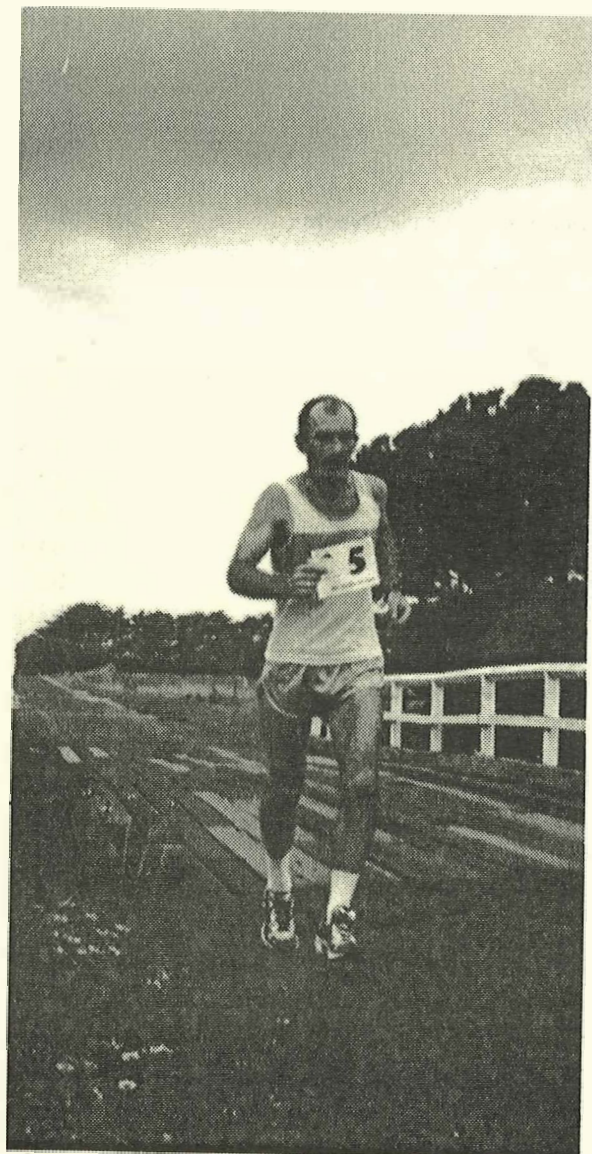


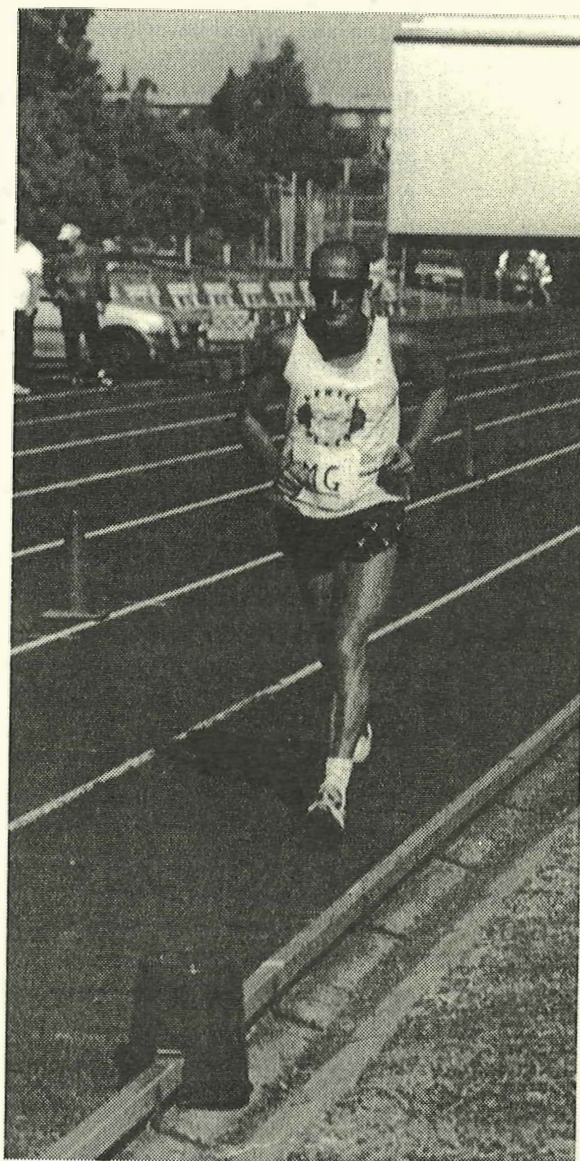
# ULTRAMAG

Volume 17 No. 1

March 2002

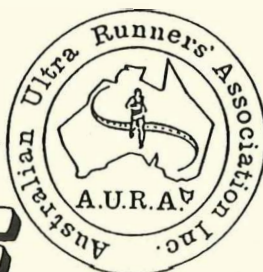


Bruce Renwick from the A.C.T.



Bogong to Hotham Race Director  
Michael Grayling

  
**A.U.R.A.**  
**MAGAZINE**



Official publication of  
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Victoria).

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**AURA would like to acknowledge thank the following members for donating generously in 2002. Such generosity is always appreciated, especially in this era of increasing insurance costs. Thank you again.**

Nick Drayton - \$100, Ian Wright - \$50, Peter Armistead - \$20, Alan Barkauskas - \$20, Trish Bates - \$20, Kath Bergkvist - \$20, Max Carson - \$20, Gordon Forsyth - \$20, Chris Gamble - \$20, Ernest Hartley - \$20, Stan Latchford - \$20, Ken Matchett - \$20, John McLeich - \$20, Stan Miskin - \$20, Peter Nelson - \$20, Kevin Tiller - \$20, Bill Tomiczek - \$20, Andrew Townshend - \$20, Ross Shilston - \$20, Greg Love - \$15, David Sill - \$12, James Bazzo \$10, David Clear - \$10, Dick Crotty - \$10, David Jones - \$10, Jann Karp - \$10, Godfrey Pollard - \$10, Alan Staples - \$10, Nobby Young - \$10, George Cormack - \$5, Brian Jackson - \$5, Rudolf Kinshofer - \$5, Ross Parker - \$5, Max Scherleitner - \$5, Jerry Zukowski - \$5

It seems that we have had a share of reminders that none of us are invincible. Not only have we seen the first anniversary of the tragic loss of Bryan Smith [2-2-02] but we have recently learnt that Cliff Young has suffered another stroke. True to form, Cliffy is not letting it get the better of him and is still going strong. Cliff is a true grandfather of the sport and many will say that he put ultrarunning on the map. This issue contains an old article called "Cliffy's Tips", an invaluable collection of his do's and don'ts compiled during his prime running years that make invaluable reading for any newcomers to the sport. Another of our true pioneers, Tony Rafferty, was recently awarded an OAM after a long and distinguished career and this issues profile features Steel Beveridge whose career goes way back to the 70s. Meanwhile at the other end of the scale, 19 year old Don Maclurcan is currently midway through a solo run from Perth to Sydney and progressing well

One article that is compelling reading is "Eleanor Robinson's top ten" Nine pages in length, Eleanor details the top 10 performances of her long and distinguished career with five of those performances having occurred in Australia.

It was with much frustration that we saw Canadian Dave Blaikie's "Ultramarathon World" web site crash without explanation. Dave put a lot of time into establishing an incredibly informative site covering ultrarunning right across the world. After many months of retrieving old data from his former service provider, the Ultramarathon World site is back in a bigger and better format. Dave's site is at [www.ultramarathonworld.com](http://www.ultramarathonworld.com)

A new event to look out for is Paul Ashton's Mount Feathertop 50km, a gruelling but scenic run in the same area as the Bogong to Hotham event. Details can be found in the ultra calendar

Overseas, Andy Milroy and Dan Brannen have compiled their "TopTen" male and female ultrarunners for 2001

Kevin Cassidy

## Southern States Ultra

The Adelaide to Melbourne 14 day stage race set down for March 2003 now has a new Race Director. Adam Johnson is the new man at the helm. Entry forms and details will appear in the June issue of Ultramag

Meanwhile, interested runners are encouraged to contact Adam as soon as possible to express their interest

Adam's details are: Adam Johnson 58 Victoria Street Macedon 3440 [vic]  
Ph. [h] 03 5426 1981 [w] 03 8862 3554 mob. 0414 244 715  
e-mail [adamjohnson@iprimus.com.au](mailto:adamjohnson@iprimus.com.au)

## RENEWALS RENEWALS RENEWALS RENEWALS

Yes, that is right, renewals slips appeared in the last issue. Membership secretary, Dave Criniti, tells me that most of you have renewed but there is still a few that haven't as yet. If you don't wish to renew then this will be the last magazine you receive this year. However, just get \$30 off to David Criniti at 14 Cambridge Ave North Rocks 2151 [nsw]

# Current Australian Ultra Calendar

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

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.

## March 2002

### 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 [stever@nswcc.org.au](mailto:stever@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 Coffs 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)

## April 2002

- 7 **FRANKSTON TO PORTSEA ROAD RACE, VIC**  
34 miler, contact Kev Cassidy Phone 0425-733-336 or email [kc130860@hotmail.com](mailto: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.fatassworld.com](http://www.fatassworld.com) for more info or email Kevin Tiller on email [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.
- 26 **KINGAROY WETLANDS 2000 MILE RUN/ WALK/ HANDCYCLE**  
2000 Mile (3220km) Run, walk or handcycle over 84 days and nights (26th April to 19th July 2002). All Entrants must supply their own food and prepare their own food and drinks. No crew provided and if necessary do your own lap-scoring - each lap is 9.4km road. Laps around Wooroolin Wetlands, Kingaroy. Charities are Cotton-Wool Children's Camp and Camp Quality. Open to all able-bodied, disabled, wheelchair, hand cycling people. No fee and no awards. Enquiries to Barry Stewart, 19 Greenview Rd, Wondai, QLD 4606 or phone (07) 4169-0253.
- 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

### 4 THIN BLUE LINE - FAT ASS RUN

88km with 44km option. Starts 7am and finishes from Drummoyne (loop course). A run around the foreshores of Sydney Harbour, over the Harbour Bridge, Gladesville Bridge, Homebush Olympic site and all bush tracks in between. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage [www.fatassworld.com/thinblueline](http://www.fatassworld.com/thinblueline) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

### 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) <<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)

### 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)

### 24-26 SYDNEY TRAILWALKER 100km

Starts 10am, Hunters Hill High School, 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 Oxfam Community Aid Abroad. Contact Kevin Doye via email [trailwalker@sydney.caa.org.au](mailto:trailwalker@sydney.caa.org.au) or Phone (02) 8204-3900. More info including results and reports on the webpage at [www.coolrunning.com.au/races/trailwalker](http://www.coolrunning.com.au/races/trailwalker).

### ?? 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).

## 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.fatassworld.com/poormans](http://www.fatassworld.com/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

19-21 **BRIBIE 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, NSW**  
32km and 46km, 8am start for 46km & 9am for 32km at Cambewarra Public School, near Nowra, NSW and finishing at Kangaroo Valley Showground. Contact Race Secretary, Nowra Athletics Club, 30 Flannery Rd, Cambewarra 2540 NSW. Cheques payable to Nowra Athletics Club. Transport back from Kangaroo Valley to the start provided. Enquiries Kevin Davis (02) 44218811 (W) or (02) 44478309 (H) or Andrew Johnstone (02) 44213849 (AH) or email [jekyll1@bigpond.com](mailto:jekyll1@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.fatassworld.com/cotter](http://www.fatassworld.com/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.fatassworld.com](http://www.fatassworld.com) 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**

**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)

?? **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)

**October 2002**

**27 BRIBIE BEACH BASH, QLD**

15Km, 30Km and 46km Ultra Run & Walk Events put on by QLD Ultra Runners Club starting at North Street, Woorim, Bribie Island. Start times : ultra 5am; 30k 6am; 15k 7.45am; Relay teams (3 person x 12k each) 7.30, 3km 9.00am (open to all ages). Council stipulated, ALL events be on the beach. This is a solo and relay run & walk event to raise money for The Multiple Sclerosis Society of Qld. Post all entries as soon as possible to : Q.U.R.C., C/- Kerrie Hall, 12 Jade St, Caboolture, QLD 4510. or contact Race Director Geoff Williams on (07) 5497-0309 or mobile 0412-789-741 or email [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au) or Download the entry form as a MS-WORD document here <http://www.coolrunning.com.au/art/wordbutton.gif> . As the run is in aid of people with MS, the organisers would be very grateful for any sponsorship money. This can be collected using this MS-WORD sponsorship document here <http://www.coolrunning.com.au/art/wordbutton.gif>

?? **WINEGLASS CLASSIC ULTRA CHALLENGE, TAS**

Participants will run, Kayak, road bike ride and Mountain bike ride around parts of the spectacular Freycinet Peninsula on Tasmania's East Coast. Contact Tim Saul on (03) 6248-9049 or email [tasultraevents@tasmail.com](mailto:tasultraevents@tasmail.com) or website

?? **FITZROY FALLS FIRE TRAIL MARATHON, NSW**

42km. Starts 8am from Twin Falls Cottages, Fitzroy Falls. Entry fee \$30. Contact Michael Chapman on (02) 9518-9099 or mobile 0419-515-555 or email [michael@bonnefinchapman.com.au](mailto:michael@bonnefinchapman.com.au) or race website at [www.fitzroyfallsmarathon.com](http://www.fitzroyfallsmarathon.com)

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

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

?? **ADELAIDE TRAILWALKER 100km**

The 100km trail will commence at Millbrook Primary School, Cudlee Creek, at 10.00am on Friday 26 October. The event concludes at Kuitpo Forest Information Centre. All participants must complete the event by 10.00am on Sunday 28 October. Teams of 4 only. Time Limit 48hrs. Sponsorship required as part of entry

criteria - organised by Community Aid Abroad. Contact Sarah Lawson via email [sarahlawson@sydney.caa.org.au](mailto:sarahlawson@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).

?? **MACARTHUR - CANCER COUNCIL RELAY FOR LIFE**

Campbelltown Sports Stadium - Contact phone (02) 9687-1399 - 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/specevt/relayforlife\\_index.htm](http://www.nswcc.org.au/volnteer/specevt/relayforlife_index.htm) or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

?? **CASINO - CANCER COUNCIL RELAY FOR LIFE**

Queen Elizabeth Park, Casino - Contact phone (02) 6662-6259 - 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/specevt/relayforlife\\_index.htm](http://www.nswcc.org.au/volnteer/specevt/relayforlife_index.htm) or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

?? **BATHURST - CANCER COUNCIL RELAY FOR LIFE**

Bathurst Showground - Contact phone (02) 6361-1333 - 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/specevt/relayforlife\\_index.htm](http://www.nswcc.org.au/volnteer/specevt/relayforlife_index.htm) or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

## November 2002

?? **STOCKTON DESERT CHALLENGE - FAT ASS RUN**

27km, 53km. Starts 7am at the Newcastle end of Stockton Beach (about 180km drive North of Sydney) and then run to the north end of the beach along the sea edge, and back over the dunes. Course is beach / sand only with no spectacular views beside the ocean of course and the feel of being somewhere in the middle of the Simpson Desert. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage [www.fatassworld.com](http://www.fatassworld.com) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

?? **NEWCASTLE - CANCER COUNCIL RELAY FOR LIFE**

Newcastle Paceway - Contact phone (02) 4961-0988 - 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/specevt/relayforlife\\_index.htm](http://www.nswcc.org.au/volnteer/specevt/relayforlife_index.htm) or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

?? **NAMBUCCA - CANCER COUNCIL RELAY FOR LIFE**

Macksville Showground - Contact phone (02) 6651-5732 - 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 [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

?? **VICTORIAN 6 HOUR & 50KM CHAMPIONSHIPS**

Starts 8am at Moe Athletics Centre, Newborough. The track is on a synthetic surface. \$30 entry covers both events. Starting time 8am. Entry forms and more information from Geoff Duffell (03) 5122 2855 or email [gduffell@net-tech.com.au](mailto:gduffell@net-tech.com.au).

?? **BRINDABELLA CLASSIC, ACT**

Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start at the summit of Mt. Ginnini, finish Cotter Reservoir, \$67.00 entry fee with pottery goblet, \$50 without, 7 hour time limit, halfway in 3hrs.20. Includes Relay Race and Balls Head 32km race. "Australia's Toughest Downhill Mountain Race!". Contact race website at [www.coolrunning.com.au/mountainrunning/events/bclassic/2001/index.shtml](http://www.coolrunning.com.au/mountainrunning/events/bclassic/2001/index.shtml)

?? **BALLARAT - CANCER COUNCIL RELAY FOR LIFE**

Friday 6 pm to Saturday 6 pm at Ballarat North Sports Complex, Ballarat, 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>

?? **100KM ROAD CHAMPIONSHIPS, THAT DAM RUN**

Waitaki District of North Otago, Kurow, New Zealand, 12 hours time limit. Contact J&B Sutherland, 12 Settlement Road, Kurow, NZ. Phone (03) 436-0626 or email [tdrjb@kurowarea.school.nz](mailto:tdrjb@kurowarea.school.nz)

?? **WOLLONGONG - CANCER COUNCIL RELAY FOR LIFE**

Beaton Park, Gwynneville - Contact phone (02) 4271-1277 - 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 [stever@nswcc.org.au](mailto:stever@nswcc.org.au)

?? **FRANKSTON - CANCER COUNCIL RELAY FOR LIFE**

Saturday 12 noon to Sunday 12 noon at Ballam Park Athletics Track, Frankston, 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>

?? **WHITEHORSE - CANCER COUNCIL RELAY FOR LIFE**

Saturday 12 noon to Sunday 12 noon at Bill Sewart Athletics Track, East Burwood, 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>

?? **COLAC 6 DAY RACE, VIC**

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



## ?? LA TROBE VALLEY - CANCER COUNCIL RELAY FOR LIFE

Saturday 12 noon to Sunday 12 noon at Moe Recreational Centre, La Trobe Valley, 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>

## December 2002

## ?? KEPLER CHALLENGE MOUNTAIN RUN

67km off-road mountain run. Starts Te Anau, New Zealand. Contact Kepler Challenge Organising Committee, PO Box 11, Te Anau, NEW ZEALAND or Fax (03) 249-9596 or email [keplerchallenge@yahoo.com](mailto:keplerchallenge@yahoo.com) or check webpage [www.keplerchallenge.co.nz](http://www.keplerchallenge.co.nz) for more info.

## ?? 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

## !!!!!!!!!!!! NEW EVENT !!!!!!!!!!!!!

### The Feathertop 50km Ultra Challenge. This event will be run at the end of November 2002.

It is one of Australia's most scenic Alpine runs. Starting at Mt Hotham Alpine Village 1800m the run course goes downhill on bitumn for 3 km to the Razorback for a stunning 11 km trail run to the summit of Victoria's second highest peak Mt Feathertop, the run returns along the same path to Diamantina hut before heading uphill to the Mt Loch carpark. From here its a 19 km loop down Swindlers spur to Cobumgra Gap and then a steady runnable climb up Machinery spur to finish at Mt Hotham. Negotiations are hand to arrange lodge accomodation on the Mountain.

Two short course runs will also be available on the day a 22 km out and back run on the Razorback for runners wanting to experience the magic of Mountain trail running and a more demanding 25km course from Hotham to Dibbins hut on the Cobungra river and back to Hotham Village.

The entire run takes place over 1200m in exposed Alpine conditions with radip weather changes possible. After the Bogong to Hotham run this would be Australia's most scenic high altitude run and most importantly one that is not too demanding. A great way to start the summer running season. More information will be available shortly from Paul Ashton. ph. 03 9885 8415 e-mail [pashton@telstra.easymail.com.au](mailto:pashton@telstra.easymail.com.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 major TRV runs this year will revolve around

Wilsons Prom	100/80/60/43/20 km	13/14 April	Super coastal running
Grampians	25/50 km	13/14 July	Great bush running
Surf Coast	30/60 km	12 Oct	Wonderful beach/cliff running
Mt Feathertop	22/50 km	30/01 Dec	Great Alpine ridge running

Regular training runs are held on Saturdays/Sundays in the Dandenongs/Kinglake area. Additional run leaders are required. If you have a favorite run or running area or would like to lead a run or just want to find out more about Trail Running Victoria then please contact Paul Ashton on 03 9885 8415 [h] 0418 136 070 [m] or e-mail [pashton@telstra.easymail.com.au](mailto:pashton@telstra.easymail.com.au)

## AURA Points Race & Ultramarathon Runner of the Year Awards

After a near death experience, the AURA Points Race will resume in the June edition of Ultramag. The race is now being administered by Stan Miskin who has very generously donated his time to ensure it goes ahead.

I would like to acknowledge criticism that his award has received over the past few months. It has been argued that the points system is an inaccurate way of deciding who is the 'best' ultra runner in a given year.

As the person who initially devised this award, I am prepared to accept this criticism and I would suggest that from 2003 onwards, if the award continues, the winner be known as simply the AURA Points Race Champion. However, it will remain as advertised for the year out of respect for those who have trained for the award on the basis that it was the Ultrarunner of the year award.

As mentioned, Stan is now administering the award. For an ultra to be counted in the award, the official results must be either published in Ultramag, or sent to Stan before the end of the calendar year. Interim results will be published in the following editions of Ultramag this year, and the final results will be announced in the March issue, 2003.

Sincerely, David Criniti

Address all future correspondence regarding this award to:

Stan Miskin 1 Brookfield Crt  
Berwick Vic 3806  
(03) 9705 8575

### HOW THE POINTS SYSTEM WORKS

As mentioned in previous editions of Ultramag, the points system works as follows:

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</b>	3	1 <sup>st</sup> place	Provided there are at least 2 starters in your division (male / female)
Placegetters	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</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.
Bonus points	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.*

## Letter from Phil Essam

As you may or may not be aware, I have recently severed my position of actively promoting AURA and being involved in a day by day capacity of helping to run the organisation. This was due to some ongoing issues with the Exec and my work commitments getting decidedly busier. The AURA Exec now know my feelings on those issues and the feelings of some other Ex- Exec members so it is up to them now to listen and learn from that.

