 HOUR  
\$40 - 12 HOUR  
\$30 - 6 HOUR  
\$80 - 12 HOUR RELAY TEAM.

- The Relay is a 12 hour event for teams of 8 runners / walkers (16 for junior teams). Join the fun by putting a team together. There are trophies for the winning open, veterans and junior teams, plus certificates etc. for team members. The relay event starts at 10 PM on Saturday 13<sup>th</sup> April and will run THROUGH THE NIGHT to finish at 10 AM on Sunday 14<sup>th</sup> April.
- Each relay team member runs 3 x 30 minute legs in any sequence. School, Little Athletics and other junior teams are able to run / walk 3 x 15 minute legs.
- Recently surfaced athletic track, canteen for snacks & meals (meal tickets available), computer lap scoring, hot showers, massage and St. Johns Ambulance.

The Carnival will be held at the Harold Stevens Athletic Track, Outlook Road Coburg, Victoria 3058 (behind Basketball Stadium) Melway Ref : 18 A9.

For more information contact Tim Erickson (entries) 03 93792065, or Harold Stevens 03 93869251, Internet //www.vicnet.net.au/harriers/ or email [terick@melbpc.org.au](mailto:terick@melbpc.org.au)

.....

**P.S.** Are you interested in a social get-together on the Friday Night before the event (12<sup>th</sup>) e.g. pasta meal in a café or restaurant? We are open to suggestions as some runners are keen to meet other competitors prior to the event. Please tear off the bottom of this flyer and indicate by crossing off yes or no and include with your entry form. YES / NO

Also include any suggestions or preferences!



# COBURG HARRIERS



## AND THE AUSTRALIAN CENTURIONS PRESENT 19TH ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 18TH AUSTRALIAN CENTURIONS 24 HOUR WALK **INFORMATION**

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

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

### WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2002, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

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

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

**ENTRY FEES: 24 HOUR EVENTS: \$50.00  
12 HOUR EVENTS: \$40.00  
6 HOUR EVENTS: \$30.00**

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_

24



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

AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.

# 50 MILE TRACK RACE

(MEN & WOMEN SEPARATE EVENTS)

AUSTRALIAN CHAMPIONSHIP EVENTS

PLUS 50KM

SATURDAY 11TH MAY, 2002

## ENTRY APPLICATION

*please print clearly*

Surname ..... Initials ..... Call Name .....

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

Postal Address ..... Postcode .....

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

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

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

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

For country and interstate applicants only: Yes ☐ No ☐

Can you provide a lap scorer?

## CONDITIONS OF ENTRY

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

## WAIVER

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

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

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

# 22ND 50 MILE TRACK RACE

## AUSTRALIAN CHAMPIONSHIP EVENTS – GENERAL INFORMATION PLUS 50KM

- CONDUCTED BY: AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC.  
DATE: Saturday 11th May, 2002  
PLACE: Bill Sewart Athletic Track, Burwood Highway, East Burwood, 3151. (Melway Ref: 62, C8)  
TIME: 8.00 a.m. Race Start  
REPORT IN AT: 7.30 a.m. sharp  
RACE NUMBERS: Will be issued at the venue at 7.30 a.m.  
LAP COUNTERS: These people, supplied by each local participant for the duration of the race, will be assigned their duties before the start.
- FACILITIES:
1. Changing room, showers and toilets are all contained in a pavillion adjacent to the track.
  2. Tea/coffee, biscuits and sandwiches will be supplied to the lapscorers.
  3. Hot water will be available for runners' assistants.
  4. Chairs and (if possible) a tent (for weather protection) will be provided for lap counters. This equipment will not be provided for seconds or friends and therefore must be self supplied if required. Personal tents are permitted on the lawn areas beyond the outer edge of the track (none are permitted inside the track).
  5. A leader board will be displayed throughout the race to show distances covered by each runner and placings at the end of each hour.
- TROPHIES & AWARDS: Perpetual Trophies for both Men & Women.  
Other prizes may also be presented. Certificates will be presented to all finishers within the cut-off time. The presentation ceremony will be held at 4.30 p.m. approximately.
- |                       |                                  |   |
|-----------------------|----------------------------------|---|
| AURA EVENT RECORDS:   | Dragan Isailovic 5:15:00 - 1993  | Linda Meadows 6:07:58 - 1994            |
| AUSTRALIAN RECORDS:   | Dragan Isailovic 5:15:00 - 1993  | Linda Meadows 6:07:58 - 1994            |
| AUSTRALASIAN RECORDS: | Dragan Isailovic 5:15:00 - 1993  | Linda Meadows 6:07:58 - 1994            |
| WORLD RECORDS:        | Don Ritchie (Eng) 4:51:49 - 1983 | Valentina Liakhova (Rus) 5:55:41 - 1996 |
- ENTRY FEE: **One or both events**  
\$35.00 for AURA financial members  
\$40.00 for non-members
- Make cheques payable to J. C. Harper. Mail or deliver entry form and fee to: John Harper, 21 Lancelot Crescent, Glen Waverley, 3150. (Telephone: (03) 9803 7560)
- CLOSING DATE: All entries shall be delivered by 4th May, 2002.  
Entries received after 4th May 2002 may not be considered.
- FURTHER QUERIES TO: John Harper, telephone (03) 9803 7560 (H), (03) 9854 2629 (W) or harperj@ihug.com.au

### RACE RULES

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

Good running and enjoy these events.

# THE AURA SOUTHERN STATES RUN

Volume 1, Issue 1

November 01

**Adelaide to Melbourne**

**9<sup>th</sup> to 22<sup>nd</sup> March  
2003**

**It's 20 years since  
Cliff Young's Great  
Sydney to Melbourne  
run in 1983!**

**What a way for the  
sport to remember  
and place ourselves  
in the media lime-  
light!**

**Ever wanted to try a  
multi – day stage  
race?**

**Then the "AURA  
Southern States  
Run" is for you.**

**The organising Team  
are dedicated to run-  
ning a professionally  
managed event.**

**THE EVENT WILL  
RAISE MONEY FOR  
A YET TO BE DE-  
TERMINED CHAR-  
ITY**

**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.**

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

**ENTRY FEE IS YET TO  
BE DETERMINED.  
WILL BE FINALISED  
BY March next year  
(\$500 aprox)**

**A PERCENTAGE OF EN-  
TRY FEES WILL GO TO-  
WARD PRIZE MONEY**

**The race will need a definite  
ten starters by the end of  
December 2002 or the or-  
ganisers will not proceed  
with the race.**

#####

**MINIMUM QUALIFYING  
STANDARD FOR SOLO  
RACE**

**Marathon 3hr**

**100km - 14hr**

**24hrs - 160km**

**Or previous credentialed  
ultra or endurance race  
experience.**

###

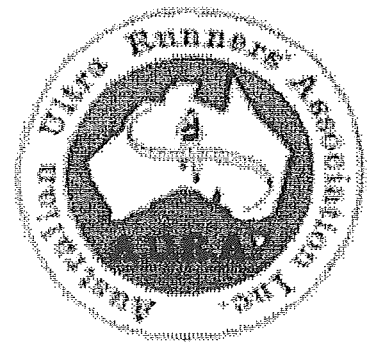
**WANT FURTHER INFOR-  
MATION OR UPDATES:**

**Please ring:**

**Phil Essam on 03 9395 3685  
or [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au)**

**Ken Riches on 03 9749 5680**

**Godfrey Pollard on 03**



**52481377**

**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](mailto:ultraoz@iprimus.com.au).**

## **EXPRESSION OF INTEREST – This is not an entry form**

**IF INTERESTED IN COM-  
PETING – PLEASE FILL  
OUT THE FORM BELOW  
AND RETURN TO PHIL  
ESSAM AT 10 Murray  
Jones St, Point Cook, Vic  
3030**

**NAME.....**

**ADDRESS:**  
.....  
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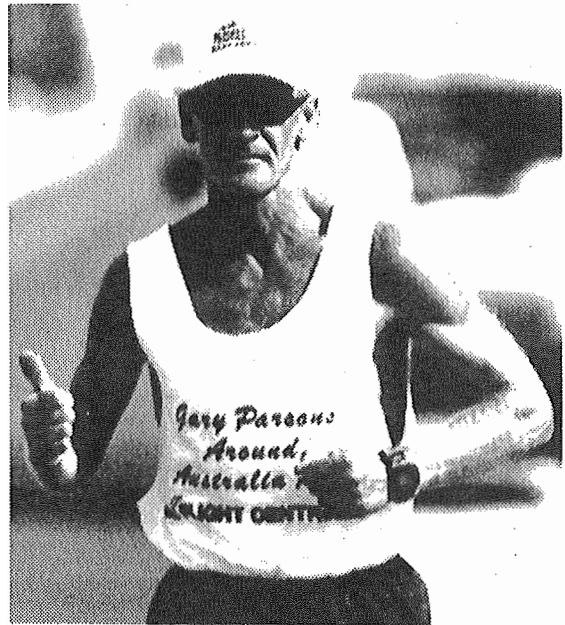
.....  
**PHONE NUMBER:**  
.....  
.....  
.....

**BRIEF SUMMARY OF  
ATHLETIC ACHIEVE-  
MENT:**  
.....  
.....  
.....  
.....



PROFILE ON GARY PARSONS

DATE OF BIRTH 23 Dec 1949  
PLACE OF BIRTH Glenhuntly, Victoria  
ADDRESS Caboolture, Qld.  
OCCUPATION Workplace Health and Safety officer  
(and a man of many hats)  
MARITAL STATUS Married to Sharon  
CHILDREN Three Daughters and one Son.  
Six Grandchildren,  
WEIGHT Approx. 67kg  
BEST PHYSICAL FEATURE My eyes. I use them  
to focus on the hurdles of life ahead.



EDUCATION BACKGROUND Left school after completing year II to work scheduling Trains in Melbourne for Ten years. Started work at Alcoa in 1976 working with Security, Fire and First aid. Relocated to Qld in 1985 and worked in the Commercial Building industry and hold a Workplace Health and Safety ofrlw,s Cell.

FAVOURITE BOOK Love reading about Pioneers in any field, going beyond early explorers, Adventurers and Sports people,

FAVOURITE NON-RUNNING BOOK The Bible story on David and Goliath, Many times in my life, this little book has Cropped up A long story,

FAVOURITE MOVIE The Mechanic

FAVOURITE TV SHOW Any Adventure/ Documentary

FAVOURITE ACTOR Jackie Chan and Charles Bronson

FAVOURITE MUSIC Through Sharon, I have learntt to love Classic, but really love most music.

BOOK, YOU ARE CURRENTLY READING A book on how to learn the basic computer. Have patience . I'm getting there

HOBBIES Running and Race Directing, Community service and Charity Fundraising, and Politics

COLLECTIONS I try not to hoard,

MAKE OF CAR. YOU DRIVE A 2000 Suzuki Grand Vitara 4W.D.

MAKE OF CAR YOU WOULD LIKE TO DRIVE I love any 4'W.D, but I like Don Wallace's Subaru W.R..X

GREATEST ADVENTURE My life has been one big adventure, but of course running around Australia and beyond stands out

FAVOURITE SPECTATOR SPORT The Ironman Events There is real beauty in how they can perfect these three skills

FAVOURITE HOLIDAY DESTINATION I have seen many spots around Australia that I intend to revisit, especially the Kimbley's in W,A- and Tasmania. I have been overseas 8 times, but there is no place like Australia, except maybe the breath taking views standing on the rim of the Grand Canyon.

FAVOURITE ITEM OF CLOTHING YOU OWN. There is a lady in Brisbane who makes my shorts. I just hope she never loses the Pattern, They are a great fit.

MOST PRIZED POSSESSION Sharon had a beautiful patchwork quilt made from the fronts of my favourite running tops from all my big runs, and I gave it to my best friend, Sharon has forgiven me and has even had another smaller one made up and I treasure it. Also, I thank my parents for giving me their "Survival Spirit"

PERSONAL HERO        Anyone who knows what they want from life, and gives it their best shot, Someone like Drew Kettle, who is no spring chicken but he touches people's hearts with his endless travels/fundraising all over the country side spreading goodwill, his name was bought up many times on my Around Australia Run.

FAVOURITE QUOTE     "The World Track Record will be broken only by a person who has an unyielding mental attitude; a person who has the ability to concentrate on a specific target day after day. One who is focused on daily goals, a person who will endure, continuously sore and Sometimes, red raw feet, aching back and throbbing limbs; a person who after three or Four days will seriously examine his mind and ask why he is putting his body through The torture. And a person nevertheless who will continue to put one foot in front of the Other to the end like it were the only thing that mattered".

This quote was written to me when I asked the old master, Tony Rafferty, "Have you got any advice on how to run this race". Thanks Tony, If only you knew how many Times I quoted you as I tramped around that cow paddock oval in 1994.

2nd Quote that I can't resist telling you. The day I left to run around Australia, my 2yr old grandson was asked "Where is -Nan and Pop going, Mikie", and quick as a snap he answered "Nan is going to go in the big bus, and Pop is going to run down the road and down the road and down the road." He couldn't have described it much better.

I will also have to add what Tony Collins quoted to me when he shared a hard time with me when I was very sick on the big run near Adelaide, and it gave me a lot of food for Thought as I ran along. "How do you eat an elephant?-- A spoonful at a Time" Well said

PERSONAL PHILOSOPHY        Never stay angry. Anger turns into bitterness and where there is bitterness, there is no Happiness. Give credit and praise where it is due. If you fall, get up and keep going,

SHORT TERM GOALS        Make every day count. Don't waste your life. Make yourself so busy that you will have no regrets when old age knocks. To have corrective surgery done on my leg, and to run again,

LONG TERM GOAL        To help make Ultra Running become more of a recognized sport by promoting Goodwill, Sportsmanship and Fair play " and to recruit more runners. To make that trip Around Australia again. But in the comfort of a Camper Van and have loads of time to look around off the beaten track

ACHIEVEMENT OF WHICH YOU ARE MOST PROUD OF        To sit in a family gathering and look at my wife and children and grandchildren. I can't find the words to explain how proud and happy this makes me feel. It makes all the hard work worth while. I know that they share in any glory I have got over the many years as well as the lows I have been through, I'm blessed. My run around Australia would have to be my running achievement of which I am most proud of because I gave it my all and it left me with a good feeling inside

PETS.        We haven't replaced our old dog since she died two years ago

PET PEEVE.        Those who make out they are something they aren't and take credit when credit isn't due, It only peeves me for a while, then I get on with my life. The truth always comes out in the end, I believe

FAVOURITE NON RUNNING ACTIVITY        Getting enough time to relax in front of the box with Sharon and my favourite snacks

GREATEST FEAR.        I try to fare life without fear, and stay positive about all things, but probably after going through Julian breaking his back and having him return to full health, you have to worry a little over just how fragile life is. Loss of my family, I would say

HAPPIEST MEMORY        I have so many happy memories, but the last couple of hours, and the finish of my first 1,000mile Track Race would come pretty close. I will relive that great feeling for the rest of my life when it seemed that half the town came down at 5am to cheer me on and I lost all the tired feelings and just seemed to float in a dream around the oval. Pretty hard to put on paper

PERSONAL STRENGTH        To allow myself to learn something new every day. And to never close my mind. Also to be able to "Pull that rabbit out of the hat when it is needed most"

## RUNNING DATA

800 mtrs 1min 59sec  
5km 16min 24sec  
10kkm 34min 16sec  
Marathon 2hrs 55min  
48hrs 312kkm  
6days 775kkm (taken from 1000mile race split)  
1 000miles 12days 19hrs  
10,000 kkm 135days 9hrs 50min (World Record)  
15,000kkm 205days 23hours 1min (World Record)  
10,000mile 221days 1hour 7min (World Record)  
11,824.8miles (19,030kkm) 274days 8min (World Record)

YEARS RUNNING IN ULTRAS 13years

NUMBER OF ULTRAS FINISHED Have never kept count,

BEST ULTRA PERFORMANCE The "Around Australia and Beyond" without doubt.  
MOST MEMORABLE ULTRA AND WHY The same as above, This run changed a lot of my ways of thinking, I also learnt go much About other runners and people. Our weaknesses and strengths- I know it has made me better understand how our minds work. An experience I will never regret.

TYPICAL TRAINING WEEK If I wasn't training for a big race, I just ran an average I 50odd kkm per week, including Track, road, trail and hill training. Leading up to a big run like the 1000mile, I never over-trained with long 100kkm runs except for a shorter Ultra race that I would use for a training run. This sort of race gave you an idea on where you were with your fitness level and also gave you a chance to socialize a little with other runners, which is something I missed while doing long slow kkm, About 35kkm was my longest run in one session I ran 10kkm in the morning before, and 20kkm+ after work. From Monday till Friday, with a mix of road, track and hill work, and on the weekend my morning runs were 20/30kkm, and in the middle of the day I walked 10kkm, and back out again to run/walk another 20odd kkm in the evenings to average 220-250kkm per week. This type of training mixed with the hard manual work I did on the job worked for me.

INJURIES I can say I had never suffered with a serious injury until I was run over by a car during the Brisbane-Morton Bay Marathon in 1986, breaking my ankle, tibia and fibula. My ankle has given me a fair share of problems over the years, and the prognosis with it at the moment is that it has to be fused, but I am the ultimate opportunist and I believe that there will be a cure just around the corner, and I am waiting for this to happen. If the worst comes to the worst, I will have it fused and learn to run again.

FAVOURITE SHOES None. Different shoes for different runs, and different feet, If the shoe is comfortable, wear it.

FAVOURITE FOOD AND DRINK DURING AN ULTRA I rely a fair bit on Sustagen mixed with water and honey. I call it my "no more gaps" During multi-day events, I eat buckwheat pancakes, soup, pasta, rice, ice cream, bananas, vegie dishes and sandwiches.

FAVOURITE HANDLER Sharon

FAVOURITE RACE PLAN Never start your race with outside worries on your mind. Get your house in order no matter what distance your run is, chop it up into manageable proportions, and work at it to reach your goals, hour by hour bay by day

FAVOURITE RUNNING SURFACE I have no favourites, I love them all

ULTRA RUNNING IDOLS I have no Idols. I respect many Ultra runners for different reasons.

WHY DO YOU RUN ULTRA'S Because I enjoy the sport and the challenge of testing my limits, both physically and mentally.

ANY ADVICE TO OTHER ULTRA RUNNERS Build up your fatigue and endurance factor by cross training. Mix trail, track, road and hill work, and when you are out there doing your long run, spend a little time visualizing your dream, run, relax and enjoy it..

## IAU 100KM WORLD CUP UNDER THE PATRONAGE OF THE I.A.A.F.

by David Sill

On 26 August 2001 the 100km World Cup was contested at Cleder in France. The World Cup is probably the premier event on the international ultramarathon calendar. It is sometimes referred to as the "world championship" though this is inaccurate as it does not officially have world championship status.

The Cleder race is one of the great annual running events in France. This year Cleder hosted the World Cup and the French national championship as well as the usual open race all in the one event. The race was so popular that the race director closed entries at 1800 leaving several hundred disappointed applicants. Runners go twice around an undulating 50km loop which is mainly on small country roads but includes a section of trail along the Brittany coast.

In most years the two laps are slightly different in that the lap that is run at low tide includes a section run on the beach whilst the high tide lap uses the seafront trail. However, in the World Cup year the beach section was not used so the whole race was on a firm surface. Runners in the open race are allowed to be accompanied by cyclists and there were hundreds of them. The race is a wonderful spectacle with enormous involvement by the people of the small town of Cleder. There were many quality runners in the field and a total of 515 finished in under 10 hours. Ultrarunning is different in this part of the world!

30 countries were represented in the World Cup itself. Australia had a mens team of three but unfortunately no ladies. The experienced Tim Sloan was in the team again. Ivan Davis and Adam Barron were running their first World Cup. Ivan had had a disagreement with a car on a pedestrian crossing while training two weeks before the race and injured his knee. Despite doubts the day before he was able to start the race with strapping on his knee. Adam had only arrived in the middle of the night just over 24 hours before the race after flying from Australia then taking the train for the 400 kilometre trip from Paris to Brittany.

The race started at 5am and the three Australians set off into the darkness. The weather was good at the beginning but there was quite a lot of rain in the middle of the race followed by warm sunshine. Tim was the first Aussie home in 7 hours 45 min 37. Adam started quite quickly but struggled in the second half of the race. Fortunately the injured Ivan was able to finish and with a smile on his face. We, therefore, had the required three finishers to give us a team finish.

There was good recognition of the Australian runners by the many spectators who cheered them on. The Aussie team did not produce its best performance finishing 17th, but the national colours were there. This is more than can be said for some other countries. Britain set ridiculous qualifying standards (7 hours for men and 8.10 for women) so did not send teams. New Zealand decided that the cost, time difference and travel time were too great so did not send teams. The points mentioned by New Zealand are valid and we should recognise the disadvantage for competitors coming from our part of the globe.

The course was undulating and the weather not good. The winner was Yasufumi Mikami of Japan and his time of 6.33.28 was a bit slower than the winners of most World Cups. Second was Rich Hanna of the USA in 6.43.09. First lady was Elvira Kolpakova of Russia in 7.31.12.

### Australian Results

Tim Sloan	7.45.37
Adam Barron	10.52.04
Ivan Davis	10.52.40
Total	29.30.21

The Australian team finished 17th.

Next year's World Cup will be held in Torhout in Belgium at another of Europe's great 100km courses: "The Night of Flanders" in June, 2002. Yes, that's right, it is a night race starting at 8pm so could suit Aussies as this is our day time. If anyone is interested book early as entries may close on this one too.

# TEAM MANAGING AT THE WORLD 100KM by David Sill

These comments are a bit detailed but may be helpful for future Team Managers.

Times for the team were	
Tim Sloan	7.45.37
Adam Barron	10.52.04
Ivan Davis	10.52.40

Total 29.30.21    17<sup>th</sup> place

The weather conditions were not very good with a lot of rain in the middle of the race and quite warm towards the end. This should not have affected times very much though. The course was undulating and the winner's time of 6.33.28 was quite a bit slower than in most world championships.

All the Aussie team members did their best and the way they carried themselves was a credit to Australia.

Tim did not run up to his normal standard but, to his credit, accepted this and finished with no excuses. Adam was not long off the plane but looked fit before the race. He went out too fast at about 4.5 km/hr and got slower and slower as the race went on. Adam was at the half way mark in 4.15 and at 67km in 6.00, which tells the story. Ivan had unfortunately been hit by a car on a pedestrian crossing two weeks before the race and damaged his knee. He strapped the knee and did well just to finish. Clearly having more than three members in the team would have been desirable.

We all arrived a few days before the race. The accommodation was basic to say the least, though next to a lovely beach area about five kilometres out of Cleder. Very unfortunately the meals were served in Cleder itself (not at the accommodation) which was a major logistical problem. I had my car there so we sometimes had the meals but we did a lot of self catering at the flat.

I showed my inexperience as team manager as soon as I arrived. Having said this I have been given very little information beforehand. I went to the administration centre when I arrived at about 8pm. It was closed and did not open until 2pm the next day. I spoke to an official who did not speak a word of English who confirmed (pointing at sign) it would not open until 2pm the next day. What I did not know was that there was a completely separate centre for the world championship runners which was open pretty well 24 hours a day. So I lost a lot of time to begin with.

At 3pm the next day I eventually got to the international centre with Tim and Ivan (Adam was still on the plane). We were greeted and given lots of information and some forms to fill in. We were also given a very nice presentation pack of local goods, which included a souvenir beer glass, World Championship jam (I kid you not) and, most importantly, a local beer which was very good (you would not have liked it so I drank it!).

We did all the paperwork and took the race numbers, identification stuff etc back to the accommodation.

We did get all the money but had to wait a long time to get it. Unfortunately the guys spent a lot of time waiting around for me doing this as they could not get back to the accommodation without my car. Firstly we got the money from the race organising committee. We had to wait for the Treasurer to get back from lunch. He worked out our due amount and took off the charge for the accommodation and meals. Being a tight-arse I objected to the deductions. Ivan and I got there too late for the first day's meals, Adam wasn't there yet, some of us were leaving early etc, etc, etc I complained! The translator explained as I gabbled on and on and the Treasurer reworked the figure and more than halved the deductions. As Tim agreed that the total amount deducted for meals and accommodation of 91 euros was a fair charge to cover his girlfriend's accommodation and meals for four days, all three runners and myself got our accommodation and meals FREE! You will recall my initial attempted interrogation about how it would be paid. As it turned out they insisted on giving us a crossed cheque in euros! They refused to open the cheque so we could not cash it. The IAAF money was separate and we waited a couple more hours. We were one of only four countries who asked to be paid in cash on the spot. Eventually they got two officials together and I was given ten one hundred dollar US notes.

This all took a lot of time (the guys would have been better back at the flat relaxing before the race) but at least we got it! The guys had surprisingly agreed to split the money equally. As I was going to be in France for almost four more weeks doing my race I could not help with splitting the money. The guys agreed that Tim and Adam would take \$US500 each. Ivan took the cheque and was to bank it in London. He would then send a cheque to each of the other two to balance the money exactly.

Talking of people resting before the race, the teams from the USA and Russia and the British runners did not take part in the march-past (team officials carried the banners). The runners were resting. You know that we were one of the few countries without track suits so I won't go over it again.

There was a pre-race briefing for the team managers and captains. If a comprehensive document of the rules were prepared the briefing would not have been necessary. The questions dealt with would be exactly the same as at every major competition.

All of this actually left little free time before the race and Hookie was right that it is a good idea to have a team manager.

The race itself went off smoothly and full credit to the administration. I was able to watch the race finish from the finishing enclosure (there must be some benefits for being team manager!). Thanks to Malcolm Campbell, who is a good friend of mine, for his advice.