I will still be involved with the sport. I hope to be able to get more time for training now and subsequently should be entering some ultras within the next 6 months. I will also be helping to promote the Australian 6 Day Race where I can. I'm also looking forward to writing some more articles of a historical nature once again! I am also looking forward to someone taking over as Race Director for the 2003 Southern States Ultra , or it will fold! I will be back actively promoting my own race/s in 2 to 3 years time when "UltraOz" can be registered as a business entity.

Future of AURA - AURA has the potential to be a truly representative organisation helping with all facets of the sport. But the current membership has got to want that to happen and to back up the Exec when they try and introduce these changes. It has a great magazine , a great web site and three great races aimed at the better than average runners! I see one of the main problems being that people can gain all the necessary information via any one of the many web sites on the web and they don't really need the magazine for all their necessary ultra fix!

Yes some people still like the magazine to keep and hold including myself, but that number is going to decrease over the next few years if the AURA exec don't look at the web site/magazine interaction more closely! This isn't just the AURA web site I'm talking about(to which Kevin Tiller does a great job) , but all web sites! My own web site may have provided a bit too much info during it's shelf life as well!

Future of the sport in this country- It has unlimited potential to at least double the current amount of participants in the next 5 years. The current race organisers have got to start talking to each other and not be afraid of thinking big picture. Another Westfield can happen! "If we build it, they shall come" We should not be embarrassed by what we do. We should get out there and shout it from the roof tops. That includes all participants and helpers in the sport as well!

Well. Time to go training. I look forward to actually competing in more races now and putting on my own races in 2/3 years time! I look forward the mag over the next year and finding out what the Exec is doing and what new faces are coming onto the Exec.

Phil Essam      ph 03 9395 3685      mob 0407830263



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

Name.

Date of birth

Place of birth

Current address

Occupation

Marital Status

Children

Height

Weight

Best Physical feature

Education background

Favorite Author

Favorite book

Favorite non running magazine

Favorite movie

Favorite TV show

Favorite Actor

Favorite music

Book you are currently reading

Hobbies

Collections

Make of car you drive

Make of car you would like to drive

Greatest adventure

Favorite spectator sport

Favorite holiday destination

Favorite item of clothing you own

Most prized possession

Personal hero

Favorite quote

Personal philosophy

Short term goal

Long term goal

Achievement of which you are most proud

Pets

Pet peeve

Favorite non running activity

Greatest fear

Happiest memory

Personal strength

Personal weakness

RUNNING:

PB's

Years running ultras

Number of ultras finished

Best ultra performance

Most memorable ultra and why

Typical training week

Injuries

Favorite running shoes

Favorite food/drink during an ultra

Favorite handler

Favorite place to train

Favorite running surface

Ultrarunning idol

Why do you run ultras

Any advice to other ultrarunners

DON'T  
FORGET  
YOUR  
PHOTO

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

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

## "The Prom 100 Run"

13<sup>th</sup> April 2002

Experience the second running of one of Australia's best coastal trail runs at Victoria's spectacular Wilson's Promontory National Park. The run is all on trails, rock, beaches and duckboard offering spectacular coastal views with only 10km on sealed road within the Park. It will be necessary to wade across Sealers Creek at Sealers Cove.

The Prom 100 will be a totally self supported run; it is not a race. No participation fees are payable and runners are fully responsible for their own safety and assume full liability for their participation. Participants should offer assistance to other runners in distress.

NB. A strict limit of 35 participants has been imposed by PWS. This is an increase on last year. Places will be awarded on a first in basis.

No support personnel or equipment is available other than at Tidal River. This is an arduous course with constant climbs that take a cumulative toll. The run has been scheduled for Saturday 13 April with the mandatory pre race briefing taking place on Friday 12 April. Weather conditions could be cold, wet and windy. Hypothermia is a serious risk and all runners should be prepared. On the other hand being early April it could be warm to hot!!

The Prom 100 run should only be attempted by experienced trail runners with good navigational skills. The run will start and finish in the dark. Runners attempting the course must have successfully completed one 50 km organised trail run in the previous 6 months.

Distance: Four runs will be available on the Saturday 13 April

100 km: start time - 6 am                      60 km: start time - 7 am

80 km: start time - 6 am                      43 km: start time - 7 am

Runners will be responsible for recording their own times and a run register (possibly with a volunteer recorder) will be located at race Headquarters at Tidal River and at the Junction of Telegraph track and Waterloo Bay walking trail. Runners must log in at these points as a safety check AND must ensure that they complete the line against their name.

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

Safety Equipment: A detailed list will be provided on request

### Medical Evacuation

Given the nature of the terrain and the distance from the closest hospital, participants are encouraged to join Air Ambulance Victoria - any medical evacuations are at participants cost ([www.ambulance-vic.com.au](http://www.ambulance-vic.com.au) Phone 03 9379 9155)

### Travel/Camping Arrangements:

Travel to Tidal River is by car; runners should arrive on the Friday afternoon/early evening. Driving time from Melbourne is approximately 3.0 - 3.5 hours, camping is available at Tidal river. Park entry fees and camping fees are payable.

Course Description: Available at the pre run briefing. For further information or to register for the Prom 100 go to: - [www.coolrunning.com.au/ultra/wilsonsrom/index.shtml](http://www.coolrunning.com.au/ultra/wilsonsrom/index.shtml)

or - contact: Paul Ashton ph: 03 9885 8415 (h) / 0418 136 070 (m)  
email: [pashton@telstra.easymail.com.au](mailto:pashton@telstra.easymail.com.au)

## "Prom 100" Waiver

I, the undersigned, affirm that I participate in this run at my own risk, that there will be no support available except where provided by myself, no route markings, no marshals, and no medical personnel in attendance and I cannot hold my fellow runners, those who advertise the run or anyone else involved in the run or anyone else, responsible for any accident, injury or death sustained by anyone, anywhere or any property lost, stolen or damaged.

I know that the run may traverse extremely rough and rugged bushland, that is inhabited by the standard Australian wildlife and accept I could get hurt, lost, dehydrated, injured or could even die. I fully accept this on my own behalf.

I understand that even if I am an extremely experienced athlete, I may still not be fit enough to complete the course in daylight and I have the necessary safety equipment for me to complete the run at night. I believe that I am fit enough to start and complete this run, or else have the capabilities to get back to civilisation or my support crew and that I am responsible for myself and the cost of any search and / or rescue if I become lost or suffer any medical problem.

In particular I guarantee that I will not bring any legal action in regard to this run.

I confirm that I have had time to fully read and understand this waiver even if it does limit my legal rights, and that I have not been pressured to sign this. I do so of my own free will, in a sane mind.

Run Name:

Run Date:

Run Distance:

Name:

Age:

Mailing Address:

Suburb:

P/C

Email:

Phone: (H)

(M)

Rego of Vehicle:

Emergency Contact

Name

Phone

Signature:

Date:

No entry fees are charged for this event please indicate if you would be interested in purchasing the following items:

Prom Run T-Shirt \$30 Quantity\_\_\_\_\_

Photo crossing Sealers Creek \$ 5 Quantity\_\_\_\_\_

Post to:-P.Ashton

34 Eleanor St

Ashburton 3147



# 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.

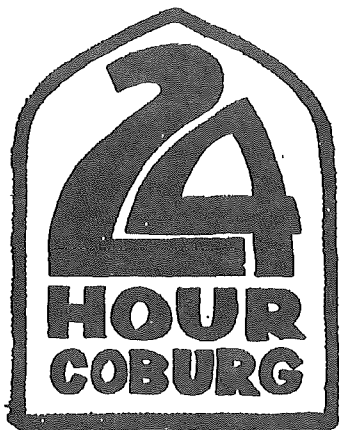
**ENTRY FEES: 24 HOUR EVENTS: \$50.00  
12 HOUR EVENTS: \$40.00  
6 HOUR EVENTS: \$30.00**

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

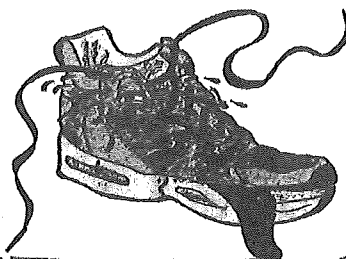
Signature \_\_\_\_\_

Date \_\_\_\_\_

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



# COBURG 24 HOUR CARNIVAL 2002



## 19<sup>th</sup> ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 18<sup>th</sup> AUSTRALIAN CENTURIONS 24 HOUR WALK

- 24 Hour Run/Walk 10.00AM Saturday 13<sup>th</sup> April 2002 to 10.00AM Sunday 14<sup>th</sup> April
- 12 Hour Run/Walk 10.00AM to 10.00PM Saturday 13<sup>th</sup> April
- 6 Hour Run/Walk 10.00AM to 4.00PM Saturday 13<sup>th</sup> April
- 12 Hour Team Relay 10.00PM Saturday 13<sup>th</sup> April to 10.00AM Sunday 14<sup>th</sup> April.  
See Separate Entry Form

Held at: Harold Stevens' Athletic Track  
Outlook Rd Coburg, 3058, Victoria (Melways 18/A9)  
Enquiries: (03) 9379 2065

ENTRY FEE: 24hr \$50, 12hr \$40, 6hr \$30

### ULTRA ENTRY FORM

SURNAME

FIRST NAME

INITIALS

ADDRESS (No. and Street)

DATE OF BIRTH

SUBURB or TOWN

POSTCODE

SEX (M or F)

AGE ON RACE DAY

PHONE (HOME)

PHONE (WORK)

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

◆ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

SURNAME

FIRST NAME

PHONE (HOME)

PHONE (WORK)

RELATIONSHIP

#### Details of Your Best Track Ultra Performances:

6 Hour ----- Km      50Km -----  
12 Hour ----- Km      100Km -----  
24 Hour ----- Km      50 Miles -----  
Best Marathon -----

SEND ENTRIES TO: TIM ERICKSON  
1 AVOCA CRES  
PASCOE VALE  
VICTORIA, 3044

Entries close 5<sup>th</sup> April 2002

**Conditions of Entry on Back.**

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

# 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      Make cheques payable to J. C. Harper. Mail or deliver  
\$40.00 for non-members      entry form and fee to: John Harper, 21 Lancelot Crescent,  
Glen Waverley, 3150. (Telephone: (03) 9803 7560)
- CLOSING DATE: All entries shall be delivered by 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.

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.*

# Steel Beveridge.....In Profile

Date of birth 1-1-1951  
Place of birth Gosford, NSW  
Current Address 3B Surf St Emerald Beach NSW  
Occupation Teacher  
Marital Status Partner to Lyn Fulton  
Children None  
Height 170cm and shrinking!!  
Weight 59kg  
Best physical feature I have still got most of my hair!!  
Education background B.A. Dip Ed  
Favourite Author Joseph Heller and J.R. Tolkien  
Favourite Book Catch 22 or Lord of the Rings  
Favourite non running magazine None  
Favourite Movie Chariots of Fire  
Favourite TV show Law and Order  
Favourite Actor None  
Favourite Music Eclectic [or non existent!!]  
Book you are currently reading "Dougy" by James Moloney  
Hobbies Running walking surfing triathlon  
Collections Press cuttings of local sporting events  
Make of car you drive Subaru Sportswagon  
Make of car you would like to drive don't care  
Greatest adventure Ironman Triathlon  
Favourite spectator sport Athletics and Rugby Union  
Favourite holiday destination Minnie Water [North Coast NSW]  
Favourite item of clothing you own Windcheater from the Banana Coast  
Ultramarathon[5 finishes]  
Most prized possession Good Health  
Personal Hero Lyn Fulton  
Favourite Quote "If you can fill the unforgiving minute with 60 seconds worth of distance run"  
Personal philosophy Find new challenges, Persist  
Short term goal Add a couple more marathons to my total without running too slowly and finish the Kurrawa to Point Danger event a bit faster than last year  
Long term goal Run from Coff's Harbour to Grafton one more time and walk 100 miles in 24 hours  
Achievement of which you are most proud Organising events [various]  
Pets Stuffed dog called "Bowser"  
Pet peeve Getting sick near an event which matters to me!  
Favourite non running activity Body surfing and Walking  
Greatest fear Becoming an invalid  
Happiest memory Becoming Lyn Fulton's partner  
Personal strength As above

## RUNNING DETAILS

P.B.s All a long time ago.....Marathon 3.05, 100km 10hr 51 min, 24Hr walk 147.945km

Years running ultras Have been running ultras since the late 70s

Number of Ultras finished It would take me hours to work this out but the most frequent would be the Bananacoast Ultra [85km] with 12 finishes

Best Ultra Performance My 100km PB of 10hr 51min or 8hr 15min for the Bananacoast Ultra in 1984

Most memorable ultra and why Difficult to choose. Locally, Red Rocks to Coff's Jetty 1995 featured an influx of Queenslanders. Further afield, South Bruny Island [Tas], spectacular scenery and it took a lot of organisation/persistence to get to the start let alone finish.

Typical training week These days it is too little too slow

Injuries Fortunately few injuries but old age has not conferred many blessings

Favourite running shoes In recent times, New Balance

Favourite food/drink during an ultra Alternate sport drink/coke and the occasional Gu

Favourite Handler Lyn Fulton

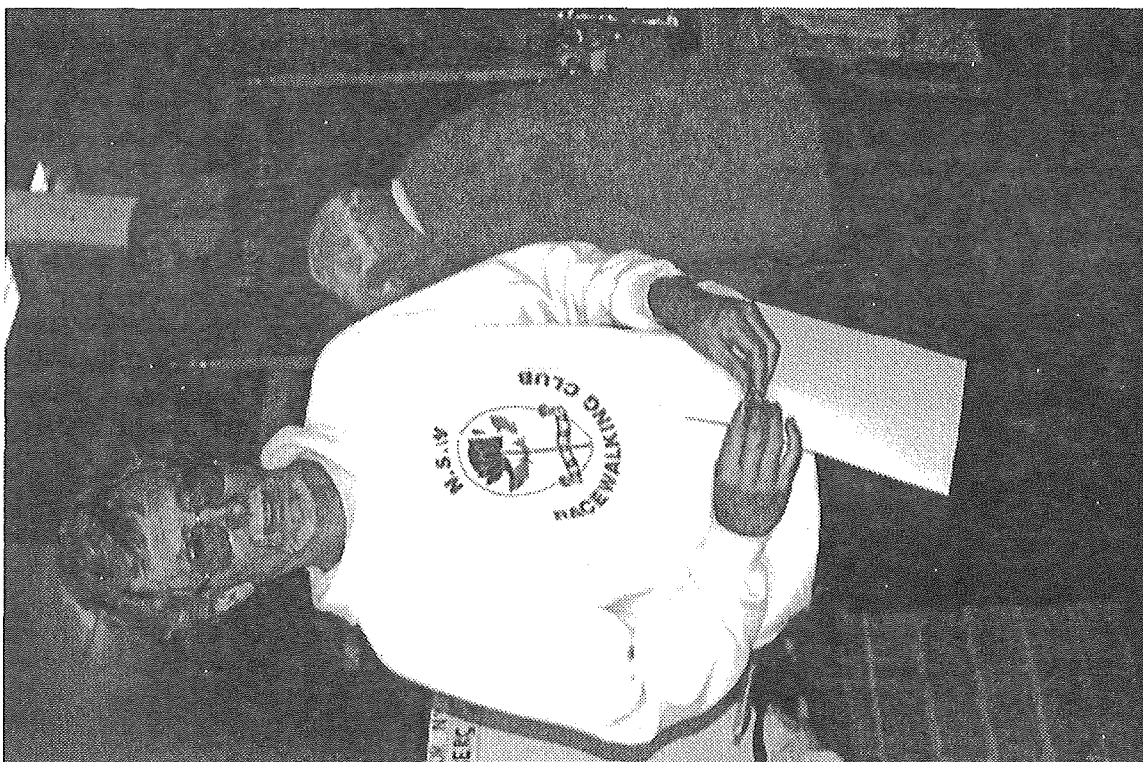
Favourite place to train Beaches and forest trails

Favourite running surface As above

Ultrarunning Idol Yiannis Kouros and anyone attempting their first ultra or marathon

Why do you run ultra's? Because they challenge me but also play to my strength, my biggest disappointments in running/walking were the times I quit whatever the reason

Any advice to other ultrarunners Work your way up in distance and time. Enjoy the training-you are going to do a lot of it.



Steel Beveridge is a true "grandfather" of the Ultra world with a career dating back to the 70's



# Glasshouse Mountains 100 mile run by Carol LaPlant from California

[as published in the U.S. Ultrarunning magazine]

Results in previous issue

The 2001 Glasshouse Trail Runs were held on the weekend of September 29-30 in Queensland, Australia. In addition to the 100 miler, a 50 mile and 55K are held on Saturday, followed by 27K and 12K races on Sunday. The shorter races get the most entrants, but the ultras have a loyal following of runners, crew and volunteers who return every year. Phil Brown and I are certainly among them, as this was our fourth year. In addition to being very well organised, challenging events with spectacular scenery, part of the attraction is also that there are surprisingly few trail ultras in Australia, with Glasshouse the only hundred miler. Hundred mile competitors Kevin Tiller and Sean Greenhill were trying to organise a hundred mile race in the Blue Mountains east of Sydney, but recent devastating fires in the area have put those plans on hold for 2002.

Getting to the race was complicated by the collapse of Ansett, the principal inland air carrier, just two weeks before. For people coming from Sydney, where our flight from the U.S. landed, that meant a 700 mile drive north to get to the Glasshouse Mountains, and people coming from Melbourne faced a daunting 1500 mile drive. Nonetheless, most of the runners got to the start. My friend and part time pacer, Kevin Cassidy, braved the drive from Melbourne and filmed an excellent videotape documentary of the hundred mile run.

During our long drive up to Glasshouse, people expressed sympathy to us as Americans about the recent terrorist attacks. Australian English gets harder to understand, however, the further away from Sydney you go. In one small town I collided with a man in a store. We apologised, he discovered we were Americans, and in language that I barely understood, he seemed apologise again. I replied with a dismissive laugh that it was nothing. Only later, I pieced together that what he was offering condolences about the World Trade Centre.

Near the end of the second day's drive, I noticed in a guidebook that a town with mineral hot springs was nearby. A nice soak after so much driving sounded dandy. The town, Moree, featured a huge spa, with three Olympic sized pools, two with geyser water at 104 and 100 degrees and the third at swimming temperature of about 80. The hot pools were crowded, with people speaking Russian, Hungarian, Polish, Greek, but no English. We learned that tourists, mainly Slavic, come from all over Australia, and beyond, to spend a week or two at these pools, where they soak, gossip and relax from morning to night. We found the spa delightful and returned the next morning for additional soaking. We guessed, correctly, that most people at the race would be unaware of this pocket of eastern European culture.

Unfortunately we came away from Moree with more than a pleasant memory. The next day's drive brought us to Toowoomba, which was in the midst of its annual spring garden competition, a major civic event where the city is adorned in acres of floral displays and homeowners spend months priming their gardens to peak for this week. We ended the day touring spectacular gardens, but I felt weak and generally miserable. At dinner, I realised that I was suffering from food poisoning, which I apparently got in Moree, and had it bad. This was the Thursday before the race.

Despite being still sick when we arrived at the Glasshouse Mountains, the next morning, I was thrilled to see again the dark crooked silhouettes of the massive volcanic peaks that are these mountains. The race headquarters was in a new location, called the Teamsters Hall of Fame, which I supposed was a union hall. Instead, we followed a dusty country road to the address and discovered that "Teamsters" referred to horse drawn coaches. There were historic coaches housed in a huge garage and numerous horses in the surrounding corrals. Steve, the proprietor, holds a Guinness record for driving a coach with the most horses. He drives Cobb & Co. coaches, which, he explained, the Australians modelled on the American Wells Fargo stage coaches, but were built bigger and stronger to travel long distances over rough terrain during the Australian gold rush in the 1860's.

We returned to the Teamsters Hall that evening for the medical check-in and pre-race banquet, a delicious buffet lovingly prepared by assistant RD Bill Thompson's wife Jane and aid station captain Gwen Malcolm, with other volunteers. It was great to see the returning runners: local ultra legends, Hardrock veteran Bill Thompson and

Kerrie Hall, who was last years' 100 mile women's winner; Sydney runners Kevin Tiller, whose Cool Running website is the nerve centre for Australian ultrarunning, and Sean Greenhill, young and determined, a gentle giant who trained hard after blisters caused him to withdraw late in the race last year, and elite racer Kelvin Marshall. Last year's winner Paul Every did not show, probably tired after completing the 4,000 kilometre (2500 miles) Trans Australia Footrace from Perth on the west coast across the fiery interior to Canberra on the east coast. Paul's his close competitor in the 100 last year, Martin Fryer, opted for the 50 miler this year.

There were also new people in the race. Most credentialed was Jonathan Worswick, an English Aussie transplant recently returned to Sydney after living in the U.S. for two years where he had many spectacular ultra finishes, including 5th at Hardrock in 2001 and 3rd at Massanutten in 2000. His main competition appeared to be Kieron Thompson, a fast marathoner who had placed 2nd at the 50K race in the Glasshouse mountains the previous May, but had never attempted 100 miles. Another fast runner who looked like a contender was Lawrence Meade. A 23 year old Irishman, Mark Holley, was working his way around Australia and entered the 100 as an adventure. Phillipa Bolt, the third competitor on the women's field, looked very fit and was trying her first 100 after completing the 50 last year, followed by the 28K the next day.

Also present at the banquet was a member of the local government, Anna Grosskreutz, who gives out the awards each year and has been a major supporter of the race. Phil Brown and I came to Queensland this year with the notion that we wanted to get married there, as my parents had. The legal obstacles, however, seemed to be both mysterious and insurmountable. I mentioned this to Anna, and her eyes twinkled as she announced that she was licensed to perform marriages, she would be happy to marry us, and she knew ways around the legal restrictions. In fact, she suggested, why not do it at the nearby Australia Zoo, home of her friends, TV's Crocodile Hunter Steve Irwin and his wife Terri? Phil initially had misgivings about our wedding being a media event, but I was thrilled and spent the rest of the banquet making plans with Anna.

The next morning, the run started from the Teamsters Hall at 5am. The 50 miler started at 5:30, the 5 hundred mile relay teams started at 5:45 and the 55K runners started at 8. I started off with the lead pack, going out at an easy pace. The morning light bathed the Glasshouse peaks in pink and gold. I felt strong, and pleasantly light, but soon discovered that the effects of the food poisoning were not over. I ran as best I could, and in a couple of hours the symptoms finally subsided.