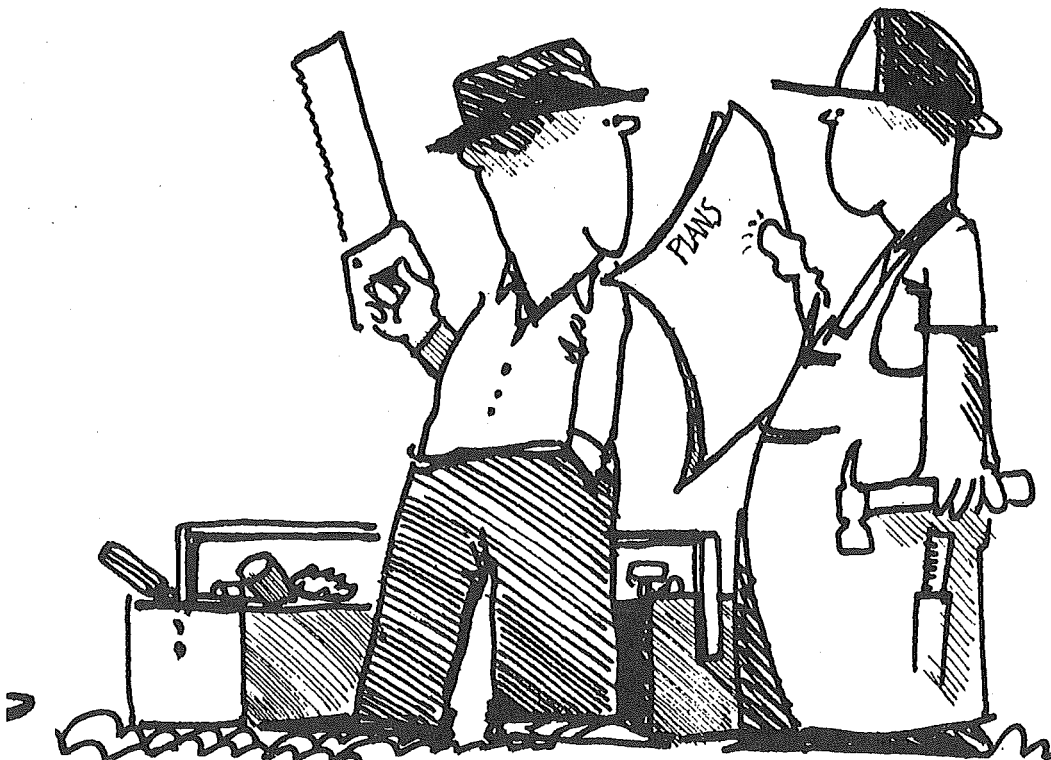
The race next year is at Torhout in Belgium at the famous "Night of Flanders" course in June. This might be an advantage for Australia as it is a night race, starting at 8pm. This is Australian daytime so arriving just before the race could work well!

My only others comments were about inadequate communication before the race. More and quicker communication from Athletics Australia would have helped. Also, the individual runners could have communicated better before the event though it did not make any difference in the end. Perhaps I should have picked up the phone to everyone instead of waiting for emails.

The organising committee did quite a good job but they should have given far more information beforehand. For example we arrived not knowing where the accommodation was except the name of the town. We just had to follow street signs until we happened to stumble across it. More information could easily have been provided about the form of accommodation. I only had this information before the event because I rang the holiday village myself. Non-English or French speakers could not have done this. Also they did not say which Paris railway station the train left from for Adam. I rang a travel agent to find out! As it turned out Adam rushed there and caught the train with five minutes to spare, otherwise the next train would have arrived near Clevedon at 5am! Maybe a more experienced team manager would have anticipated some of these issues better. Please tell future team managers the first thing to do is go immediately to the international registration centre.

So, all went well though the guys could have been a bit quicker. As Tim said: at least we had a team (which Britain and NZ did not).

I must say I found it an interesting experience being an official instead of a runner.



David Sill had his work cut out as Team Manager



# ROYAL NATIONAL PARK FAT ASS EVENT 8-9-2001

## Results 50km Option

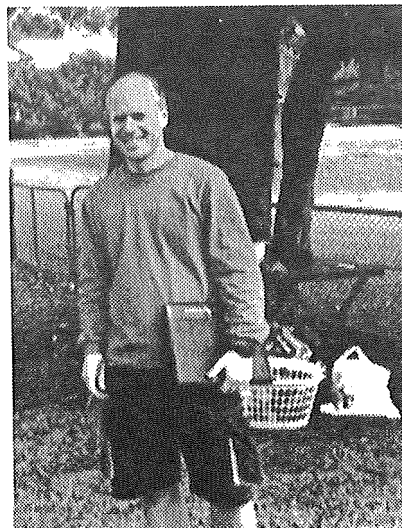
1 Peter Cook	Cronulla	5h 52min
2 David Raymond	Wollongong	6h 17min
3 Glenn Hayward	Wollongong	4h 45min *[WWOO]
[WWOO] - Wattamolla Wimp Out Option (39.5km)		

## Results 76.8km Option

1 Jan Herrman	onSt Ives	11h 33min
=1 Lawrence	Mead Rozelle	11h 33min
3 Kevin Tiller	Berowra	14h 15min
=4 Natalie Chan	Canberra	9h 30min *[MNT]
=4 Chris Hatherly	Canberra	9h 30min *[MNT]
6 Paul Every	Turrumurra	2h 30min *[DK]

[MNT] - Me No Torch Option 56km

[DK] - Dicky Knee Option 20km



Kevin Tiller

Originator of the "Fat Ass" series

[no fees, no awards, no aid, no wimps]

## Runner Feedback from 8th September 2001

From Peter Cook

I asked a friend before the run how to prepare for 50km after having a very lazy June and July. They suggested running slowly. Well I can say I was running very slowly by the time I got to Marley beach. Actually I walked anything that looked even possibly up hill. As I got closer to the end I thought I might get to Bundeena in time for the 1pm ferry so I increased my pace to a jog and skipped the Jibbon evil sand section but I missed the ferry by a few minutes. So my time was 5hrs and 52mins. One of the Wollongong folks did the whole 50km. (Sorry I have forgot everyone's names.) If I had done the Jibbon bit he probably would have found me crawling along the beach. The Wollongong folk then dropped me at the Audley visitors centre so I could enjoy a short run back to my car at Grays Point.

From Jan Herrman

Saturday's run was great. As the instructions said, this course has everything. The scenery is so varied, and the coast views make all the climbing worth the effort. I think we were lucky that the weather was just right, but also that there had been a bit of rain in the days before, so all the little creeks and waterfalls were happily trickling down the cliffs. I'm sure this was not the last FatAss event in the RNP; there are so many great tracks and tons of options for other runs.

From Kevin Tiller

I had a tough time on the Warramurra track (15km?) and dropped back and ran with Natalie & Chris, all the way past Burning Palms, Otford, Helensburgh and back to Garie Tops, where they dropped out. It was warm out there. I found myself full of life and steamed over Garie Beach and up the headland by the time it got dark (6pm or so), ran into Watamolla where everyone met me (7:40pm) as Jan/Lawrence had finished much before. Lawrence then ran the last section with me, mainly I think as he felt fastest and everyone realised they would be hanging out all night if left to my own devices. I then finished in 14:15 (just past 9:30pm). In pretty good shape for the Big One at Glasshouse.

## The Race Across France - La Transe Gaule

The inaugural running of *La Transe Gaule* was completed on 16 September 2001. This is the longest race in Europe and is a coast-to-coast race from Roscoff in Brittany on the English Channel to Narbonne Plage on the Mediterranean. The race is an 18 day stage race of 1145 kilometres with an average daily distance of 64 kilometres. France is a beautiful country and the course traversed 7 provinces: Brittany, Pays de Loire, Anjou, Limousin, Auvergne, Midi-Pyrenees and Languedoc-Roussillon. I had seen many of these words on wine bottles, so they must be good, but aren't the Pyrenees mountains?

The race was the fulfilment of a dream of a Frenchman who had read about the Bunion Derby races across America in 1928 and 1929 (The book *Flanagan's Run* is about those races). Jean-Benoit Jaouen had tried to enter the revived TransAm races in the 1990's but they were frequently cancelled. He wanted to enter the Trans Australia Race of Fire earlier this year but could not get crew. So he ran across France. Then he decided to share his dream with others and *La Transe Gaule* was a born with him as race director using the route he himself had run.

### Fourteen runners started

Fourteen runners and a wheelchair athlete were on the start line on the misty morning of 30 August 2001. There were 11 Frenchmen, an American, a Swiss and ..... well, me! There were some accomplished runners in the field including Jacques Martin who had run across the Sahara and Maurice Mondon who had a 100km PB of 6 hr 58 min and a 24 hour PB of 257 km. American ultra legend Don Winkley was there. He had finished the Trans America race in 1995 and is the current world record holder in his age group for the 48 hour race with 323 kilometres.

Malcolm Campbell, President of the International Association of Ultrarunners, himself a TransAm finisher, stayed in France for four days after the 100km World Challenge just to act as starter of the race. Gerard Stenger, President of the French Ultra Association, travelled the 500km from Paris just to see the start. These two champions of the past saw this as important. We all dipped a finger in the English Channel and hoped to be doing the same in the Mediterranean 18 days later. 18 long days later.

### Hills and rain on the first day

The first daily stage was 57 kilometres and even though the second half was up hill in pouring rain all the warriors handled it well. The next two stages, however, were the longest of the whole race at 78 and 75 kms respectively after which we all knew the reality of what lay ahead. At the end of day 4, which was of 68 kilometres, three warriors had fallen and most of those that remained were starting to feel some aches and pains. Days 6 and 7 were shorter at 53 and 52 kilometres which were welcome relief as well as providing variety. By now we were all in a routine - just like going to work each day for about 8 hours (less for the talented ones!) followed by icing the legs, treating the injuries, having dinner then off to bed until the next day.

I was tending to have alternate good and bad days as the legs required a slower day after each better one. By stage 9 the good runners were running less consistently and I was delighted to finish that stage in 5th place, two positions higher than ever before. We were now in central France and quite high up. It was hilly and cool - on several days we had to start running in the mornings with gloves and hats in sub zero temperatures.

### Another runner out

In stage 12 we lost another warrior, forced out with swollen ankles and knees, and 10 runners remained with their sights firmly set on seeing *la mer*. By this time the overall positions of the runners in the field were pretty well final as the runners performances were spread sufficiently widely that none of us was going to catch the one in front. In stage fourteen I made my only navigational error and did an extra 3-4 kilometres which did not matter overall (truth on the day: curse, swear, spit dummy, etc!!!). By this time those of us in the back half of the field were pretty much in survival mode though I did have one more good day when I surprisingly finished 4th in the 15th stage - but it was back to 8th the next day. In the 16th stage we passed the 1000km mark.

Stage 17 was my worst. On another hilly day we crossed the edge of the mountain range and went over the highest point on the course. The terrain was tough that day. We started at 300metres above sea level, rose to 999m, then back to 800m, then up to 1004, down to 700, back up to 900 and then finished at 320m. It was the only day where I took over 10 hours, which was disappointing. In those final days the fatigue was accumulating and many of us were having trouble finding the energy to do anything more than a slow jog up the hills, but if we tried to stride out down hills our shins soon reminded us they were sore.

### The final magic day

All this was forgotten the next magic day as we headed off towards the beach. Everyone was in high spirits as this was the final day. This was an emotional day for me and the fulfilment of a dream. My adventure was nearly over. The race directors stopped us at Narbonne city to meet the mayor, then a police escort lead us to the road down to the beach. With 1134 kilometres gone and 11 remaining we had our first glimpse of the Mediterranean.

We wound our way down the hill for what seemed forever and then eventually I passed the sign with the words I had read hundreds of times on paper over the previous months: *Narbonne Plage*. Every minute seemed like an hour as I ran through the town wondering how far I was to the beachfront, but then the finishing line was in sight surrounded by crowds of cheering people. I was soon over the line and was taken onto the sand by the other runners where, as if in a dream, I placed that finger in the Mediterranean. The final stage was 70km and I was very happy to finish it in 8 hours 11 minutes to be sixth that day.

#### Ten runners finished

The 10 warriors all got there along with the wheelchair athlete. The race winner was Frenchman Maurice Mondon who covered the 1145 kilometres in 96 hours 16 minutes for an average of 11.89 kilometres per hour. I was seventh in 149:46 with an average of 7.65 km/h whilst Don Winkley finished eighth in 156:11 for an average of 7.33 km/h. Yes I know that 7.65 is pretty slow but there were times when I was at the bottom of yet another big hill, it was pouring with rain, the course direction sheet was in French, the sheet was soaking wet and I said to myself "what the hell am I doing here?" ..... and I walked! Well, that's my excuse anyway - I won't mention that I didn't do enough training beforehand!

Each of the daily stages was a race within a race and was approached very competitively. Most runners enjoyed their "day in the sun" when they did well in a stage and finished above their normal position. This was a great morale booster. The race up front was fought hard though it was clear from early on that Mondon would win. Nevertheless Dominique Provost finished strongly winning the last four stages to take overall second.

#### The final results

	Finishers		Total time	Km/hr
1	Mondon, Maurice	FRA	96:15:46	11.895
2	Provost, Dominique	FRA	107:33:26	10.645
3	Dumont-Saint-Priest, Luc	FRA	114:43:45	9.980
4	Wagen, Martin	SUI	122:27:46	9.350
5	Martin, Jacques	FRA	127:28:07	8.983
6	Derivaz, Eric	FRA	134:21:34	8.522
7	Sill, David	AUS/GBR	149:46:22	7.645
8	Winkley, Donald	USA	156:11:43	7.331
9	Poirot, Gerard	FRA	162:04:59	7.064
10	Muller, Daniel	FRA	162:56:51	7.027
	Wheelchair			
	Grojean, Bernard	FRA	84:53:49	14.425

#### Trans Australia Race

This race cannot be compared to the Trans Australia Race which was four times as long, but Anatoliy Kruglikov won that race earlier this year in 14.3 km/hr whilst the slowest finisher averaged 8.3 km/hr. That was obviously a tougher race and the quality of the runners was high. But the French race was very hilly and I wonder what affect the hills had on everyone's times? Surprisingly the weather was quite good throughout and my fear of very high temperatures, especially in the south of France near the end, did not eventuate.

We were promised spectacular scenery and quiet countryside roads to make the race more enjoyable and we were not disappointed. There were days of continuous sunflowers and others of vineyards. My favourite day was when we crossed the bridges over the Loire river surrounded by a great variety in agriculture followed by more vineyards. Later in the race, in the higher ground, there was the sound of cow bells all day long as we wound our way along the roads between the fields. One day we passed a series of beautiful lakes as well as more rivers and gorges.

#### Don Winkley

Among my many enjoyable experiences was that I ran quite a lot with Don Winkley. Don is from Texas (yes, everything is bigger there according to Don!). He is an ultramarathon legend and raconteur. His stories helped me through some rough patches in the race. Don was determined to enjoy the trip and sampled all the local delights.

His crew would visit the boulangerie for him during the race (well a calorie is a calorie!). Occasionally she would supply him with such well know pain killers as cognac or white wine to help him through when the going got tough and arrange a cold beer at the finish line every day. Each evening he enjoyed the local food and wine of the many districts we traversed. Whilst I would not drink cognac during a race, I would not question the methods of a man with Don's running achievements.

## On again in 2002

Next year's *Transe Gaule* is already scheduled for 28 August 2002 to 14 September 2002 and I would strongly recommend the race to everyone. The two race directors speak good English and their e-mail address is transegaule@yahoo.fr. Christophe and Jean-Benoit will be very helpful to anyone who is interested. Seven of this year's field have indicated they will be there again in 2002 and the field will be limited to a maximum of 30. The minimum daily speed required is 5.5 km / hour. There are quite a few references to the race on the web in both French and English.

## My experiences

I'll make a few observations about multi-day running from my experiences in the race. I found there was an inter-relationship between mind control, injuries and fatigue. Mind control is essential to maintain the determination to keep going day after day. It is not always easy to stay motivated when you are tired, carrying painful injuries, know that the next two days are hilly 70 kilometre ones and that there are more days after that. It is surprising how, if you are fatigued, the injuries hurt more. Equally when the injuries are not causing a problem you feel less tired and more motivated.

On the last day of the race many ran faster than they had the days before despite the fact that they were carrying the same injuries that had previously reduced them to almost a walk. I don't believe it was because they threw caution to the wind knowing that they did not need to be fit the next day - I believe the elation of knowing that they were about to succeed in finishing the race gave them such a positive mental state that they suppressed the effects of the fatigue and injuries. If some of us could have maintained that final-day positive mental state every day of the race we would have finished with better times.

I was prepared to accept that injuries cause pain but rarely long-term damage so I should run through them during races if I can make myself. I had a really bad patch with my shins and finished last in the stages on both days six and seven. I was very despondent but my experienced crew (it is great to have good crew!) was confident and just said "every day you will have a problem and every day we will deal with it". And he was right. I was back to 8th on day eight and finished 5th on day nine. But after that each good day or two would be followed by a slow one or two as my shins rebelled from the harder days.

## What a mistake!

I did some silly things. I knew from past experience that injury prevention is the key to multi-day running. However, I did not do shin strengthening exercises before the race. What a mistake! I said from the beginning that I would not run hard down hills as this causes injuries - but there I was walking up hills and charging down them early in the race. What an idiot! That's why I came last on days six and seven. I paid for my lack of discipline on both points! I had successfully followed the measures necessary to overcome my old problem of blisters (I did not have one) but did not prepare for shin soreness. I paid the price. I took ibuprofen and aspirin as anti-inflammatories throughout the race with a little bread. After the shins became sore I used ice, anti-inflammatory creams and anti-inflammatory spray as well. I also wore compression stockings when not running.

Another thing I learned is that I could walk faster than I had expected. I have always been a slow walker but when the chips were down (walk fast or get eliminated from the race!) I learned that I could maintain 6 - 7 km / hour for 50 or 60 kilometres and with far less injuries than running. I found this very handy on steep hills when those running were struggling. I was the only competitor who used a run / walk strategy. All the others ran (or shuffled) all the time at varying speeds unless they were forced to walk.

## Liquid fuel

I used only liquid fuel while running - an average of 6 litres of water a day containing 500 grams of plain Leppin Enduro Booster powder, which is 100% carbohydrate. Twice per day I had a drink containing Dioralyte electrolyte powder. I ate a small breakfast before the run each day and a large dinner in the evening. I took a sleeping tablet each night and averaged about 6-7 hours sleep.

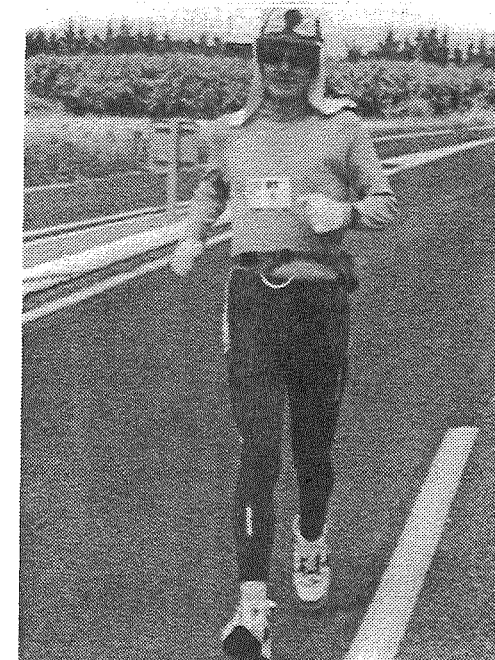
Nine days after the race I weighed myself and found that I had lost 6 kilos during the run. It took three weeks for my shins to recover to allow me to resume training for whatever comes next.

It was a wonderful experience which I will never forget and I thank my crew and the race directors.

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		stage 1	stage 2	stage 3	stage 4	stage 5	stage 6	stage 7	stage 8	stage 9	stage 10	
		57 K	78 K	75 K	68 K	70 K	53 K	52 K	64 K	70 K	64 K	
18 Grojean, Bernard (HAND.)		44:01:28	3:59:18	5:47:30	5:24:54	4:53:20	4:48:16	3:16:26	2:47:10	3:39:43	4:47:27	4:37:24
21 Mondon, Maurice		53:51:58	4:22:48	6:19:57	6:00:31	5:47:54	5:43:53	4:13:14	4:24:09	5:18:55	6:07:57	5:32:40
11 Provost, Dominique		64:13:09	4:27:31	6:45:11	6:58:54	6:19:59	6:21:00	4:54:31	5:00:03	7:15:17	8:53:33	7:17:10
03 Wagen, Martin	SUI	64:20:48	5:36:47	7:40:50	6:53:30	6:28:45	6:50:51	4:42:01	4:56:52	5:56:03	8:04:27	7:10:42
15 Dumont-St-Priest, Luc		67:37:25	5:47:30	8:07:40	7:49:20	7:26:50	7:25:25	5:18:26	5:12:55	6:45:09	7:23:41	6:20:29
20 Martin, Jacques		70:32:33	6:21:00	9:06:20	8:44:21	7:33:50	7:42:28	5:18:26	5:13:21	6:31:02	7:29:45	6:32:00
16 Roy, Bernard		75:15:36	5:44:24	9:06:20	7:59:56	7:57:53	7:54:20	5:55:48	5:56:02	7:11:59	10:26:11	7:02:43
22 Derivaz, Eric		76:54:17	5:36:47	8:08:32	8:03:42	8:42:10	8:54:15	5:55:48	4:53:14	10:10:04	9:37:49	6:51:56
01 Sill, David	GBR	86:16:43	6:45:09	9:47:36	9:55:01	9:11:51	8:59:52	8:06:36	8:31:07	8:25:02	8:39:14	7:55:15
02 Winkley, Donald	USA	89:08:51	6:37:08	11:07:27	10:17:16	9:17:19	9:51:53	6:56:30	7:12:36	8:49:59	9:50:15	9:08:28
13 Poirot, Gérard		91:31:46	7:01:38	10:47:24	10:31:21	9:59:02	10:23:28	7:28:52	7:12:42	9:17:16	10:02:52	8:47:11
19 Muller, Daniel		96:48:15	6:39:33	10:39:32	12:04:12	10:13:20	9:40:58	7:28:22	8:25:32	11:17:13	12:04:18	8:15:15
17 Norde, Stéphane			6:31:35	10:40:12	11:50:12	DNF						
14 Oulbani, Jean-Claude			5:48:00	8:18:52	DNF							
12 Créachminec, Michel			7:27:01	DNF								

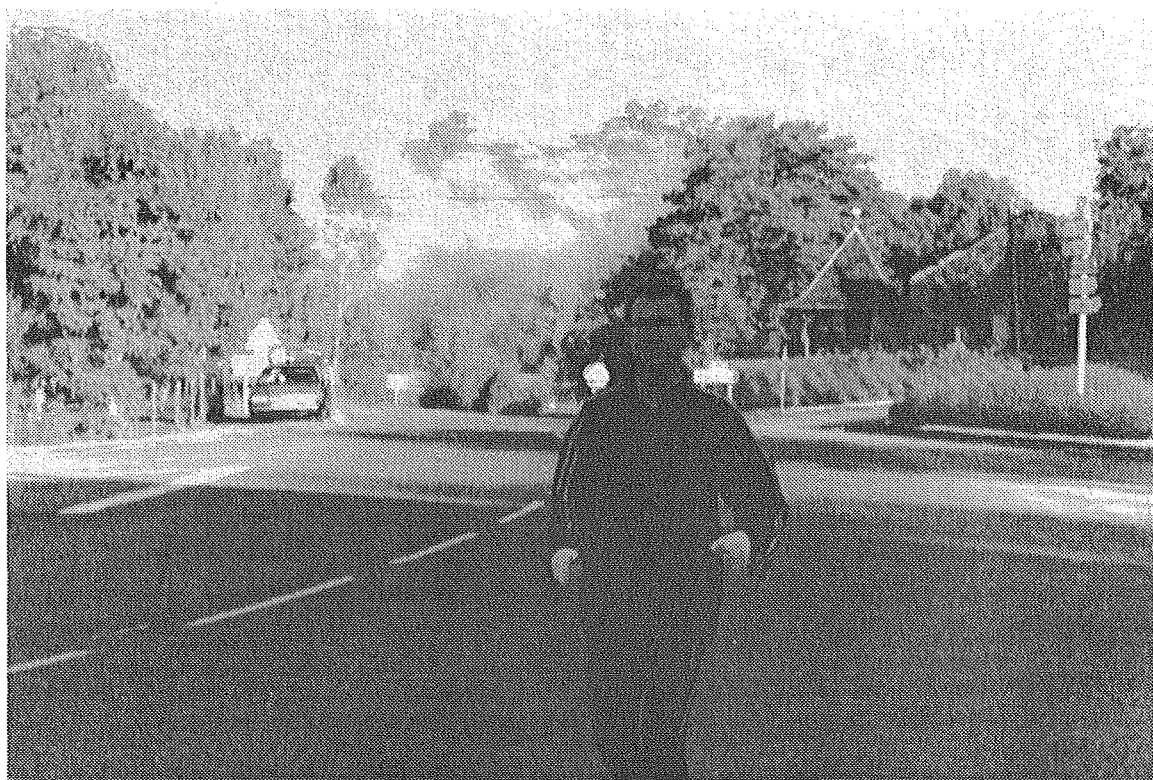
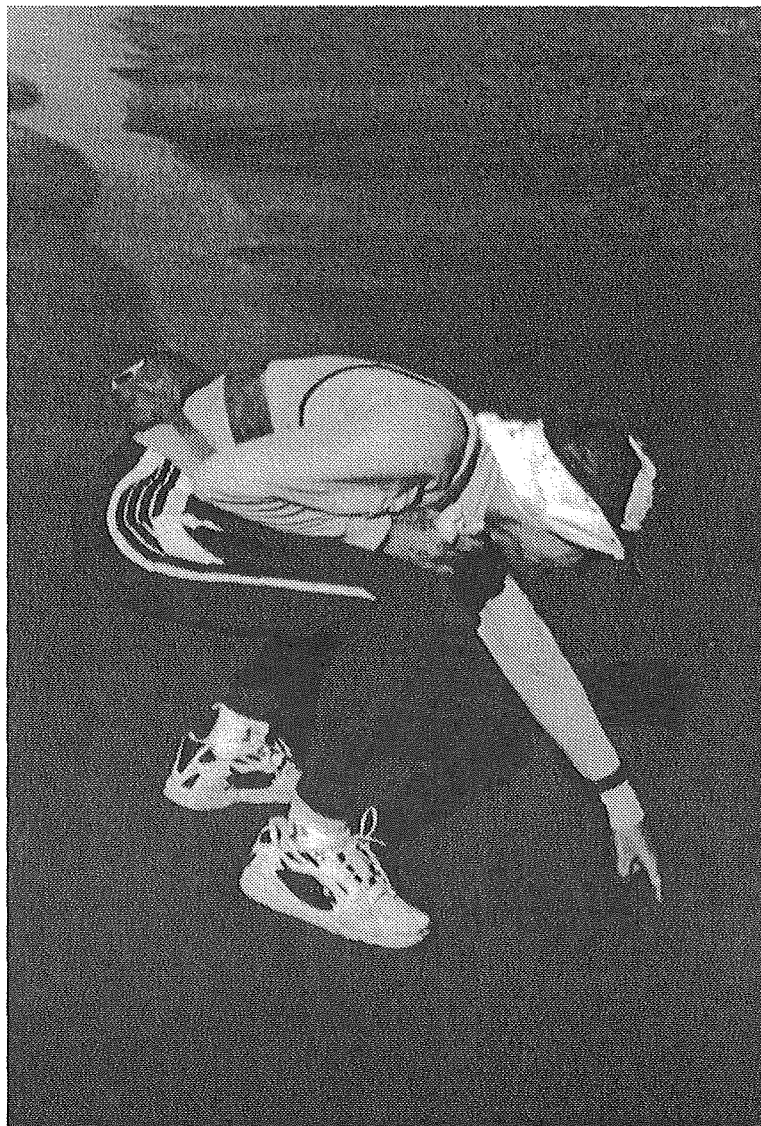
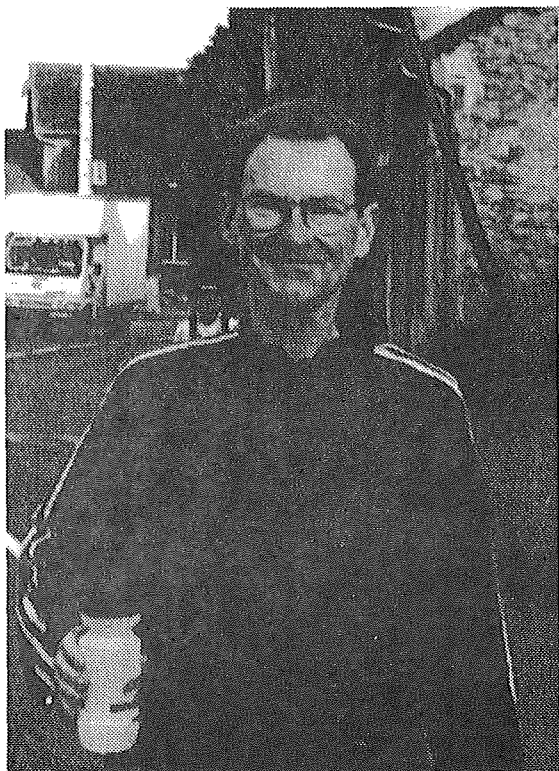
			stage 11	stage 12	stage 13	stage 14	stage 15	stage 16	stage 17	stage 18
			49 K	51 K	68 K	71 K	57 K	55 K	73 K	70 K
1	18 Grojean, Bernard (HAND.)	84:53:49	3:44:29	3:46:45	5:57:03	6:01:49	5:00:34	4:28:05	6:22:18	5:31:18
1	21 Mondon, Maurice	96:15:46	3:55:57	4:18:40	6:06:34	6:07:08	4:41:52	4:36:22	6:24:19	6:12:56
2	11 Provost, Dominique	107:33:26	4:06:21	4:36:41	6:31:27	6:58:46	4:36:10	4:21:49	6:18:28	5:50:35
3	15 Dumont-Saint-Priest, Luc	114:43:45	4:37:29	4:48:40	6:31:26	6:44:26	5:37:19	4:56:00	6:41:46	7:09:14
4	03 Wagen, Martin SUI	122:27:46	5:21:44	5:08:37	8:07:12	8:39:06	6:55:07	6:22:50	8:50:46	8:41:36
5	20 Martin, Jacques	127:28:07	4:48:31	4:59:55	7:25:17	9:15:51	7:11:00	6:28:25	8:56:41	7:49:54
6	22 Derivaz, Eric	134:21:34	4:51:24	6:08:29	8:50:25	9:08:19	6:55:07	6:22:50	8:33:12	6:37:31
7	01 Sill, David GBR	149:46:22	5:49:45	5:52:05	8:45:48	9:48:05	6:48:19	7:37:02	10:37:33	8:11:02
8	02 Winkley, Donald USA	155:11:43	7:13:30	6:31:19	9:20:05	9:15:51	7:47:45	7:37:02	10:20:51	8:56:29
9	13 Poirot, Gérard	162:04:59	6:34:51	6:35:49	9:06:25	11:00:57	8:31:49	8:12:24	10:53:23	9:37:35
10	19 Muller, Daniel	162:56:51	6:20:58	6:26:01	9:33:15	10:20:30	8:02:11	7:07:32	10:53:23	7:24:46
	16 Roy, Bernard	DNF (12)	5:25:39	DNF						
	17 Norde, Stéphane	DNF (4)								
	14 Oulbani, Jean-Claude	DNF (3)								
	12 Créachminec, Michel	DNF (2)								



David Sill on the road across France



After running 1,145km from one end of France to the other, David Sill celebrated in the traditional manner of dipping his finger into the Mediterranean Sea





# IAU 24 hour Championships

## San Giovanni Lupatoto, Verona, Italy 22/23-9-01

→	Cl.	N.	Name	Sex	Nation	Laps	Distance	←
	1	69	KOUROS YIANNIS M		AUSTRALIA	653	275.828,607	
	2	6	HRMO LUBOMIR M		SLOVAKIA	640	270.337,797	
	3	3	PRUAL ALAIN M		FRANCE	615	259.778,547	
	4	17	LEBON LOIC M		FRANCE	608	257.064,957	
	5	19	KOCOUREK JAROSLAV M		CZECH REP.	607	256.398,587	
	6	11	OKIYAMA KENJI M		JAPAN	603	254.856,107	
	7	18	GRAF KARL M		GERMANY	590	249.414,297	
	8	9	MRAVLJE DUSAN M		SLOVENIA	569	240.572,527	
	9	30	BERCES EDITH F		HUNGARY	556	235.029,717	
	10	57	KREJCI JIRI M		CZECH REP.	553	233.578,607	
	11	5	TIVIKOV VLADIMIR M		RUSSIA	542	229.188,537	
	12	27	TARASCIO VINCENZO M		ITALY	538	227.518,057	
	13	14	REUTOVICH IRINA F		RUSSIA	536	226.781,317	
	14	34	KOVAL IRINA F		RUSSIA	526	222.445,617	
	15	56	OKIYAMA HIROKO F		JAPAN	525	221.911,247	
	16	47	JEHANNOT VERONIQUE F		FRANCE	523	221.071,507	
	17	4	LABOUTINE IVAN M		RUSSIA	519	219.422,027	
	18	26	PALTSEVA RIMMA F		RUSSIA	516	218.321,917	
	19	16	MAGROUN MOHAMED M		FRANCE	510	215.659,698	
	20	33	DE FREITAS ANTONIO ED.	M	BRAZIL	510	215.610,698	
	21	10	ANISSIMOV EVGENY M		RUSSIA	502	212.071,738	
	22	40	TARASSOVA NADEJDA F		RUSSIA	500	211.375,998	
	23	45	INOUE AKIHIRO M		JAPAN	500	211.351,998	
	24	63	SEMAN PETER M		SLOVAKIA	498	210.427,258	
	25	31	MUSY COLETTE F		FRANCE	493	208.593,408	
	26	48	GULBIERZ MAREK M		POLAND	492	208.170,038	
	27	35	FEIKERT WOLFANG M		GERMANY	489	206.754,928	
	28	36	LE CERF CHRISTIANE F		FRANCE	487	205.963,188	
	29	39	KALININA LYUDMILA F		RUSSIA	484	204.638,078	
	30	42	OSWALD HARALD M		AUSTRIA	482	203.694,338	
	31	25	BACKHAUS HELGA F		GERMANY	482	203.582,340	
	32	46	SZLACHETKA BARBARA F		POLAND	481	203.403,968	
	33	41	GONCALVES VANDERLAI MENA M	BRAZIL	472	199.379,638		
	34	51	EVANGELISTA RENILZA SILVA F	BRAZIL	468	197.931,158		
	35	13	MAZZEO ANTONIO M		ITALY	467	197.415,788	
	36	20	HEUKEMES ACHIM M		GERMANY	417	176.128,290	
	37	1	STERPIN CLAUDIO M		ITALY	410	173.204,698	
	38	7	KAZANTSEV ANDREI M		RUSSIA	409	172.749,330	
	39	12	GRANIER MAX M		FRANCE	400	169.119,998	
	40	44	GORDEEVA GALINA F		RUSSIA	399	168.525,630	
	41	49	TACCHI BRUNO M		ITALY	398	168.215,258	
	42	65	KHRYSTENOK VALERIY M		UKREINE	387	163.616,188	
	43	52	SATTA MARINELLA F		ITALY	372	157.221,638	
	44	8	KURBATOV VLADIMIR M		RUSSIA	368	155.432,160	
	45	2	KRUGLIKOV ANATOLIY M		RUSSIA	361	152.475,570	
	46	28	FEKETE SANDOR M		HUNGARY	347	146.562,390	
	47	21	BAZZANA LUCIO M		ITALY	346	146.140,020	
	48	37	VAZQUEZ ANDRES ALANON M	SPAIN	331	140.089,468		
	49	59	SIKULA IVO M		CZECH REP.	290	122.487,300	
	50	64	IOTOV VLADLEN M	UKREINE	266	112.602,419		
	51	43	NARDIN MARIA TERESA F		ITALY	254	107.281,979	
	52	24	COSGROVE WYNNIE F		NEW ZEALAND	239	100.946,430	
	53	60	KOUKALOVA ALZBETA F		CZECH REP.	218	92.076,660	
	54	54	DE SOUZA FATIMA MORAES F	BRAZIL	206	87.008,220		

# GLASSHOUSE MOUNTAINS TRAIL RUNS

Queensland

September 29<sup>th</sup>/30<sup>th</sup> 2001

## Results

### 100 Miles

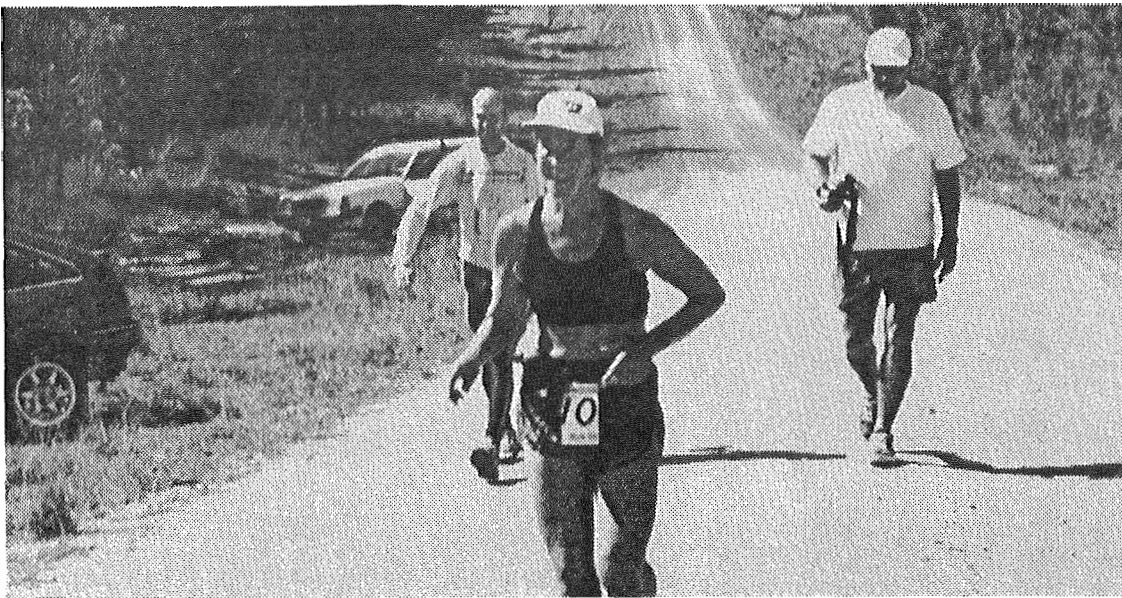
1. Jonathan Worswick 38	17:43:20 [course record]
2. Keiron Thompson 37	20:43:29
3. Kelvin Marshall 37	22:34:50
4. Bill Thompson 58	28:04:52
5. Carol La Plant 54 [f] USA	28:27:11
Kevin Tiller 35	DNF
Sean Greenhill 23	DNF
Kerry Hall 40 [f]	DNF
Lawrence Mead 33	DNF
Mark Holley 23	DNF
Phillipa Bolt 45	DNF

### 50 Miles

1. Darren Skillicorn 35	7:41:06
2. Martin Fryer 40	8:29:55
3. Warwick Selby 51	8:40:02
4. Geoff Peck 52	8:58:44
5. David King 53	9:48:27
6. Nic Louw 47	10:21:01
7. Bernadette Robards 31 [f]	13:11:21
8. Joan Robards 66 [f]	13:11:21
Bruce Hargreaves 48	DNF

### 55 Kilometres

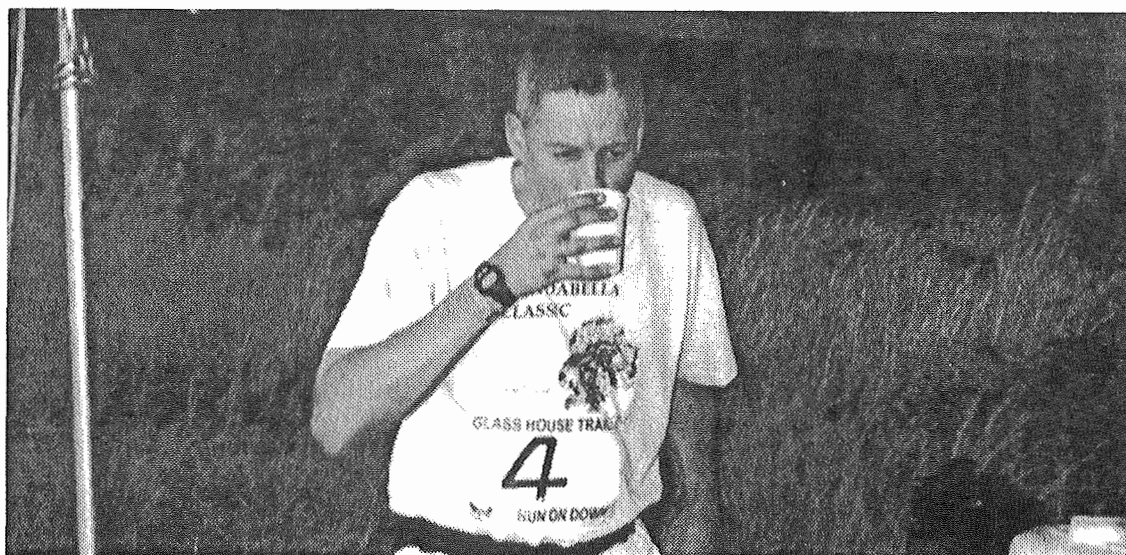
1. Malcolm Buchanan 33	4:28:35
2. Brett Tilley 30	4:40:53
3. Chris Jones 31	5:05:20
4. Stuart Wagner 30	5:25:10
5. Richard Webb 44	5:45:32
Peter McKenzie 51	5:45:32
John Pearson 29	5:45:32
Rodney Ladyman 44	5:45:32
9. Geoff Kopittke 48	6:23:17
10. Leah Matthews 47 [f]	6:42:20
11. Rodney Rutherford 49	7:44:09
12. Bob Burns 58	7:59:08
13. Julie Schrag 44 [f]	9:19:49
John Harris 50	9:19:49
15. Melanie Jonker 43 [f]	9:44:49
16. Art Van Wensveen 72	11:10:06



Carol LaPlant from the USA was so thrilled with finishing the Glasshouse 100 that she decided to marry her long term partner, Phil. [who is holding the camera in the background]



Lisa Taylor-Forder [Keiron Thompsons more attractive half] waits patiently for Keiron at checkpoint 4 [above] Meanwhile, all Keiron.[below] could think about was a well earned drink en route to second place in the 100 mile event



## Growing up at Glasshouse by Kevin Tiller

"It's better to have loved and lost than never to have loved at all"

For all 100 mile DNFers, we could add that the experience of running a 100 mile trail run is approximately the same.

This was my first "real" 100 mile trail run attempt, but have completed 109 miles/176km in one hit before and done a bunch of other long ones. A year spent training, now behind me, and I can honestly say that I have learnt a lot about me, and my body. Like a teenager growing up, I can now detect signs of maturity showing through the boyish gung-ho Testosterone that wins through like pimples on a face.

I flew up to Brisbane, from my Sydney HQ on Friday, and got a lift up to the glasshouse region in the afternoon. It was warm, too warm for my jeans and long-sleeve shirt. Still, I like to travel light, and there's no lighter than the clothes you stand up in. I had an hour or so's sleep to try to shake off the ravages of a 5-day work week, crammed into 4. Got a lift up to the Cobb & Co bush hut for the race briefing, weigh-in, dinner, meet & greet on Friday evening. Lots of standing around and catching up with my training mates from the Fat Ass events, QLD-based runners from years gone by, and the odd (very) Victorian runner.

Back to the motel, and in bed at the un-Tiller hour of 20:30. Up at 3:50am to pack my drop bag, just the one, for the checkpoint 5 that would be re-visited 5 or 6 times in total, and off to the start with the Greenhill's who were luckily staying 2 doors down.

We started at approx 5:10am, just after sun up. Well before 6am, the weather was hot and humid. OK, by QLD standards it could have been hotter (and would be before the day was done) but quite hot enough to run 100 miles thank you very much. I ran with the Robards, ex-Sydney and now living at Tweed Heads. Kerrie Hall was around there too. I was happy to plod along at a comfy pace, somewhere mid-pack. It would be a long day and I wasn't too worried exactly where, as long as I was on course and moving forward.

Every hour (I set my watch to beep that often) I took some salt tabs (Karl's Kaps). This is normally way too regimented for an old school anarchist, but as I said before, I'm growing up, and a bit of order here and there would pay dividends later. I find the Kaps settle me, so that I can still face the thought of food & drink later in the day, especially in the heat - and its always hot here in Australia, god's own sunburnt country. I also made sure that I drank truck-loads of water, courtesy of the camelback HAWG. Everyone laughed at the size of the camelback, but it didn't really weigh anything. At every aid station I ate sandwiches and stuff like that.

We climbed up the excessively steep Mt Beerburrum. It was hot work and the sweat was streaming off. But the views were great and I could feel the sydney-uptightness just seeping out of me. I was slipping into "ultra-mode" knowing I'd be out all day and night. Not a care in the world.

I plodded along mid-pack, and hit the goat track with Kerrie Hall. I'm not a good talker, which I think disappointed her, but we went ahead and behind each other, working as a twosome, along the tough section of the course, the "goat-track". Almost half-pipes of steep up and down, roller coaster fashion. Heavily rutted. I went well here, and pulled away from the more-cautious Kerrie, only to have her pull me back a short way along.

On the way out to checkpoint 7, she finally pulled away just a bit too far, and I felt myself slide into a now-familiar trough of despair where I ground to an almost-halt. I felt tired after only 4 or 5 hours into the run. Arriving, eventually, at checkpoint 7, I stopped and tried to quit - having decided that I wouldn't improve and just could

not see myself lasting all night, especially as I felt like sleeping now, and it was only 10am or so. I always run ok during the day and totally die at night, so this was a strange sensation. The aid crew were wise to runners, and said I should just get out and do the 4.5km loop and see how I felt. I was shortly overtaken, by Bill the custard-apple farmer, walking, and then Phillipa Bolt, making me the back marker. I eventually completed the loop, walking the entire way, 4.5km in approx 50 mins, and still felt like sleeping. You know really just stopping and lying down on the ground. The high 20C temps were just perfect for it !

The aid station were no less sympathetic when I told them I was quitting. "Can I get a lift back ?". "we can call checkpoint 5 and they'll eventually send someone, you might be here a while." "shit". I stood at the table grazing the sandwiches and food and drink. "maybe I'll walk to 5 then and stop there". "yeah, good idea". And so I started walking back to checkpoint 6. After a while I trotted a bit. Didn't see ANYONE. Made it back to CP6. They had some really neat views across the hills - definitely a good looker of a position. Had more food and drink. Unfortunately I could see the next section went, down down down, then up up up. I took off. I ran everything except for the big hills, and felt I was gaining on the rest of the field for sure, so scanned the horizon every corner. Eventually I could see CP5 across the fields and then finally glimpsed Phillipa ahead of me. I spurred myself on, but didn't quite catch her. CP5 was approx 65km into the run.

I stopped only briefly at the checkpoint, fed and watered, and picked up my walkman. I needed some inspiration - and something LOUD and FAST. I took off like a loony, The Clash and Radiohead playing so that I couldn't hear ANYTHING else, my sheik hat on, so that I could barely see anything. Brain fried by the sun. What was I ? The deaf, dumb and blind kid. Anyway within a couple of minutes I glanced past Sean who was just completing the loop I was heading out on, and overtook Phillipa, then caught up with Kerrie, and attempted to go straight past, but I was taking it easy on the hills - run when I could, walk when I couldn't. Again she took it easy on the rough and downhill sections, and caught me on the ups which I was taking easy. I was hoping to catch Bill, but he must have gone fast. We arrived back at CP5, and I started the long leg back to the base camp turnaround. I'd heard Jonathan was doing well and he flashed past me, presumably at the 110km mark. Bastard.

I finally pulled away from Kerrie, as the trail was better for running and I took off at a comfortable plod, whereas she was walking more. I still had LOUD music on - must remember that it does wonders for your pace. I pulled up at CP1, 4.5km before the base area and it was getting dark now - although I decided I'd only put the torch on when I re started out for the 2nd leg. I was still making good progress, and passed Carol La Plant heading out for her 2nd lap, with Kev Cassidy as minder, then Sean, and then finally I caught Bill and passed him. I got to half way (well, just over 85km) in 13 hrs 30 mins or so. I still felt well, and quickly ate some more sandwiches, had some coke, out my light on and left quickly. Bill had arrived and was opening a bottle of champagne (!?), and I soon passed Kerrie who was pulling into the turnaround aid station.

I made it back to CP1, and had some soup, which I knew they'd have and I knew that it did wonders to my system. I asked how far ahead Sean was, the next in front, and they said it was just over an hour. bugger. I took off anyway, not fast but at a fair pace. Unfortunately in the dark, I found the markings not so easy as during the day and thought I'd gone wrong, backtracked and bumped into Kerrie and Geoff Williams, who aid we were on the right path. Obviously she hadn't stopped for long, and they were making good progress, so I tried to stick with them. We eventually went back into the bush plantation area but I couldn't hold the pace. In fact my feet were feeling sore. I stopped and sat down in the middle of the path, carefully took my socks and shoes off, rubbed of any sand or stones, shook my shoes out, and my socks, turned them inside out. Put them back on and shuffled off. They felt a lot better. Not really blisters, just "sore". I pulled into CP3

and had some more soup, even more fabulous this time, then took off alone, as by now Kerrie was way ahead. I started to listen out for Bill as surely he'd be gaining now. My felt continued to get sore, and eventually I decided to loosen the laces such that the shoes were nearly falling off. It felt a lot better, for a while at least. The pain soon returned and my pace dropped off by heaps.

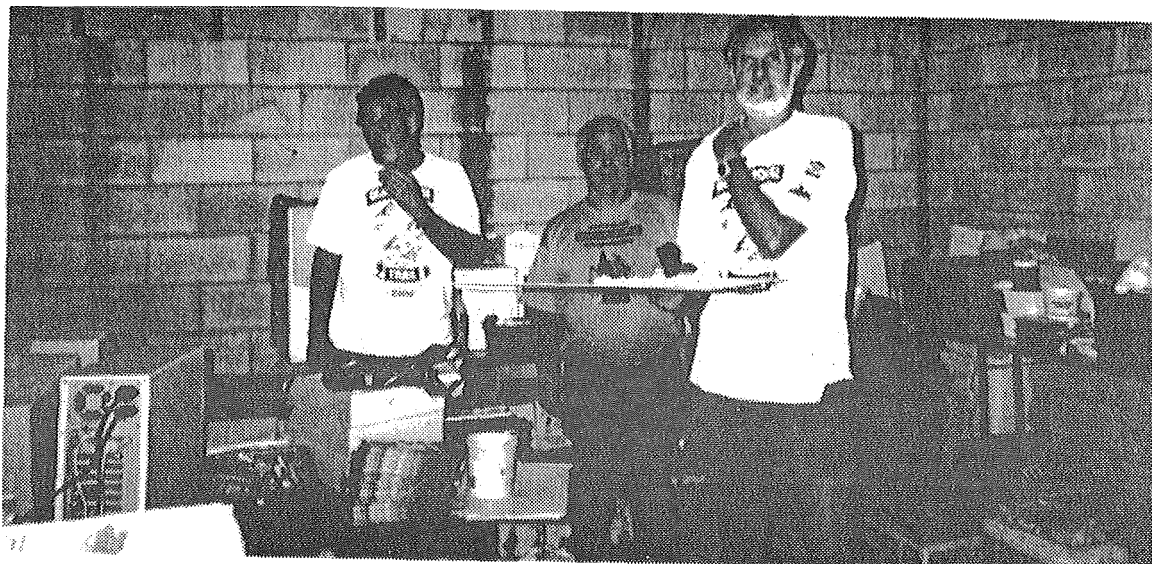
Bill eventually came past, without a torch light, so I couldn't see him. I taken the sheiks hat off, so could see (it had long been dark anyhow) but I still had music blaring out. It was a bit sneaky. Anyway he took off. I eventually rolled into CP4 which seemed to take a long time coming. I knew that Kerrie's son was working here. "Kerries doing well !", "nah she just pulled out with sore feet". bummer. told them my feet were sore and that Id take it easy back to CP5 and get them fixed up by the medics.

I'd gone about 200 metres up the track and realised that my feet were pretty stuffed and I could hardly even walk let alone run. Really painful. I knew there were some blisters there too. On top of that it was now past 11pm, and I was only in my Tshirt, all the rest of the gear was in the drop bag at CP5 (where I was headed) as it was hours ago since I last passed through there. I started to get cold and stiffen up a bit. The long straights on the firetrail were becoming monotonous, and each corner brought yet another vista of bush with a single path stretching off to the next horizon. Eventually I climbed over the gate onto the goat track section, which caused immeasurable more pain to my feet. The extra roughness of this track was sooo hard. I wanted to stop and lie down, but I knew I'd get cold, fall asleep and probably never wake up, but even if I did I'd still be so far from the ruddy aid station. I continued, but it was hard.