The course generally follows a 50 mile clover leaf, up and around the Glasshouse Mountains, through eucalyptus forests and pineapple plantations, on the edge of the tropical rain forest. The unique Australian wildlife distinguishes this race. Big snakes, likely to be extremely poisonous, occasionally appear on the trail, a real adrenalin rush. There are large monitor lizards, called goannas, that waddle inefficiently down the trail then streak up trees, and would similarly use their sharp claws to climb up a person, if cornered. The trees are inhabited by stout white kookaburras, with feathers like fur and a call that sounds like the chatter of chimpanzees, by whip birds whose call whistles across the rain forest, ending in a snap, and by flocks of exquisitely coloured parrots. Kangaroos crash through the bush and bound across the trails, as do their smaller cousins, the curious wallabies. Koalas are said to be in the vicinity, but I have never seen one in the wild, nor have most Australians, since these animals sleep all day high up in the tops of the special eucalyptus trees whose delicate shoots provide the koalas' only source of food.

The first lap is about 5 miles longer than the 2nd and includes a steep climb to the top of one of the Glasshouse peaks that is not repeated. The turnaround is at the sports ground where the race finishes. Runners seem to linger there before heading back out. Darkness falls swiftly by 6 p.m. I got in to the turnaround, cleared the medical check and saw Sean Greenhill trying to find food to settle his upset stomach. Feeling good, I headed out with Kevin Cassidy pacing me, trying to cover as much ground as possible before dark.

By the 2nd aid station, Phil met us as usual with my personal selection of aid in the trunk of our rented Toyota and Kevin retired to continue videotaping the race. Running alone at night was exhilarating. The trails were littered with big glistening cane toads, a non native species that is overrunning Queensland and killing would-be predators

with a toxin that it squirts out of its cheeks. At aid station 4, Phil looked ashen and announced that he could not bear to look at the food in the trunk. He was becoming as sick as I had been. We agreed that he would leave the car unlocked at aid station 5, which is the centre of the clover leaf, and get a ride back to the motel.

On the way to aid station 5, there is one of several sections of "goat track," treacherous steep downhill with deeply rutted unstable clay and loose rocks. I was slowly negotiating my way down this nasty stretch when Sean passed me and kindly waited to light my way through the most difficult part. Sean got to 5, about mile 68, slightly ahead of me, but to my surprise never checked out, again succumbing to blisters. I got aid from the Toyota, feeling a little alone and worried about Phil, enjoyed delicious soup at the aid station, and departed quickly, to deal with another tough section of goat track on the way to aid station 6. When I got there, the very sleepy but cordial volunteer told me that the indomitable Kerrie Hall had dropped and that Sean Greenhill and Kevin Tiller were also out. Kerrie is one of the toughest runners I know, and she had never before dropped out of an ultra. After a long loop I returned to this aid station and learned that only Bill Thompson and I were left on the course, there were 3 finishers and the rest had dropped.

I returned to the central aid station at 5 and headed out on the last loop of the clover leaf. As the sun rose I was again negotiating goat track around the base of Beerwah, a towering black Glasshouse peak surrounded by rain forest. Bill Thompson passed me, with in sprightly walk, looking fresh and happy. I learned later that he had enjoyed fried eggs, bacon and champagne at the turn around. Kevin Cassidy met me where the trail crossed a road, having driven the Toyota from 5, allowing me to change shirts and drop my flashlight. He reported that Phil was still very sick.

It was then about 16 miles to the finish, and fast, fresh runners in the 28K ran past me, yelling encouragement. One gave me a colourful gummy worm that was quite good. Kevin succeeded in rounding up Phil to appear at the last aid station. I happily jogged along the road to the sports ground, past a billboard for Australia Zoo showing Steve Irwin with a croc in a headlock. Crossing the sports ground to the finish line, I blew a kiss to everyone.

The most amazing performance was by Jonathan Worswick, who went through the first 50 in about 7:50 and finished in a huge course record of 17:43. Kieron Thompson ran the 3rd fastest time ever on the course, in 20:43, a strong showing on his first hundred. Kelvin Marshall finished 3rd, improving his previous time by more than 3 hours, in 22:34. Bill Thompson set a PR at 28:04, and I finished happily at 28:27.

Four days later, Phil Brown and I were married at the Australia Zoo by Anna Grosskreutz, with Terri Irwin and many people from the race attending. Jane Thompson made a delicate bouquet for me from native flowers, including orchids that grow in the Glasshouse Mountains. Kerrie Hall looked very pretty dressed up, although still suffering from the foot injury that forced her out of the race. Former winner of Angeles Crest, Shiela Hunter, who now lives in Queensland, took digital photos of the ceremony and the guests, including a wallaby that stood near us.

**Carol La Plant could still  
raise a smile during a  
mid race medical check**



# Blue Labyrinth Fat Ass Run

Results

1st December 2001

Start time was 07:05am

Position	Name	Distance	Time
1	Lawrence Mead	90km [Full Monty]	19hrs 40min
2	Kevin Tiller	90km [Full Monty]	19hrs 40mins
3	Ross Yates	54km [Flimpyhead's Escape]	11hrs 30mins
4	Bill Tomiczek	48km [Tomiczek's Tweak]	9hrs 03mins
5	Graham Crew	45km [Piker's Option]	5hrs 08mins
6	Padraig Hurley	14km [Premature Ejaculation]	1hr 27mins

## Race Report by Ross Yates

The Blue Labyrinth run on Saturday 1st Dec, 2001 was my inaugural FatAss run. I arrived at Woodford just before 7am wondering whether I was actually up to it or not, but after chatting with Lawrence and Kevin, I relaxed because of the casual atmosphere. Kevin took a photo and fired his starter's pistol and we all set off. I chatted with Lawrence for a while but felt the urge to pee and that was the last I saw of any runners except David. I ran on until I came to Murphys Glen and wandered around there for a while searching several tracks, hitting deadends and asking campers if they'd seen any runners. I approached one tent and a bevy of sultry Scandinavian female sleepyheads emerged. I was very tempted to stay and have tea with them.

But, I was suddenly reminded of my mission and traced my steps back up a very steep hill to the turn off to Bedford Creek. (I wasted at least half an hour during the Murphys Glen diversion). I ran down to Bedford Creek and was reminded of the long steep hills that abound in the Blue Mountains. I decided to turn left (correct) and ran on, passing a neat little collection of lined up beer bottles and one plastic container. I ran on, and because I had never been on this track I kept wandering whether it was the correct track, because I had already got lost once. I looked at the sun and decided that it must be correct, anyway. And as I ran on and on, it was getting too late to turn back. The Anderson fire trail is a lovely trail to run, but the sun was beating down and I don't like running under the hot sun for too long, so I walked, ran, walked. I occasionally looked behind me because I knew David Pettit would be overtaking me on his MTB soon.

After 3 hours or so I came to a T junction and thought this must be Kings Tableland Road, but I couldn't find the water dump and saw some arrows heading round to the left, so instinct took hold and I headed off to where the arrows pointed. After a few hundred metres and feeling a bit uneasy, I heard the voice of Salvation and Mr Pettit caught me up on his bike and assured me I was headed in the right direction. We talked for a while then he rode off and left me to a boring slog up to QVH.

I arrived there about 11.20am and sat down on Sunset Rock overlooking the Jamieson Valley to eat my cut lunch and soy cake. A group of babbling tourists invaded my tranquility and proceeded to photograph each other against the backdrop of Mount Solitary. I told them that if they waited a few hours they could photograph me at a distance on the top of the same mountain. I set off again and topped up my water bottles at the locked gate, read a note for Bill who had preceded me and made a conscious decision to complete the run to Katoomba. At that point I could easily have walked to Wentworth Falls and caught the train back home to Katoomba, but having come this far I decided it was time to test my endurance. I also actually almost gave up when I got lost down in

Murphys Glen. That was demoralizing...except for the Scandinavians, of course. Was this my second test???? I'd never run/walked this far in my whole life.

So, on I ran down into the Jamieson valley keeping a close watch on my knees which don't like steep hard descents. At the bottom, just before plunging into the single bush track descent to Jamieson creek, I arranged some sticks in the form of K + L and some arrows, just in case Kevin and Lawrence didn't know the way! I don't know if they noticed them, they were probably too tired. It was also round about here that Bill turned right to Leura forest and David turned left to Blackheath.

I made as much noise as I could stumbling down that track because I didn't want to surprise any tiger snakes. At the creek I met some more backpackers who were romping in the water...and did I want to join them? Yes - because I was so, so hot. Next came my biggest challenge.

I believe it took me two hours to ascend the east face of Mount Solitary. It was hot, steep and I drank a lot of water. I was on my hands and knees in places and feeling like an old man, driving myself up for a hundred strides and then lying down to gain some strength. It was a killer! And I vowed never to do anything so silly again. One thing I learned - fly repellent is important on Mt Solitary. One obnoxious little fly bugger harassed me all the way up to the top of Solitary. I told him that his home was down by the creek and he'd never find his way back again, but he kept on buzzing around. I hope his ears popped.

On top of Mt Solitary is always beautiful with such wonderful views. I traversed its roller coaster prickly length and became engaged in several discussions with more backpackers about water, purity and the whereabouts of good camping spots. One set of troopers told me they had seen a couple of runners about 45 minutes before (this was about 3.30pm). I guessed they would be Kevin and Lawrence.

I reached the end of Solitary and saw my home and destination in sight, but I was hurting. Everything was aching and I had long since stopped running. The knife-edge at the west end of Solitary always gives you a good upper body workout. And in a sense gives your legs a rest, though it didn't really feel that way. My water was running out but I rationed it carefully and strode out on to the Federal Pass and met more groups of clean, unwearied, healthy fully equipped eager backpackers. And (I thought to myself) Mt Solitary isn't going to be very solitary tonight. It'll be more like a tribal get together up there tonight.

I drank my last drop of water at the bottom of the Golden Staircase and wished that I were a camel. From then on (I knew I'd missed the last Scenic Railway train) all I could think of was cold water, coke and ice cream. All three of those items were waiting for me at the top of Thurber Steps. The stretch of forest under the shade of Narrowneck is cool and dark often from mid afternoon, so I didn't get too warm as I walked toward the turning on to the landslide.

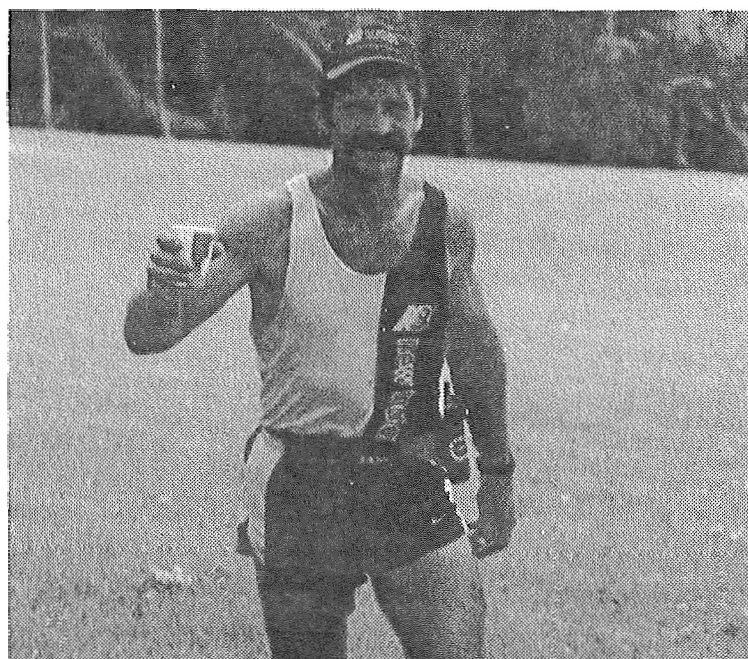
At the landslide, the radiant heat of the afternoon sun blasted my aching body and sapped more moisture and I could feel my parched lips wrapping themselves around an icy, icy ice cream. Drama over and I reached the bottom of the Thurber steps. My ascent here was slow, but a doddle compared to the torture of Solitary. I was so slow, I even let a tourist casually overtake me, an unbelievable event! At the top of Thurber I clocked 6.35pm. Adjust 30 minutes for my initial Glen diversion, gives 6.05pm, exactly 11 hours. I couldn't believe it, I'd done it.

# KURRAWA TO POINT DANGER 50 KM

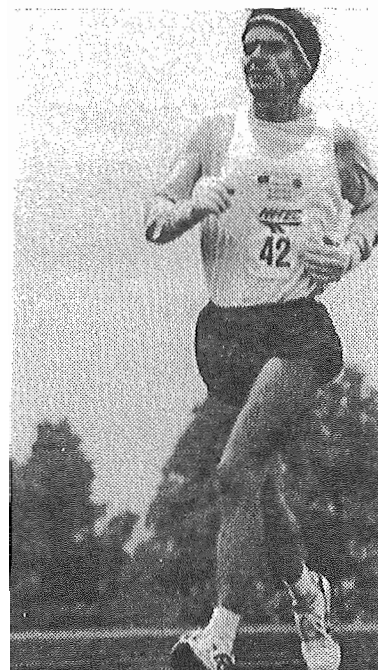
Gold Coast Queensland 9<sup>th</sup> December 2001

Results from Eric Markham-Race Director

	0-25km	25-50km	FINISH TIME
1. Kelvin Marshall	1:43:46	1:47:35	3:31:21
2. Darren Skillicorn	1:55:08	1:53:57	3:49:05
3. Hamish Bowman	1:57:40	1:58:05	3:55:45
4. Stuart Wagner	1:57:27	2:19:17	4:16:44
5. Peter McKenzie	2:07:07	2:12:33	4:19:40
6. Theresa Fabian [f]	2:11:29	2:09:43	4:21:12
7. Mark Vickers	2:13:53	2:08:03	4:21:56
8. Jason Evans	2:11:28	2:13:06	4:24:34
9. Wes Swindale	1:57:33	2:30:29	4:28:02
10. Roy Treloar	2:12:37	2:15:25	4:28:02
11. Geoff Last	2:12:38	2:15:30	4:28:08
12. Tracey Strain [f]	2:15:11	2:22:15	4:37:26
13. Debbie Woodhead [f]	2:15:12	2:22:14	4:37:26
14. Bernadette Robards [f]	2:12:19	2:27:04	4:39:23
15. Graeme Walker	2:18:04	2:21:51	4:39:55
16. Rodney Ladyman	2:12:19	2:47:04	4:59:23
17. Geoff Hain	2:23:38	2:39:22	5:03:00
18. Rainer Neumann	2:26:39	2:40:33	5:07:12
19. John Doolan	2:26:47	2:40:25	5:07:12
20. Faith Anderson [f]	2:26:28	2:40:44	5:07:12
21. Don Blair	2:27:29	2:39:43	5:07:12
22. Steel Beveridge	2:23:56	2:44:15	5:08:11
23. Geoff Kopittke	2:28:48	2:53:27	5:22:15
24. Ian Javes	2:29:25	2:53:42	5:23:07
25. Mary Joan Robards [f]	2:29:22	2:54:53	5:24:15
26. Sharon Gunton [f]	2:41:23	2:47:30	5:28:53
27. Anne Crawford-Nutt [f]	2:41:27	2:58:41	5:40:08
28. Geoff Williams	2:23:58	3:18:12	5:42:10
29. Kerrie Hall	3:07:18	3:52:37	6:59:55
30. Gino Evangelista	2:01:58	DNF	DNF



One of the "regulars", Peter McKenzie



Kelvin Marshall  
First place

## 2002 Coastal Classic Ultra 12 Hour Track Event

The 5<sup>th</sup> annual Coastal Classic was held on Saturday 5 January 2002 at Gosford, NSW. With bushfires all around the state the organisers and their families spent the days leading up to The Classic fielding calls from concerned participants. We were able to confirm that The Classic was going ahead & their safety was assured.

The Classic commenced at 7:30 pm, the field quickly sorting itself out. There was the 1<sup>st</sup> time ultra athletes testing themselves against the old hands and themselves.

Trevor Fairhurst set the early running pace daring the others to match him or eat his proverbial dust. The other athletes settled into their schedules preplanned or otherwise.

In our walking division Carol Baird, the proven ultra athlete & multiple Australian record holder against the young gun Alex Crawford multiple NSW race walking Champion with seasoned campaigner Robin Whyte former Australian 50 km race walking Champion keeping the pair honest.

Trevor Fairhurst a London to Brighton competitor found that no one could or would match his early pace. Trevor settled down the pace. He ensured that he changed his tops at frequent intervals and also that he had enough nourishment throughout The Classic. What made Trevor's effort more outstanding was that he didn't have a support crew, he did it all himself. This is true also of other athletes, it gives the athlete time away from life's worries for a short time anyway.

Tony Collins our resident dentist & ultra legend pulled up lame and was the 1<sup>st</sup> to have to withdraw. However Tony retained his perfect record of competing in all Classics.

Alan Staples, who has competed in all five Classics worked himself through the field from 8<sup>th</sup> place in the early hours to pip Bob Fickel for 2<sup>nd</sup> place with Bob coming 3<sup>rd</sup>. Bob in a kind & thoughtful gesture offered some fruit he had extra to competitors and support crew, The Classic has that camaraderie.

Trevor Fairhurst, Alan Staples and Bob Fickel also finished 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the A.U.R.A 100 km Track Championships held in conjunction with The Classic.

Meanwhile in The Classic's walking division Alex Crawford had maintained the upper hand over Carol Baird these are the positions they maintained to the finish with Robin Whyte finishing a solid 3<sup>rd</sup>.

Best support crew again went to Nick Draytons. They lost their usual location but still made their presence felt in a positive way.

Highest fund raiser, was local Judy Brown.

In conclusion the Classic was another outstanding success. We like to thank all volunteers, spectators & athlete's crews and competitors for making our event, The Classic.

Paul Thompson & Frank Overton

The Coastal Classic Co-ordinators



# COASTAL CLASSIC

12 Hour Track Run/Walk  
Gosford NSW January 5<sup>th</sup>/6<sup>th</sup> 2002  
Results

Name	Place	Half	Marathon	50KM	50 Miles	100Km	12 Hours
Trevor Fairhurst	1	1.37.51	3.36.00	4.35.15	8.03.22	10.18.31	114.912km
Alan Staples	2	2.18.38	4.47.43	5.42.47	9.26.30	11.49.40	101.785km
Bob Fickel	3	2.06.18	4.16.52	5.16.52	9.41.26	11.58.19 km	100.084km
Alex Crawford (W)	4	2.21.08	4.52.15	5.51.36	9.48.04	D.N.R	97.023km
Carol Baird (F) (W)	5	2.21.10	5.10.17	6.08.59	10.00.39	D.N.R	96.045km
Robin Whyte (W)	6	2.21.35	4.55.03	6.00.38	10.30.54	D.N.R	91.834km
Bruce Somerville	7	2.22.30	4.57.26	6.19.04	10.45.35	D.N.R	88.806km
Andrew Townsend	8	2.15.04	4.43.20	6.20.28	10.53.45	D.N.R	86.562km
Lachlan Wilkinson (W)	9	2.40.34	5.33.12	6.41.13	11.11.00	D.N.R	85.402km
Stewart Vincent	10	2.12.28	4.50.13	6.02.43	11.21.30	D.N.R	85.051km
Nick Drayton	11	2.43.12	5.24.49	6.46.30	11.36.35	D.N.R	84.333km
Colin Gowan	12	1.55.22	4.28.49	5.34.54	11.18.03	D.N.R	84.028km
Stan Miskin (W)	13	2.55.24	5.51.22	7.05.26	11.46.29	D.N.R	81.967km
Val Chesterton (F) (W)	14	2.47.32	6.05.20	7.22.00	11.49.32	D.N.R	81.802km
Ken McIlwain	15	2.17.58	5.24.53	6.44.26	11.51.06	D.N.R	81.296km
Greg Spain	16	2.18.38	5.08.05	6.24.31	D.N.R	D.N.R	79.733km
Franz Wanderer	17	2.30.04	5.56.17	7.19.06	D.N.R	D.N.R	75.604km
Damien Meyer	18	2.09.43	4.38.33	6.08.01	D.N.R	D.N.R	62.000km
Billy Wrigley	19	3.03.55	7.19.57	11.25.17	D.N.R	D.N.R	53.387km
Judy Brown (F) (W)	20	3.40.30	9.10.50	11.15.33	D.N.R	D.N.R	53.345km
Frank Overton (W)	21	2.34.28	6.22.40	8.25.59	D.N.R	D.N.R	50.000km
Greg Rowe (W)	22	2.30.05	5.58.24	D.N.R	D.N.R	D.N.R	46.400km
Paul Thompson (W)	23	3.15.34	7.20.22	D.N.R	D.N.R	D.N.R	44.000km
Tony Collins	24	2.14.30	D.N.R	D.N.R	D.N.R	D.N.R	23.2KM

\* (f) Indicates Female

\* (W) Indicates Walker

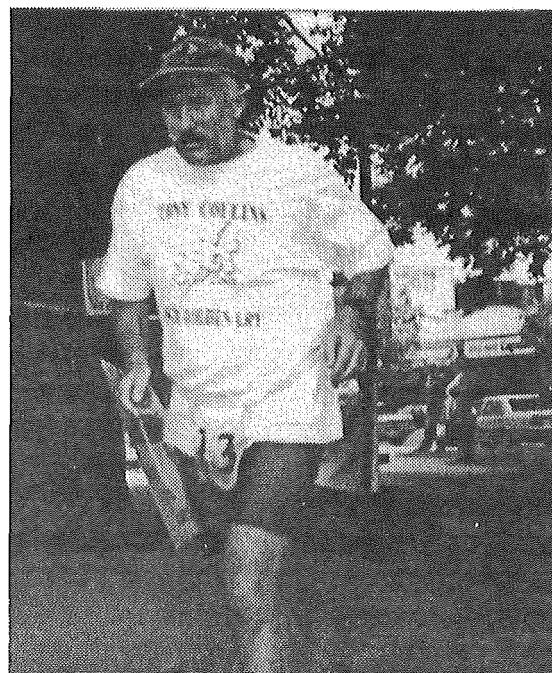
\*(DNR) Indicates did not reach distance