Finally, I saw some lights up on the horizon. weird. Pretty soon I was on the dirt road near to CP5 and Kerries' husband was driving around looking for me. It had taken me 2 hours to walk 6km. I walked into CP5, in pretty good spirits, which was surprising, but then I hadn't been going fast enough to feel bad. It was 1am. I saw Sean, and then I quit. Then he quit for approx the same reason. There was just no way that my feet could be fixed up to make them good enough to complete another 50km. It took me 13:30 to go 85km, then it took me 6:30 to go 25km.

"I've given all I can, but its not enough"

I think the big lesson that I've learnt is that after being out running for 20hours, I don't think it really matter whether you actually finish or not. I've been out for a 20 hour run and it's the most exhilarating up and down roller coaster ride you could imagine. Those thoughts and experiences will stay with me forever. Do I really think that someone who completed the course will have experienced any more ? a little but at the end of the day, the experiences will be approx the same.



Ian Javes, Charlie Hall and Bill Thompson put a lot of effort into making the Glasshouse events a success



# Glasshouse 100mile Trail Report by Sean Greenhill

This is not a report, but an assembly of thoughts and experiences (mostly mine) on the Glasshouse 100 Mile this year. Report will follow in a couple of days.

Most of you know the brief story, but to reiterate...

Jonathan Worswick set a new course record, 11 started, 5 finished, I DNFd at 110km.

I have now started two 100s (Glasshouse 2000 and 2001) and have two DNFs.

1. TRAINING. In late May I did the Sydney Trailwalker 100K, two weeks later ran 50 miles at Wilsons Promontory. After a couple of easy weeks after that effort, I got serious... from mid June to early August (6 weeks or so) I was consistently 150-170km/week, a peak week of 176km. Most days I ran twice- at lunch, then home from work. Tuesday nights I did 10km hard with the Lane Cove River Striders. Once or twice a week I did weights (mostly legs- squats, hamstring curls, calf lifts etc, and some light upper body stuff).

Long runs... two Fat Ass events- Cotter 65K, Twelve Foot Track 93K, three or four private expeditions of 50- 65km.

Trailwalker went right through the night (late start), both Wilsons Promontory and Twelve Foot Track went late into the night, so I thought I knew a bit about night running.

I had a great run at Cotter in mid July- despite it being a training run- a few weeks after at Twelve Foot Track I went very easy and ran okay, but felt a little stale. I felt I reached my physical peak in late July after only about 5 weeks dedicated work. Interestingly, last year I started dedicated training in late May and I felt did my best running in early August.

Basically I thought the training was right but I peaked too early both years. In late August I raced the Mt Wilson- Bilpin 35K trail event and ran exactly the same time as last year. Bearing in mind that I started the event still quite ill from a stomach bug, I thought I was fitter this year.

Next year I will start dedicated training in late July/early August and look to reach a peak in mid September, then taper for two weeks.

2. FEET. I wore road shoes (NB 1220) rather than trail shoes. I believe this was the right decision. Glasshouse has some gnarly sections but most of the running is on hard packed dirt roads, and I thought I'd need all the cushioning I could get.

I wore Raceready Gaitors and had no problems with debris in my shoes. Last year I wore a cheap pair of gaitors and my shoes filled with crap quite quickly- there's a lot of dust, sand and gravel on this course.

Socks were a nylon/ wool brand from Mountain Designs which were very comfy and did well at other runs, and I will use them again. Still, my feet began to blister at around the 60km point (the Mt Beerwah loop), so I rubbed vaseline in my feet, which held the blisters at bay for over 40km. I'd never tried it before, but felt I needed to do something. Later I found Kieron Thompson and Martin Fryer always vaselined their feet before the start, so it's something I'll do regularly in future. Feet started to degenerate again on the rough stuff between AS4 and AS5 on the second loop, which partly contributed to the DNF. Had I vaselined my feet before the start... would my feet have ever blistered?

3. FOOD/ HYDRATION. This was the killer. I carried three 800ml bottles in my mutant hydration backpack- one had diluted coke, one So Good, the other had diluted Isosport from the aid stations. Drank a lot of coke and Isosport on the first loop, and about three bottles of So Good (from my drop bags). On the first loop I actually put on a kilo or two and urinated regularly... between aid stations I'd normally drink two bottles (temperature was high 20s Celsius on the course), matching the hydration rate I maintained last year.

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Difference was last year I could drink that much and still eat, this year on the first loop I only had three packs of potato chips and a mini mars bar. Anyone who runs with me knows that normally I have no problems eating on the run, but all day I battled nausea- I felt one mouthful of food away from vomiting, which I didn't want for fear of inducing dehydration.

It could have partly been lingering effects of the stomach bug I got in mid August, but more I think the stomach didn't like the Isosport. I didn't drink any of it after the 71km checkpoint and eventually hardly sipped anything at all. I don't think I drank too much, as this hydration rate worked last year. Seeing as Isosport is an electrolyte drink, it doesn't seem likely salt depletion was a cause of my nausea.

I spent 50 minutes at the halfway coping with the nausea, the only thing I could eat was a few slices of toast with some butter. At AS3 on the second loop I ate a slice of buttered bread and a pack of chips, at AS4 another pack of chips (still feeling pretty sick), got to AS5 (110km) and crashed completely. I was shaking uncontrollably despite not being cold, I was gripped by a black depression. For 30 minutes my head was buried in my hands, only emerging occasionally to ask the medical people if they couldn't find a medical reason to pull me. I knew I had to go on, but couldn't even get out of the chair. What the hell was I doing here in this sport? I never actually regretted running before, but now the thought of heading off towards AS6 had me nearly in tears. I lay down in the medical van (after being helped from the chair) and pulled the pin 2.5 hours after entering AS5, having never left it.

I believe this stemmed from eating far too little, and I hit the wall at 110km. I've tried Succeed, which basically has no taste, so I can't imagine it'd upset the stomach, nor would you feel sick of it. Jonathan Worswick told me he drank mostly Succeed, with one or two cups of Isosport and coke. In future I'll purchase and try Succeed- far more stomach friendly, it seems, than sugary sportsdrinks.

4. PACE. Before this race my 50 mile PB was 11.45, a split at Twelve Foot Track. Last year at the 100 I got to the turnaround (80km) in 12.21. This year the turnaround was 84km, I figured I should get to the turnaround in 12.30- 13 hours, then finish in 27 hours.

Instead, I set a new 50 mile PB of 11.07 and reached the turnaround in around 11.50. Probably too fast. Most of the first loop was at 12.30 pace- when I was running with Mark Holley- then when heading out of AS5 to Mt Beerwah he encouraged me to go ahead, then I started running hard. When I got to checkpoint 1, I knew I was going too fast so walked the 4km from there to the turnaround, passing Lawrence en route.

Basically, it seems the fitness/ training was pretty good but could be timed better for a more appropriate peak (so that an 11 hour 50 mile split didn't take so much out of me), and better choices in food/ hydration and foot care can be made. More experience in setting a proper pace over 100 mile is needed.



Sean Greenhill and Kevin Tiller

These ultra nuts sure had some stories to tell about their experiences at the Glasshouse 100



## 2001 SRI CHINMOY ULTRA TRIO – 1300, 1000, 700 MILES

September 4-23 2001 New York USA

The Sri Chinmoy Marathon Team offers its heartfelt condolences to all the victims of the terrorist atrocities that struck the United States on Sept. 11. The runners are dedicating the race to the fallen heroes and victims whose lives were needlessly taken away. This race has been dedicated to peace and harmony since its inception in 1987. Runners from 16 different countries participated, and expressed their solidarity and sympathy to their American hosts. Wards Island is about ten miles away from lower Manhattan.

### Mairer Sets New Women's Standard

Day 18. Paula Mairer set a new women's world record for 1300 miles on September 22, at 9:13 am, as she completed the gruelling 1300 miles in 17 days, 21 hours, 13 minutes and 39 seconds. She broke the women's standard mark set by Sandra Barwick of New Zealand in 1991(17+22:46:07). She is now trailing only the performances of five men ahead of her on the all time list. She is only the second woman ever to break 18 days for 1300 miles, averaging 72.687 miles per day. Mairer ran consistently throughout the race, following a strict regimen of three and hours sleep per day with a few breaks. Her performance netted rankings of second for 2000 km, third for 1000 miles and second for 700 miles.

DAY 1 Nidhruvi Zimmermann and Martina Hausmann watched each other carefully all day, as damp humid conditions and a brief shower gave way to clearing skies and a cool overnight. Paula also ran very well, keeping in contact with 95 miles. All three ladies looked strong, relaxed, and in control. The morning was pleasant; early fall weather is here.

DAY 2 Paula Mairer took day honors with 80 miles and a three mile lead. The other two are also strong and relaxed. The weather was good- clear skies, low humidity, and cool mornings. This race may go down to the wire if the ladies stay healthy.

DAY 3 Paula kept the pace with another 71 miles and looks strong. The others are staying close- Martina tallied 71 miles; Nidhruvi reached 70.

DAY 4 Paula leads by five over Martina and nine over Nidhruvi after another 71 mile day. Humidity has come in over the weekend, with the mercury hitting 80° for the first time. All three are still on pace to finish.

DAY 5 The day was hotter and more humid, but Paula Mairer continued with 70 more miles and a slight lead over Martina and Nidhruvi.

DAY 6 Another summery day, another 71 miles for Paula, the machine. Her 458 moves her into 7th place for women all time, on the road for six days. Martina sets a new German women's six day mark with 452 miles.

DAY 9 Paula is having a tremendous race. She reached 700 miles in 9 days, nine hours- the fastest women's time for that distance ever run on Wards Island.

DAY 12 Paula is pulling everyone along. She has a chance to take the 1300 record if she can hang on to 70 miles a day from here on in. Martina is ahead of her times last year. Nidhruvi is still close to being able to finish.

DAY 14 Paula Mairer became the third fastest female to run 1000 miles(13 days+17:49:52). Martina Hausmann set another personal best for 1000 miles(14+03:25:31). Nidhruvi went through 1000 miles in 14+12:36:47 on Day 15.

1300 Mile Race Day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

Women- starts Sept. 4

1. Paula Mairer, 42, Salzburg, AUT 95 175 246 317 387 458 528 598 670 735 808 881 949 1022 1093 1165 1233, 1300

= 17+21:13:39(WR)

2. Martina Hausmann, 41, Wurzburg GER 98 172 243 312 381 452 519 585 652 715 785 853 921 989 1057 1124 1185 1248 1300 = 18+19:45:50

3. Nidhruvi Zimmermann, 36, Vienna AUT 95 171 241 308 376 444 507 567 634 700 764 831 900 966 1031 1090 1133 1185 1243

## 1000 Mile Race- Jakelaitis Wins 1000 Miler; Svecova Youngest Finisher

1000 Mile Race- women 16 day limit

1. Lenka Svecova, 27, Brno, Czech Re 87 156 221 283 349 413 442 509 573 635 696 758 823 881 951 1000 = 15+15:09:44
2. Svetlana Khisamoutdinova, 57, Smolensk, RUS 83 148 208 270 324 382 434 495 553 621 683 746 805 861 920 994 1000 = 16+01:43:17

DAY 1 Rimas Jakelaitis blasted off with 129 miles the first day, giving himself a 38 mile lead. He hopes to take a crack at Yiannis Kouros world best of 10 days 10 hours, which has held since 1988. Andreas Puntigam followed with 91 miles.

DAY 2 Another hot day slowed Rimas down, as he made 87 miles for a total of 216. It is supposed to rain and cool off tonight.

DAY 14 Rimas Jakelaitis won his fourth consecutive multiday race, reaching 1000 miles in 13 days, 3 hours, 35 minutes and seven seconds. Although disappointed that he did not break the record for men held by Greek legend Yiannis Kouros, Mr Jakelaitis nonetheless was happy to have finished the kilo in a quality time.

Men- starts Sept. 8 - 15 day limit Day 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

1. Rimas Jakelaitis, 46, Brooklyn, NY (LIT) 129 216 284 350 440 510 593 660 732 802 866 940 1000 = 13+03:35:07
2. Andreas Puntigam, 30, Vienna AUT 91 158 223 285 358 412 484 554 622 684 754 822 880 947 1000 = 14+17:58:32
3. Martin Milovnik, 29, Zilina, SLK 85 153 219 277 336 392 439 513 522 574 642 701 738 789 852
4. Hubert Muckenheimer, 33, Salzburg, AUT 86 147 197 221 271 331 391 445 475 518 575 629 685 735 777
5. Laszlo Simon, 43, Szeged, HUN 71 137 190 254 dnf
6. Akos Horvath, 40, Szombathely, HUT 72 85 dnf

## 700 Mile Race- Aalto and Cunningham Repeat Winners

DAY 10. Dipali Cunningham won her third consecutive 700 mile title for the women, finishing in 9 days, +22:19:31. She was first to the finish line, since women start a day ahead of the men. Tomorrow, Mr. Ashprihanal Aalto will try to pass her for the overall win.

Women- starts Sept. 10 Day 1 2 3 4 5 6 7 8 9 10 11 12 13

1. Dipali Cunningham, 43, AUS 94 165 238 301 363 423 486 551 622 700 700 mile = 9+22:19:31
2. Tereza Janakova, 31, Bratislava, Slk 83 146 206 263 323 377 427 481 540 591 645 700 = 11+21:03:07
3. Dorothea Vogeli, 37, Binningen SUI 70 125 181 228 275 325 376 431 473 528 586 644 700 = 12+20:48:33
4. Diane File, 55, Auckland, NZ 61 111 154 199 248 297 340 380 421 461 500 540 566
5. Huguette Gaspard, 48, Val David, CAN 60 106 152 189 228 266 301 345 386 430 455 491 523
6. Maria-Therese Karasek, 46, Vienna, AUT 56 105 150 182 223 263 294 337 365 398 423 465 505
7. Andrea Papp, 39, Budapest, HUN 55 92 129 161 195 233 266 308 347 386 421 458 503

DAY 10 Ashprihanal Aalto won his third consecutive men's title and second overall winner of the 700 mile race in a time of 9 days, 20 hours, 32 minutes and 29 seconds. For the second year in a row he attempted all three Sri Chinmoy multiday races in the calendar year, winning both the 3100 mile race and this 700 miler.

Men- starts Sept. 11 Day 1 2 3 4 5 6 7 8 9 10 11 12

1. Ashprihanal Aalto, 31, Helsinki, FIN 84 154 220 286 352 422 491 562 636 700 = 9+20:32:29
2. Harald Reisecker, 32, Salzburg, AUT 90 152 212 274 338 401 465 543 594 635 700 = 10+22:52:58

3. Michael Peel, 35, Vienna, AUS 91 158 211 269 329 391 450 504 568 620 685 700 = 11+02:09:56  
 4. Srdjan Stojanovic, 38, Lescovac, YUG 72 136 188 253 316 378 432 495 556 602 664 700 = 11+09:48:39 5. Tibor Malits, 29, Szekesfehervar, HUN 85 144 196 263 322 386 442 500 560 611 663 700 = 11+13:20:23  
 6. Rene Horlbeck, 33, Zurich, SUI 77 137 183 238 293 350 403 465 527 583 643 700 = 11+21:46:56  
 7. Michael Purwins, 43, Buccholz GER 64 128 166 226 291 343 403 449 505 547 592 631  
 8. Dejan Kakonji, 33, Subotica, YUG 76 138 173 211 274 320 377 424 477 513 567 622  
 9. Abichal Sherrington, 40, Pontypool, Wales 91 133 181 238 281 332 386 438 493 544 585 622  
 10 Tsvetan Tsekov, 20, Sofia, BUL 66 121 161 204 253 302 343 386 430 475 522 571  
 11 Norbert Banfi, 26, Miskolc, HUN 70 135 188 242 297 330 365 378 427 462 512 550  
 12 Sabolc Cimmer, 29, Budapest, HUN 75 114 156 204 239 275 306 339 374 404 445 490  
 13 Jirka Caslava, 26, Czech Rep 71 120 168 207 243 286 325 365 392 417 443 475  
 14 Aryavan Lanham, 50, Brisbane, AUS 60 93 137 174 208 247 280 312 341 360 400 430  
 15 Luis Rios, 53, Brooklyn, NY USA 79 136 166 183 259 293 dnf  
 16 Istvan Sipos, 42, Szeged, HUN 71 124 186 249 284 286 dnf

## OXFAM ADELAIDE TRAILWALKER

**100KM TRAIL...TEAMS OF FOUR.....OCTOBER 27-28. 2001. 48 HOUR TIME LIMIT**

This is the list of all teams that finished Oxfam Trailwalker Adelaide 2001 with a complete team of four.

Posn	Team Name	Organisation	Finish Time
1	No 1 Again in 2001	South Australian Police Force	12 hrs 54 mins
2	The Club		12 hrs 58 mins
3	Still Smiling		13 hrs 12 mins
4	Paddy Pallin		13 hrs 18 mins
5	Trail Vets		13 hrs 39 mins
6	Power of Four		13 hrs 59 mins
7	The Ermatodans		15 hrs 10 mins
8	Linklaters Shiny Pants		15 hrs 12 mins
9	SARRC All Stars		15 hrs 13 mins
10	Sole Mates		15 hrs 50 mins
11	Scaffold Hirers	Scaffold Hirers	15 hrs 59 mins
12	The Landed Gentry		17 hrs 34 mins
13	Whitey's Boys		17 hrs 43 mins
14	The Ministry of Silly Bushwalkers		18 hrs 44 mins
15	Leave Your Hat On		18 hrs 46 mins
16	Men in Shorts		18 hrs 51 mins
17	Club 24		18 hrs 53 mins
18	Quatro Amici Due		18 hrs 55 mins
19	The Smarty Pants	Deloitte Touche Tommatsu	19 hrs 18 mins
20	The Blokes		19 hrs 35 mins
21	KOALAS		19 hrs 44 mins
22	Who's ya Daddy's	Flinder Medical Centre	19 hrs 50 mins
23	AaE	Australian Air Express Ltd	19 hrs 57 mins
24	PhysioXtra	PhysioXtra	19 hrs 58 mins
25	Team Corrections	Dept of Correctional Services	20 hrs 05 mins
26	Fig Jam		20 hrs 06 mins
27	Warkers	Ian Wark Research Institute	20 hrs 22 mins
28	Advertiser Out & About Team		20 hrs 27 mins
29	KPMG - Done Before Dawn	KPMG	20 hrs 43 mins
30	Another 48 Hours		20 hrs 51 mins
31	Three Guys and a Doll		21 hrs 11 mins
32	One Step At a Time		21 hrs 11 mins
33	Subpremes	Australian Submarine Corporation	21 hrs 14 mins
34	The Sarah Homes Team		21 hrs 17 mins
35	Dead Men Walking		21 hrs 19 mins

36	Woodcroft College	Woodcroft College	21 hrs 34 mins
37	Gujjars	Royal Australian Air Force	21 hrs 44 mins
38	Toffs		22 hrs 06 mins
39	Ethelred III		22 hrs 18 mins
40	The Eleventh Hour		22 hrs 29 mins
41	Granitians		22 hrs 30 mins
42	Happiness Is	Hyundai	23 hrs 11 mins
43	Island Fresh		23 hrs 15 mins
44	Roadrunners Townsville		23 hrs 16 mins
45	The Dream Team		23 hrs 29 mins
46	I Thought You Brought The Chocolate		23 hrs 33 mins
47	Four Light-Years		23 hrs 44 mins
48	Pod Squared	Pod Squared Podiatry Centres	24 hrs 18 mins
49	The Guys		25 hrs 02 mins
50	Bohemian's		25 hrs 26 mins
51	Sisto Sole		26 hrs 21 mins
52	Rhylyn Rockets	Rhylyn Medical Services	27 hrs 0 mins
53	Go Walk		28 hrs 25 mins
54	Chick Planners	City of Onkaparinga	28 hrs 26 mins
55	Team	SANTOS Ltd	28 hrs 39 mins
56	Westend 107 PILS	SA Brewing Co	29 hrs 12 mins
57	Benevolent Gherkins		30 hrs 23 mins
58	Community Spirit	Mutual Community	30 hrs 50 mins
59	The Good Old Boys		31 hrs 23 mins
60	Day Trippers		31 hrs 30 mins
61	Ecospirit		31 hrs 32 mins
62	Left Foot		31 hrs 40 mins
63	Goodbye!		31 hrs 42 mins
64	The Farside		31 hrs 51 mins
65	The Bridge Battlers		32 hrs 08 mins
66	MAET		32 hrs 10 mins
67	Don Alan's World Wide Walkers dot com		32 hrs 28 mins
68	RARA		32 hrs 38 mins
69	Protech Survivors	Protech Australasia Pty Ltd	32 hrs 39 mins
70	Red Faces		32 hrs 45 mins
71	TOFTS		32 hrs 52 mins
72	Gawler Bushwalkers	Gawler Bush Walking Club	32 hrs 57 mins
73	ErblesMB	Vet Clinic, HWT Precision Wood Machining	32 hrs 59 mins
74	Any Given Sunday		33 hrs 39 mins
75	Freestylers		33 hrs 52 mins
76	The Nancies		34 hrs 22 mins
77	Janeway		34 hrs 34 mins
78	Agony to Ecstasy		35 hrs 57 mins
79	Team GAFMO	SA Ambulance Service	37 hrs 41 mins
80	Oxfemmes	Oxfam Community Aid Abroad	38 hrs 37 mins



Across the line: Pat Farmer celebrates. Picture: FRANK VIOLI

**LONG-DISTANCE** runner Pat Farmer stormed home in the NSW Liberal seat of Macarthur.

With 76 per cent of the vote counted, Mr Farmer beat Labor's Meg Oates with a two party-preferred swing of 9.62 per cent.

He attributed the result to his work with the local community over 20 years.

"A lot of that has come home at this time. A lot of people have seen me as a worker for the community," Mr Farmer told the Seven Network.

"I always said if I was going to win this seat, I was going to have to represent everybody in the community."

He rejected suggestions his celebrity status might have secured votes rather than his Liberal Party membership.

"I made it clear to everybody that I was supporting John Howard," he said.

Mr Farmer was preselected for Macarthur following the retirement of finance minister John Fahey, who had held the seat since 1996.

Following a recent redistribution, Macarthur was notionally Labor.

Mr Farmer is best known for running across the Simpson Desert and around Australia.

# Race Results: Fitzroy Falls Fire Trail Marathon

Saturday, 20 October 2001

Fitzroy Falls, NSW

Excellent conditions greeted runners for the second running of this wonderful event.

The temperature was on the cool side at the start but warmed by the end. There was a slight headwind in places along the run, but this probably didn't bother anyone. The number of entrants doubled from last year with many more females choosing to tackle the event.

The course is undulating. Not overly easy but not too difficult either. A number of runners used the event as a training run for the Brindabella Classic only three weeks away. General consensus suggests this run is about 15-20 minutes longer than a typical road marathon. The winner ran a 2:48 in Melbourne last weekend. Kelvin Marshall (Mr consistency) ran 2:57 in Melbourne last weekend.

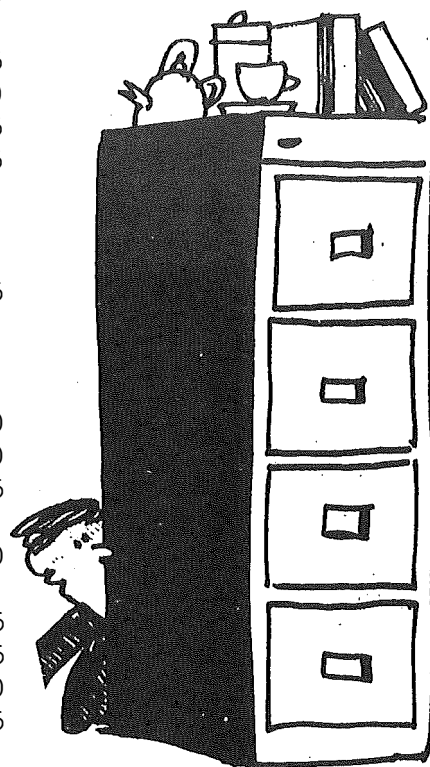
As usual the organisation was superb. So many helpful, happy faces all around the course. The festival at the finish made for a very enjoyable day.

#	Name	Sex	Age	Time	CAT
====	=====	===	===	=====	===
1.	Andrew Godsman		28	3:03:45	
2.	Wayne Stanton		44	3:08:27	M40
3.	Jim Villiers		30	3:10:53	
4.	Kelvin Marshall		37	3:11:38	
5.	Michael Corlis		42	3:16:06	M40
6.	Chris Graham		29	3:16:59	
7.	Alan Watson		48	3:20:22	M45
8.	Graeme Barrett		35	3:24:32	
9.	Stephen Cannon		41	3:27:56	M40
10.	David Cannings		40	3:28:37	M40
11.	Steve Appleby		48	3:29:00	M45
12.	William Proctor		35	3:30:59	
13.	John Sneddon		51	3:31:50	M50
14.	Carmel Kahlefeldt	F	46	3:31:52	W45
15.	Dave Hromow		33	3:37:04	
16.	Nicholas Barlow		35	3:41:29	
17.	Andrew Wear		26	3:47:38	
18.	Mike Hansen		43	3:48:06	M40
19.	Helen Stanger	F	51	3:48:06	W50
20.	Murray Antony		52	3:48:07	M50
21.	Scott Campbell		28	3:49:33	
22.	Andrew Mahoney		41	3:50:44	M40
23.	John Singleton		55	3:52:09	M55
24.	Benjamin Schultz		24	3:52:16	
25.	Gary Kennedy		40	3:52:50	M40
26.	Raymond Seymour		41	3:53:52	M40
27.	David Raymond		36	3:54:13	
28.	Sonia White	F	40	3:54:19	W40
29.	Andrew Lee		49	3:54:44	M45
30.	Oona Devlin-Mahoney	F		3:55:05	
31.	Ray James		52	3:55:30	M50
32.	Ludwig Herpich		66	4:05:34	M60
33.	Wayne Donges		43	4:07:15	M40
34.	Philip Kennedy		40	4:09:53	M40



Second placed female  
Helen Stanger

35.	Roger Bowen	49	4:11:12	M45
36.	Scott Lovell	19	4:12:24	
37.	Sean Greenhill	23	4:13:50	
38.	Dave Pettit	33	4:13:50	
39.	Mark Duckworth	41	4:15:04	M40
40.	Graham Spokes	46	4:15:16	M45
41.	Rowan Vickers	41	4:15:24	M40
42.	Elsje Dines	F 36	4:17:14	W35
43.	Susan Ingham	F 45	4:18:14	W45
44.	Natalie Chan	F 23	4:19:35	
45.	Chris Hatherly	23	4:19:35	
46.	Bob Fickel		4:21:07	
47.	Rob Martyn	58	4:21:47	M55
48.	Jennifer Amyx	F 31	4:23:54	
49.	Melissa Thomas	F 22	4:24:35	
50.	Allan Wilson	53	4:27:24	M50
51.	John Trotter	54	4:28:06	M50
52.	Gregory Reid	59	4:31:29	M55
53.	Adrian Lovell	25	4:31:59	
54.	Simon Davis	40	4:36:06	M40
55.	Matthew Chapman	26	4:37:42	
56.	Bill Tomiczek	55	4:42:51	M55
57.	Vic Anderson	48	4:44:35	M45
58.	Joan Eisenhuth	F 43	4:44:35	W40
59.	Mick Kilham	45	4:44:35	M45
60.	Graham Davis	49	4:45:10	M45
61.	Peter Shaw	53	4:52:22	M50
62.	David Morgan	24	4:52:55	
63.	Karen Cannon-Felsch	F 35	4:53:39	W35
64.	Warren Hughes	46	4:54:15	M45
65.	Mara Bun	F 39	4:54:19	W35
66.	Annie Watt	F 49	4:55:50	W45
67.	Bob Scammell	50	4:56:51	M50
68.	Len Brierley	40	4:57:45	M40
69.	Claire Rolley	F 37	4:58:53	W35
70.	Robert Kennedy	61	4:58:54	M60
71.	Sandy Hickson	F 49	5:01:03	W45
72.	Jennifer Willcox	F 45	5:01:24	W45
73.	Ross Knowles	44	5:07:15	M40
74.	Bill Rannard	48	5:10:02	M45
75.	Graham Jones	48	5:12:46	M45
76.	Adrain Harris	51	5:13:13	M50
77.	Nathan Irwin	22	5:16:51	
78.	Brian Rensford	56	5:16:51	M55
79.	Doug Chapman	53	5:20:16	M50
80.	Ray Wales	52	5:21:21	M50
81.	Louis Commins	52	5:21:58	M50
82.	Ian Lovegrove	52	5:39:13	M50
83.	Graeme Waugh	45	5:41:13	M45
84.	Charley Bates	59	5:48:10	M55
85.	John Brett	68	5:48:11	M65
86.	Malcolm Edgar	53	5:48:11	M50
87.	Paul Kahlefeldt	46	5:48:11	M45
88.	Grahame Kerruish	62	6:06:25	M60



## Stunning Performances in Vic 6 hour / 50 km Championships

by Geoff Duffell

We had not seen anything like this before. Local marathon hero, John MacKenzie reckoned that four Victorian country records were within his reach. Since they covered from 1 hour up to 30 kilometres, what better event to go for them than in a 50 km track race?

MacKenzie blasted the opening laps, with the spectators in awe. His first 10 km came up in 33:55, and the next 10 were hardly much slower – 34:53. On the way he passed the 1 hour record (with 17.5km), then the 20 km record, and then the 25 km mark.

For his last record, 30 km, MacKenzie had time up his sleeve, his pace was slowing, and some of his laps were now taking more than 90 seconds. On reaching 30 km (1 hour 48:20), MacKenzie stopped to refresh and take a massage. He returned to the track 15 minutes later without having lost his lead. Now running a more leisurely pace, MacKenzie cruised on to victory in the 50 km event in 3 hours 27:01.

Meantime, Warren Holst staged long battle with Kelvin Marshall to decide second and third place. Holst finally proved stronger, drawing away in the last 10 kilometres. And well he might, for Kelvin had had a busy schedule of races in the last few weeks, and was happy enough with the personal glory of completing his one-hundredth ultra finish.

Warren Holst continued, on his own, after the 50 kilometre mark and soon set his stamp on the 6 hour event. He ultimately went on to achieve 75.769 km, with an increasing number of walking breaks towards the finish. Holst later explained that these were precautionary tactics, as he need to be fit for work later that evening!

Behind Holst was the most remarkable race for minor placings. Richard Comber was half an hour behind Holst at 50 km, but realised that he was similarly ahead of the next place, Bruce Salisbury, a previous 6 hour winner. Comber originally intended to withdraw after 50 km but now, in second place in the 6 hour race, he pushed on. Comber walked a little, ran a little, and walked a little. Salisbury, between fits of walking as well, began to close the gap.

Meanwhile, after a massage and refreshments, Kelvin Marshall wandered back and took a good hard look at the leader-board. He had been off the track for well over an hour, and his competitive instincts were rekindled: "I might as well be out there running as sitting watching," he said, half over his shoulder, as he set off after Comber and Salisbury.

At the 5 hour mark Salisbury had cut Comber's margin back to 8 laps, and Marshall was a further 5 laps behind him. Despite the run-walk patterns of Comber and Salisbury, the gap was too great for Marshall and the finishing order remained did not change.

And the women's race? Shirley Young was the only female entrant and she ran a wonderful 4 hrs 55 for 50 km, scoring a new World record for the 70 – 74 age group. Then, to everyone's surprise, she continued on in pursuit of the 6 hour record as well. This she gained with an equally impressive 59.3 km. In contrast with John MacKenzie's fast-starting approach, Shirley Young's was a steady and controlled effort for the full 6 hours. Her reward was two truly outstanding World records.

Footnote: all records referred to are subject to ratification.



## RESULTS      6 hour

Pl	Runner	Age	LAPS						FINAL km
			1 hr	2 hrs	3 hrs	4 hrs	5 hrs	6 hrs	
1	Warren HOLST	40	36	71	105	137	165	189	75.769
2	Richard COMBER	36	32	66	97	121	140	162	64.814
3	Bruce SALISBURY	49	32	54	80	106	131	158	63.220
4	Kelvin MARSHALL	37	36	71	105	126	127	154	61.846
5	Shirley YOUNG (F)	71	27	53	79	103	126	148	59.304
6	David JONES	60	25	48	74	97	120	144	57.710
7	Rod HEALEY	59	26	52	75	94	113	130	52.042
8	John MACKENZIE	27	43	76	109	126	126	126	50.400
9	Ken LANCASTER	51	27	52	78	100	126	126	50.400
10	Brian GLOVER	59	21	42	63	84	104	123	49.378
11	Barry HIGGINS	63	20	41	64	85	102	117	46.904
12	Grant SMITH	44	25	48	70	89	92	110	44.206
13	Stan MISKIN	76	18	36	54	72	90	108	43.406
14	Ian TWITE	46	34	67	85	85	85	85	34.000

[www.coolrunning.com.au/ultra](http://www.coolrunning.com.au/ultra)  
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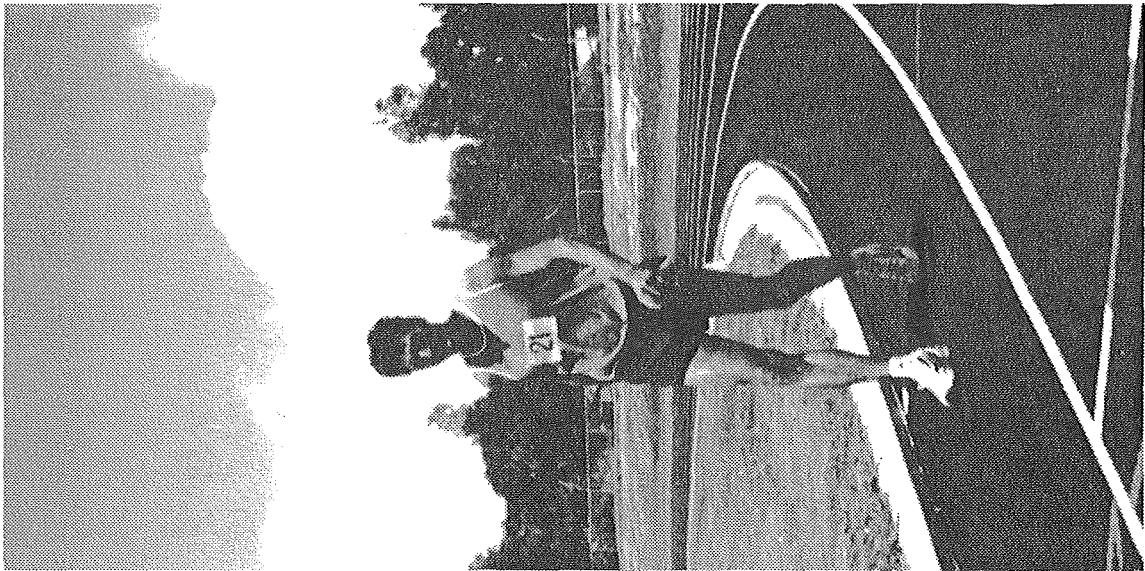
## RESULTS      50km

Pl	Runner	Age	10 km	20 km	30 km	40 km	50 kms
1	John MACKENZIE	27	33:55	1:08:48	1:48:18	2:44:45	3:27:01
2	Warren HOLST	40	41:30	1:22:53	2:05:47	2:49:52	3:36:11
3	Kelvin MARSHALL	37	41:29	1:22:52	2:05:38	2:49:51	3:38:42
4	Richard COMBER	36	45:40	1:31:02	2:14:13	3:05:50	4:07:32
5	Bruce SALISBURY	49	45:39	1:44:17	2:41:18	3:47:23	4:41:08
6	Shirley YOUNG (F)	71	55:31	1:52:38	2:49:49	3:51:19	4:55:20
7	Ken LANCASTER	51	55:19	1:53:51	2:52:50	3:57:35	5:05:50
8	David JONES	60	57:53	2:03:14	3:02:14	4:08:51	5:11:27
9	Rod HEALEY	59	57:36	1:55:17	2:59:46	4:15:38	5:41:20

**NOTE: Shirley Young is believed to have set 2 new world records in her age group (W70)**



A keen field of starters reflect on what lies ahead prior to the start of the Victorian 6 hour track race at Moe



Winner, Warren Holst

## BRIBIE BEACH BASH [Queensland]

On Sunday the 11th November at 5am, six competitors set off on their journey 23k up the beach to the turn around point in the inaugural ultra event of the Bribie Beach Bash at North St Woorim on Bribie Island. Consisting of 5 men and 1 female, they ploughed through the soft sand in good times. The field was, Bill Thompson, Kerrie Hall, Ian Javes, Geoffrey Kopitke, Stuart Wagner, and Rodney Ladyman.

Travelling away from the start was tough through the soft sand, but the return trip was made easier with an outgoing tide. Rain was still hindering the event with its sunned little downpours. This was used as an advantage to the ultra competitors for keeping cool. Without the cloudy conditions the day would have been hot and humidity.

Stuart showed superior strength running away from the field early and maintaining his form to cross first. Rodney was only 28mins behind in 2nd, with Ian 3rd 40mins back. Kerrie was outstanding as usual, in representing the gentler sex. All six starters finished, well done.

Bill Thompson, a regular at the Glasshouse events was seen always smiling. When he crossed the finish, he gave a wave and big cheeky smile, appearing as if he was returning from a short stroll not a 46k walk.

The day was a success with a number of shorter events [30km, 15km, 3km and relay] attracting good numbers. No more rain fell, letting the presentations and random draws proceed without delays.

### RESULTS

1 Stuart Wagner	4:21:53
2 Rodney Ladyman	4:49:51
3 Ian Javes	5:29:20
4 Geoff Kopitke	?
5 Kerrie Hall [F]	6:22:43
6 Bill Thompson	?

I hope to see you all again in 2002, with more competitors, more prizes and more for MS.  
Sincere Thanks,  
Geoff. Williams.

# Brindabella Classic 54km

## Australia's Toughest Downhill Mountain Run

### Sunday, 11 November 2001 Canberra, ACT

Dave Slattery made the transition from solid performer just out of the medals to the victory dais by setting out at race record pace in the Brindabella Classic. By Bull's Head he was still on record pace and 4 minutes ahead of experienced champion and race record holder Trevor Jacobs, who was convinced that Slattery would pay a heavy price late in the 54kms. However, Dave pressed on and held his form to run out the victor in a fast 3:46:37. Trevor cracked on the pace in the final kilometers but could not catch the fleet-footed Slattery. Nevertheless Trevor was only 30 seconds behind on the finish line in 3:47:05.

#	Name	Age	Time	#	Name	Age	Time
1.	David Slattery	37	3:46:37	29.	Derek Smith	60	5:46:54
2.	Trevor Jacobs	49	3:47:05	30.	Geoff Stanton	44	5:53:24
3.	Jamie Clout	36	3:58:40	31.	Philip Clarke	49	5:54:35
4.	Jonathon Worswick	38	4:03:15	32.	Chris Wall	49	5:57:50
5.	Martin Boyd	31	4:22:36	33.	Mick Kilham	45	5:58:42
6.	Jo Petersen	49	4:23:24	34.	Jennifer Amyx [F]	31	5:58:50
7.	Bernard Gabbott	26	4:28:52	35.	Paul Ashton	45	6:01:34
8.	Michael Smart	31	4:28:52	36.	Monika Mohr F	41	6:02:42
9.	Steve Appleby	48	4:29:59	37.	Roger Rigby	58	6:05:22
10.	Warwick Selby	51	4:35:33	38.	Hugh Crawley	58	6:06:57
11.	Frank Zeller	40	4:39:50	39.	Vic Anderson	48	6:08:31
12.	Dave Hromow	33	4:41:58	40.	Bill Rannard	48	6:08:31
13.	Dave Gilbert	41	4:43:53	41.	Mario Larocca	52	6:08:33
14.	Kieron Thompson	40	4:49:47	42.	Chris Humphreys	55	6:09:48
15.	Michael Corlis	42	4:55:28	43.	Craig Bycroft	26	6:16:10
16.	Tom McKinnon	29	4:59:52	44.	Kevin Molony	42	6:20:24
17.	David King	53	5:00:45	45.	Bill Tomiczek	55	6:22:03
18.	Judd Boeker	32	5:04:24	46.	Maria White [F]	49	6:27:38
19.	Trevor Marsh	40	5:08:25	47.	Chris Hatherly	23	6:28:27
20.	Marty McKone	40	5:09:52	48.	Warren Hughes	46	6:39:31
21.	Martin Short	37	5:10:48	49.	Natalie Chan [F]	22	6:40:20
22.	Simon Amalos	30	5:16:52	50.	Jo Short [F]	36	6:40:20
23.	Andrew Wear	26	5:28:02	51.	Brian Evans	44	6:57:55
24.	Ian Green	56	5:31:48	52.	John Brett	70	7:09:10
25.	Chris Gamble	50	5:33:07	53.	Robi Hancock-Russell [F]	52	dnf:
26.	Jenny McKinlay [F]	33	5:34:02	54.	Rob Martyn	48	dnf:
27.	Ludwig Herpich	66	5:36:59	55.	John McLeish	53	dnf:
28.	Andrew Watt	40	5:42:05	56.	Richard Scott	35	dnf:
				57.	Paul Smith	32	dns



Fourth placegetter, Jonathon Worswick

# THE 16TH AUSTRALIAN 6 DAY RACE A RESOUNDING SUCCESS

The 16th Australian 6 Day Race concluded at 1pm today [24-11-01] and was immediately recognised as being a Great success by runners, officials and spectators.

In a mixed week of weather that saw the track becoming very soft, Jaraslov Kourcerec was victorious and won with 764.4km. He had some minor problems early in the week with luggage going astray but was able to put that behind him and won.

Second place was South Australian, David Standeven who finished with 735.6km. This was Dave's first ultra in a few years and was magnificent considering his 90km on Day Three. He turned this around and ran 144km on

Day Five which showed the old fighting spirit from 1989 when he beat Yiannis Kouros for line honours in the Westfield Run.

Third place was Aldo Marazina from Italy who beat his Italian 6 Day Record and ran 723.2km. Forth place was Australian runner, George Audley who smashed the World 65-69 Age record at 48hrs and 6 Days with a total distance of 704.4km. 2001 must be the peak of George's career with him also completed the Trans Australia Race early in the year.

Other inspirational performances included:.....

Kevin Mansell running 679.6km and showing that he has lost none of his legendary fighting ability. The sport is going to see Kevin for a few years yet.

Peter Hoskinson completing 600km in under 5 days before having to succumb to a painful, infected foot injury. Peter gained the respect of everyone on the track for his gutsy effort.

Gerald Manderson beating the NZ 5 day walking record

Willie Erasmus beating the current South African age record for his Age group

Elvira Janosi running an incredible 600km plus and beating some of her existing Hungarian records

All in all it was a fantastic 6 Day Race and all is looking great for the future of the event. The current committee have committed themselves to running the Event for the next four years. The web site was absolutely fantastic considering it was only made operational two weeks prior to the event and recorded over 10,000 hits.

The Committee are already looking at introducing some more ideas in the coming years to further develop the race and I can see that the 6 Day Race and Colac will be just as well known in the community in ten years time as the Stawell Gift in Stawell! CONGRATULATIONS COLAC FOR HOLDING A GREAT RACE!

Phil Essam

Colac Six Day race web Site.....<http://sixdayrace.standard.net.au>

# Australian 6 Day Race At Colac Victoria

## 18-24 November 2001

### FINAL RESULTS

Pos	Name	Total (km)	Day 1 (km)	Day 2 (km)	Day 3 (km)	Day 4 (km)	Day 5 (km)	Day 6 (km)
1	J Kocourek	764.4	188.0	132.4	125.6	122.0	110.4	86.0
2	D Standeven	735.6	173.6	112.4	90.0	110.0	144.0	105.6
3	A Maranxina	723.2	145.2	109.2	109.6	125.6	124.4	109.2
4	G Audley	704.4	133.2	122.0	110.0	111.2	112.6	115.2
5	K Mansell	679.6	148.0	114.0	105.6	111.6	104.8	95.6
6	M Misteli	643.2	164.8	108.4	102.8	97.2	77.2	92.8
7	E Janosi	611.2	132.8	100.0	102.0	91.2	90.8	94.4
8	P Hoskinson	604.0	153.2	120.4	108.4	116.0	106.0	0.0
9	D Parris	564.8	145.2	100.4	74.0	83.6	81.6	80.0
10	G Manderson	551.6	119.6	93.6	109.2	77.6	106.0	45.6
11	J Timms	551.2	105.2	109.6	88.0	89.2	76.0	83.2
12	P Gray	549.2	124.8	91.6	80.8	87.2	79.6	85.2
13	W Erasmus	480.0	120.4	86.0	70.0	65.6	65.6	72.4
14	G Watts	462.8	144.8	122.4	101.6	92.8	1.2	0.0
15	R Davis	420.0	80.0	69.6	69.2	67.6	67.2	66.4
16	D Kettle	207.6	77.2	52.0	50.0	28.4	0.0	0.0
17	J McPhee	131.2	131.2	0.0	0.0	0.0	0.0	0.0
18	B Sutcliffe	122.8	101.2	21.6	0.0	0.0	0.0	0.0
19	D Criniti	66.0	66.0	0.0	0.0	0.0	0.0	0.0



Kevin Mansell and John Timms circle the track at Colac



# WANDERINGS

## WORTH THE WAIT

A VETERAN RACER FINDS THE MEANING OF ULTRA-RUNNING  
 AS AN AID STATION VOLUNTEER *by Dana Miller*

**OK, I admit it,** I had been selfish. After a dozen Wasatch 100 starts and 11 official finishes, my turn helping with the race was long overdue.

I'd grown accustomed to cruising into aid stations focused only on getting what I needed and getting back on the course faster than you can say "Jeff Gordon." Many longtime race volunteers considered me an anti-social runner. The 1986 race saw me spend a grand total of 20 minutes in the aid stations — hardly time to even notice who refilled my bottles with defizzed Coke. In short, aid stations were pit stops, mere mileposts on a 100-mile private quest for the finish line.

Last fall, I joined the pit crew for this epic race in East Layton, Utah, and all of that changed.

Konnie, my ever faithful crew boss, and I were assigned to work at Big Mountain Pass, Wasatch's 40-mile mark, and were told to arrive at 10 a.m. We got there early and helped finalize the tropical theme, complete with pink flamingoes near the trail and gaudy parrots in the buffet tents. Flower leis and cardboard palm trees completed our blatant attempt to distract the runners from the pain and the 60 tough miles that remained ahead.

Next, we helped make sandwiches, and when we were through we had our own New York deli — tuna, turkey with lettuce, turkey with cheese and mayo, and peanut butter and jam. We neatly cut them into bite-sized fourths and stacked them for self-serve convenience. Then we poured pretzels and M&Ms into bowls. The propane stove was stoked up for chicken and rice soup. Finally, gallons of Powerade, Coke, Sprite and water were lined up for quick bottle and hydration pack refills. It was like playing den mother for all of the scouts in Utah.

Then we waited. And waited some more. More people joined us and waited, too. By 11:30 a.m., more than 300 people were waiting. All eyes focused on the steep,

scrub oak and sagebrush covered hillside above us. Expectant, nervous chatter was continually interrupted by searching glances up the mountainside. Our attention focused on the invisible approaching runners. *When will they get here? Who's in the lead? What strange cravings will they have that we haven't thought of?*

By noon, the mood turned a bit impatient. Really, though, we didn't care. We wanted runners, any runners, to carve switchbacks down the mountain and cruise

It was then, even before the first runner arrived, that my view of the Wasatch changed forever. I realized how much we all cared about the runners as if their struggles were our own. We wanted to help any way we could — whether by filling a water bottle, lancing a blister, offering a bit of advice or even washing someone's trail-dusty feet.

Hundred-milers get in your blood. It doesn't matter whether you're a crew member, pacer or aid station volunteer — the race probes deep inside you and ignites a combination of emotions you've never felt before. Racing Wasatch I've felt elation and humiliation, courage and cowardice, hope and

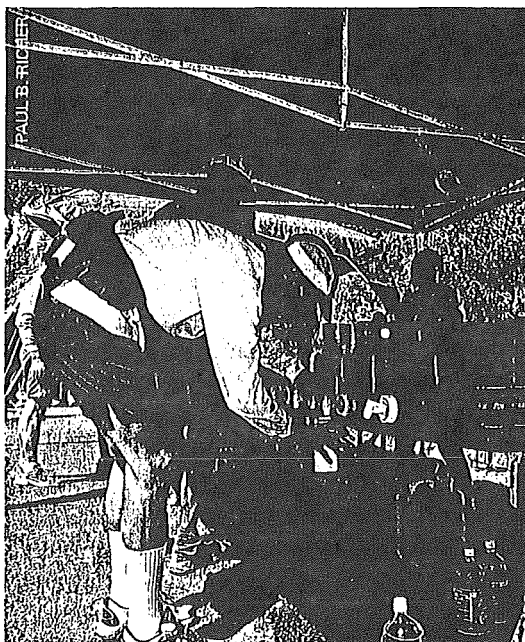
despair, and even wonder and disgust. Crewing Wasatch, I felt respect, caring and a deep sense of awe for every runner, from the leader all the way back to the brave souls who missed the cutoff time. I wasn't the only one who felt it. I saw several crew members hold their emotions in check only to break into sobs of worry, relief and hope as soon as their runners left the aid station.

I know I'll never cruise through another aid station without at least saying "Hello." It would rob me of a chance to recharge my batteries for another skirmish with the Wasatch. It would also cheat aid station volunteers out of a prize cherished far more than a complimentary race T-shirt.

I wouldn't dream of missing Wasatch in 2000. Whether going for my 12th finish or returning as a volunteer, I'll be there. If you haven't done a

50- or 100-miler before, try crewing one next year. It might be your first step toward the finish line.

*Dana "Mudn-Guts" Miller of Parowan, Utah, has missed the Wasatch Front 100 only twice since 1985. He ended his string of 10 consecutive starts in 1995 when an inconsiderate baby scheduled her ETA on race weekend, and he sat out the annual trail dance in 1998 due to a nagging injury that still hasn't healed.*



**RECHARGING:** AN AID STATION IS MORE THAN A PLACE FOR FOOD AND FUEL. IT'S A PLACE TO RE-ENERGIZE YOUR SOUL.

into our aid station in desperate need of encouragement, clean socks, water, a sandwich or just friendly chatter. We wanted to do our small part to help them battle the sometimes incomprehensible 100-mile distance and one of the toughest courses anywhere. In some ways, we wanted to share the moment, however exhilarating, agonizing or foolish.

# NEW YORK PICKS ITSELF UP, DUSTS ITSELF OFF.

BY

TONY RAFFERTY

Outside Melbourne, New York is my favourite city. Three visits to the Big Apple cements in my mind its urban symphony of gnashing gears and car horns, tramping feet, vehement opinion, thundering aircraft; its library, art galleries; its free speech, its optimism - amid Manhattan's overwhelming panorama.

My first visit in 1984 to compete in the New York Six-Day Race at Randall's Island, I met - at Omni Park Central Hotel in East 56th Street - Joe Record, Siggy Bauer, Ramon Zabalo and Don Choi before a walk through Central Park, surrounded by the highest man-made structures I'd ever seen.

A cab driver took us on a journey to the New York Road Runners' Club along the city's Avenues, Boulevards and side streets. The towering constructions shimmered in sunlight, steam blew from gratings, people rubbed shoulders, disobeyed traffic lights.

Despite the madness of September 11th when lives were stolen violently, pointlessly, badly scarred New Yorkers, contemplative, with a slower pulse - retain their vitality, their poetry. The Twin Towers, and more than 6000 lives are gone but beneath the city's citizens' gruff exterior are people with great love for their fellow workers, and the grandeur of their - sometimes - mean, moody, though imposing skyscrapers.

After a seven-day race in 1995 at Ward's Island Park, just a drop-kick from Harlem, in the shadow of Manhattan's vista, touched by the scene before me I wrote:

*...blue jays, starlings and an occasional robin scavenged around the food kitchen and runners' tents. Myple syrup dribbled from a squirrel's face when it scurried off with my pancake between its teeth. People on yachts and boats waved as we advanced step by step along the loop under the bridge and past New York's high-rise panorama.*

*At night flame-red, orange and green flashes from Manhattan's radiant lights criss-crossed in the ripples of East River. In dappled light from a thin slice of moon and a rush of leaves, the rhythm of runners' footsteps in ghostly terrain invited one to reflect, to contemplate, to meditate.*

*Some mornings the mood changed when mists wrapped around Manhattan like a giant grey blanket. (1)*

On my next trip to New York I planned to visit the World Trade Centre's 'Window On The World' restaurant on the 107th floor with my wife and son, and New York-born ultrarunner, Bill Peck... But, an indescribable act of hatred decimated our intention to dine among the planets.