\*\* (RECORD) Indicates new mens age record (Over 70) 50 Miles RUN and WALK

Official results compiled by Frank A Overton and Paul Thompson (Event Co-Ordinators)



Carol Baird



Tony Collins

# Coastal Classic Hourly Record Sheet

Final			1st Hour			2nd Hour			3rd hour			4th Hour		
Place	Name	No.	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place
1	FAIRHURST Trevor	7096	33	13.2	1	63	25.2	1	90	36	1	114	45.6	1
2	STAPLES Alan	7187	23	9.2	8	45	18	8	67	26.8	8	87	34.8	7
3	FICKEL Bob	7070	26	10.4	2	50	20	3	75	30	3	100	40	2
4	CRAWFORD Alex (W)	7038	21	8.4	13	45	18	8	67	26.8	8	87	34.8	6
5	BAIRD Carol (w) (F)	7101	21	8.4	13	45	18	8	67	26.8	8	84	33.6	13
6	WHYTE Robin (w)	7439	21	8.4	13	44	17.6	12	66	26.4	12	87	34.8	7
7	SOMMERVILLE Bruce	7286	23	9.2	8	44	17.6	12	66	26.4	12	86	34.4	10
8	TOWNSEND Andrew	7127	23	9.2	8	46	18.4	7	69	27.6	7	91	36.4	5
9	WILKINSON Lachlan(w)	7440	19	7.6	18	39	15.6	17	59	23.6	15	78	31.2	15
10	VINCENT Stewart	7069	18	7.2	19	39	15.6	17	59	23.6	15	78	31.2	15
11	DRAYTEN Nick	7069	18	7.2	19	39	15.6	17	59	23.6	15	78	31.2	15
12	GOWAN Colin	7124	26	10.4	2	54	21.6	2	80	32	2	97	38.8	3
13	MISKIN Stan (w)	7125	18	7.2	19	36	14.4	20	54	21.6	19	72	28.8	20
14	CHESTERTON Val (w)(F)	7029	18	7.2	19	37	14.8	19	56	22.4	18	73	29.2	18
15	McILWAIN Ken	7097	24	9.6	5	47	18.8	5	68	27.2	5	86	34.4	10
16	SPAIN Greg	7117	23	9.2	8	45	18	8	67	26.8	8	85	34	12
17	WANDERER Franz	7437	23	9.2	8	43	17.2	14	62	24.8	13	77	30.8	17
18	MEYER Damien	7441	24	9.6	5	48	19.2	4	72	28.8	4	93	37.2	4
19	WRIGLEY Billy	7180	18	7.2	19	34	13.6	21	51	20.4	20	65	26	21
20	BROWN Judy (w) (F)	7103	15	6	24	30	12	24	44	17.6	24	56	22.4	23
21	OVERTON Frank (w)	7443	21	8.4	13	42	16.8	15	58	23.2	17	73	29.2	18
22	ROWE Greg (w)	7264	20	8	17	42	16.8	15	60	24	14	79	31.6	14
23	THOMPSON Paul (w)	7088	17	6.8	23	32	12.8	23	48	19.2	23	64	25.6	22
24	COLLINS Tony	7285	26	10.4	2	48	19.2	4	48	19.2	21	48	19.2	24
	DEAL Pat	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	EAKIN Matthew	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	GABLE Chris	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	PARLICA Elizabeth	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS

## Coastal Classic Hourly Record Sheet

Final			5th Hour			6th Hour			7th Hour			8th Hour		
Place	Name	No.	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place
1	FAIRHURST Trevor	7096	132	52.8	1	155	62	1	178	71.2	1	200	80	1
2	STAPLES Alan	7187	110	44	5	130	52	3	152	60.8	3	173	69.2	2
3	FICKEL Bob	7070	120	48	2	140	56	2	159	63.6	2	172	68.8	3
4	CRAWFORD Alex (W)	7038	108	43.2	7	127	50.8	5	147	58.8	4	166	66.4	4
5	BAIRD Carol (w) (F)	7101	102	40.8	12	121	48.4	10	142	56.8	6	161	64.4	6
6	WHYTE Robin (w)	7439	107	42.8	9	124	49.6	7	141	56.4	8	157	62.8	7
7	SOMMERVILLE Bruce	7286	106	42.4	10	119	47.6	11	136	54.4	10	153	51.2	18
8	TOWNSEND Andrew	7127	111	44.4	4	118	47.2	12	137	54.8	9	154	51.6	17
9	WILKINSON Lachlan(w)	7440	96	38.4	14	113	45.2	16	130	52	13	147	58.8	12
10	VINCENT Stewart	7436	108	43.2	7	124	49.6	7	136	54.4	10	148	59.2	11
11	DRAYTEN Nick	7069	95	38	15	117	46.8	14	129	51.6	14	145	58	13
12	GOWAN Colin	7124	113	45.2	3	130	52	3	145	58	5	162	64.8	5
13	MISKIN Stan (w)	7125	90	36	17	108	43.2	17	123	49.2	16	139	55.6	14
14	CHESTERTON Val (w)(F)	7029	89	35.6	18	104	41.6	19	119	47.6	18	135	54	15
15	McILWAIN Ken	7097	100	40	13	114	45.6	15	128	51.2	15	150	60	8
16	SPAIN Greg	7117	103	41.2	11	118	47.2	12	135	54	12	150	60	8
17	WANDERER Franz	7437	92	36.8	16	126	50.4	6	120	48	17	133	53.2	16
18	MEYER Damien	7441	110	44	5	124	49.6	7	142	56.8	6	153	61.2	10
19	WRIGLEY Billy	7180	79	31.6	21	92	36.8	22	102	40.8	21	110	44	21
20	BROWN Judy (w) (F)	7103	69	27.6	23	80	32	23	86	34.4	23	92	36.8	23
21	OVERTON Frank (w)	7443	88	35.2	20	101	40.4	20	112	44.8	20	121	48.4	19
22	ROWE Greg (w)	7264	89	35.6	18	105	42	18	113	45.2	19	116	46.4	20
23	THOMPSON Paul (w)	7088	78	31.2	22	93	37.2	21	100	40	22	110	44	21
24	COLLINS Tony	7285	48	19.2	24	48	19.2	24	48	19.2	24	48	19.2	24
	DEAL Pat	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	EAKIN Matthew	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	GABLE Chris	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	PARLICA Elizabeth	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS

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# Coastal Classic Hourly Record Sheet

Final			9th Hour			10th Hour			11th Hour			12th Hour				
Place	Name	No.	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	EX MTS	Total KMS	Place
1	FAIRHURST Trevor	7096	222	88.8	1	244	97.6	1	267	106.8	1	287	114.8	111.5	114.912	1
2	STAPLES Alan	7187	192	76.8	3	211	84	2	232	92.8	2	254	101.6	185.2	101.785	2
3	FICKEL Bob	7070	193	77.2	2	208	83.2	3	230	92	3	250	100	83.5	100.084	3
4	CRAWFORD Alex (W)	7038	186	74.4	4	204	81.6	4	224	89.6	4	242	96.8	222.7	97.023	4
5	BAIRD Carol (w) (F)	7101	181	72.4	5	200	80	5	220	88	5	240	96	64.7	96.065	5
6	WHYTE Robin (w)	7439	174	69.6	7	192	76.8	6	210	84	6	229	91.6	234.4	91.834	6
7	SOMMERVILLE Bruce	7286	171	68.4	8	188	75.2	7	205	82	7	222	88.8	5.9	88.806	7
8	TOWNSEND Andrew	7127	171	68.4	8	187	74.8	8	202	80.8	8	216	86.4	162	86.562	8
9	WILKINSON Lachlan(w)	7440	163	65.2	11	181	72.4	10	198	79.2	9	213	85.2	202.1	85.402	9
10	VINCENT Stewart	7436	161	64.4	13	176	70.4	12	194	77.6	11	212	84.8	250.6	85.051	10
11	DRAYTEN Nick	7069	162	64.8	12	175	70	13	191	76.4	12	210	84	333.1	84.333	11
12	GOWAN Colin	7124	175	70	6	187	74.8	8	197	78.8	10	210	84	27.5	84.028	12
13	MISKIN Stan (w)	7125	155	62	15	172	68.8	15	188	75.2	15	204	81.6	367.4	81.967	13
14	CHESTERTON Val (w)(F)	7029	151	60.4	17	169	67.6	16	186	74.4	16	204	81.6	202.1	81.802	14
15	McILWAIN Ken	7097	160	64	14	174	69.6	14	189	75.6	14	203	81.2	96.1	81.296	15
16	SPAIN Greg	7117	165	66	10	178	71.2	11	190	76	13	199	79.6	32.9	79.633	16
17	WANDERER Franz	7437	146	58.4	18	160	64	17	173	69.2	17	189	75.6	359.8	75.96	17
18	MEYER Damien	7441	155	62	15	155	62	18	155	62	18	155	62	0	62	18
19	WRIGLEY Billy	7180	112	44.8	21	112	44.8	22	119	47.6	21	133	53.2	183.3	53.383	19
20	BROWN Judy (w) (F)	7103	103	41.2	23	113	45.2	21	122	48.8	20	133	53.2	144.5	53.345	20
21	OVERTON Frank (w)	7443	125	50	19	125	50	19	125	50	19	125	50	0	50	21
22	ROWE Greg (w)	7264	116	46.4	20	116	46.4	20	116	46.4	22	116	46.4	0	46.4	22
23	THOMPSON Paul (w)	7088	110	44	22	110	44	23	110	44	23	110	44	0	44	23
24	COLLINS Tony	7285	48	19.2	24	48	19.2	24	48	19.2	24	48	19.2	0	19.2	24
	DEAL Pat	D.N.S.	D.N.S.	D.N.S.	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	EAKIN Matthew	D.N.S.	D.N.S.	D.N.S.	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	GABLE Chris	D.N.S.	D.N.S.	D.N.S.	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS
	PARLICA Elizabeth	D.N.S.	D.N.S.	D.N.S.	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS

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## COASTAL CLASSIC 12 HOUR TRACK RUN/WALK

Val Chesterton is one of my favourite athletes. Although Val is the W60 Australian Pole Vault record holder and worthy recipient of the December ACT Masters Sportstar award she maintains a fun and friendliness attitude to athletics. A key behind the scenes worker for the ACTVAC as a member of the social and competition committees, Val is also an excellent friend, motivator and training partner for many club members.

When Val informed me she was in earnest training for the Gosford event I immediately offered my services as trackside assistant. With the experienced guidance of Carol Baird and Robin Whyte she was well prepared for the event completing many long training walks around Burley Billabong. Robin predicted Val was capable of achieving a race distance of 50 miles (actually a tad over 80k however Robin still talks and walks miles). He produced an excellent lap by lap schedule, which proved to be invaluable as a motivating tool during the night.

The event commenced at 7.30 on a very pleasant Saturday evening (pleasant for spectators, helpers and officials but extremely humid for the competitors). The race was conducted on an adequate grass track; the field comprised 14 runners and 10 walkers. Carol as race record holder was aiming for a third consecutive victory. Robin, also the race record holder was keen to retain his title after placing second last year. Lachlan Wilkinson was attempting to improve upon a PB of 86k. Val was aiming to enjoy and survive the race and achieve her 80k goal. The first 2 hours of the race was mostly uneventful with competitors maintaining a steady pace although many runners resorted to periods of walking probably preferring to conserve energy due to the humidity. All ACT walkers were either on or ahead of schedule feeling comfortable. Our four walkers all went through bad patches at some stage of the race. Chucker Chesterton was first to succumb, causing likely irreparable damage to an area of grass in lane 6. She obviously reacted badly to a combination of overly sweet drinks and food including a sports bar which tasted like a chalky dog biscuit. Val slowed her pace and was well behind schedule at the 4 hour mark.

Carol, although never reducing her walking pace, was forced to stop frequently to carry out stretching exercises to relieve tightness she felt was caused by the humid conditions. Robin and Lachlan both experienced periods when their pace was reduced by up to a minute a lap. Robin recovered somewhat and was walking strongly during the latter period of the race. We on the sideline were gravely concerned when Lachlan emitted a series of loud grunts and moans. Our fears were allayed when his wife Annette explained he was merely singing.

To amuse myself during the early hours of the morning I commenced playing my harmonica. Other helpers and many competitors were also amused. I continued with my limited repertoire of tunes. Probably due to the sad looking plight of many extremely fatigued and injured runners (mostly the younger ones) staggering and stumbling around the track the only tune that would stay in my head was the "Last Post". I wisely retired the harmonica.

By drinking only a combination of soft drink and water with the gas removed and eating light cheese Val recovered. After about the 5 hour mark each 10k split was completed faster than the previous 10k. Val achieved her goal of 80 k's with 15 minutes to spare. After passing the 50 mile mark (467 metres further) she relaxed and produced her 3 fastest laps of the entire 12 hour period. Although extremely weary, she was ecstatic at achieving her goal comfortably and still of sound mind and body. Val walked a total of 81.802k for 2nd female. A very commendable effort.

Carol, although falling just short of her race record, retained her title with a distance of 96.065k. The male winner finished less than a kilometre in front of Carol and was nicknamed "The Shadow" due to persistently using Carol as a pacemaker in the latter half of the race, much to the annoyance of Carol. Robin did not have one of his better races and claimed it is the worst he has felt during a race. Still, he was satisfied to have completed 91.834k to place 2nd. Lachlan's 85.402k enabled him to place 3rd in a field of seven men. As usual all ACT competitors were successful in the barrel draw.

The event was very well conducted. Many friendly and good spirited members of the local athletics club were present for the duration performing all necessary roles such as lapscoreing and serving in the kiosk. Well done Val, Carol, Lachlan and Robin. As a mark of their dedication and enthusiasm all recovered sufficiently to compete at the track the following Thursday.

# Bogong to Hotham 64km Trail Race [Victoria]

## 6-1-2002

### Results

	Langford Gap split [34km]	Finish
1. Peter Mitchell	4:29	7:46:15
2. Kevin Tory	4:33	8:54:56
3. Griff Weste	4:51	9:05:45
4. Brendon Grail	4:25	9:13:51
5. Phillip Hearnden	5:11	9:15:45
6. Rudi Kinshofer	4:45	9:15:50
7. Peter Goonpan	5:12	9:21:45
8. Kelvin Marshall	5:06	9:23:40
9. Richard Rossiter	4:54	10:05:21
9. Adam Johnson	5:17	10:05:21
Brian Scarborough	5:22	DNF
Will Summons	6:12 [missed cutoff]	

### Mountain Creek to Langfords Gap [first section only]

1. David Bedford	5:02
2. Elizabeth Short [f]	5:15
3. Mick Cortis	6:09
4. Steve Appleby	6:21
5. Paul Ashton	7:02
6. Bruce Warne	7:10
7. Kylie Sanders [f]	7:24
8. John Lindsay	7:29
9. Kerry Nesbitt [f]	7:52

### Langfords Gap to Hotham Summit [second section only, 30km approx]

1. John McLeish	4:59
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[www.ultramarathonworld.com](http://www.ultramarathonworld.com)

[www.coolrunning.com.au/ultra](http://www.coolrunning.com.au/ultra)



Peter Mitchell reaches the Mount Hotham summit to win the gruelling Bogong to Hotham race.

Peter is a former Australian representative. Courtesy of a 2:14 winning time at the Gold Coast Marathon, Peter lined up in the marathon alongside Rob De Castella and Steve Monaggetti at the 1987 World Athletic Championships in Rome





# Bogong to Hotham Race, JAN 6th 2002

By Peter Mitchell

The Bogong to Hotham is a gruelling 64km ultrarun with a 3000m vertical climb thrown in for good measure. Obviously you have to be fit to enter the race. A tough 'half way' cut off of 5.30hr exists and usually half the field fails to make this cut off. Owing to the toughness of the run it usually attracts small numbers, but nonetheless some of these runners are amongst the fittest endurance athletes in Australia. Indeed this run is rated the "toughest in Australia" by some.

This year I ran a marathon in October and was somewhat disappointed with my time. Of my 25 marathons this was my second slowest of all time (2.47hr). Not content to age with grace and blame my "poor" time on slowing metabolism, ageing joints or accumulating love handles, I decided to commit to training. The best way to commit to training is to have a goal, and for me the Bogong to Hotham race proved just that incentive.

Running hills with mates in the Dandenongs for 3hrs every Saturday morning was good preparation. Beneficial also were consistent daily runs with my best friend Lhotse, who always pushes the pace (she has two extra legs). A dietary dedication to the humble lentil saw me shed 8kg in just 2.5 months and consequently my times improved, endurance increased and my frame of mind was very positive.

In 1997 I had previously run and won the full event in 8.02hr on a day of 39 degrees. I had suffered in the heat that time due to lack of fluid. I was accosting bushwalkers on the trail for water, as I was so desperately thirsty. My goal this year was to break 8hr. The temperature was forecast to be another hot one - after consecutive days in the low 20s, the temperature soared to 37 degrees (just my luck). This time though I carried 3 litres of water/flat coke in a camelback and a compulsory spray jacket plus a few lollies ... oh, and of course I carried my mobile phone so I could give friends and Jenny a running commentary so to speak.

We all set off at 6.30am lathered in sun-cream. By 8.00am I was on the summit of Mt Bogong together with four other competitors including a multisport champ and an ironman who were both touted as possible winners. I was comfortable with the pace, it was already 5 mins slower than 1997 and a good 21 mins slower than my best time to the summit. After the summit the guys pulled away from me as I made my first of four phone calls! But they had number two's pit stops on the descent and I passed them whilst they squatted.

By half way I was in second place (4hr 28) by 3 mins to the Ironman. In 3rd place by another 3 mins was skier Kevin Tory. I was not feeling well at half way as I was beset by stomach cramps and I started groaning so loudly that I scared the wildlife away. Fortunately the couple of minutes of re-hydrating with Powerade at half way worked wonders and I left feeling strong and striding out nicely (at least while the crowds were watching).

By about the 35km mark on the high plains much to my surprise I caught and passed the ironman comfortably without a challenge from him. A couple of kilometres after I passed him he took a wrong turn and lost an hour. As I ascended Swindler's Spur I was expecting to be passed any minute. I was really hot and had to walk most of the uphill section. Bushwalkers offered me their drinks but I still had plenty of fluid with me! Even so I started to get painful calf and hamstring cramps. No other runners passed me and I continued on to the finish on the summit of Hotham amid the small but warm welcoming party. I was surprised to discover I won the event by well over an hour. Second was Kevin Tory, 3rd was a South Australian and 4th was the ironman! My time was 7:46 so I was pleased with a 'PB'. Only 9 competitors finished, and two suffered exhaustion due to heat and fluid loss, including Kev!

The trip home in the car was almost as painful as the event, as I was squished into the middle of the back seat, on one side was a very pregnant woman and on the other side was Kev stretched out supine with heat exhaustion. My occasional hip flexor cramp was impossible to stretch out, but provided incredible amusement to my travelling companions. Luckily all things considered I pulled up very well after the event with only minimal stiffness, sunburn blisters, typical bush scratches and March fly bites! The next day I was back out training with Lhotse!

## "Making the Cut-Offs"

Adam Johnson's experience at the Bogong to Hotham race

Gently, softly, unevenly jogging across the rut that passes as a track up here, I am feeling giddy with joy. A huge rush of emotion has swamped me, I feel that I might shout with laughter and weep with joy at the achievement that I am in the process of completing. Bogong to Hotham. The Rooftop Run.

Like Bogong standing sentinel over Mt Beauty, this run has cast its shadow on everything I do for the past three or four months. If I want instant butterflies all I have to do is think of the climb up Mt Bogong, horrible tales of Duane Spur, the deadly cut-off time, and the immense time that I will be out running. Almost twice as long as I have ever run before, and far, far more mountainous. The first ultra I have ever entered.

And I keep jogging along, counting down the snow poles, each pole representing 40 metres from some ridiculous number over 1,200 to where I am now at about 400 (give or take 50). I have made the cut-off. I have passed the manned checkpoint that marks the beginning of the High Plains and have survived the mob of dopey looking cattie that stood on the track and watched me approach. I am feeling good, pressure of time lifted and I know that, provided I am careful and don't break a leg, twist an ankle or get bitten by a snake, I have made it. All that driving, all that running before today, all that wondering whether I am good enough has come good. I have withstood the well-intentioned remarks that "a lot of people don't make the cut-off on their first attempt", and have made it with 10 minutes to spare.

The weather is magic. I'm told that it is clear along the top perhaps once every three or four years. This year is obviously one of them. Big, huge jade blue skies roaring at us, calling us up to join them. As we climb Mt Bogong, teetering on the edge of big clear drops, I can see the whole world spread out before me. How do you ignore these sorts of landscapes and pretend to yourself that the run is a dour struggle against the clock? I, for one, cannot, and pause to breathe in the mountains stretching out to forever before me. I am awestruck - my own running mountain, Mt Macedon, is impressive but cannot be compared with this.

How is the climb up Bogong? Tough, of course, but I do not remember it as the hardest of hard, no doubt due to a combination of freshness and mental focus. To me, this climb is the make or break climb. I will not be broken, and walk up the hills, jog the flats and gentle climbs. I do not jog much, but jogging is a relief from sore old walking muscles.

Finally we get up past the bush track phase, shoulder up through the tree line and clamber over rocks and heathy slopes. Way up above me is a string of runners, walking ever so slowly like a climbing expedition scaling Mt Everest. By about this stage I finish my electrolyte solution bottle and am onto the refilled water bottle. 'Keep drinking' I tell myself, seeing the walk as an efficient way of climbing and a perfect opportunity to drink while it is not inconvenient to hold a water bottle.

Halfway up the rocky last lunge to the peak of Mt Bogong we come across our first volunteer. I would meet many more of these amazing people over the course of the run, people who have given a day or two to help a few runners achieve their aspirations. People who, without fail, greet me with support and water, pushing jelly sweets and fruit at me. I hope they understand how much I appreciate their presence; if I didn't say so at the time, I'll say it now - thanks heaps guys. As for the first volunteer we come across, she has prime position, sitting on the side of Mt Bogong, the sun slowly climbing in the sky, watching a whole heap of ants gradually grow bigger as they ascend the face, forming into runners who puff and pant past up to the summit.