Three times a day for 14 days since the Towers atomised I attempted to contact Bill by telephone without result: 'No contact could be made with this number. Please try again.' The voice said. I feared the worst.

Then a letter arrived dated September 28th. Bill walked to



Ground Zero and mixed with its heroes:

*...I needed to see and feel this horror - the empty stretchers in front of St. Vincent's Hospital waiting in vain for survivors; the gray sooty vapour in the air which you could smell and feel from two miles away (11 days after the explosion)... Watchers like myself and many volunteers, firemen, policemen, standing around or slowly going about their business - no expression and hardly any sound;...people giving firemen t-shirts with stencilled messages... "God Bless You", "We Love Our Firefighters"...People hugged each other and occasionally broke out into tears at this monstrous wake and memorial.*

*I think most Americans are now emotionally and mentally engaged with the realities and dangers of terrorism - that this is just the beginning, that it will go on for many years, that there may be other 'events' in the US and other countries and that we still must get on with our lives - even though they will never be quite the same. (2)*

Bill works many hours since September 11th at Jobs Corps, counselling students, staff and their family members who lost loved ones in the disaster:

*I feel numbness and fatigue, broken up by moments of anger and grief, and crying for the dead and their families. (3)*

I received an email from Bill's friend, Frank Allstrom, with whom I shared many walks and a number of drinks during my last visit to New York.

*...Our roof is 1.5 miles from the World Trade Centre. Our view was unimpeded and direct. We watched as this nasty column of black smoke polluted the crystalline sky, and wondered why there were hundreds of seagulls flying in and above the smoke - fluttering white dots on a black background. None of this making any sense.*

*Then, after probably 10 minutes of watching this scene unfold, listening to the clueless radio talk, our attention was drawn to our left...We simultaneously saw an unfamiliar (blue tail section) commercial jet fly a course we had never seen before and at low elevation...The pitch of the engines changed and the plane wobbled in flight...it banked hard left...we watched in horror as the plane silently sliced through the wall of the south tower...the side of the tower facing us exfoliated as if a zipper across the building's east wall had been violently pulled open by some unseen force, followed immediately by a black haemorrhoid-shaped eruption...*

*While Hollywood has succeeded in desensitizing the nation to every imaginable kind of disaster (which is why I don't go to the movies anymore), their special effects people hadn't prepared me for what I had just witnessed. They too are clueless purveyors of make-believe...*

*One of the 'seagulls' then landed on our building, now directly beneath the downwind plume...It was a blank computer sheet, its perimeter singed black by the exploding aviation fuel...*

*There is a huge reservoir of untapped energy right here now. I remember...saving bacon fat for the butcher, and the iron and*

*aluminium drives in 1945...It certainly made the citizens feel it was doing some small part in a much larger effort...(4)*

When I stayed in Bill's apartment in Riverside Drive I looked forward every day to the vitality of New York; to the sensation that anything may happen at any moment; to expect the unexpected... Nobody expected the catastrophe of September 11th.

I anticipate a trip along Fifth Avenue, a jog through 42nd Street and a run around Central Park. I'll experience again the red, blue, orange and green ripples of the East River - reflections from the great city's lights - because the panorama remains. The September 11th disaster won't break the spirit of the stoically-resilient New Yorker, and visitors like myself who love their city.

In the early-morning hours high up in the Atrium Club in the company of Yiannis Kouros and most of the competitors celebrating the success of the New York Six Day Race, I shared a long relaxed conversation with ultrarunner/poet, Nathan Whiting. He gave me a book of his poems. In a stanza from 'Crown Of Socks' he relates his self-doubt during a 100-kilometre race only to gain verve and vitality through persistence. His words reflect the current feeling of the people in the Big Apple:

*A few days later I realised  
the need had been to prove nerve.  
Myth states poets cower at mid-age.  
The fear is destroyable.  
My courage strengthens, grows.  
There is no too late in life. (5)*

Osama bin Laden, the Taliban's nasty lump of excrement, will not and can not deplete the spirit of goodness in all of us who believe in the right of the individual to work behind his desk in a skyscraper; to walk, run, climb, fly, to go about one's business in peace and harmony.

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

- (1) Tony Rafferty. 'A Seven-Day Race Where The Rivers Meet', ULTRAMAG, Vol. 10 No 3, Oct.1995, PP. 29,30
- (2) Bill Peck. Letter, Sept. 28th, 2001
- (3) Ibid.
- (4) Frank Allstrom. Email, Sept. 18th, 2001
- (5) Nathan Whiting. LIGHT TALKS A LOT, Agni Press, Parson's Blvd., Jamaica, NY 11432, 1983, P.69

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# THE HUMAN RACE

BY LUISA BUFFALINO

## RAINER NEUMANN

Rainer Neumann is quick to clarify that he is not a qualified coach. "I consider myself a motivator, and I think I am pretty good at that."

But those who train under his guidance proudly label him their coach and mentor. Neumann decided to encourage people to run longer distances after realising that so few people in Australia make the transition from the half to the full marathon distance.

Neumann's own story is motivating in itself. The Queenslander from Yeerongpilly began running on 1 January 1994, to give up smoking and drinking and has not touched either since. He entered the World Masters Games in 1994 in the sprints and ended up running the Brisbane Half Marathon instead.

He says his greatest achievement has been to see all the runners who have run with him during the past three years finish this year's Comrades Marathon (an 87.3km ultra) in South Africa, with everybody enjoying the experience so much they plan to return for a crack at a better time next year.

"All three ran much better than their shorter distance times indicated they would, which proves to me that the training went well. All three ran PBs in all distances from 5km up," he says.

Tracey Strain sums it up what "coach" Neumann means to her: "He thinks of everybody in the group. If someone drops back or has a problem, he is there with advice and help. There is no one like him and that is why I run ultras and enjoy them."

Pat Clohessy, who guided Rob de Castella from schoolboy to world marathon champion, has been a source of inspiration for the 55-year-old Neumann, teaching him all he knows about coaching and developing his Comrades training program over four years. "I shall always be grateful for all his advice. He encouraged me when others thought I was crazy."

Neumann has run about 5500 kilometres yearly for four years now, injury-free, following advice from Clohessy to ensure he ran a hard/easy cycle. He passes this advice onto his runners, ensuring they never overdo speed-work, a sure way to invite injuries. He also makes certain that nobody runs alone. "On a training run, if I have to run with one of the slower runners, so be it. I need my recovery runs anyway," he says. The group enjoys weekend long runs in the Mt Nebo State Forest.



Neumann would like to see his group, the Rainer's Rebels, be the biggest group outside Africa at the famous ultra next year. With 11 confirmed so far, the Rebels might get their wish. He has been accepted for this year's Spartathlon (Athens to Sparta, 247km) and hopes to finish the run within the 36-hour cut-off time. "After that, well, I'll look for another challenge," he says. **R**

Anyone interested in joining the Rebels can call Rainer on (07) 3848 5851 after hours.

# West Highland Way 2001 [full results in last issue]

By Tony Howes

## Results

1. Michael Maier, Germany 17:33
2. Dick Kearns, Compton 18:09
3. Dave Wallace, Balerno 19:58
3. Brian Davidson, Plymouth 19:58

5. Sharon Gaytor, Cleveland 21:10

## Records:

Wim Eskamp 16:26 , WHW2000  
Kate Jenkins 17:37 (!) , WHW2000

61 Starters, 38 Finishers (15 < 24 hours)

First I must apologise for the delay in getting this written - the race was nearly 3 months ago now. I have really struggled to even think about running since the run, and as writing involves thinking ....

The 2001 West Highland Way race started at 2am on Saturday 23rd June, at Milngavie train station. My own knowledge of the race was, to this point, wholly from the excellent internet site that Dario Melaragni, has set up <http://www.westhighlandwayrace.org> ) and looks after. There is also a great map of the WHW, which is a requisite for the event, showing in 6 panels the route.

The aim of the race is simple, to 'run, walk or crawl' the 152km length of the West Highland Way to its finish at Fort William within the 35 hour limit. There are approximately 3500m of total ascent, with a similar amount of decent, with two major climbs in the last 35km, each around 300m. This long distance footpath leaves Milngavie, on the outskirts of Glasgow, works its way up the east side of Loch Lomond, then heads across moorland before working its way around the base of Ben Nevis near to its finish. There are no aid stations in place, you need to provide (in my case, Dario organised the help of my backup team, Caroline and Holman Freedon, who drove about four hundred kilometers over the 27 hours I took to finish.

Soon after the start over half of the race went off the track (where I don't know - I was pottering along at the back until all sorts of commotion was heard off in the distance, soon followed by a train of about 30 cursing and very quick moving runners passing me and heading off into the distance (Heading across from Edinburgh to Milngavie with a past winner, Dave Wallace and his family support team, I was given a number of pointers - one of the first of these was 'don't assume that the person in front of you has a clue where they are going' - this was clearly true, especially Given that Dave was in the group of the lost, along with many multi finishers.

Meeting the backup team was always a good part of the race - the scottish midge, described by Mario in an article on the race in Friday's Scottish Herald newspaper as the 'pirhana of the north', was out in force, and while the runner does not feel their bite as long as they travel at more than 4km/hour, any stationary and exposed flesh willll, so some of the early meetings had support crews and marshalls clad in balaclava and full body armour.

Conditions for the race were for me almost perfect - a couple of showers late in the afternoon, some weak sunshine and maximum temperature around 18C. A little warm for some of the locals, and certainly warm enough to need to keep track of hydration. Some of the other races encountered snow, floods, baking hot weather etc, so I can consider myself fortunate. Coming from Brisbane in winter it was quite a bit cooler in Edinburgh - a quick trip to the shops to buy leggings and gloves was made before the run, although they weren't needed in the end.

There were quite a few differences doing the WHW to the Glasshouse. Having over 60 starters meant that generally you were near to somebody in the run, and the meeting places were generally full of activity. Most of the trail was fairly good for running along, although the long section following the shores of Loch Lomond was hard work, no big hills, but lots of up and down and going around and between rocks and trees, sort of like a mini 'Goat-track' from the 20-40mile mark, which was a struggle to keep rhythm over. (very nice views, however). This is also the longest (in distance, alas not in time) section where you are away from your support, meeting Holman a couple of

km before the Gray Mares Tail checkpoint at 65km was a happy time, and beckoned what should have been a fairly easy 30km stretch to Bridge of Orchy, for me through the afternoon.

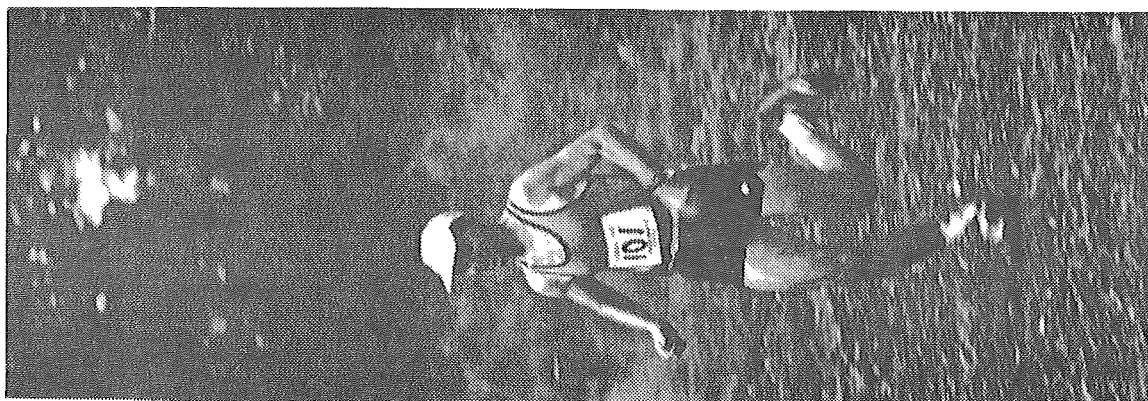
From the Bridge of Orchy, there is a 20km stretch across a desolate and exposed Rannoch Moor, along an old military road. The main complication here was the fact that over 1000 folk were coming the other way, part of a sponsored walk along part of the WHW, no co-incidence that both groups use the same, mid-summers weekend to get the most light. (Later at Fort William on Sunday afternoon I saw groups associated with the 3 peaks race, again, in the mountains for the same reason). Often the path had one good bit for running, and lots of mush, and trying to wish the walkers well and maximising the amount of good path I had to jog on was quite a game, certainly takes your mind off the fact that you have been out of Milngavie for 16 hours. (The leaders tend to meet the hoardes of walkers at a more delicate spot, the Devil's staircase)

Arriving at the Kinghouse Hotel checkpoint just after 8pm I felt pretty good - I had overcome a bad patch in the middle of the day, and was still jogging a bit, although blisters were a problem (sorted by Holman later in true style, piercing them with a needle and thread, then leaving the thread in the blister to assist drainage). My last visit to the hotel was in snow in Feb 1986, when we were walking in some of the spectacular mountains that overlooked the pass into Glencoe. Some snow was still on the hills.

For me, getting to the Hotel here was a realisation that the run was going to get finished, only 40km to go! However, this is also where the WHW bites, with a 300m steep climb and jarring decent over the Devils Staircase and down into Kinlochleven, and the impending (but very short) night. Sitting down to have a nice cup of soup at the checkpoint there just after 11pm was a struggle of the mind - stopping was great, but the midge attack that came was worse, so the soup was quickly downed and Holman and I were on our way.

The role of support is an important one here - the race rules require that runners pair up or take their support from the Kinghouse hotel to the finish. Holman did the last 40km with me, offering great support and encouragement throughout (as well as being good with the needle and thread). Out of Kinlochleven was another 300m climb, this time gentle and final, as at the top of this it was downhill all the way to the finish at Fort William. This was the only time when I needed to use my torch, through forest on this ascent, as even in the middle of the night, there was still enough light to see. My own pace had slowed alarmingly here - whereas before I was walking at a pace of around 9 min/km, now it was closer to 14 or 15, and Holman was very happy to let me know how many hours to go at this pace (3 for the last 12km), something I didn't really want to know given that it was 'all downhill' in my mind. I also discovered what falling asleep on one's feet is about, something I didn't recall from the Glasshouse run, probably here due to the earlier start and lack of sleep from the night before the race.

The final few km passed slowly but surely in the morning mist. There are 2 or 3 deer fences which offer considerable resistance to the tired runner, the night before Dave Wallace had told me of Don Ritchie's problems in getting over them. The finish in Fort William was unique, passing through the turnstile of the local Leisure Centre. Unfortunately I was too late to get the luxury of a mat to sleep on, but managed fine to sleep until Holman, in his last act of support, woke me from my sleep just before the presentations at mid-day.



Tony Howes in action



ADVOCATE 2/10/01

# Ultra-marathon man

By Luke Sayer

FOR MOST people the drive from Hobart to Burnie is tiring enough — consider running that distance.

Burnie man Vlastik Skvaril (62) is planning to make the 330 km run from October 18 to 20.

Charity is the major incentive for the ultra-marathon runner, who is raising funds for the Make-A-Wish Foundation to grant wishes to children with life-threatening illnesses.

He is also looking to promote long-distance running in the State, in his 12th ultra-marathon.

"But I also just want to prove that I can do it," Mr Skvaril said.

His biggest run to date is the 246 km Spartathlon in 2000, from Athens to Sparta in Greece, considered one of the most gruelling races in the world.

With a strong preparation under his belt, he says he is confident of making it from Hobart.

According to Mr Skvaril, the key to ultra-marathon running is mental toughness, which is why a man in his 60s can tackle such races.

"It is only about 25 p.c. physical — you have to have that physical side — but the mental (side) is most important," he said.

"Any little doubt is like a cancer that spreads, and for one second I can't think I won't make it."

This month's run is a real team effort, and Mr Skvaril says his part as a runner is probably easier than some of his team-mates.

Other contributors include his manager, Robbie Moore, the Make-A-Wish team and driver Mark Bailey, from Peter Finch Four-Wheel

Drives which is supplying several support vehicles.

"My job is simple: all I have to do is run — they do the real work."

The run starts at 9 a.m. on October 18 at the Wrest Point Casino before proceeding

through the Midlands and along the North and North-West coasts.

The plan is to arrive in Burnie's Wilson St on October 20 at 11 a.m. to coincide with a march of local sporting champions.

Mr Skvaril urged people to play their part by making donations to Make-A-Wish, which would be the biggest winner from the effort.

Collections will be made along the route and in Burnie at the completion of the run.



**'MY JOB IS SIMPLE':** Burnie's Vlastik Skvaril contemplates his run from Hobart to Burnie. He says his support team will do the "real work". Picture: Dale Cumming.

It is 9 am Thursday 18<sup>th</sup> October 2001. With some 20 people in 4 vehicles and my dog Asta I am waiting for the arrival of TV crew to start our journey from Hobart to Burnie in Tasmania. It is a non-stop run for the benefit of “Make A Wish” foundation which raises funds to grant wishes to children with life threatening illness.

It all started 12 months ago. After completing the Spartathlon in Greece, I was looking for a new challenge. Run from Burnie to Hobart seemed to be the ideal distance to test my limits and to promote ultra running in Tasmania. To give it some real purpose I wanted some charity to benefit from it.

Discussing this with friends, Robbie Moore offered his help to locate a suitable charity and start planning. He also convinced me that it would be a better idea to run in the opposite direction to finish in my hometown Burnie. How good idea that was! The highest hills are close to Hobart so I hit them while still fresh. I do not have to travel home after finish. And a lot of people know me in Burnie so the reception at the end will be more emotional.

The members of the Burnie branch of “Make a Wish” showed enough interest in the venture and the planning began. Mark and Rosie Bailey, the owners of the “Peter Finch 4 wheel Drive” were quick to donate two vehicles and fuel for the trip. Sid Sidebottom MP donated his minibus and fuel and Fairford Burnie lended a car as well. Accommodation in Hobart for my support crew as well as my wife and myself was donated by Dennis and Sandra Blyth, owners of the luxury B&B Roseneath, while the rest stayed in the Casino receiving some special discounts. Sig Signs donated the signage for the vehicles. The whole team headed by the president Joan Fawdry handled donations, media contacts and sponsorship deals.

The TV crew from channel 9 WIN is arriving and we are ready. Lin Thorp MLC, representing the Premier is there to give the occasion a special importance and start the journey, but not before giving a generous donation. At last we are on the way. With a police escort through the busy streets of Hobart our convoy of four cars and my dog and myself are making our way through the city. Weather is cold, strong headwind, but at least it is not raining. In the Elizabeth Mall members of Kingborough Lions Club are helping to collect donation. Tasmanian media – TV, newspapers and four radio station have given us a lot of publicity so everyone seems to know what is happening. People are cheering us up and donation is pouring in. Out of the city traffic our police escort is leaving us but not before wishing us well and giving a generous donation as well. And this is the sort of generosity of Tasmanian people we are going to experience all the way. Tasmanian Treasurer David Crean is waiting for us in Glenorchy with his donation and well wishes. Reporters from all media are waiting there to follow our progress as they are going to do so all the way. The journey is growing into a much bigger event then we could have ever dreamt of. It is for a great cause and also the public seems to be inspired by the idea of a 62 years old crazy man and his dog Asta running a distance which many consider to be too far even by a car. Many are recalling Cliff Young and his achievements.

One group in two cars is now driving around collecting donations; Asta and I between two cars are making a steady progress. It is not unusual for a car to stop giving us \$20 notes. The head wind is still strong and cold, but we are running on schedule. In 5 1/4 hours we have covered 50 km and are leaving the highway to run through Kempton. What a pleasant surprise! All the children and teachers from the primary school are on the footpath cheering us up and presenting me with a cheque for \$40! Yet another of the many inspirational moments of the trip.

At 5 p.m. we are reaching Spring Hill, at 488 m the highest point on the highway. The weather forecast was correct – snow over 400 m. I enjoy it especially since the wind has turned around and blows into my back. Unfortunately it does not take long and it is a head wind again. From Oatlands Mark decides to run with me for a while. I am about 50 minutes behind schedule and that makes me a bit nervous. At about 8 p.m. Peter Hoskinson from New Norfolk is catching up with us to support me till Ross, where we



arriving at 11.38 p.m. It has been freezing, the pub is still open and I could not refuse a nice hot cup of tea. Even Asta was welcome inside. The members of the football club and other patrons have already collected about \$80 for us and the publican would not accept any payment from us either. Peter has decided to keep running with me to Campbell Town so Dennis Blyth is going to drive his car and wait for him there. I am feeling really well. In Campbell Town Peter is going to drive back home – more than 100 km. It is 1.30 am. He gives me a big hug, wishes me well and is gone. What can I say? I never met Peter personally before and he is doing so much for me! Thank you Peter, I hope that you will do really well in Colac ( 6 day ultra run).

I continue on my own, Asta is in the car to get some rest. My wife Jo is not sleeping, waiting for me to give me a drink or food whatever and whenever I want. At 3 am the temperature dropped close to zero. I am getting a salad roll and a cup of coffee to eat while walking but I am so cold. "Stop the car, let me in, I want to feel warm for at least a few minutes". It was wonderful! 5 minutes later I am back on the road-do not want to get spoiled too much. Passing through Conara Junction it is 3.30am and my hands in only light gloves are freezing. My Guardian Angels ("G.A.") – that's what I call my support crew from now on – are giving me nice thick leather gloves, but soon I am giving them back. It's only OK to use my own as a hanky.

It is 4 am and I cannot believe my eyes. My son Petr, Odessa and my grandkids Samara, Roxanne and Jacob are getting out of their car to run with me! After running 3 km they are gone again but are waiting for us at Epping Forrest where we have to refuel so I have to wait for a few minutes. Good excuse sitting down with a cup of coffee and reading the papers, which are reporting about our progress with photos taken on the route.

Soon it is daylight and we are getting close to Perth( not in WA!). Peter Madden is running with me while Richard Fedosejevs is driving. In spite of continuous cold headwind we are reaching Perth at 9.05 – 50 minutes ahead of schedule. That makes me happy and I enjoy the luxury of egg and bacon roll and an ice cream. Next destination is Westbury. I never think of running to Burnie, always break it to sensible segments. To stay on Schedule I need to run 30 km in 5 hrs or 6km per hour - EASY! A truck is trying to stop to make a donation but there is too much traffic behind. The driver throws a handful of coins on the road and keeps going! Thanks, we'll get it. After two hours I have covered 15 km – 7.5 km per hour in spite of continuing strong headwind. I am laughing! But not for long – here comes Mr. Murphy. Roadworks on the highway are taking us away through narrow old roads with busy traffic and nowhere to run. We are also going to add an extra 19 km to our total. My mood is starting to change. I am struggling through gutters, everyone is worried about me and progress is very slow. The road to Westbury ends up in a steep hill about 300 m long. Mark suggests that the only way to get through safely be for him to hold the traffic and I running as fast as I can to the top. Done, but I am absolutely exhausted. And already 15 minutes behind schedule. Another MP Ken Bacon is waiting for us in the front of the pub to give us some donation and my "G.A." were going to have some lunch. I intended to keep going, but could not. Had to sit down for 15 minutes to have some rest. I think that even those who have full confidence that I can do it are starting to be concerned. I am thinking of all the people involved, all the hard work gone into it, all the support from the media and the Tasmanian public and especially of all my grandkids – Luke, Carly, Samara, Roxanne, Danial, and Jacob and how proud they are of what I am trying to achieve. There is only one option and it is to keep going. I know I will get through it! Fifteen minutes later and I am on the road again. Ken Bacon asked the Police to help us through the traffic till we get past the road works. The highway was open in opposite direction only, so the police officer stopped the traffic to enable us to get on and from there on it was a smooth sailing – no traffic behind us at all. But I am still not very happy. I am not going to be in Burnie at 11 am on Saturday as planned and it bothers me a lot. But here comes my "G.A." Mark: " Do you realize that time does not matter? As long as you get there". No, I don't. To me it still DOES MATTER! But Mark is not giving up. "Do you realize, that we will end up with an extra 19 km and that we started 35 minutes behind schedule, so considering all this we are AHEAD OF TIME!" He is now getting through my thick head. I am starting to feel better as we are approaching Elizabeth Town. It is 7.30 p.m. and we have already covered 245 km. What happened next really lifted my spirit. In front of the pub was a huge crowd of

people cheering me on. The president of the football club is handing me a cheque for \$200 and in the moneybox there is about \$250 donated by the patrons. I am speechless but extremely happy. I am also told about a customer in a butcher shop in Deloraine when the collectors walk in with a tin. She pulled out a chequebook and draws a cheque for \$100.

It is easy to stay focused and motivated with such support from so many people. Someone offers me a glass of beer and I drank it. It did not do any harm!

The relievers for the next night driving are already there: Kaye Madden, Rosie Bailey, Ian Berry and Peter Moore. Mark, Dennis, Richard and Peter are driving to Burnie to get some sleep and come back next morning. Only my wife Jo is staying. She wants to keep looking after me throughout the whole journey. Back on the road towards Devonport. It is already dark and Kaye is the first to run with me. Most of the "G.A." are fellow members of the Professional Cross Country Club of Tasmania with a lot of running experience. They know it is going to get really hard and they are making sure that they protect me like a little baby. They put their lives on the line for me. I am not allowed to run too close to the white line. They put their own bodies between the traffic and me. Nothing is too much trouble for them. They are so kind.

It is after midnight, there is not much traffic, but a little red car full of teenagers goes past with appropriate yelling and shouting. Some time later the same car comes back, stops and we are offered donations. A young man in the back seat pulls out \$10 note saying, "I know it is not much!" Are you kidding? The others add up to it so we end up with about \$16 from them. Then they turn up and go back. They made a special trip to give us money. The young people these days could not care less some people would say.

My body is now starting to lean to the left. Whether it is the camber of the road I do not know. I am aware of it but cannot stay straight for too long. Another car is stopping and a lady is giving us \$5 saying: "When I tell my son that I met you on the road he won't believe me."

It is 2 am and we are getting close to Devonport. Rosie and Ian are on the road with me, but it is mostly walking now. I am trying to remember what I am supposed to do in Devonport. There are some new slip roads through the city, which I do not know. I am completely disoriented. I see obstacles on the road and do not want to trip over. Peter is getting out of the car to walk the next bit with me. Hey, stop the car, it is still moving! Peter assures me that it is not. But I see the front is lifting up and down and the front wheel expanding and again shrinking. And some other objects are appearing and disappearing, it is a different world to what I am used to. I know I am hallucinating, the first time in my life! I enjoy it. I know that what I see is not real, but it is interesting. We are reaching the coast and looking at the sky it looks very strange too. As if I am walking through a tunnel with the stars stuck on the ceiling not too far from me. The white clouds are also hanging above me so close that I can almost reach them.