Apparently we reach the summit in about 1:45. I have recollections of reading that 1:30 is the target for the summit to make the cut-off, but my company seems to think that we'll be fine. None of us have run this before and so we don't really know, but the alternative is unpalatable. That is the last time that I ask for the time until I reach Langford Gap, and as I run without a watch, I am unshackled from the incessant tick ticking of the clock taskmaster. I run within myself, pushing myself when I feel good, backing off when I feel tired.

For now, though, I feel good. It has been about 1:30 of pretty much solid walking and climbing, so it is good to stretch out on a reasonably flat track. The three of us open up a bit, almost running abreast for maximum track visibility, and it is good. I don't know the names of my companions, and we don't talk much. I only really comment to sympathise when an ankle is creaked by an awkward step, other than that, eyes on the trail, flicking up to catch the mountains around. Wondering which of the mountains has Falls Creek.

It seems instantaneous that we reach the second hut (the first being on the climb up Bogong). Water, electrolyte drink and ample encouragement are on offer here, and I drink eagerly of each. We are not here long before the guy that I call (to myself) 'the steam-train man' comes thundering up to the hut. Puffing and snorting, he is an essentially silent (except for the huff and puff) companion for much of the run to the top of Duane Spur. But we are not there yet, and have T-Spur to deal with yet.

Vicious rumours were spread about T-Spur, the main being that it is hard to run down fast. I must have forgotten about that (and much of the timber that apparently lies across it had been cleared) because I was off like a rocket. By this stage steam-train man has already shown his colours as a demon down hills, passing us in a crash of undergrowth as we dive for cover off to the sides of the track. He is back behind me by T-Spur, and I hold him at bay, soaring like a bird down and around the corners, nimble feet, sharp eyes, arms out wide and fingers splayed to squeeze out every last bit of energy that I put into climbing the mountain. Swooping down the hill I am doing what I love. Everything in my body is tightly focussed on keeping me on my feet and moving fast, a challenge I have loved since cross-country running days. Of course, it has to end, and does when I catch two more runners

(again know no names), but I decide to tail the faster and we scramble down to Big River.

Big River. Without Big River, this run would be a doddle. No descent down T-Spur, no climb up Duane Spur. No worrying about whether you will find the track that so many have lost in the past. I find the track (enjoying the chance to cool my feet in the cool clear waters, but not looking forward to the potential blisters from wet feet), and climb. If anybody tells you that Duane Spur is easy, they are lying. It is a mongrel of a climb. Incessant, it just keeps on going, catching you unawares after you have sunk so much psychological energy into the Bogong climb. Climbing Duane Spur was the first time I have ever felt that I had no energy left to climb. The first time EVER. I was taking one foot up and nearly fell backwards because I had nothing there. Obviously something scrambled out of somewhere in my body to save the day, and I was able to push on, but this sucked out a lot of confidence. I was passed by one of my early companions and the steam-train man. I didn't see either again except for their backs disappearing far off into the distance before me.

Fortunately a manned checkpoint is on top of Duane Spur. I was probably demoralised at this stage, and pulled it together a bit with the help of their encouraging words and their food. From now on, I thought to myself, there are no big climbs left, and so I was able to leave the checkpoint at a jog.

For the next 5 kilometers or so, I walked any excuse for a hill and jogged slowly down anything that was too poor for an excuse. I was tired and not interested in pushing myself harder than I could sustain, simply to meet some time limit against which I could not judge my performance (as I had no clock). The wisdom of carrying no watch was being driven home.

In fact, from the checkpoint until the turn off the 4WD track, I move in a trance. Running when I feel I can, walking the rest, continually setting myself little goals like running to half-way up the next rise, to the next rock, to the water container. The water container. That water container was bliss, a little reminder of what it is all about and a chance to refill my near empty bottles.

Eventually I turn off, descending back through the tree line, enveloped by the snow gums, pushing through the low-lying shrubs, hopping over the occasional spring-fed rivulet. A lady charges past me, asking me how far to go. I have no idea, and don't really care. I don't feel particularly energetic, and I certainly don't feel like running a further 26 kilometers after I get to Langford Gap. From her glancing at her watch and quick pace, we must be getting close to the cut, but again, I don't care. If I don't make it, I don't make it. When we pop out next to the aqueduct ("Which way?", "Don't know, probably right"), I have no more excuses for not running. The track is good,

so I can't plead rough terrain. It is pretty much flat, even downhill, so I can't plead the climb. I am just buggered, and I jog and walk intermittently, looking at the water flowing in the aqueduct. It seems to flow in towards me in parts, and away from me in other parts. Very strange to have an aqueduct flowing both ways at once, doesn't seem quite right. And this bloody track goes on forever. Every corner I think has to be the last, but it isn't. I think that, surely, the people at Langford Gap will come up the trail to tell us it isn't far. But they don't. Instead, I wander along thinking to myself that I hope I don't make the cut-off, because then I don't have to run any more. I am buggered.

And then I round the corner and see people. Could it be? Is it possible? Is this the checkpoint? I have visions that this gathering is some other group of people, and in fact I have to run another few kilometers further. Of course, it isn't some other group of people, it is the checkpoint, and my girlfriend comes up to me to see how I am. The first thing she does is wipe the crystallised snot from under my nose. We all have differing priorities.

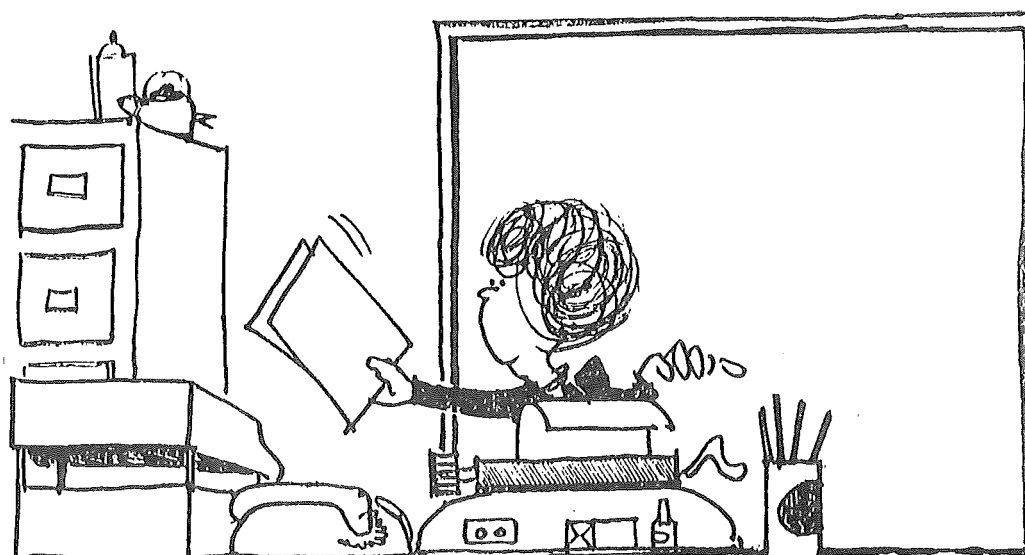
I have made the cut-off by 10 minutes damn it. Apparently I look good. I say that I'll need to think about whether or not I continue, but already I know that I must. I'm told (and believe) that the pain during the run is nothing compared to the pain of pulling out. And, without a time to run to, I could walk the rest (or so I tell myself). I restock, re-energise, refocus and pass through the gate to the second half with about 30 seconds to spare. One more, Brian, follows me.

And so it is that I am on the High Plains, home and hosed with just 16km to go. Delirious with joy. Smiling and chatting to bushwalkers who trudge along in front of me: "How are you feeling?", "I've felt better". Chuckles all round as I churn on. Yes, I've felt better, but I've also never felt better. Feeling so buggered and yet so strong at having achieved my goal, enjoying now the water seeps across the track, skipping and dancing from rock to rock in a pointless attempt to keep my feet dry. Can this make sense? It seems to at the time.

To wrap up (and apologies for dragging this out), I do finish the run in 10:05 - last (Brian having to pull out at some stage). I felt privileged that I have been able to do this and am infinitely thankful for the organisers, the volunteers and my little support team (my brother and my girlfriend who spend most of the day either driving or waiting for the RACV man to fix the car). All of these people out to help me achieve what, for most rational people, is a silly whim, a pointless exertion, a draining of energy.

But, of course, that is not the case. To quote some famous word, it's the vibe of the thing. You see, I don't finish last on my own. In actual fact, I spend the last four or so kilometers with a guy called Richard who has waited 10 or so minutes for me at the last manned checkpoint so that we can finish together. That, in my book, is true class. That little something that would inspire somebody to hang about with the Marchies for the last runner, a stranger, simply so that they could finish together sums up my magical ultra experience, and is the reason why I intend to be seen around the ultra traps again.

After a mighty effort to  
Finish the Bogong to  
Hotham race, Adam  
Johnson burnt the  
Midnight oil as he  
prepared his race report



## Mansfield to Mt. Buller Race Directors Report 27-01-02

By Peter Armistead.

The 12<sup>th</sup> running of the Mansfield to Mt Buller 50km classic saw another lot of creditable performances.

Tim Sloan stamped his class on the event with an all the way victory in a new race record.

Tim powered up the mountain 18km from the 30km point and charged back the last 2km from the summit to take 2 minutes off Carl Barker's time that has stood since the 1<sup>st</sup> staging of the run.

Almost impressive was Ross Shilston's sprint from the leading car up to the summit to stay in front of Tim and then get back in time to record the time at the finish. Ross is still recovering!

The great Yiannis Kourou put in a good run to come in second in 4:03:50. It was a privilege for all involved to see the great man in action.

Kelvin Marshall came in 3<sup>rd</sup> with another gutsy run in his 100<sup>th</sup> ultra. The previous 100<sup>th</sup> was a miscalculation. Well done Kelvin!

Dawn Parris continued to inspire with another great effort to take the women's trophy.

Brian Gawne finished 12 out of 12 runs whilst his Shepparton offsideers Brian O'Farrell now has 8 finishes and Steven Trevaskis in his first ultra showed true grit.

15 finishers out of 16 starters was a great success rate.

### The other highlights of the day were:-

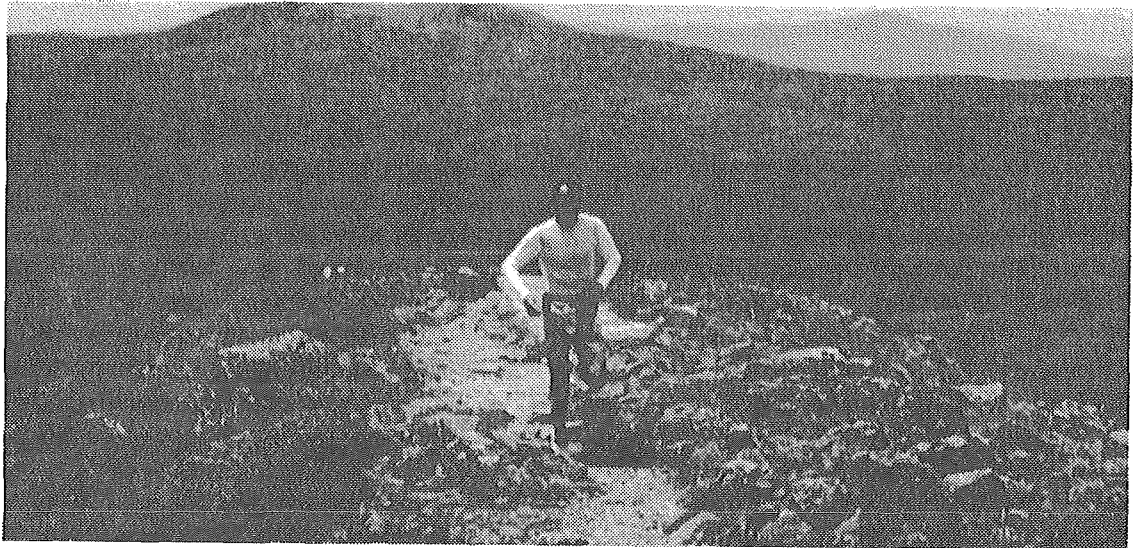
Firstly, in the absence of Dot & Colin Browne and Geoff Hook the quality of the sandwiches improved markedly with the injection of beetroot being the outstanding feature.

Secondly, but no less impressive, was George Christodoulou's guitar recital at the 30km drink stop.

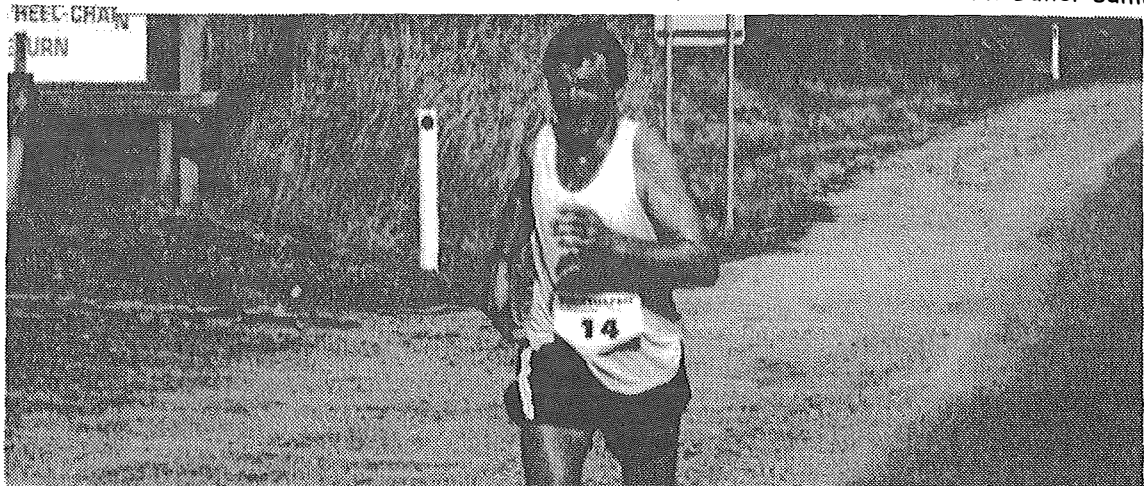
George and his guitar could go a long way.

Many thanks to the support teams and Clive Davies, Ross Shilston, Robin Anderson, Sandra Stewart and Kevin Cassidy.

Look forward to seeing you all for the 2003 run.



Yiannis Kourou is dwarfed by the breathtaking scenery as he reaches the Mount Buller summit



Rudi Kinshofer flew over from Adelaide in a home made light plane before taking fourth place

# 12TH ANNUAL MANSFIELD TO MT.BULLER - 50KM ROAD RACE

Sunday 27th January, 2002

## Results

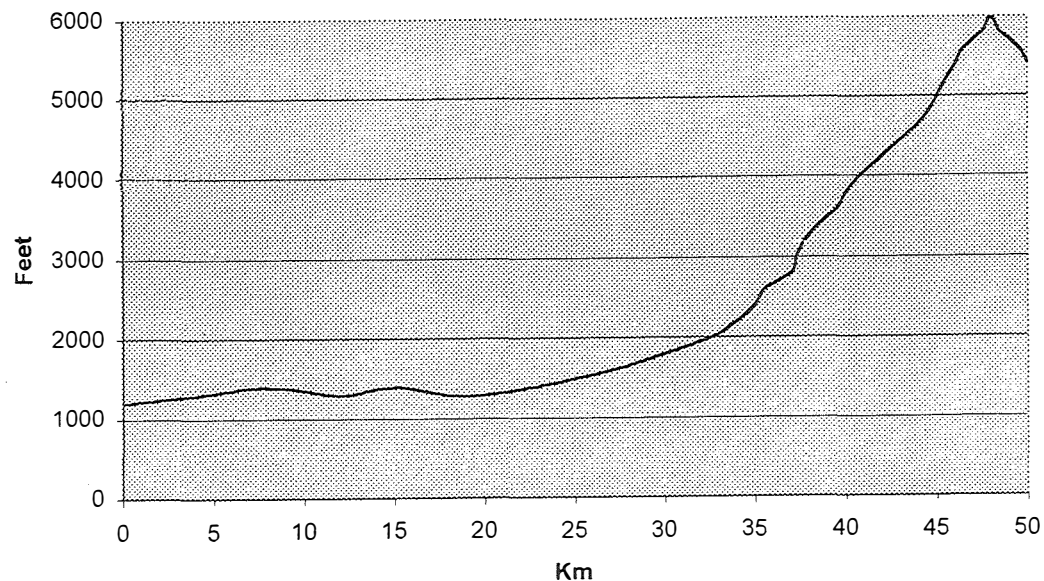
Place	Competitor	5km	10km	15km	20km	25km	30km	35km	40km	45km	46k/Arlsburg Summit	50km
1	Tim SLOAN	19.25	38.00	58.00	1.20.20	1.41.24	2.05.00	2.28.00	2.50.00	3.15.00	3.26.50	3.46.25
2	Yiannis KOUROS	20.08	40.16	1.02.00	1.25.00	1.47.20	2.13.00	2.40.00	3.02.55	3.28.50	3.39.50	4.03.50
3	Kelvin MARSHALL	21.43	42.37	1.05.00	1.29.34	1.54.03	2.21.00	2.50.00	3.17.00	3.51.08	4.06.55	4.34.08
4	Rudolf KINSHOFER	22.11	44.25	1.09.00	1.35.00	2.01.22	2.31.00	3.05.00	3.38.00	4.18.12	4.33.50	4.59.28
5	Robert EMBLETON	21.48	42.42	1.05.00	1.29.36	1.54.08	2.23.00	2.57.00	3.30.00	4.15.40	4.37.09	5.01.46
6	David STYLES	26.00	47.47	1.13.00	1.40.00	2.07.11	2.37.00	3.13.00	3.52.00	4.32.38	4.49.50	5.06.44
7	Brian O'FARRELL	26.00	48.30	1.13.30	1.40.00	2.07.11	2.38.00	3.13.00	3.47.00	4.29.40	4.48.40	5.08.33
8	Bruce SALISBURY	26.00	47.47	1.11.00	1.37.10	2.01.40	2.33.00	3.13.00	3.52.00	4.36.34	4.55.24	5.14.08
9	David SPENCER	28.00	53.20	1.22.00	1.54.50	2.26.40	3.03.00	3.35.00	4.09.00	4.47.15	5.03.02	5.18.42
10	Brian GAWNE	26.00	48.30	1.13.30	1.42.10	2.10.46	2.43.00	3.22.00	4.00.00	4.49.50	5.09.18	5.28.38
11	Dawn PARRIS	29.00	55.04	1.26.00	1.57.20	2.30.00	3.05.00	3.45.00	4.22.00	5.20.00	5.24.18	5.42.17
12	Brian JACKSON	28.00	53.12	1.22.00	1.54.50	2.26.40	3.07.00	3.59.00	4.44.00	5.34.40	5.59.40	6.19.10
13	Steven TREVASKIS	29.00	58.20	1.32.00	2.10.55	2.51.30	2.37.00	4.23.00	5.16.00	6.09.20	6.30.46	6.52.40
14	Nick THORVALDSON	28.00	52.44	1.23.00	1.55.10	2.33.09	3.23.00	2.18.00	5.08.00	6.02.02	6.24.46	6.51.32
15	John LINDSAY	32.00	63.42	1.36.00	2.17.00	2.53.10	3.34.00	4.22.00	5.15.00	6.08.15	6.31.00	6.57.26
16	Ernie HARTLEY	29.00	57.44	1.30.00	2.09.40	2.51.30	3.36.00	4.30.00	DNF			7.13.27

## MANSFIELD TO MT.BULLER 50KM ROAD RACE HISTORY OF THE EVENT

Year	Men	Time	Women	Time
1991	Carl Barker	3:48:22 *	Lavinia Petrie	4:35:11 *
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4:15:18	Lavinia Petrie	4:40:25
1999	Sani Badic	4:01:06	Sandra Timmer-Arends	4:29:52 *
2000	Michael Wheatley	3:52:18	Sandra Timmer-Arends	4:20:40 *
2001	John McKenzie	3:56:48	Sandra Timmer-Arends	4:13:53 *
2002	Tim Sloan	3:46:25 *	Dawn Parris	5:58:06

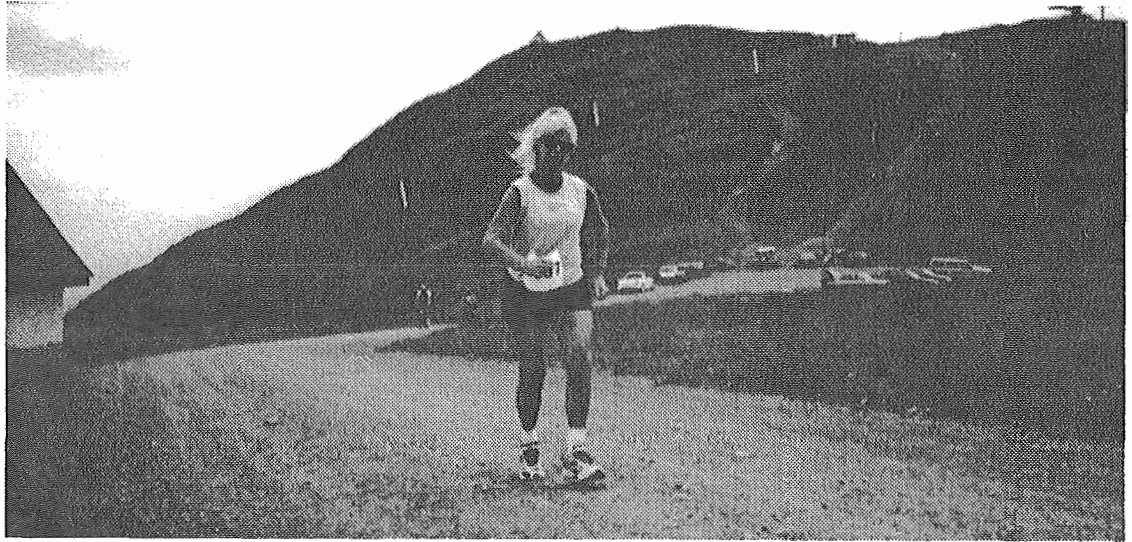
\* Course Record

Mansfield - Buller Course Profile





## Mansfield to Mount Buller 50km



Dawn Parris descends the Mount Buller summit in the final kilometre



Brian "Jet" Jackson looks satisfied with himself upon reaching the summit



Yiannis Kouros and Tim Sloan relax after a stirring battle up the mountain  
The sign in the background seemed most appropriate!!!!



# Behind the Scenes at the Mansfield to Buller Race

By Kevin Cassidy

I don't know how it happens, but each year, Peter Armistead [Race Director] seems to manage to rope me into assisting at this gruelling and difficult 50 kilometre road race.

Saturday evening sees all sorts of weird and wonderful people descend upon Peters brothers house.....Heavens above, how do Wayne and Marilyn Armistead cope with so many visitors who awake at 4.30 am and cause a hell of a racket before leaving???

Tasmanian Tim Sloan powered to a new course record but not before some dramas the night before when he attempted to spray insect repellent on his legs. Tim did not realise that the nozzle on the can was facing the wrong way and he promptly sprayed himself in the eye!!!

While most of the competitors arrived in Mansfield by car, Rudi Kinshofer arrived from Adelaide in a home made light plane built and piloted by his friend, Colin Wilson!!! "It's only a three hour flight," said Colin, as he landed on the grassy and bumpy Mansfield air strip

Race morning provided more dramas when "someone who shall remain nameless" was daydreaming while looking at a new housing estate on the outskirts of Mansfield and driving at the same time.....Suddenly it was to late to even hit the brakes and all I could do was cringe as the car plowed into a family of ducks who were crossing the road.....Two dead and one injured as it ran away. As someone who has petitioned against Duck Hunters, it left me feeling rather ill for the rest of the day.

Comical errors were provided by none other than Ross Shilston when he tried to fill a drink container without realising that the tap at the bottom was still open.....After 10 minutes of watching the water flow in one end and out the other, Rossco finally woke up!!!! Minutes later, he managed to set off his car alarm which destroyed the early morning calm of Mansfield [I am sure the locals were impressed] before finally disconnecting his battery to stop the noise!!!

Finally the race got underway and the field included Yiannis Kouros who took second place behind Tim while the super human Kelvin Marshall was lining up for his 11<sup>th</sup> Mansfield to Buller race and his 100<sup>th</sup> ultra. Long time ultra stalwart, Dawn Parris, was the only woman in the field. Dawns presence is always a highlight and she added a welcome dose of grace, quality and charm, not to mention her usual tough and consistent effort.

As for me, well I drew the short straw when I had the "privilege" of driving along the course in Ernie Hartley's old valiant sedan.....This was an "experience" all on its own. Ernie showed his appreciation when he pulled out at 35km and promptly lay his sweaty body all over my fresh towel!!!!!! Next time I am running passed your shop, Ernie, I shall be looking for a coke or two!!!!!!

Race director, Peter Armistead, has already reported that with the absence of Geoff Hook and Dot Browne, the quality of the sandwiches was much improved. Well Pete, are you sure you weren't dreaming?????? The sandwiches you dished up to we trusty and loyal race officials weren't fit for a starving dog.....In fact, I think even a starving dog would have thrown them back at you!!!!!!!!!! Give me Dot's sandwiches any day.....

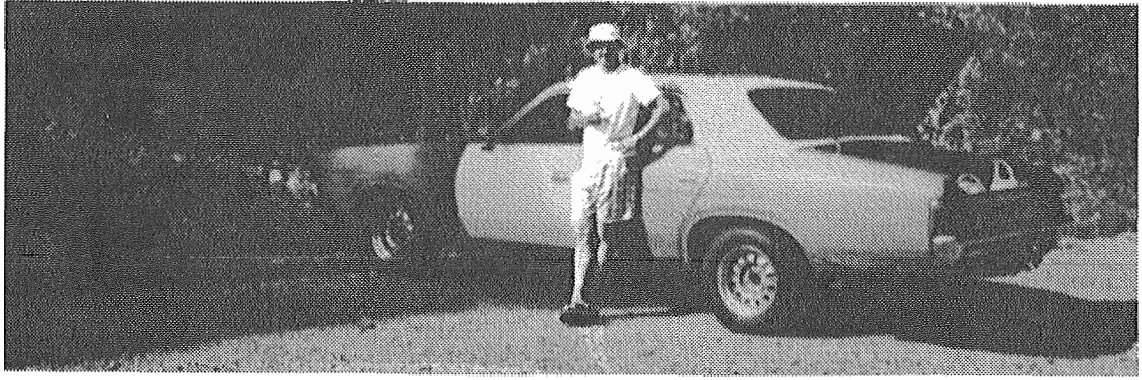
George Christadoulou did not let crewing for Yiannis Kouros get in the way of a good time. George was driving along the road with Spanish music blaring over his stereo and even pulled out his guitar at various aid stations and kept everyone amused with his Spanish musical talents!!!

With the race finally over, I was disappointed to discover that the entire Mount Buller Ski Village had had a disagreement with Coca Cola and no longer stocked the product.....I had to settle for a Pepsi!!

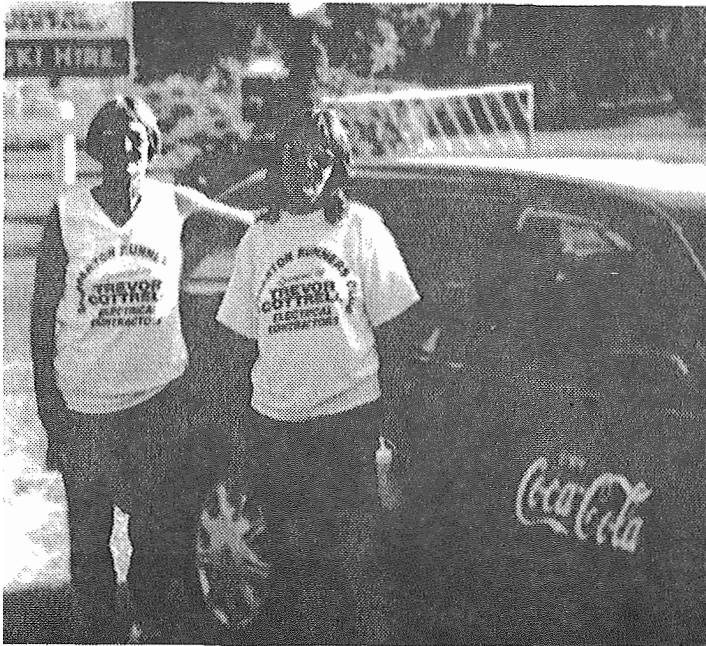
Peter conducted the presentation at the Arlsburg Lodge then disappeared to drive Brian "Jet" Jackson back to Benalla before heading back home. It was only when he got home that he realised he had taken off without the collection of cups, sponges and water buckets that he had brought with him. Fortunately for Peter, there were a few less forgetful people around who managed to gather all and sundry before leaving, however a card table is still missing. Maybe it will still be sitting on the roadside when we return next year!!!!!!!!!!

There is never a dull moment at the Mansfield to Buller race

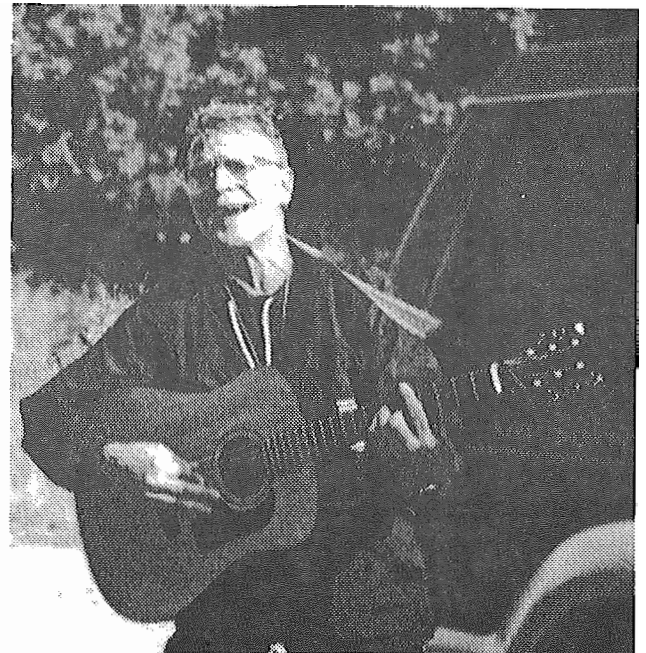
## A day behind the scenes at the Mansfield to Mt. Buller race



Kevin Cassidy was "lucky" enough to get the job of driving Ernie Hartley's old Valiant to the summit.  
An experience that he described as "Unique, to say the least!"



The Shepparton runners had their own crew, complete with their sponsors logo on the car door



George Christadoulou kept the aid station workers amused with his Spanish guitar renditions



Any photo of Dawn Parris greatly enhances this magazine



Tim Sloan and Ross Shilston were left to pack up when the absent minded Race Director, Peter Armistead, went home without remembering that he had actually brought a heap of aid station supplies with him!!!!!!

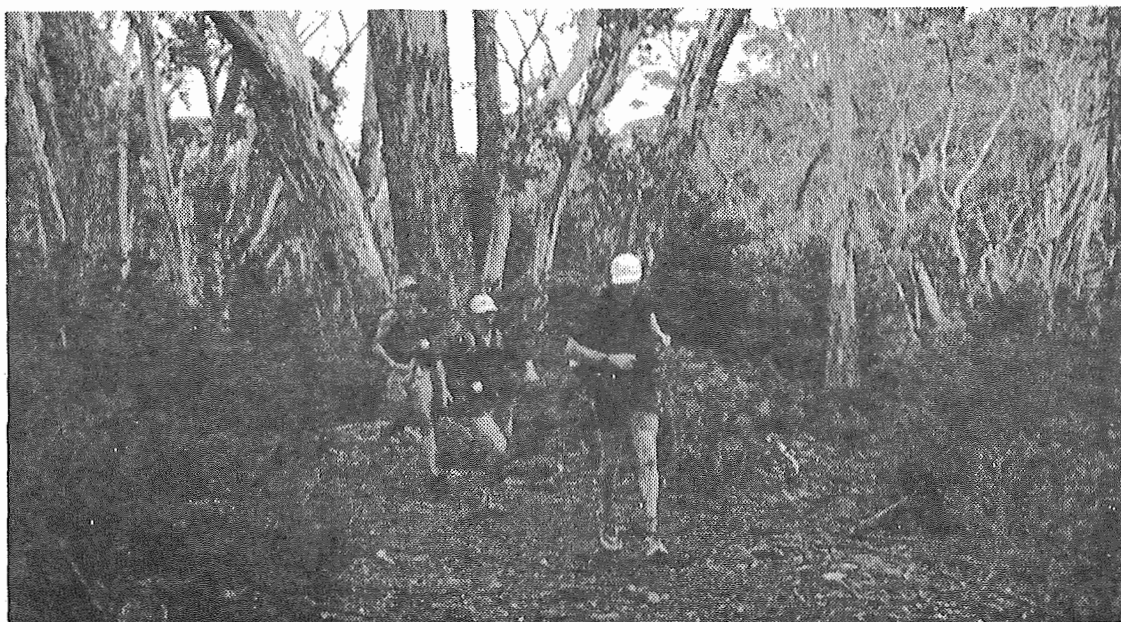
**CRADLE MOUNTAIN RUN [Tasmania]**  
**Waldheim to Cynthia Bay 85km [approx.]**  
**2-2-2002**

no.	surname	first name		age	Pelion	Windy	Narcissus	Cynthia time	Cynthia finish order	cradle age gender factor	corrected time	est. time	diff
4	Guy	Mark	Mr	29	3:26	5:40	6:47	8:58	1	1.0000	8:58	12:00	3:02
34	Wrigley	Robert	Mr	36	3:54	6:21	7:25	9:40	2	0.9651	9:19	11:00	1:20
20	Ross	Dave	Mr	45	3:39	6:15	7:29	9:54	3	0.8794	8:42	9:15	0:39
41	Barnes	Rodney	Mr	29	3:39	6:13	7:29	9:54	4	1.0000	9:54	10:00	0:06
11	Madden	John	Mr	48	3:52	6:30	7:44	10:14	5	0.8510	8:42	10:40	0:26
44	Duncan	Genevieve	Ms	30	3:54	6:37	7:51	10:19	6	0.8000	8:15	12:00	1:41
49	Pearce	Imogen	Ms	24	3:54	6:37	7:51	10:19	7	0.8000	8:15	11:00	0:41
53	Bull	Alexis	Mr	27	3:54	6:37	7:51	10:19	8	1.0000	10:19	10:00	0:19
5	Hove	Alex	Mr	51	3:57	6:46	8:05	10:37	9	0.8217	8:43	11:00	0:23
51	Riseley	Paul	Mr	35	4:06	7:00	8:17	10:44	10	0.9747	10:27	10:00	0:44
33	Brown	Marcel	Mr	28	4:03	6:54	8:14	10:55	11	1.0000	10:55	10:30	0:25
36	Fryer	Martin	Mr	40	4:24	7:22	8:42	11:06	12	0.9269	10:17	12:00	0:54
22	Worley	Brett	Mr	25	4:21	7:19	8:40	11:20	13	1.0000	11:20	12:00	0:40
7	Slagter	Michael			4:21	7:19	8:40	11:22	14		0:00		11:22
17	Wilkinson	John	Mr	42	4:16	7:07	8:31	11:28	15	0.9079	10:24	13:00	1:32
31	Johnson	Adam	Mr	27	4:06	7:03	8:32	11:28	16	1.0000	11:28	12:00	0:32
2	Page	Jacqui	Ms	36	4:28	7:20	8:39	11:31	17	0.7721	8:53	12:30	0:59
8	Sweetman	Neville	Mr	42	4:18	7:26	8:53	11:46	18	0.9079	10:40	12:00	0:14
28	Bence	Stephen	Mr	45	4:03	7:02	8:35	11:46	19	0.8794	10:20	11:00	0:46
15	Taylor	Rob	Mr	61	4:27	7:32	8:56	11:47	20	0.7178	8:27	11:00	0:47
6	Skvaril	Vlastik	Mr	62	4:28	7:36	9:00	11:56	21	0.7073	8:26	10:45	1:11
12	Devine	Ken	Mr	58	4:16	7:34	9:00	11:56	22	0.7493	8:56	13:45	1:49
47	Lester	Philip	Mr	45	4:32	7:47	9:16	11:59	23	0.8794	10:32	12:30	0:31
1	Andrewartha	Rod	Mr	43	4:32	7:46	9:16	12:11	24	0.8985	10:56	11:30	0:41
3	Berry	Ian	Mr	55	4:35	7:57	9:27	12:11	25	0.7810	9:30	12:59	0:48
19	Strohfeld	Doug	Mr	43	4:40	7:54	9:27	12:11	26	0.8985	10:56	12:00	0:11
16	Burke	Terry	Mr	41	4:17	7:33	9:09	12:19	27	0.9175	11:18	11:00	1:19
29	Powell	Chris	Mr	39	4:40	7:54	9:18	12:23	28	0.9365	11:35	13:00	0:37
45	MacFarlane	David	Mr	43	4:42	7:52	9:26	12:28	29	0.8985	11:12	13:00	0:32
9	Sweetman	Anne	Ms	34	4:22	7:36	9:12	12:32	30	0.7874	9:52	13:40	1:08
32	Ferguson	Rick	Mr	38	4:37	8:07	9:39	12:34	31	0.9460	11:53	13:00	0:26
38	Hoare	Peter	Mr	44	4:30	8:09	9:48	12:39	32	0.8889	11:14	13:30	0:51
27	Greenhill	Sean	Mr	23	5:02	8:13	9:43	12:50	33	1.0000	12:50	13:00	0:10
40	Incoll	Bruce	Mr	35	4:43	8:06	9:41	13:06	34	0.9747	12:46	13:30	0:24
52	Smith	Mark	Mr	32	4:42	8:06	9:41	13:06	35	1.0000	13:06	12:30	0:36
54	Roffe	Richard	Mr	46	4:17	7:44	9:16	13:09	36	0.8701	11:26	12:00	1:09
13	Sta ry	David	Mr	51	4:42	8:19	9:59	13:14	37	0.8217	10:52	12:00	1:14
25	Atkinson	Sally	Ms	33	4:44	8:20	9:50	13:19	38	0.7950	10:35	13:25	0:06
26	Atkinson	Dale	Mr	33	4:40	8:20	9:50	13:19	39	0.9938	13:14	13:25	0:06
10	Simpson	Ras	Dr	52	4:58	8:19	9:59	13:30	40	0.8116	10:57	12:30	1:00
35	Mulcaster	Dean	Mr	31	4:44	8:12	9:56	13:30	41	1.0000	13:30	14:00	0:30
30	Strohfeld	Malcolm	Mr	39	4:57	8:30	10:14	13:34	42	0.9365	12:42	12:00	1:34
18	Ashton	Paul	Mr	45	4:40	8:22	9:59	13:37	43	0.8794	11:58	11:30	2:07
42	Lawrence	Rachel	Ms	28	4:16	8:03	9:42	13:39	44	1.0000	13:39	12:00	1:39
23	Burri II	Peter	Mr	43	4:54	8:41	10:26	13:53	45	0.8985	12:28	12:30	1:23
48	Nicholas	Gavin	Mr	49	4:51	8:41	10:26	13:53	46	0.8414	11:40	12:10	1:43
37	Scott	Michael	Mr	43	4:48	8:37	10:16	14:08	47	0.8985	12:41	13:30	0:38
14	Powell	Scott	Mr	39	5:16	9:08	10:56	BOAT	48	0.9365		13:15	-
21	Darby	Edward	Mr	43	4:44	8:12	10:14	BOAT	49	0.8985		12:00	-
24	Lancaster	Dale	Ms	51	4:48	8:37	10:28	BOAT	50	0.6573		12:58	-





Mark Guy powered through Narcissus Hut for an "all-the-way" win at the Cradle Mountain Run



Imogen Pearce and Genevieve Duncan linked up with Alexis Bull before crossing the line together as joint female winners

## Man flogs horse on a dead track

A MAN has beaten a horse in a gruelling endurance race over 80km in the United Arab Emirates.

Tom Johnson, 42, a distance runner from the United States, yesterday won by just 10 seconds from the purebred Arabian horse Al Barraq, ridden by Jennifer Nice.

Johnson said he was leading by almost 2km with about 4km to go when he saw Al Barraq launch his final challenge.

But Johnson managed to stay ahead, completing the course in five hours and 45 minutes.

"Another kilometre and

I think I would have been overtaken," he said.

"My best time over 80km is five hours 10 minutes, but that was over a flat surface.

"Today's trail was very challenging but I thoroughly enjoyed it."

Johnson holds the US endurance record for distances over 100km.

The horse and jockey were almost 10 minutes ahead after 32km, but then had to take a mandatory 40 minutes rest for the welfare of the horse.

Johnson took the lead and was never headed.



# The Cradle Mountain Run

By Sean Greenhill

Probably the oldest trail ultra in Australia, the Cradle Mountain run traverses the Cradle Mountain- Lake St Clair National Park in Tasmania's glacier- ravaged high country. It follows the historic Overland Track for its full length from Waldheim Chalet in the north to Cynthia Bay Visitors Centre on the shore of Lake St Clair in the south. It can and does snow here in summer; it can also be fiercely hot.

Competitors are limited to 50 and strongly vetted for their suitability to run a full day unsupported in isolated country. There is no vehicular access inside the park; runners must be entirely self sufficient and carry suitable alpine gear; the only aid being at Narcissus Hut, approximately the 67km mark, where some volunteers bring in food on a ferry.

Thanks to the strict qualifying criteria, usually only a couple of runners DNF each year; however last year on a clear day in a drought ridden summer, the temperature hit 37 C and almost half the field, including your correspondent, failed to finish. This year, when talking to veteran runners, the mere mention of the 2001 race would induce a long intake of breath, and conversation would be broken out by a drawn out "yeah.... last year!"

This year it promised to be different after very high rainfall in the previous few months, including snow on the trail in December. More like the traditional conditions for the Tasmanian high country. I was the only runner from NSW who entered in 2002, though I wasn't alone; Martin Fryer had come down from Canberra to race, and I had known Martin for a long time- when there's a tough long ultra to do, Martin will be there, always promising to finish well up in the field. Paul Ashton, the RD of the Wilsons Promontory ultra, was also there. Paul's done this trail quite a few times and is a runner of my own mid- pack skills, so I was anticipating running with him for a good while.

My plane arrived at Launceston airport almost two hours late on Friday the first. However, I was greeted by Martin and Doug Strohfeld, a competitor who was also co ordinating the transport for the Launceston end. They had waited round well after they had expected to be on the road; I climbed into a mini bus which I expected to be full of angry runners, but there didn't seem to be any problem beyond my own guilt. I met Adam Johnson for the first time, and also Rob Taylor, who had just done a traverse of the Du Cane Range in Cradle Mountain- Lake St Clair National Park, then run up Mt Wellington for recovery. He didn't look near his sixty something years. It turned out Martin had picked up a stomach bug from eating Italian the night before; he alternated between depression over his pending performance and vowing some Old Testament style vengeance on the restaurant he had eaten at.

As we drove into the high country, thick mist and fog descended; rather than enjoy views of Cradle Mountain from the road near Daisy Dell, we instead saw vistas of grey, and soaked ground on all sides. Martin and I dumped our gear at the Cosy Cabins- we would share rooms before and after the run- then walked over to the Wilderness Village Restaurant to carbo load and listen to the pre race briefing. This also involved an equipment check to verify we had all the required alpine gear- thermal tops, waterproof jackets, sufficient food, compass, lighter, map etc. Including water, my Karrimor Mountain Marathon pack weighed in at just over 5 kilos.

Martin and I rose at 3.30 the next morning to meet Bob Richards, the former RD, who would drive us from our cabin to Waldheim Chalet in time for last minute preparations before the 6am start. As we drove in through a light drizzle, passing wombats and bandicoots who were startled by the headlights of our van, I asked Bob just how long this race was. "I believe it's 85K," he replied, "but we put 80K on the t shirts." Sounds like the 30K runs we do in Sydney Striders that always seem a bit longer than that. Paul Ashton also told me he believed it to be 85K.