It is now close to a daybreak and the headwind is getting even colder. I am putting on a few extra layers of clothes. The world has returned to normal, I am not hallucinating any more. Just before we reach Ulverstone my original "G.A." are back and the relievers are going back to Burnie. It is only 30 km left; it's nice and sunny. It is the first time since we left that I feel warm and comfortable. One of our cars has a puncture so they leave us to have it fixed. Mechanics in Ulverstone fix the problem but refuse any payment. "It's our contribution to your cause!" We are starting to get calls from the media, everyone is interested to know where we are as it is now obvious that we are going to finish. We estimate the time of arrival in Burnie at 1 pm. A woodcutter with a load of wood is driving past and as he has no money on him, he drives home and comes back to present me with \$20 note saying; "I wish I could give you \$1,000!" Thank you very much, I know how hard it is to make a \$ in that sort of business. Mary Moore and Glen is joining me for the rest of the journey. Many others join in, also my grandchildren Luke, Carly, Samara, Roxanne, Danial and Jacob as well as my two sons Petr and Vlastik and their wives Dessa and Michelle. They are all so excited that I did it. I am so glad that my whole family can share this special moment with me. I am on the top of the world. There is a huge crowd of people waiting for us in front of the Burnie City Council. I can see the Mayor Alwyn Boyd, Sid Sidebottom MP, and lot of other well wishers waiting to give us a welcome that we will never forget in our lives. Even Jo Chromy, the owner of Tamar

Ridge Winery who drove 150 km from Launceston to be there to welcome us and to present a cheque for \$300. Someone (Robbie?) organize an ambulance to be there and check my medical condition. I am fine; mostly walking the last hours seemed to do me a lot of good. But I am now overcome with emotions. I am so happy for all of us who were part of this adventure. Many of them do a lot of good work for the community, all behind the scene, getting no recognition. Now they are all there in front of the large cheering crowd, receiving the recognition they deserve –Annette Apted, Trudy and Roslyn Connley, Carleen and Barry Breaden, Marree Hayes, Michelle Whitwam and Glen Eastley, who apart from his time donated \$100 to the moneybox! There are not many dry eyes. Who would have thought, that a simple run could turn into something so significant? Something that inspired so many Tasmanian a brought us all together. This would not have happened without the great support of the media, the politicians, the Police and above all with the big hearts of the Tasmanian people.

We aimed to raise \$10,000 but I thought it was a pie in the sky. But we have exceeded it! We are going to make more than one child happy. Thank you Tasmania!

So after 52 hours on the road, covering 349 km it is all over. But it is not the end of it; it will live in our hearts forever. Lots of new friendships have started. And we sure will be thinking: “What next?”

As for my condition I could not be happier. My worst injuries were cracked lips and bruised tip of my nose from wiping it all the time with my gloves. I never took my shoes off during the whole time and had no problem whatsoever in spite of estimated 800,000 steps I took during the journey. They are the same Asics Gel- Nimbus as I wore during the Spartathlon with the same result.

I weighed myself before the run - 64 kg. When I finished it was 64.5 Kg! Almost unbelievable, but the credit has to go to my wife Jo and all the good food she was giving to me, including her home made vegetable stew, cheese ( Lactos cheese of course ) sandwiches with liverwurst, egg spread and various cakes and of course a lot of fruit.

And as with everything else in every endeavor we need a bit of luck and I had it. But the main part of the luck was the many great people helping me to achieve our goal and I will be grateful to all of them for the rest of my life.



Vlastik Skvaril and dog “Asta” with representatives  
from the “Make-a-Wish” Foundation

# Making wishes possible

BURNIE man Vlastik Skvaril jogged into Burnie on Saturday, bringing his ultra-marathon across the State to an end.

Mr Skvaril left Hobart on foot with his German shepherd, Asta, on Thursday as part of a personal challenge to raise money for the Make-A-Wish Foundation.

He jogged into Burnie about 1 p.m., and received a warm welcome from foundation members and others who turned out in support.

"There were so many emotions when I arrived back, and I saw all these people who'd turned out to support me," Mr Skvaril said.

"It was great to see the foundation members also receiving recognition for the ongoing work they do. It was an event which brought so many people together."

His effort helped raise \$10,000 which will go towards making a wish come true for a Burnie boy who is suffering a life-threatening illness.

Mr Skvaril said the run had been tough, but rewarding.

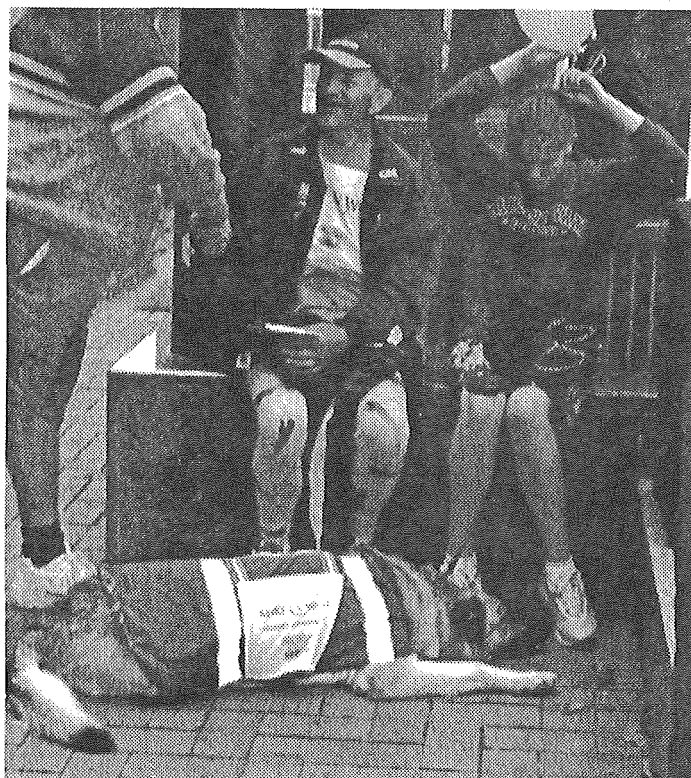
"It was certainly a little harder on the second night, but I had lots of people who joined me for a jog along the way and it was encouraging for me to have them there.

"We encountered a little snow and strong headwinds travelling through the Midlands but the rain was never that heavy."



**HOME:** Burnie's Vlastik Skvaril is congratulated by the crowd welcoming him after finishing his fundraising run from Hobart to Burnie on Saturday. Picture: Jason Hollister.





Vlastik Skvaril during his epic 349km  
run from Hobart to Burnie



# POETS ON THE RUN

BY

TONY RAFFERTY

The 21st World Congress of Poets took place last month at the Landmark Parkroyal, Potts Point, Sydney. Unfortunately, little fanfare accompanied the well-attended internationally acclaimed event.

During a recent college speaking engagement when I mentioned the importance of listening to my favourite poets, recorded on cassette tape to help me through the night during multi-day ultramarathons, my comments sparked a number of questions from students some of whom were interested in the Congress.

This apparent curiosity presented the opportunity to explain the importance of a relaxed mind during periods of physical and mental stress, particularly during periods of sleep deprivation.

As an example I recited, and did my best to analyze a few of my works of preference.

'IF'

Rudyard Kipling

If you can keep your head when all about you  
Are losing theirs and blaming it on you;  
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.

The last stanza of Kipling's 'IF', a particular favourite of veteran runner, Stan Miskin, is a popular work often recited at motivation seminars and conferences.

'THE RUNNER'

Walt Whitman

On a flat road runs the well train'd runner,  
He is lean and sinewy with muscular legs,  
He is thinly clothed, he leans forward as he runs,  
With lightly closed fists and arms partially raised.

American poet, Walt Whitman, known for his lyric poetry presents this work on a runner's style and form, told through the joyfull experience of the narrator.

'THE SONG OF THE UNGIRT RUNNERS'

Charles Hamilton Sorley

We swing ungirded hips,  
And lightened are our eyes;  
The rain is on our lips,  
We do not run for prize.  
We know not whom we trust  
Nor whitherward we fare,  
But we run because we must

Through the great wide air.  
 The waters of the sea  
 Are troubled as by storm.  
 The tempest strips the trees  
 And does not leave them warm.  
 Does the tearing tempest pause?  
 Do the tree-tops ask it why?  
 So we run without a cause  
 'Neath the big bare sky.  
 The rain is on our lips,  
 We do not run for prize.  
 But the storm the water whips  
 And the wave howls to the skies.  
 The winds arise and strike it  
 And scatter it like sand,  
 And we run because we like it  
 Through the broad bright land.

Sorley's work applies to most of us who run, not for the trophy,  
 but the joy of the surge; wind in the hair, leaves under feet.

#### 'THE SERVICE'

Burges Johnson

I was the third man running in a race,  
 And memory still must run it o'er and o'er:  
 The pounding heart that beat against my frame;  
 The wind that dried the sweat upon my face  
 And turned my throat to paper creased and sore;  
 The jabbing pain that sharply went and came.  
 My eyes saw nothing save a strip of road  
 That flaunted there behind the second man;  
 It swam and blurred, yet still it lay before.  
 My legs seemed none of mine, but rhythmic strode  
 Unconscious of my will that urged, "You can!"  
 And cried at them to make one effort more.  
 Then suddenly there broke a wave of sound-  
 Crowds shouting when the first man struck the tape;  
 And then the second roused that friendly din;  
 While I - I stumbled forward and the ground  
 All wavered 'neath my feet, while men agape,  
 But silent, saw me as I staggered in.  
 As sick in heart and flesh I bent my head,  
 Two seized me and embraced me, and one cried,  
 "Your thudding footsteps held me to the grind."  
 And then the winner, smiling wanelly, said,  
 "No dream of records kept me to my stride-  
 I dreaded you two thundering behind!"

Poetry demands total concentration. Poetry, for me, works as a  
 form of meditation. I become in deeper contact with myself. I  
 relax. Pain departs (albeit briefly). My running flows. I receive  
 solace from the experience. Often I'm surprised how hours pass  
 unnoticed whilst listening to, or reciting poems, before a burst  
 of energy takes hold at the break of day. I'm confident runners  
 will be inspired by the above works and encouraged to seek other  
 poems to assist them towards improved performances, particularly  
 during 'The long dark night of the soul'. TONY RAFFERTY - NOV. 2001.



Kepler Challenge

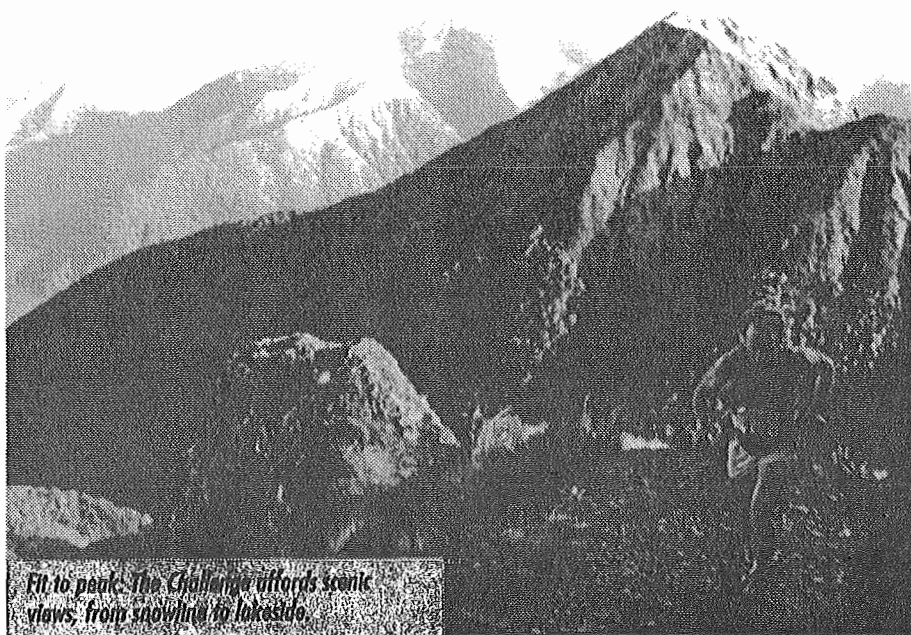
# Wandering in Fiordland

Snowlines, Tolkein style forest and flush toilets at 1000m make the Kepler Challenge one run you won't forget.

Photography by Barry Leith, Fiordland Photography

Imagine a run that combines mountain vistas, cool, bush-clad valleys and lake shores with the challenge of a lifetime. That's the Fairydawn Adventure Kepler Challenge. Held in Fiordland, one of New Zealand's remote wilderness national parks, it traverses some of the most tranquil, unspoilt locations. Towering craggy and glaciated peaks as high as 3000m soar straight from sheltered fiords, and lakes are buttressed by rock walls.

The Kepler Track, which ventures into the park in a 67km loop, is well maintained, with a mostly soft surface and smooth track, allowing runners to feast their eyes on the magnificent scenery unfolding around them with little fear of tripping up. Yet with climbs of up to 1570m and 14km of the race being along exposed ridge tops at an elevation of around 1300m, don't think the run will be a breeze – although it could be into a howling westerly. If it is a challenge you are looking for, this one







*Snow trek: Good weather offers vistas like this on the exposed ridge top.*

can throw it at you: energy-sapping climbs, quad-quivering descents, and extremes or weather. Pure guts and determination is needed in keeping it going for 67km.

Most years the event has been held in fine weather, presenting great opportunities for gazing at the scenery. You do have to be prepared though, for everything including snow, as the mountains here make their own weather, which can change at any time. If the weather turns it can become an adventure just to traverse the alpine section.

But the difficulties are small compared with the sense of satisfaction you'll get from completing the challenge, and it is within the grasp of anyone who has done any kind of endurance event. Mountain walkers often have a go at this run and do far better than they expected, because the ability to spend time on your feet counts rather more than speed.

The race promotes great camaraderie among competitors as they settle in and find



*Running through the snow can be part of the challenge.*

others who want to go at a similar pace. Finishing times vary between four hours, 48 minutes, to those who join the 11-hour club and get to know their fellow competitors a little better. In 2000 the last five competitors crossed the line hand in hand and sporting wide grins.

Some interesting features make the Kepler stand out from the usual weekend road race: like flush toilets higher than 1000 metres, and one of the longest staircases in any race. Last year one competitor spotted the rare and endangered Takahe, a flightless bird not before seen in this area.

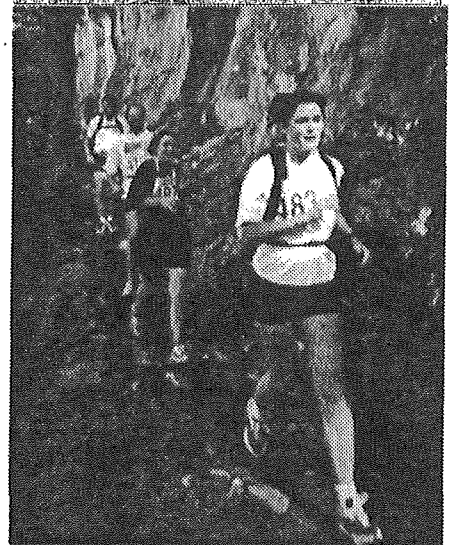
The race is supported by friendly local people who volunteer each year to be marshals at the three huts along the route and hand out drinks, bananas and Pascalls lollies at midpoint – and occasionally, but not too often – first aid. The Fiordland volunteer ambulance brigade is on standby, but very few competitors have had to drop out.

The attractions of the race and the region are enough to keep runners returning year after year. Four have completed all 13 Kepler Challenges, among them multisporter Murray Thomas, who was at the start line just a few hours after completing the Southern Traverse, a five-day endurance event – as near as you can get to perpetual motion! Thomas cruised across the line comfortably but was glad he could finally stop.

Russell Hurring has won the race six

times and set the record at an amazing 4:40, which has remained unbroken since 1993. Four-time winner Keith Murray has described the Kepler as New Zealand's premier mountain run. Sixty-something veteran and former marathon runner Ray Willetts, competes yearly just for the fun of it, and he means fun: one year he crossed the finish line three-legged style with a fellow runner. "It's the best organ-

*Runners find cooling down past the limestone bluffs.*

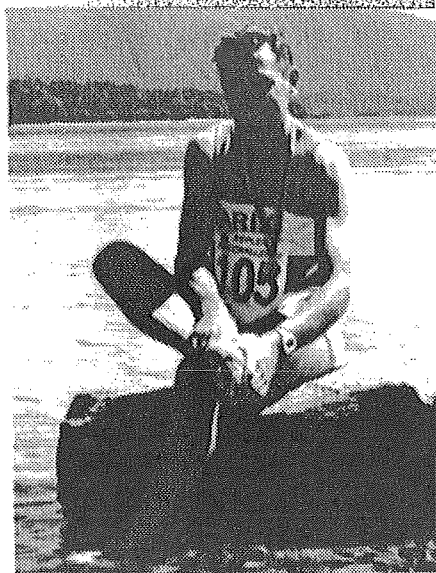


ised race and it's easier to recover from than a marathon," says Willetts. "It's a run for anyone with an interest in any type of endurance event. Times don't matter too much – just being there is what it is about."

If 67km sounds too far, the Luxmore Grunt gets underway about an hour after the start of the Challenge. This is a 28km run to the top of Mt Luxmore and back, and gives you a good taste of what the Challenge is all about, since it covers the first 14km of the main race. It follows a well-graded track through Tolkein-style Fiordland Beech Forest and passes some impressive limestone bluffs. The pay-off for the effort, is the excellent views from the top section of the course of the south arm of Lake Te Anau and the Te Anau Basin as it enters the alpine area. The descent allows some free-wheeling while enjoying the sight and sound of native birds and hopefully gets you back in time to watch the winners of the main race.

Supporters can watch the race at many points including taking a helicopter flight to see the alpine section. Down at the finish there is a picnic atmosphere with people waiting for their runners to cross the line and tell the tale of their journey.

*Cold feet: The lake's icy waters offer some relief for Russell Hurring's tired feet at the end of the Challenge.*



The stories keep coming well into the evening as competitors enjoy a quiet drink and have a few laughs at the photographs on show from Fiordland Photography. No one gets away without being photographed, or maybe captured on video, at some stage of the race.

Aply for its rugged setting, the Challenge is sponsored by a manufacturer of out-



*Forest track: Soft footing on a well-maintained track through the beech forest.*

door equipment and apparel, Fairydown, and besides discounts on certain lines, runners get the chance to win some Fairydown gear in the spot prize draw.

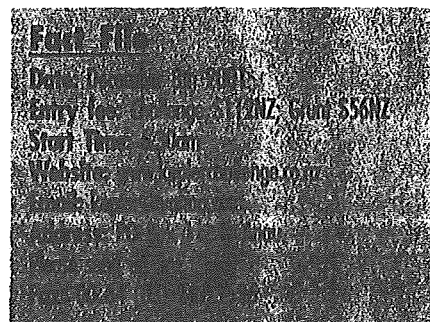
The post-race breakfast the following morning is held at the Quality Hotel with a view of the Lake Te Anau is in itself worth doing it all for. It's a chance to swap war stories with the people who travel from different parts of the globe to enjoy the Challenge and the Te Anau region.

The race starts and finishes on the outskirts of the relaxed little township of Te Anau which offers good accommodation and dining. And Milford Sound, known as the jewel of New Zealand, is just down the road. For those who still have a leg or two to stand on Te Anau is the jumping-off point for the world famous Milford and Routeburn tracks. It is also the nearest town to many lesser known walking tracks such as the Greenstone, Caples, Hollyford and Dusky


tracks and several other beautiful day walks.

Doubtful Sound is another spectacular fiord to be explored by boat or kayak and even closer still, Lake Te Anau itself and the glow-worm caves are worth a look.

If you're in search of a new challenge, here's one that offers just that – and the perfect setting for a good holiday at the same time. Start your build-up now and you'll be in shape to enjoy all this race has to offer. **R**







# Taking the Work out of Speedwork

*Even trail runners need interval  
training to get faster*

By Sunni Kay McMillan

**Many of us avoid road running because we don't want to have to worry about intervals** or

repeats or the infernal beeping of those fancy running watches. "I'll just go farther on the trails," we think, to make up for the discipline of rigorous speedwork. Unfortunately, to go faster at any distance, you can't just up the mileage, you have to train for speed.

Because trail running can serve as a great stress-reliever, it's easy to slip into a steady-forward-motion pace, whether you're running 50 miles or just 5. But consider that adventure runner Blake Wood, who set a new record at the 100-mile Barkley Marathon last spring (with Dave Horton) by running at a 35-minute-per-mile pace, will occasionally do 5:30-mile repeats on the track.

It doesn't mean you have to work out like a world-class sprinter. Many long-distance trail runners train for speed either by using shorter runs as tempo runs (a 5- to 7-mile run at a crisp pace but slower than that of a 10k race) or by doing timed repeats (3- to 5-minute intervals at a faster pace) in the middle of training runs, a variation of "fartlek" training which we'll talk about shortly.

Hank Lange, a certified triathlon coach and trainer to former U.S. Mountain Running Team member Suzy West, emphasizes, "to be the best trail runner you can be, you need to be the best athlete you can be." This theory has led him to a type of training for runners that focuses on balance — balancing speed with distance, trails with track workouts and cross-training with your favorite sport. In Lange's assessment, strengthening a variety of muscles, as well as working on form, quickness and diversity of motion, will increase overall speed.

West is a prime example of Lange's approach. She initially began her work with him as a cyclist, and Lange believes her multi-sport background has paid

Speedwork doesn't have to be monotonous. Consider short, quick tempo runs on your favorite trails or some type of "fartlek" training with fast intervals interspersed into a run. Or imagine you're being chased by a bear.

KEN CANGI

dividends to her running. Today, her speed training includes exercises in coordination, as well as interval training, tempo runs and plenty of time on the bike.

Follow West's lead by incorporating dynamic coordination drills into your warm-up. Lange advises jumping rope while alternating legs, as well as skipping, bounding and doing forward/backward or side-to-side hopping drills. Hikers may give you funny looks, but you'll be getting a more complete warm-up, improving muscle coordination and strengthening underused muscles that may come in handy on tricky trails.

In addition, Lange advises at least one session of interval training per week, making sure to start with a good warm-up and plenty of stretching. To develop greater leg turnover, try five to eight 100- to 200-meter repeats alternating between hard effort (but not an all-out sprint) and easy cruising, concentrating on smooth arm swing and leg lift. For sustained speed, do four to six 400-meter intervals at a rate 15-20 percent faster than your 10k race pace. (For example, if you're capable of running a 45-minute 10k — 7:15 mile pace or roughly 1:48 per 400 — run your 400s in 1:30 to 1:36.) To develop greater tempo for longer runs, run 4 x 1 mile at 5 to 10 percent faster than race pace.

The key variable in a speed workout is the amount of rest between intervals. The more rest you take, the more your body recovers. As a general rule, take at least as much rest as the duration of each interval.

Flat, semi-rigid surfaces, such as a track, will help you develop faster foot speed, but smooth, flat trails can also suffice. If you can get access, you can also use a public golf course, staying on the edges of the fairway (off the tees and the greens) and using the holes as start and end points of your intervals. Consider paved roads a last resort; you can certainly run fast on roads, but you're also risking injury if you're not used to the hard pounding on your joints.

Another type of interval training focuses on stride cycles, counting each

time your left (or right) foot hits the ground. Run for 15-second intervals aiming for 22 to 23 cycles in one interval, jogging easily in the next, then repeating the process. Lange believes if you focus on quick turnover, your stride length will take care of itself.

If you're not ready to hit the track, you can rest easy knowing that you're already doing a passive form of speed training just by running trails. According to Patti Finke, a trainer with Team Oregon, a runner uses different muscles



BOB ALLEN

**Be careful not to ramp up speed training too quickly or on hard surfaces. Regardless of where you do your speedwork, start with a small number of repetitions and a short interval distance.**

on soft, undulating trails than those used on roads. This increases strength in the lower legs, which, in turn, leads to a stronger push-off and faster pace. While some trail runners have seen their road times improve because of the added strength and stamina, it's not necessarily a substitute for speedwork.

However, hilly trails can boost your speed if the intensity of a workout increases and develops into a sort of forced "fartlek." From the Swedish word

for "speed play," this spontaneous technique of increasing speed and effort periodically, whenever the mood strikes, is very easily adapted to trails. Sight a tree or rock in the distance and run like hell until you get there — no need for a heart rate monitor or even a watch. Fartleks can get you out of a slow-pace rut and be fun, too. Typical fartlek intervals might last 30 seconds to 3 minutes.

On the hills, though, beware of improper technique and cautious not to send your body into an anaerobic state. Most runners, Finke says, "wear themselves out on the ups and use the downs to rest, rather than to cruise." If you find yourself out of breath and dizzy at the top of the hill and deeply grateful for the slow easy saunter of the downhill, try to ease off going up and speed up going down. You might find that a heart rate monitor helps to balance your energy expenditure.

If you're training for a specific race distance, you can use shorter races as training runs. Massachusetts ultra-runner Steve Pero, who recently completed the 60-mile "fun run" version of the infamous Barkley race, uses 50k races as training runs. He believes they provide him with the necessary lactate threshold training to compete at the longer ultras more comfortably.

Keep in mind that you may increase your risk of injury if you ramp up your speedwork too quickly. The most mileage you should add to your overall distance per week is 5 to 10 percent of what you're currently doing. There is a wide variety of information out there, so settle on a program that makes sense to you and aim for some consistency. And, as Lange advises, trust your instincts.

Probably the biggest obstacle to speed training is gaining the discipline and motivation to actually do the workouts. Joining a local running club or doing speedwork with friends can make it feel a bit more like "play."

*Sunni Kay McMillan is a Texan trail runner who recently transplanted to the Boston area. In her dreams, she has wings on her running shoes and sails effortlessly and quickly over even the most difficult terrain.*

## Now for something completely different ... ... eating one's way around 200km in Holland

As a change from racing 'hundreds', of which the 'Captain Barclay' on 12-13 August was her 7th so far this year, Sandra Brown C4 took part in a non-competitive 200km in Holland during the last weekend in July.