The start was very low key- we lined up on duckboard at the trailhead; then at 5.58 the front runner started to move. "Have they started?" asked one runner near me. We all hit our stopwatches and strung out in single file on the duckboard as the drizzle thickened. For the first 5 minutes we were in strict single file as the duckboard was too narrow for any passing; then we started heading upwards towards Crater Falls and Crater Lake. I was right behind Paul Ashton, who was not having a good day, breathing harshly as we ran up a flight of wooden stairs next to the spectacular falls; at the top of that ridge we ran into thick mist. Normally one could see the valley Crater Lake resides in- sheer rock walls carved out by glaciers. But today we couldn't see the cliffs, we could hardly see the lake itself! The climb resumed, very steep now, hands were required on some of the steeper rocky

sections. I was still right behind Paul; in fact I had trouble seeing as my glasses had fogged up badly in the humidity, so I figured I'd step where Paul's feet stepped.

On this climb to Marion's Lookout, Paul offered to let me (and anyone else) pass; others did, but I felt half an hour into a 53 miler was too soon to be pushing the pace! We reached Marion's Lookout, perched above Crater Lake, to be greeted by more drizzle and mist and a strong wind. I was glad I had my thermal long-sleeve on under my Coolmax shirt. Normally at Marion's Lookout you confront the massive blade of shattered dolerite that is Cradle Mountain for the first time; today it was hidden from view. Running on a mixture of rocky trail and duckboard, we reached Kitchen Hut after 50 minutes; right on 13 hour pace. Then Paul left me behind as the going got much rougher; he moves better on technical surfaces than I. The trail was now going right round the base of Cradle Mountain but there was still nothing to see apart from the rocks underfoot; certainly not the bulk of Barn Bluff, Cradle Mountain's higher sibling, also hidden by the rain and fog.

After about 75 minutes the technical rocks gave way to extended stretches of duckboard, so I ran hard along the rim of Cradle Cirque, dropping away steeply on my left. The winds picked right up and the rain was driven hard against our skin and clothes; we jammed our caps lower on our heads and kept going. I was running with a small group which dropped down steep switchbacks into Waterfall Valley; from here the trail would be a mixture of rocky stuff and duckboards over rolling terrain until hitting Pine Forest Moor, about 8km away. I ran into Windermere Hut to refill bottles from the rainwater tanks there after about two and a quarter hours; 17km had passed by. I was now running with Malcolm Strohfeld and one or two others as the trail crossed Pine Forest Moor. The massive cliffs of Mt Pelion West- third highest mountain in Tasmania- were hidden from view on our right by the weather. Last year when passing through here, the cliffs were truly imposing despite being quite some distance away. We dropped steeply to Pelion Creek, climbed up the other side, then began the long descent to Frog Flats.

For me, the Pelion Creek- Pelion Hut section was the worst of the run, as the terrain definitely is not my best and the weather was at its most arduous. I'm not a good downhill runner at all, nor am I any good on technical terrain. This length of trail as covered in tree roots and the rain had turned the earth to mud that I would sink ankle deep in. Max Bogenhuber (or was it Dick Bartlett?) talked about a runner stepping in mud, stepping out and leaving a shoe behind. I could now appreciate what they meant. Malcolm and the other runners passed me as I slogged downhill; on my left was a steep embankment to the Forth River; on my right a steep grade upwards covered in tangled rainforest. But my concentration was pretty much focussed on where my feet were going. It seemed forever before I reached Frog Flats, the lowest point on the course, and turned east towards Pelion Hut. I ate another Powerbar (my diet was a combination of Protein Plus Powerbars, Mega sized Kit Kats, and a couple of tubes of condensed milk) and took advantage of my long walking stride to set some pace as the trail- still highly technical and muddy- sloped upwards.

By now it was after 10am and the rain was really coming down. At least it seemed to drive away the fog, because when I reached the clear on the Pelion Plains, I could look into the distance for the first time all day. I arrived at Pelion Hut, the first of two cutoff points, just after 11am and 35K of racing. Volunteers park a car three hours walk away on Arm River Road and walk in to ensure everyone comes through before 12pm. Any runners who do miss the cut have a three hour walk out. I was amazed when they told me I was 47th- that was just behind 13 hour pace and I thought I was doing okay. Just what sort of field was in this race? I left quickly, passed two runners just out of the checkpoint, refilled bottles at a creek crossing, chatted to two German backpackers, then began the climb to Pelion Gap as the sun briefly came out. Not wanting to overheat in a steambath, I stopped, removed my thermal undershirt, replaced the Coolmax short-sleeve, then continued on the long but not especially steep climb (again, over highly technical terrain).

Inevitably, at the top of Pelion Gap- a broad, duckboard pass between Mt Pelion East and Mt Ossa, Tasmania's highest peak- I met thick mist, rain and powerful cold winds. Mt Ossa was not discernible; Mt Pelion East could be glimpsed occasionally through the clouds. I descended fast down trails that were fairly rough, but nowhere near as difficult as what I had encountered on the north side of the Gap. I passed two runners then jogged into Kia Ora Hut. I was now on about 13 1/2 hour pace, but felt strong, so ran hard from there to Du Cane Hut over better trails. The 13 hour split times supplied by the race organisers allow for 30 minutes from Kia Ora to Du Cane; I did it in 24. Then I headed into dense forest en route to Du Cane Gap.

This trail was also rough and muddy, but I was able to get a good jog- trot going- not as difficult as earlier on. There was some duckboarding over the most difficult areas, but the most dominating feature was the darkness



from the low, dense tree canopy. Although the climb to Du Cane Gap wasn't particularly difficult, I passed quite a few runners here, including Paul Ashton. He asked if I could carry him up the hill, I told him to mentally play a few Led Zeppelin songs, that'd keep him going!

Unlike Pelion Gap, Du Cane Gap is densely forested and without significant views, although the Acropolis looms overhead, and the clouds parted occasionally to show up great views of the ancient rock columns that make up its walls. The trail dropped steeply then wound its way through dense forest to the incongruously named Windy Ridge Hut; which lies in the Narcissus River Valley. Another bottle refill from the water tanks and I was on my way, passing two more runners; pushing it as hard as I could.

Mentally the 9km from Windy Ridge to Narcissus were very tough. A twisting trail winding in and out of trees, passing over plenty of waterways, it had a sameness that made it hard to judge one's progress. The sun threatened to emerge briefly, but when I ran into Narcissus the sky had steeled over again and the wind had picked up. A few minutes before Narcissus Hut, the trail firms to duckboard and crosses a bridge over the Narcissus River, only a few metres wide. However, this is the main feeder river for Lake St Clair, from which emerges the mighty Derwent River; so to cross the smaller Narcissus is quite a buzz.

"Thank God for the Salvos!" I declared as I ran into Narcissus at 3.42; still on 13 hour pace; I had run strong, but my legs were now feeling a little heavy from the effort since Pelion; and especially since Windy Ridge. Sue Drake greeted me, gave me coke, fussed over my gear; the wind was really blowing and ice cold, so I donned my longleeve thermal again, slipped my coolmax shirt over the top, then left Narcissus with the possibility of a sub 13 hour finish in the back of my mind.

When leaving Narcissus you actually run away from the Lake briefly, then gradually curve around past a few side trails until you strike the rough stuff that will be yours for the next 16km or so. It drops right to the water's edge, then rises up around the foot of Mt Olympus, crosses plenty of creeks, winds in and out of trees, passes through dense patches of ferns. Around 6K after leaving Narcissus you pass Echo Point Hut. I reached it right on 5pm, still exactly on 13 hour pace. I passed three more runners along this trail, and around 6pm the trail swung around so I could look across and see the boat ramp at Cynthia Bay, right next to the finish. From then that was my focus, when I could afford to lift my concentration from the trail.

At around 6.30pm the forest quickly thinned and the trail began to rise. Down to the left I could see a small beach; I assumed that was the mouth of the Hugel River at Watersmeet, around 10- 15 minutes from the finish. I ran hard on muddy but smooth trail which, frustratingly, swung away from the shoreline. Where was the damn river crossing? I passed a walker who said the finish was about a mile away; then the trail swung back towards the shore and started to descent. Sprinting, I passed over the bridge at Watersmeet at 6.39, turned left and followed a smooth dirt walking path through well groomed trees. I passed several walkers out for a casual stroll from the Visitors Centre; then rounded a corner and emerged at the Visitor Centre Carpark. On the far side was the finish; there were plenty of people standing around, including Martin. In Greg Welch style, I leapt across the finish line with bosh fists pumping, finishing at 6.48pm, a time of 12 hours 50 minutes.

A can of Solo was thrust into my had; I had a few minutes to talk to Martin about his impressive 11.06 finish (his split round the lake was third fastest of anyone) before the heavens opened and steady rain began to fall once again. We accepted Mike Dennis' offer of a lift to Bronte Park Chalet, where all the runners and officials would stay; after a shower, we were tucking into plates of food and a few schooners of Cascade and James Boag in the dining room, the building being warmed by a few roaring fireplaces.

Next morning the awards were handed out over breakfast; Mark Guy, a triathlete who hadn't done the event before, was first in 8.58. Imogen Pearce and Genevieve Duncan tied for first woman in slightly over 10 hours. After a post race photo session that was laced with plenty of humour, we went our separate ways, in the case of Martin, Adam, Rob and a few others it was back to Launceston to connect with flights to the mainland.

As a weekend, it's a good running experience, what with all the meals in the company of all these other hardcore runners. There aren't many chances to cross a major National Park in a day- but be warned, the trails are highly technical and the weather might not be favourable! Thanks to Sue Drake, Bob Richards, Doug Strohfled and the others who put the effort into this "running weekend".

**CABOOLTURE HISTORICAL VILLAGE DUSK TO DAWN**  
**6/12 HOUR, RUN/WALK/RELAY AND 50 KM**  
**2<sup>ND</sup> OF FEBRUARY 2002**

I would first like to take the opportunity of thanking Kathy Gray for her support of this event by encouraging work colleagues to the amount of forming 4 teams. Well done, Kath.

2002 can be remembered as the course record-breaking year. Course records tumbled in the 6 hour relay, 6 hour female run, 12 hour female walk and the 50 km male category. Julie Schrag is the first to establish the 50 km female category.

In keeping with an established tradition, the race was officially started by Caboolture Shire Mayor Joy Leishman, with the reliable cow bell which has come from an era, not all that far in the distant past. Deputy Mayor Greg Chippendale, and State Member Caroline Male, were also present to see the race on its way.

A storm was looming in the distance and as the race began, the rain fell, but the spirit of everybody present, soured to the beat of music provided by "Classic Hits, 4OUR community radio station, 101.5FM". After approximately 6 hours, the rain ceased and the 12 hour competitors contemplated how best to avoid blisters from wet shoes.

The band was unable to perform on the night, modified with one of the band members playing guitar on the verandah of the Pub. They captured the attention of several competitors who enjoyed entertainment at 2 locations round the track. I would like to thank everybody for your understanding of the associated difficulties with the downpour that proceeded during the race.

We had a cross section of track record holding athletes in the race, who, wanted to be part of the experience. My wife, Lyn, needs little introduction with a dozen state age and open records. Dell Grant, also a state road record holder prepares for an adventure with other friends when they attack all 3 accessible sides of the Bunya Mountains next month. Champion axeman, Frank Knox, considers being 80 odd a good reason to drop from the 6 hour individual to a team entry. Stan Miskin another age track record holder and centurion, race walking 100miles in 24hours, was chasing an age record, 75 – 79 years, but it was not to be on the night. Stan flew up from Victoria to line up for this event. Felicity Schmidt, with the remainder of her family team enjoyed the event once again. She holds state track race walking records one age category ahead of Lyn. Col Mcleod, is a world age track record holder with Masters Athletics, being one of the Toowoomba Mountain Men team. John Harris, who was the first Queenslander to become a Centurion race-walker. Peter Gibson the New Zealand 1000, mile track record holder, is another notable athlete.

Thank you to everybody who made assistance available for the event, approximately 20 in number. Without the assistance of these people, the usual quality of the race would not be possible. I think all athletes would agree a job well done.

It was the year of the Pete's for 2002. Pete won the 6 and 12, hour runs as well as the 50 km event. This, being my 5<sup>th</sup> year organizing the Dusk to Dawn, won the appreciation of competitors and other individuals. With the little army of volunteers, I suppose I would have won as the volunteer who was doing the most running around for the event, which was very substantial. It could be the year to name newborns, Pete, after this profound piece of trivia.

**Business supporters listed hereunder.**

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Without generous support of business sponsors, catering and random draws would not have been of the usual high standard. Their contributions are most appreciated by all concerned.

The record alterations are as follows.

6 hour relay was 82.975 km – Toowoomba Mountain Men.

Now Sunshine Coast University Mens A team, 90.353 km.

6 hour female run was 57.870 - Lyn Lewis. Now Roxie Schmidt – 61.300 km.

12 hour female walk was 75.999 km – Cheryl Middis. Now Lyn Lewis, 81.000 km.

50 km male was 6 hrs 42 mins 2 seconds – Corrie Davel. Now Peter Rawlings 4 hrs 52 mns 48 sec

Julie Schrag has established the 50 km female category in 9 hrs 40 mins 17 secs.

It must be noted here that Julie walked very well to establish this time.

#### COURSE BEST PERFORMANCE DETAILS

	MEN		WOMEN	
6 Hr Run	Graham Medill	72.292 km	Roxie Schmidt	61.300 km
6 Hr Walk	Caleb Maybir	46.926 km	Lyn Lewis	49.046 km
12 Hr Run	Peter Gibson	115.467 km	Bernadette Robards	96.789 km
12 Hr Walk	Peter Bennett	97.474 km	Lyn Lewis	81.000 km
50 km	Peter Rawlings	4hrs 52 mins 48 sec	Julie Schrag	9 hrs 40 mns 48
6 Hr Relay	Sunshine Coast University Mens A Team	90.353 km		

The event was successful once again as a fundraise, for the Caboolture Historical Society with the amount raised being \$1,342.45

For next year I am going to evaluate a different style of breakfast, with perhaps fruit salads, cereals and perhaps jaffles, upon discussion with the village catering committee.

#### RACE RESULTS

##### MEN 6 HOUR WALK

Rod Morgan	43.066 km
Don Stieler	38.822 km
Les Skiller	35.807 km

##### 6 HOUR RUN

Peter Hunt	64.000 km
Lindsay Phillips	51.250 km
Trent Alexander	51.250 km
Max Bloomfield	44.384 km
Dave Holleran	Retired

##### 12 HOUR WALK

John Harris	82.000 km
Stan Miskin	74.837 km

##### 12 HOUR RUN

Pete Gibson	100.365 km
Geoff Hain	92.209 km
Andrew Kruck	78.744 km
Martin Drennan	78.744 km
Rainer Neumann	Retired
Peter Anderson	Retired

##### 50 KM

Peter Rawlings	4 hrs 52 mins 48secs
Corrie Davel	5 hrs 38 mins

##### WOMEN 6 HOUR WALK

Dell Grant	36.905 km
Rosemary Spring	33.800 km
Anne Bloomfield	33.800 km
Lorna Hill	31.250 km
Judy Buchan	31.090 km
Denise Hauville	31.018 km
Janette Flynn	Retired
Eunice Harris	Retired

##### 6 HOUR RUN

Roxie Schmidt	61.300 km
Jenny Staib	50.448 km
Kumi Kato	44.949 km

##### 12 HOUR WALK

Lyn Lewis	81.000 km
-----------	-----------

##### 12 HOUR RUN

Bernadette Robards	87.929 km
Mary Robards	80.392 km
Kerrie Hall	70.934 km

Julie Schrag	9 hrs 40 mins 17 secs
Sandra Cox	retired.

## Day Trip to St. Albans Fat Ass Run [nsw] 17-2-02

**5 starters :** Dave Flimpyhead, Thomas Lenzenhofer, Lawrence Mead and Kieron Thompson started at approx 8:30am. I was the starter. The race goes across Wiseman's Ferry and I followed on this with my helpers aged 5 and 4. On my return, Colin Gowan turned up, and I gave him my map, whereupon he managed to miss the field of runners, and have some spectacular adventure, which included falling into a creek and getting stuck and being pulled out by a farmer. Kieron won, of course, with 7hrs of running, 1 hr waiting at the St Albans Pub for the others, and 1hr having lunch with them. The others variously took the Pikers Option, hitched lifts and were basically slow pokes.

Kev Tiller

Check out [www.fatassworld.com](http://www.fatassworld.com)

Report from Thomas Lenzenhofer

The tracks and course was great and in fact not difficult at all. The things that made it to a race of the heat was the temperature and especially the humidity. Although the temperature was not too bad the whole day, due to the humid air we were all sweating like hell. Even by just walking in the shade. We all lost a lot of fluid and it was hard to keep drinking as much as we lost. I have to not that the only one who got a lift for 5 km was Mr. "No rules" FLimpyhead. Refilling in the pub at St. Albans was necessary and the couple of beers went down like water. Because we all didn't want to come back too late and temperature of the day reached a maximum - we decided to run back the chicken shit option (like Dave called it). Means from the Pub back the same way for 6km and then take a short cut over the peak and down to the start point again. So Lawrence and myself did about 50km and Dave about 45km. Not a lot, but given the heat it was enough for the day. We all cooled down afterwards in the cold river. Was a great run and the area around there is worth to explore more.

## "Kouros Blasts Record in New Zealand"

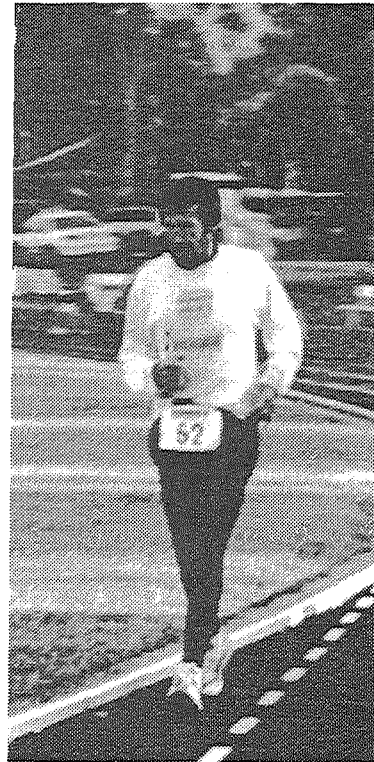
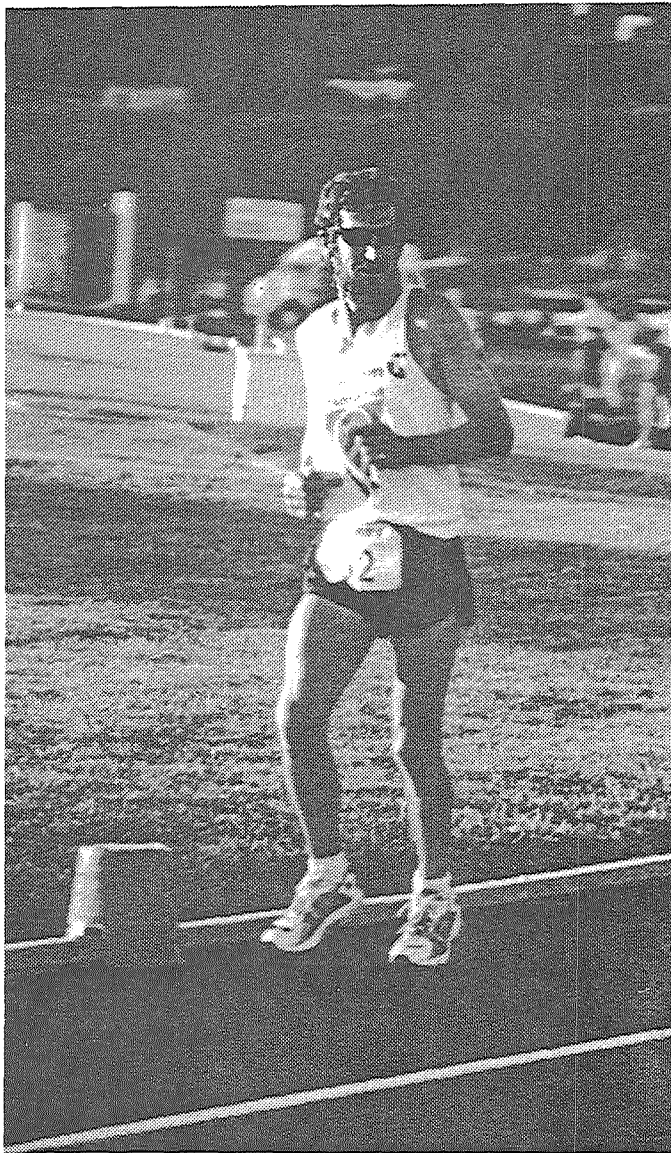
16th February 2002

Greek-Australian ultrarunner Yiannis Kouros set a new course record in the Taupo 100-mile race in New Zealand yesterday.

In the solo division of the popular round-the-lake relay, which doubles as the NZ 100 mile road championship, Kouros took nearly 5 hours off the record time set by Gavin Smith in 2001, finishing in 12:35:48. Kouros finished over 4 hours clear of second place getter Vesa Murto (16:49:03), and six hours ahead of joint 3rd-place finishers Ashley Smith & Albie Jane (18:42:35). On a time basis, Kouros beat over 290 relay teams around the lake. The fastest relay team (Adidas/Deloitte/HEB) finished in a new course record of 8:42:27.