"This was our first experience of the Dutch long distance walking group - continuous but with light refreshments every hour or so, and a main rest (the Dutch is 'rust' - appropriate at times !) place every 3-5 hours, where we stopped 30-60 mins for food & drink, medical attention as required, and where bags were available - we carried backpacks with waterproofs and emergency rations.

"The idea was that you could walk in small groups or singly between the main rest stops, not dropping below 7km/hr, and that the whole party of 60-odd would regroup and set off again together from the main stops.

"This worked for most of the way but, from around 100 miles, the group became so spread out that the front-liners had to wait a long time to start again; yet still about eight back-markers, or lost sheep, had not arrived. This was during the night, when there were substantial dark stretches through woodland, when it was easy to miss the arrow-signs marking the route at each footpath fork or turn.

"My greatest admiration was for the supervets whose stamina took them through two nights and some 40 hrs of walking; and for the organising team who did a brilliant job at each feeding station, dispensing sustenance and smiles.

"We loved the format. The route was a single big loop of 200km through countryside around Rotterdam. The scenic highlights included: in the early hours of Sat am, walking through a traditional marsh area, with old reed houses; on Sat afternoon, passing a world heritage cluster of fourteen

working 18th- century windmills along the dykes; walking through the centre of Delft on Sunday morning (*where the locals still wear traditional dress*); two ferry crossings, one by night; lots of pleasant walking along dykes and round lakes, with good birdlife - it's a ducks' and herons' paradise !.

"The Dutch are incredibly fortunate to have a network of foot/cycle ways, mostly with fair surfacing; so there was no difficulty for the organisers to make a big circuit of 200km with little road-walking. Though we passed through towns and villages, while our main stops were in cafés, canteens, sports clubs etc, mostly in or on the edge of little towns. This type of path network seems unique to Holland.

"We knew some of the party from Centurion events, but many walkers were new to us - people who said they don't do races and don't fancy them. They like the chance to walk sociably at a decent but not punitive pace through the countryside on a quiet unmarked route - and to eat, drink and be merry !

"In 2002, the Dutch are planning a 180km tour of North Holland, along similar lines to the Rotterdam circuit - sounds irresistible !

"Richard (Brown) decided to stop at the 'rust' point at 168km - the first main rest after 100 miles - as one heel was getting deeply blistered, and his hip/hammy was hurting. This was sensible, and he was satisfied with a 'hundred'. This was at first light on Sunday, with the Delft rest place (and intermediate small drink points) to come, before arrival around noon in Schiedam (on the outskirts of Rotterdam, our starting point and also where the annual Centurions' event takes place).

"I went on with the front group, including Rudi and Annie van der Meer. I enjoyed a really good chat with Annie, one of the pioneers of

ladies' long distance walking ... Annie is the only lady to have walked in the main Paris-Colmar, before there was a separate ladies' event (*Chalons-Colmar*), and got most of the way.

"The Delft rest place was at a pancake house - and there sat Richard in the sunshine, enjoying a pancake.

"The finish, back in the sports centre in Schiedam, was preceded by part of the 100-miles circuit in a nice country park. Our group came in before noon. The plan had been for the whole party to regroup at the last 'rust' place and then walk together. But in practice, a greater gap had opened up than intended, so they let people go at their own pace. The noon arrival plan was extended to 5pm to allow everyone to finish - very nice, I thought.

"Nice hot showers were followed by a presentation of certificates of completion - no times, of course, as this was not a race - and a memento: a towel printed with the event name and date (what a practical thought).

"We both noted that the effect of steady pacing and of periodic stops of 30 minutes or so was to reduce considerably the wear and tear of racing. No wonder the supervets (and there were many 60-70 year olds) can keep going going on this basis for long distances ... the 'time on feet' factor, going through two nights, makes for a different experience; but it's fine once you are used to the format ...

"I have to keep myself together and avoid the rust and rot setting in for a bit longer ! It's nice to feel that there is always 'the Dutch way' to do events when one is tired of racing."

Not a phenomenon that has struck the 51-year old yet, it seems. Two weekends later, Sandra raced 183.5km in 23:38:22 - see page 5 of this issue.

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**THE FOLLOWING 8 PAGES CONTAINS A  
LISTING OF THE AURA MENS AND WOMENS  
AGE RECORDS**

**COULD YOU PLEASE SUBMIT RECORD  
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RESULTS AND LAP SCORE SHEETS TO:**

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	<u>MEN</u>	<u>AURA AGE RECORDS</u>	<u>TRACK</u>	
<b>50 KM</b>				
M40	Graeme WOODS, QLD	3:14:44	Coburg, VIC.	28/08/88
M45	Ron CAMPBELL, VIC.	3:44:08	Box Hill, VIC.	16/06/90
M50	Bob CURTIS, VIC.	3:45:08	East Burwood, VIC. (S)	25/10/92
M55	Neville PORTER, VIC.	4:07:20	Box Hill, VIC.	15/06/91
M60	Andrew MCCOMBE, S.A.	4:09:04	Salisbury, S.A.	7/07/91
M65	Randall HUGHES, VIC.	4:07:34	East Burwood, VIC.	25/10/92
M70	Randall HUGHES, VIC.	4:16:50	East Burwood, VIC.	29/07/95
M75	Ken MATCHETT, VIC.	4:52:13	Moe, VIC. (NS)	30/11/97
<b>100 KM</b>				
M40	Bryan SMITH, VIC.	8:04:53	Coburg, VIC. (S)	28/08/88
M45	Bryan SMITH, VIC.	8:23:52	Tootgarook, VIC. (NS)	2/05/92
M50	Bryan SMITH, VIC.	8:55:33	Wollongong, N.S.W. (S)	27/03/94
M55				
M60				
M65	Fred BROOKS, VIC.	13:43:17	Coburg, VIC. (S)	8/04/01
M70	Cliff YOUNG, VIC.	14:08:54	Adelaide, S.A.	17/10/93
M75	Stan MISKIN, VIC.	15:57:49	Coburg, VIC. (S)	8/04/01
<b>200 KM</b>				
M40	Yiannis KOUROS, VIC.	15:10:27	Adelaide, S.A.	4/10/97
M45	Brian SMITH, VIC.	18:13:19	Olympic Park, VIC. (S)	20/08/89
M50	Brian SMITH, VIC.	21:19:48	Wollongong, N.S.W. (S)	27/03/94
M55				
M60	Cliff YOUNG, VIC.	20:17:09	Adelaide, S.A.	9/11/85
M65				
M70	Cliff YOUNG, VIC.	1d. 18:11:47	Colac, VIC. (NS)	21/11/95
M75	Drew KETTLE, VIC.	1d. 18:39:51	Colac, VIC. (NS)	21/11/95
<b>500KM</b>				
M40				16/11/89
M45	Bryan SMITH, VIC.	2d. 19:00:21	Colac, VIC. (NS)	16/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	6d. 15:18:51	Nanango, QLD. (NS)	20/03/96
<b>1000 KM</b>				
M40				
M45	Brian SMITH, VIC.	5d. 23:52:23	Colac, VIC. (NS)	19/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	13d. 23:05:06	Nanango, QLD.	27/03/96
<b>50 MILES</b>				
M40	Laurie BRIMACOMBE, VIC.	5:38:49	Box Hill, VIC.	29/06/85
M45	Bryan SMITH, VIC.	6:26:45	Box Hill, VIC. (S)	21/06/92
M50	Bryan SMITH, VIC.	6:19:57	East Burwood, VIC. (S)	29/07/95
M55				
M60	Cliff YOUNG, VIC.	6:45:15	Box Hill, VIC.	29/06/85
M65	Randall HUGHES, VIC.	7:19:08	East Burwood, VIC.	21/06/92
M70	Randall HUGHES, VIC.	7:43:28	East Burwood, VIC.	29/07/95
M75	Cliff YOUNG, VIC.	12:21:47	Adelaide, S.A.	24/10/99
<b>100 MILES</b>				
M40	Yiannis KOUROS, VIC.	12:11:14	Canberra, A.C.T. (S)	3/03/97
M45	Bryan SMITH, VIC.	14:21:00	Coburg, VIC. (S)	11/03/90
M50				
M55				
M60	Cliff YOUNG, VIC.	14:37:54	Sydney, N.S.W.	/83
M65	Fred BROOKS, VIC.	22:31:15	Coburg, VIC. (S)	8/04/01
M70	Cliff YOUNG, VIC.	1d. 6:49:10	Colac, VIC. (NS)	20/11/95
M75	Drew KETTLE, VIC.	1d. 9:48:36	Colac, VIC. (NS)	21/11/95

**500 MILES**

M40				
M45	Bryan SMITH, VIC.	4d. 19:05:09	Colac, VIC. (NS)	18/11/89
M50				
M55				
M60				
M65				
M70				
M75	Drew KETTLE, VIC.	11d. 0:59:35	Nanango, QLD. (NS)	24/03/96

**1000 MILES**

M40	Gary PARSONS, QLD.	13d		
M45	Gary PARSONS, QLD.	12d. 19:44:35	Nanango, QLD. (NS )	26/03/96
M50	Bryan SMITH, VIC.	11 d 23:31:45	Nanango, QLD. (NS)	23/03/98
M55				
M60				
M65				
M70				
M75				

**6 HOURS**

M40	Trevor JACOBS, ACT	83.600km	East Burwood, VIC.	21/06/92
M45	Bryan SMITH, VIC.	69:660 km	Rosebud, VIC. (NS)	2/05/93
M50	Max CARSON, VIC.	72.602 km	Coburg, VIC.	21/08/99
M55	Barry HIGGINS, VIC.	57.647km	Moe, VIC.	1/12/96
M60	Cecil WALKLEY, W.A.	53.830km	Bunbury, W.A.	2/04/94
M65	Randall HUGHES, VIC.	63.354km	East Burwood, VIC.	25/10/92
M70	Randall HUGHES, VIC.	65.575 km	East Burwood, VIC.	29/07/95
M75	Ken MATCHETT, VIC.	51.600 km	Coburg, VIC. (NS)	22/08/98

**12 HOURS**

M40	Yiannis KOUROS, VIC.	158.400 km	Canberra, A.C.T. (S)	2/03/97
M45	Bryan SMITH, VIC.	135.200 km	Olympic Park, VIC. (S)	20/10/89
M50	Bryan SMITH, VIC.	131.111 km	Toutley, N.S.W. (?)	23/01/94
M55				
M60	Cliff YOUNG, VIC.	129.525km	Sydney, N.S.W.	/82
M65	Fred BROOKS, VIC.	87.816km	Coburg, VIC. (NS)	8/04/01
M70	Cliff YOUNG, VIC.	82.400 km	Colac, VIC. (NS)	20/11/95
M75	Stan MISKIN, VIC.	78.171 km	Coburg, VIC. (NS)	8/04/01

**24 HOURS**

M40	Yiannis KOUROS, VIC.	303.506 km	Adelaide, S.A.	5/10/97
M45	Bryan SMITH, VIC.	254.515 km	Olympic Park, VIC. (S)	21/10/89
M50	Bryan SMITH, VIC.	222.294 km	Wollongong, N.S.W. (S)	27/03/94
M55				
M60	Cliff YOUNG, VIC.	235.969 km	Adelaide, S.A.	/85
M65				
M70	Cliff YOUNG, VIC.	142.000 km	Colac, VIC. (NS)	20/11/95
M75	Stan MISKIN, VIC.	142.791 km	Coburg, VIC. (NS)	8/04/01

**48 HOURS**

M40	Yiannis KOUROS, VIC.	473.495 km.	Surgeres	/96
M45	Bryan SMITH, VIC.	386.400 km	Colac, VIC. (NS)	13/11/89
M50	Bryan SMITH, VIC.	365.724 km	QLD. (NS) ?	3/06/95
M55				
M60	George AUDLEY, W.A.	320.400 km	Colac VIC. (NS)	
M65				
M70	Cliff YOUNG, VIC.	233.435 km	Colac, VIC. (NS)	21/11/95
M75	Drew KETTLE, VIC.			

**6 DAYS**

M40	Bryan SMITH, VIC.	906.4 km	Colac, VIC. (NS)	/88
M45	Bryan SMITH, VIC.	1001.410 km	Colac, VIC. (NS)	19/11/89
M50				
M55				
M60	George PERDON, VIC.	841.600 km	Colac, VIC.	/84
M65	Cliff YOUNG, VIC.	669.693 km		
M70	Cliff YOUNG, VIC.	653.600 km		
M75	Drew KETTLE, VIC.	584.993 km	Colac, VIC. (NS)	25/11/95

**WOMEN****AURA AGE RECORDS****TRACK****50 KM**

W40	Helen STANGER, N.S.W.	4:12:10	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	3:49:32	East Burwood, VIC.	19/06/93
W50	Lavina PETRIE, VIC.	3:50:15	East Burwood, VIC.	/93
W55	Susan BARDY, S.A.	5:24:17	Salisbury, S.A.	07/07/91
W60	Shirley YOUNG, VIC.	4:28:45	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	4:38:22	East Burwood, VIC.	29/07/95
W70	Shirley YOUNG, VIC.	4:50:49	East Burwood, VIC.	13/05/00

**100 KM**

W40	Helen STANGER, N.S.W.	9:06:40	Wollongong, N.S.W. (S)	26/03/94
W45	Helen STANGER, N.S.W.	9:15:22	Coburg, VIC. (S)	22/08/98
W50	Georgina MCCONNELL, N.S.W.	12:00:00	Liverpool, N.S.W.	15/10/95
W55	Angela CLARKE, QLD	11:39:30	Southport, QLD.. (NS)	18/05/96
W60				
W65	Susan BARDY, S.A.	16:50:00	Adelaide, S.A. (S)	27/10/96
W70	Shirley YOUNG, VIC.	11:37:25	Coburg, VIC. (S)	8/04/00

**200 KM**

W40	Helen STANGER, N.S.W.	21:38:46	Wollongong, N.S.W. (S)	2/04/95
W45	Helen STANGER, N.S.W.	20:56: 15	Coburg, VIC. (S)	23/08/98
W50	Georgina MCCONNELL, N.S.W.	1d. 14:02:02	Colac, VIC. (NS)	21/11/95
W55				
W60				
W65				
W70				

**500 KM**

W40				
W45	Georgina MCCONNELL, N.S.W.	3d. 23:51:52	Colac, VIC. (NS)	19/11/92
W50	Georgina MCCONNELL, N.S.W.	4d. 2:57:39	Colac, VIC. (NS)	23/11/95
W55				
W60				
W65				
W70				

**1000 KM**

W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	10d. 19:50:58	Nanango, QLD. (NS)	24/03/96
W55				
W60				
W65				
W70				

**50 MILES**

W40	Helen STANGER, N.S.W.	7:13:57	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	6:23:53	East Burwood, VIC.	19/06/93
W50	Georgina MCCONNELL, N.S.W.	14:09:19	Colac, VIC. (NS)	20/11/95
W55	Angela CLARKE, QLD.	9:18:46	Southport, QLD.. (NS)	18/05/96
W60	Shirley YOUNG, VIC.	7:32:44	East Burwood, VIC.	21/06/92
W65	Shirley YOUNG, VIC.	7:55:08	East Burwood, VIC.	29/07/95
W70	Shirley YOUNG, VIC.	8:08:55	East Burwood, VIC.	13/05/00

**100 MILES**

W40	Helen STANGER, N.S.W.	17:00:54	Wollongong, N.S.W. (S)	26/03/94
W45	Margaret SMITH	16:01:43	Sydney, N.S.W.	/84
W50	Georgina MCCONNELL, N.S.W.	1d. 2:43:47	Colac, VIC. (NS)	20/11/95
W55				
W60				
W65	Shirley YOUNG, VIC.	23:30: 29	Coburg VIC. (S)	22/08/98
W70	Shirley YOUNG, VIC.	20:39:17	Coburg VIC. (S)	9/04/00

**500 MILES**

W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	8d. 4:31:28	Nanango, QLD. (NS)	21/03/96
W55				
W60				
W65				
W70				

**1000 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**6 HOURS**

W40	Helen STANGER, N.S.W.	69.600 km	Wollongong, N.S.W. (S)	26/03/94
W45	Lavina PETRIE, VIC.	75.741 km	East Burwood, VIC.	19/06/93
W50	Georgina MCCONNELL, N.S.W.	58.200 km	Wollongong, N.S.W. (S)	26/03/94
W55	Angela CLARKE, QLD.	53.879 km	Southport, QLD. (NS)	18/05/96
W60	Shirley YOUNG, VIC.	63.425km	East Burwood, VIC.	27/10/91
W65	Shirley YOUNG, VIC.	62.658 km	Coburg, VIC.	21/08/99
W70				

**12 HOURS**

W40	Helen STANGER, N.S.W.	125.157 km	Wollongong, N.S.W. (S)	26/03/94
W45	Helen STANGER, N.S.W.	125.200 km	Coburg, VIC. (S)	22/08/98
W50	Georgina MCCONNELL, N.S.W.	100.400 km	Liverpool, N.S.W.	14/10/95
W55	Angela CLARKE, QLD.	103.000 km	Southport, QLD. (NS)	18/05/96
W60				
W65				
W70	Shirley YOUNG, VIC.	102:800	Coburg, VIC. (S)	9/04/00

**24 HOURS**

W40	Helen STANGER, N.S.W.	219.782 km	Wollongong, N.S.W. (S)	2/04/95
W45	Helen STANGER, N.S.W.	229.080 km	Coburg, VIC. (S)	23/08/98
W50	Georgina MCCONNELL, N.S.W.	181.900 km	Liverpool, N.S.W.	15/10/95
W55				
W60				
W65	Susan BARDY, S.A.	130.591 km	Adelaide, S.A. (S)	27/10/96
W70	Shirley YOUNG, VIC.	176.810 km	Coburg, VIC. (S)	9/04/00

**48 HOURS**

W40	Helen STANGER, N.S.W.	329.256 km	Lota, QLD. (NS)	2/06/95
W45	Georgina MCCONNELL, N.S.W.	301.875 km	QLD. ?	5/06/93
W50	Georgina MCCONNELL, N.S.W.	142.000 KM	Colac, VIC. (NS)	21/11/95
W55				
W60				
W65				
W70				

**6 DAYS**

W40	Helen STANGER, N.S.W.	691.588 km	Campbelltown, N.S.W. (S)	24/11/90
W45	Georgina MCCONNELL, N.S.W.	738.103 km	Campbelltown, N.S.W. (S)	24/11/90
W50	Georgina MCCONNELL, N.S.W.	699.318 km	Colac, VIC. (NS)	25/11/95
W55				
W60				
W65				
W70				

MENAURA AGE RECORDSROAD**50 KM**

M40	Trevor JACOBS, A.C.T.	3:05:06	Canberra, A.C.T.	18/03/93
M45	Laurie BRIMACOMBE, VIC.	3:06:29	Ballarat, VIC.	9/12/90
M50	Kent WILLIAMS, A.C.T.	3:20:45	Canberra, A.C.T..	9/04/95
M55	Roger LEBISH, QLD.	4:22:52	Canberra, A.C.T.	19/04/98
M60	Ernie WARNER, A.C.T.	4:24:18	Canberra, A.C.T.	13/04/97
M65				
M70	Randall HUGHES, VIC.	4:07:00	Canberra, A.C.T.	19/04/98
M75				

**100 KM**

M40				
M45	Bryan SMITH, VIC.	7:54:31 (a)	Palamos, Spain	16/02/92
M50	Bryan SMITH, VIC.	7:58:38 (a)	Shepparton, VIC.	17/09/95
M55				
M60				
M65				
M70				
M75				

**200 KM**

M40				
M45				
M50	Bryan SMITH, VIC.	1d. 4:12:24 (d)	Spartathlon (246km) Greece	28/09/96
M55				
M60				
M65				
M70				
M75				

**500 KM**

M40				
M45	Bryan SMITH, VIC.	3d. 14:17:-- (c)	Albany, Perth, W.A.	16/10/93
M50	Bryan SMITH, VIC.	2d. 19:54:00 (c)	Albany, Perth, W.A.	14/10/94
M55				
M60				
M65				
M70				
M75				

**1000 KM**

M40	Bryan SMITH, VIC.	6d. 12:23: -- (d)	Sydney - Melbourne	/ /88
M45	Bryan SMITH, VIC.	6d. 8:34: -- (d)	Sydney - Melbourne	/ /91
M50				
M55				
M60				
M65				
M70				
M75				

**50 MILES**

M40	Laurie BRIMACOMBE, VIC.	5:33:59	Ballarat, VIC.	11/08/85
M45	Barry BROOKS, VIC.	5:51:16	Ballarat, VIC.	24/08/86
M50	Gerry RILEY, VIC.	7:14:30	Ballarat, VIC.	11/08/85
M55				
M60	Cliff YOUNG, VIC.	6:33:46	Ballarat, VIC.	24/08/86
M65				
M70				
M75				

**100 MILES**

M40
M45
M50
M55
M60
M65
M70
M75

**500 MILES**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**1000 MILES**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**6 HOURS**

M40	Yiannis KOUROS, VIC.	84.856 km	Glengarry, VIC.	5/04/98
M45	Rudi KINSHOFER, S.A.	71.501km	Glengarry, VIC.	3/10/99
M50	Bruce RENWICK, N.S.W.	74.766km	Glengarry, VIC.	3/10/99
M55				
M60				
M65				
M70				
M75	Ken MATCHETT, VIC.	51.00km	Caboolture, QLD.	8/02/97

**12 HOURS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

**24 HOURS**

M40	Yiannis KOURIS	290.221 km	Basle	/98
M45	Bryan SMITH, VIC.	251.050 km (a)	Milton Keynes, U.K.	4/02/90
M50				
M55				
M60				
M65				
M70				
M75				

**48 HOURS**

M40				
M45				
M50	Bryan SMITH, VIC.	371.200 km (c)	Albany - Perth, W.A.	13/10/94
M55				
M60				
M65				
M70				
M75				

**6 DAYS**

M40  
M45  
M50  
M55  
M60  
M65  
M70  
M75

	<u>WOMEN</u>	<u>AURA AGE RECORDS</u>	<u>ROAD</u>	
<b>50 KM</b>				
W40	Helen PARKES, A.C.T.	4:43:16	Canberra, A.C.T.	10/04/94
W45	Helen STANGER, N.S.W.	3:51:50	Canberra, A.C.T.	19/04/98
W50	Lavinia PETRIE, VIC.	3:41:57	Canberra, A.C.T.	10/04/94
W55				
W60				
W65				
W70				
<b>100 KM</b>				
W40	Helen STANGER, N.S.W.	8:58:-- (a)	Dam Run, N.Z.	28/12/92
W45	Helen STANGER, N.S.W.	9:04:47 (a)	Shepparton, VIC.	17/09/95
W50				
W55				
W60				
W65	Shirley YOUNG, VIC.	10:47:13 (a)	Shepparton, VIC.	15/09/96
W70	Shirley YOUNG, VIC.	10:59:00	Canberra, A.C.T.	20/02/00
<b>200 KM</b>				
W40	Helen STANGER, N.S.W.	23:21:04 (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				
<b>500 KM</b>				
W40				
W45				
W50	Georgina MCCONNELL, N.S.W.	4d. 2:27:-- (c)	Albany - Perth, W.A.	16/10/93
W55				
W60				
W65				
W70				
<b>1000 KM</b>				
W40				
W45				
W50				
W55				
W60				
W65				
W70				
<b>50 MILES</b>				
W40	Georgina MCCONNELL, N.S.W.	7:46:49 (d)	Christchurch, NZ	4/04/87
W45	Jan.COLLINS, QLD.	8:47:04	St Lucia University, QLD.	2/10/88
W50				
W55				
W60				
W65				
W70				
<b>100 MILES</b>				
W40	Helen STANGER, N.S.W.	18:13:11 (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				



**500 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**1000 MILES**

W40  
W45  
W50  
W55  
W60  
W65  
W70

**6 HOURS**

W40	Helen STANGER, N.S.W.	63.650 km (a)	Basel, Switzerland	3/05/92
W45				
W50	Lavinia PETRIE, N.S.W.	72.229	Glengarry, VIC.	5/04/98
W55				
W60				
W65				
W70				

**12 HOURS**

W40	Helen STANGER, N.S.W.	112.225 km (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

**24 HOURS**

W40	Helen STANGER, N.S.W.	206.497 km (a)	Basel, Switzerland	3/05/92
W45				
W50				
W55				
W60				
W65				
W70				

**48 HOURS**

W40	Wanda FOLEY, OLD.	228.000 km (d)	Campbelltown, N.S.W.	8/11/88
W45				
W50				
W55				
W60				
W65				
W70				

**6 DAYS**

W40	Wanda FOLEY, QLD.	619.012 km (d)	Campbelltown, N.S.W.	12/11/88
W45				
W50				
W55				
W60				
W65				
W70				



# MEMBERSHIP APPLICATION

AUSTRALIAN ULTRA  
RUNNERS' ASSOCIATION  
INCORPORATED

Send application  
& money to:  
David Criniti  
(Membership  
Secretary)  
AURA Inc  
14 Cambridge Ave  
North Rocks  
NSW 2151  
Australia

## APPLICANT:

Family name: \_\_\_\_\_  
Given names: \_\_\_\_\_  
Date of birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: F ☐  
(day) (month) (year). M ☐  
Street address: \_\_\_\_\_  
Suburb: \_\_\_\_\_  
State / territory: \_\_\_\_\_ Country: \_\_\_\_\_ Zip / Postcode: \_\_\_\_\_  
Phone (h) (\_\_\_\_) \_\_\_\_\_ Phone (w) (\_\_\_\_) \_\_\_\_\_  
Phone (m) \_\_\_\_\_ Email: \_\_\_\_\_

I, \_\_\_\_\_ (full name of applicant), of the above address, 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)

## PROPOSER / SECONDER

(these are a legal requirement, which we will happily provide for you):

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 seconder) (date)
--	--

## CURRENT FEES:

Current membership fees for the year ending December 2002, in Australian dollars, are as follows:

	Jan / Feb / Mar	Apr / May / Jun	Jul / Aug / Sep	Oct / Nov / Dec
Australia	\$30	\$22.50	\$15	\$7.50
Asia	\$43	\$32.25	\$21.50	\$10.75
Europe	\$48	\$36	\$24	\$12
New Zealand	\$39	\$29.25	\$19.50	\$9.75
U.S.A	\$46	\$34.50	\$23	\$11.50

Note: Fees cover membership from the date of approval of application until the end of that calendar year. Subsequent renewals will coincide with the calendar year.