### RESULTS

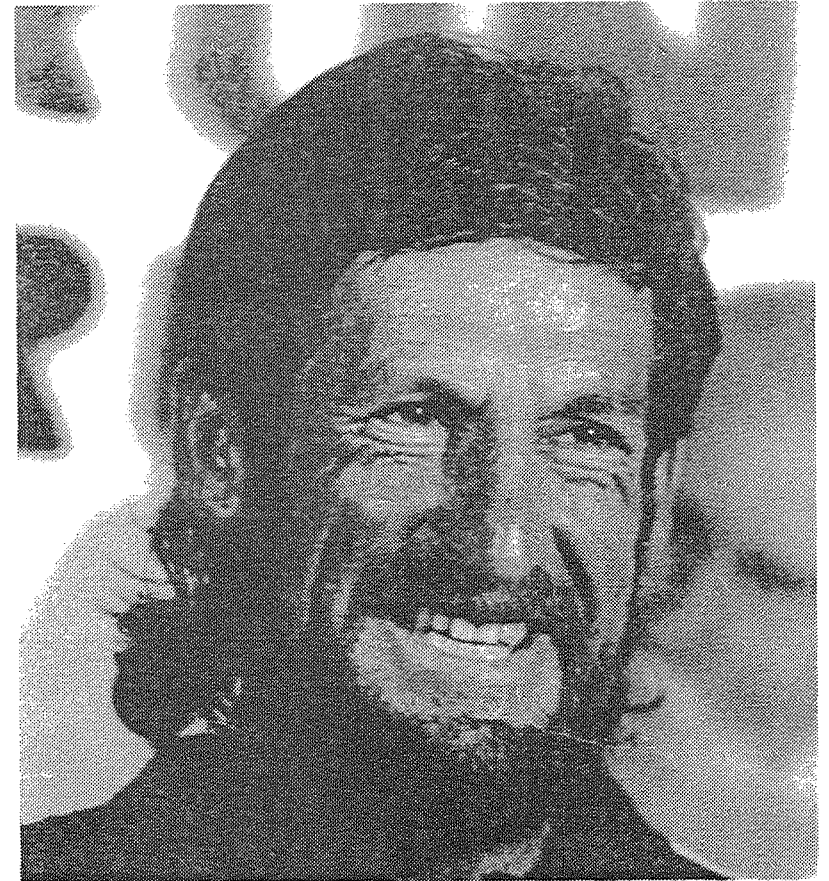
1	12:35:48	Yiannis Kouros (Record)	Australia
2	16:49:03	Vesa Murto	Christchurch
3=	18:42:35	Ashley Smith	Waitara
3=	18:42:35	Albie Jane	Stratford
5	18:48:30	Carolynn Tassie	Auckland
6	19:08:50	Nathan McKay	Thames
7	87 km	Rainer Neumann	Australia
8	75 km	Michael Simons	Auckland
dnf		Mike Hos	Wanganui
dnf		Trevor Warr	Christchurch
dnf		Suzie Postello	Wanganui



The Great  
Bryan Smith

One year on.....but never forgotten

In Celebration of the life of



Bryan Smith

26<sup>th</sup> October, 1943 - 2<sup>nd</sup> February, 2001

# MY TOP TEN PERFORMANCES

by

ELEANOR ROBINSON

I have been involved in competitive sport for over 40 years now and ultra-distance events for the last 20 years. I have been fortunate to have been able to take part successfully over a large range of distances and even more fortunate to have escaped long spells of injury.

I have pondered long and hard over my choice of best performances. World Championship wins and records are obvious choices but I have also chosen a number of key events which I feel were a significant marker in my development as an ultra runner. Success in ultradistance demands more than inherited ability or excellent preparation. It requires the mental and physical strength to overcome the nature of the course; arduous weather conditions; to defeat the opposition and oneself. To be able to do this and still put in a world class performance is the criteria that I have used to compile my list.

## 1. IAU 1000 Mile Championships. Nanango

March 1998

I had decided that sometime during my 50th year I would like to take part in something especially interesting, challenging and worthwhile. When I received the invitation to compete at Nanango then I knew that I had found my celebration rim. Challenging it certainly was, interesting undoubtedly (though I had raced many times in Australia I had never been to Queensland); worthwhile-it was a championship event after all.

I was unable to take my husband, Nigel and my son, Myles, with me but my very good friends, Christine and Philip Perry from Melbourne, who had crewed for me on many of my Australian runs, agreed to come and help and the good people of Nanango provided brilliant additional support.

The conditions were horrendous in that temperatures in excess of 40C were continuous and only interrupted by a typhoon. The rain then washed out the track and flattened buildings-quite a terrifying experience.

The race went on regardless. Up to this point I had always regarded the Death Valley race as the worst physical conditions I had encountered but that race was a mere 146 miles. Relief from the sun came at night but it was then very humid. I took my main rest break during the hottest part of the day when I couldn't bear to be outside. A severe shin injury struck at 885 miles but I had come through too much not to finish - constant icing and a makeshift wedge put under my toes to alleviate pressure on the front of the injured leg allowed me to hobble on to the finish.

104 miles on the first day and 98 miles on the last day were my best mileages of the race. I had to run 100 miles in the final 24 hours to get under 13 days and almost made it. I had accumulated many records en route and had given my all in pursuit of a dream. The pleasure and sense of achievement was immense. This has to be my number one performance.

## 2. IAU 100km World Cup .

Duluth.

1990

I never wanted to go to this event as I was in the middle of a huge personal crisis but a personal invite from the Race Director, Bill Wenmark and gentle persuasion from John Legge (GBR ultradistance selector) with the opportunity to officially represent GBR again in a championship event decided me to go. The mantle of race favourite fell on Ann Trason (USA), Duluth is the only championship to have been held in cold



conditions and I remember it as being very cold. I led from early on but the opposition was very strong. Following a rough off-road section at about 50kms I damaged my knee. I completed the race expecting to be overtaken at any time, not knowing that my rivals were also suffering or having any information as to their whereabouts. The early championship events lacked the sophisticated support systems that we are now used to. It was with enormous pleasure that I became 100km world champion for the first time.

### **3. IAU 24 Hour Championships. Milton Keynes. United Kingdom February 1990**

The 24 hour race is truly an ultra event, to me much more so than the 100km. All the characteristics of a true ultradistance runner are to be found in events of 24 hour and above whereas I regard the 100km as being more akin to the marathon. The 24 hour at Milton Keynes had been run several times previously and I had always ran well there. This first, and so far only, International 24 Hour Championship event, would be the first appearance of a GBR Team. Some years previously a journalist had asked me what my ultimate desire was regarding ultradistance events and I had replied that I would dearly love to be able to compete in a British Vest but that I could never see it happening. Due to the efforts of John Legge I had been awarded a GBR Vest as an individual, the previous year, which I proudly wore in Melbourne for the 24 hour race in 1989.. This, though, would be the first occasion when teams were selected. The number of countries sending teams was limited but with all the best 24 hour runners in the world present the standard was formidable. The same was also true for the 100km championships at that time. . My aim was to become world champion but also I wanted to push up the record and hopefully reach 150 miles which I had only just missed 6 months earlier in Australia. As this event was held in GBR I had the help of Nigel (my then husband to be) and my eldest son Stephen, who had been crewing for me since he was 8 years old- at 14 years old he was probably one of the most experienced handlers present.

I took only drink - water or hot tea- and occasionally a yoghurt. I had a super race with no particular problems until suddenly, without any warning, I was violently sick. I had only 15 miles to do to complete 150 miles with 3 hours to go. Just as I was beginning to feel that at last I would do it,,,,,, disaster. I lost too much time, became very cold and my chance had gone. However, the championship was mine. This, my first, was very special. There was no big celebration or presentation afterwards; just a warm sense of achievement that I would keep forever. I was convinced that I would soon get to 150 miles but alas it was not to be.

### **4. IAU 100km World Cup. Faenza. Italy. May 1991**

It was very hot in Italy and definitely not my preferred running conditions. A formidable Russian women's team was competing for the first time, many of whom were fast marathon runners but unproven over 100kms. Once again support en route was non existent as the GBR team had only one manager who was assigned to the men. I well remember receiving great help and encouragement from other team managers; the heat; the beautiful scenery as we climbed up and up the mountain side and the dreadful traffic -too many cars and bicycles-on a very narrow switchback road. I also remember well the companionship of running the final stretch in the dark with Tomas Rusek (CZE)

This was one race run in the heat when I was not affected by sickness; a problem which would blight most of my other championship efforts and prevent me from achieving all I hoped for.

### **5. Colac 6 Day Race . Australia. November 1984**

Looking back through my diary for 1984 it is difficult to believe all the events I managed to get in that year. I started in February with the 34 hour race at Milton Keynes where I set an indoor record . In March it was the 48 hour race at Montauban with

another record. April saw the three day Danube Run and July the New York Six Day Race with more records. Three weeks later I ran a 24 hour race and three more weeks later the Nottingham Six Day race.

In October I went to Chicago for my first 100km and fully intended this to be the final ultra of the year. I had also ran 6 marathons (winning 3 of them) but soon after my return from Chicago I received an invitation to compete in Australia at the Colac Six Day Race. My hard fought for world record in the New York Six Day Race had been broken and this was my chance to retrieve it.

This was my first visit to Australia and the start of many very enjoyable competitions. I came to look at Colac as my second home and Australia a country I was to race in at least twice and sometimes three times a year for the next few years. Despite the heat I always managed to put in a good performance and whilst I think of all the Colac races with affection it is the first one that sticks in my mind as it was then that not only did I get back the world 6 day record but in doing so became the first woman to break 500 miles. Half way through the race I knew that if I could clock 80 miles a day for each of the next three days I would pass 500 miles. This was to surpass my wildest dreams and would represent a major breakthrough for women. Though 1984 was not my best ever 6 Day result it is a performance that I never anticipated and would lead me on to some stunning events in Australia. Despite the heat to which I always had a bad reaction somehow I was able to get the best out of myself. I was never beaten in an ultra race in Australia.

#### 6. New York Six Day Track Race.

USA

July 1984

I had run my first Six Day Race the previous year in Nottingham when I had set a world best performance but had had to walk much of the final 2 days suffering from shin-splints. I was determined to get the national and world record no matter what cost to myself but was not amused when the race director told me that he had been speaking with Fred Lebow from the New York Road Runners Club who had offered me an invite to his Six Day Race the following year if I beat the existing world record. My response was a very terse, "Do you really mean that my prize for winning this race is go out and do it all over again?"

Some time later when the pain had eased but the joy of achievement was still high I began my preparations for New York. I was hooked by the challenge of Six Day Racing and knew that I would have to strengthen my leg muscles in particular and the best way to do this, I reasoned, was to take part in as many ultras as I could -hence the formidable list of ultras I took part in during 1984 So it was that I was much better prepared, though full of trepidation, for this, my second attempt.

Looking through the list of competitors in that race it must have been the greatest collection of multi-day runners ever and I don't say that lightly. Over 30 of the world's very best were present. The race took place on Randall's Island with the Sri Chinmoy organisation providing excellent lap recording and medical provision. The food, tent accommodation and, most importantly the weather, were not so good.

It was incredibly hot and impossible to sleep in the tents during the day. It was essential to utilise the cooler nights to get in some good mileage and so vital to try and rest during the hottest part of the day. My favoured tactic was to lead from the start and to try and get enough of a gap to be able to come back from a rest period and still be in front. With Lorna Richey (USA) and Donna Hudson (USA) in the field this was difficult and both had good back-up teams. Lorna had Mary Hamudiel who was so inspired by this race that she had a go herself a month later and subsequently broke the record I set. Donna's handler was Jim Shapiro whose book detailing his run across America is on my bookshelf. They gave me a hard time but I thrived on the close competition and learned very quickly the tactical nature of track racing.

Day 3 saw a group of us desperate for some sleep take our mattresses to a shady corridor behind the Stand only to be violently woken by what we thought was gunshots. We had completely forgotten that it was Independence Day and some youths had spotted us and decided that we were an excellent target for their fire-crackers! We did have a super view of the official fireworks display later on that evening high in the sky over the track. We also had to contend with an awful electrical storm.

Kouros and I continued through it with lightening arc-ing between us- scaring but testimony to our determination to achieve our goals. . We were both on course for the world records. Lorna finished 1 place and 5 miles behind me. It had been a very tough and close race throughout. To finish as first lady in what must be the world's greatest ever Six Day Race surpassed my wildest dreams. Six Day racing turned out to be my forte and though I would run much further than I did in New York this turned out to be my closest and most difficult victory.

#### 7. Sydney to Melbourne Race.

Australia

1986

I ran in three Sydney to Melbourne races - 1985, 1986 and 1988- finishing 1st lady each time. As with the Colac Six Day Races I tend to remember them as a group but have picked out the 1986 race as my best performance. The Sydney to Melbourne was a unique event, not simply because it was a point to point and not therefore be duplicated anywhere else but because it was more than just a race. It was a Spectacle, a huge media event which stirred the imaginations of all Aussies and created mass interest and involvement. Suffice to say that I had never seen anything like it before or since. The race organisers quite openly claimed that if they could have had the race without the runners they would have done so.

We were subjected to intense media attention from the moment we arrived in Australia and attended press conferences, football matches, presentations and gave radio interviews at unearthly times; in fact anything at all that would gain publicity. The hype grew more and more intense as race day approached.

Each runner was assigned a crew of 6 and 2 camper vans. Once on the road we were to be completely self sufficient. Having run in 1985 I knew what to expect and on this occasion I was able to put together my own crew together from friends I had made on my frequent trips over. My son, Stephen, who was then just 12 years old also came along to help. A good crew is an enormous help but events in this race made me wish I was on my own as was more the norm.

Of all the races I have taken part in the Sydney to Melbourne has to be the most dangerous of them all. The route between these two major cities was not along quiet country lanes but instead straight down the Hume Highway- the major traffic route and the equivalent of our motorway and not dual or divided in places either. The runners had the hard shoulder, a very narrow strip at the edge of the road but our support vehicles being much wider, and following behind slowly were always in with the rest of the traffic. The vehicles were well signed and lit and all involved wore the sponsor, Westfields, kit so that we could easily be recognised. Publicity was enormous so that there should have been no doubt what, and who, we were. However, all the events that I know of can relate some dangerous incident and 1986 was no exception.

Only two days into the race and the lead runner, Geoff Kirkman from Adelaide, was seriously hurt. Approaching a brow of a hill a car decided to overtake his support vehicle and moved into the middle of the road- a semi-trailer coming up the hill from the other side was also in the middle lane. They hit each other at the top. Luckily Geoff was still running up but was hit by flying debris as was his support van. He was seriously injured and in hospital for a long time, never to run again. His van was

smashed and his crew suffered minor injuries etc. The race management met each approaching runner and guided us around the debris.

It was a sobering moment and with plenty of time to reflect I came to the conclusion that no matter how challenging the event, the risks were unacceptable. I had always realised that I was very vulnerable but now as horror of the situation came home I felt totally responsible for my crew. After all, I was the reason why they were there and I would have to live with that knowledge should anything happen to one of them. Responsibility for their safety weighed very heavily upon me.

The whole situation was made even worse by the attitude of the "truckies". Speed restrictions on the Hume Highway were lifted at night time so making it essential that for the drivers to get between the two cities then. Not only would all the trucks roar past at high speeds but it was a favourite game among some of the drivers to see how close they could get-particularly to the "Sheilas". The effect of the down draught from a semi-trailer was to blow you off the road into the metal barrier. not pleasant! The truckies would use the CB radio to identify the Westfield competitors and pass information to each other.

This particular brand of Aussie humour I did not appreciate and was one aspect of the Aussie life-style that I never liked. Nevertheless I had a race to run and tried to concentrate on that. I ran much faster than the previous year over a longer course though had to walk the final stretch into Melbourne due to a knee injury. Multi-day running is a fine balance of striving to get the most out of your body without exceeding it's limits and thus getting injured. I took 4th place overall and was first lady. I was overjoyed to do so well and relieved that I had got myself and my crew to the finish line safely. I refused to return again until a safer route was used and so missed the 1987 race. In 1988 the Princes Highway was used instead and though still busy was a much better alternative. I ran my fastest time on this longer route in 1988 and finished running strongly - some might say a better performance but given the trauma of 1986 I have selected that race.

### 8. Melbourne 24 Hour Track Race.

Australia. August 1989

As usual with ultras in the 1980s we had very little notice of these races as race organisers struggled to get together the finance to put on an international event. The Melbourne 24hr was no exception but I jumped at the chance of running in Olympic Park and hoped the weather would be suitable. I loved running in Australia but have never really liked the heat and usually spent my the first 2 days being ill with heat stroke. In a 8 Day Race it was possible to recover from a poor start but not so in 24hrs. I knew that I was in good shape and I went out hoping to attack both the world best 24 hour distance and the GBR 100km record. To do both I would have to run a fast first 100km and then hope to hang on.

The men's field was strong and as was common in some of the Australian ultradistance events there was just one prize list, the women competing as equals with the men. Whilst my aim was for the records I also wanted to place as high as possible and it was this desire that drove me to achieve my best ever 24hr performance. I was also running for the first time in a GBR vest which again provided the extra motivation to do well. It isn't too often that everything goes well and perhaps this is a part of the attraction of the 24hr-the waiting for the perfect day and perfect performance.

On this occasion I felt good throughout and had no problems apart from some less than favourable weather. It wasn't very hot, in fact my photos of the start show the Australians in long sleeves and gloves. It did rain though and the wind was very strong during the night time; I stopped briefly twice; to put on my Goretex jacket and trousers and later to remove them. Had it not been for battling into the wind then I firmly believe

that I would have run 150 miles that day. proudly wearing my GBR vest I broke the national 100km record and the world track bests for 100 miles, 200kms and 24 hours. I had powered on to the end and took second place behind my good friend, Bryan Smith. Sadly Bryan died while running in this year's Trans Australian run. He probably could think of no better way to go.

#### 9. Tasmania Run. (617kms)

Australia

August 1994

This was a 7 day stage race run over 617kms with daily distances between 78kms and 99kms. It was not a continuous relay but rather a series of races in different parts of the island. I was very excited by the prospect of this event, Stage racing requires a totally different strategy to other ultradistance events. It cuts out the sleep deprivation normally found in multi day races and enables the runners to perform at a much faster pace. It also makes for some exciting racing as competitors with no hope of overall success can push for the daily stage wins. To complete the course it is necessary to do just enough but not too much each day in order to survive.

The organisers dubbed this race "Hell in Paradise". I am sure that when they coined this phrase they never anticipated how right they would be. I was familiar with the history of Tasmania and also the terrain as I had back-packed around the island some years earlier after one of the Colac races. I knew it to be mountainous but hoped that the climate would be similar to that of a British summer as August would be the Australian winter- I had found it to be cool and wet during the 1989 Melbourne 24hr race.

My husband, Nigel and young son, Myles ( then two and a half years old), came out to crew for me. The field comprised of a mixture of world class 100km runners and world class multi day runners. Which would triumph?

As with any other ultra event my thoughts were primarily on completing the course. Each day would be taken as it came. The start in Hobart was a 88km circular route and as usual I went out hard. There was a strong wind which disguised the temperatures and with 16kms to go to the finish I began to feel the effects of dehydration. From a substantial lead I was overtaken in the final few strides to the finish line by Irina Petrova (RUS). I finished in a state of collapse and the inexperienced race organisers panicked and decided that I should be taken to hospital. There, after long delays, the doctors decided not to treat me but merely recommended 48 hours rest. Completely frustrated by losing my rest period I discharged myself saying that I would rest after the race. The following day, much to our amusement, the press bill boards carried posters declaring that I had been "close to death".

Feeling much better the next day we all travelled out to Richmond to run 92kms to Ross. The unthinkable happened and that day Tasmania saw the first snow for 10 years. It didn't just snow though- we ran through terrific blizzards which closed roads and shut down the island. Fortunately the race got through-just.

Many of the southern hemisphere athletes had never seen snow before. This was no Christmas card scene. This was serious winter weather. but although very cold and soaked to the skin I had no chance of dehydrating and made a good recovery.

Day 3 and 4 saw us back to warm and sunny weather as we ran 85kms and 92km along the northern coastline. Day 5 was to be the real test as we had 85kms to run from Davenport up into Cradle Mountain. This was real wilderness and we faced very tough climbs to the Lodge-it was during this section that I overtook Petrova and began to relish the prospect of a gruelling battle to the finish. The end of that stage represented a battlefield as exhausted and hurt athletes were faced with a long drive to the start of the next days stage -this was a 76km stage starting at Strahan on the west of the island.

For the first time since the start of the race I led Petrova out of Strahan. 2 more days to go. Now I could begin to race. Just as I was starting to plan my strategy I received news that Petrova had pulled out with a severe shin injury. I was, by then, many hours in front of the next woman and could concentrate simply on getting to the finish at Hobart. The final day from Port Arthur back to Hobart was the longest stretch at 99kms. Once more the weather turned nasty and we faced a gale-force headwind all the way. The wind was so strong that the runners were escorted across the Tasman bridge into Hobart for fear that they might be blown off. All the runners were suffering from injuries and exhaustion. Some hadn't made it but those that did were justifiably proud of their achievement. "Hell in Paradise"-it certainly was.

**10. Death Valley Run (146 miles). CA USA July/August 1987**

This race has to be the strangest one that I have ever done. During my 6 day races I had plenty of time to hear of the exploits of others like Tony Rafferty who spoke of runs across wilderness areas, the Simpson desert, the Nullibor plain and Death Valley in the USA. (editors note> Tony was one of the founder members of the IAU)

It all sounded very exciting and just the sort of challenge that I would enjoy. My chance came in 1987 when I read an article advertising for a British female to be part of a race across Death Valley. It didn't take me too long to respond to the advertisement and as no one else had replied it was soon agreed that I would fly out to California with Stephen and Joanne 2 weeks before the race date of July 31st. I discovered that I was to partner a British entrepreneur/adventurer in a race from the lowest point in the USA (Badwater-200ft below sea level, in the middle of Death Valley) to the highest point (the top of Mount Whitney-14,500ft), there being 146 miles between the two points.

A private challenge had been arranged between Ken Critchley (GBR) and Tom Crawford (USA) and they each agreed to team up with a female partner. Tom selected a regular running partner of his, Jeannie Emnis and I partnered Ken. The Death Valley race was essentially a challenge run and special conditions are attached to it so that it has to be completed during the months of July or August. For our race we also had to start in the morning so that we would have to have 2 days of the full blaze of the sun. Though I relished the challenge I was also very aware that I had never been to altitude before and neither did I cope well with the heat.

In order to keep a close check on our health we agreed to stop every 2 miles to get weighed. I also made sure that I took plenty of drinks at this time. We started at 06.00 hours and within the first hour the temperature rose 5F. I decided to run the 41 miles to Stovepipe Wells and then take a short break in the motel there before starting the climb out of the valley - by that stage I had a 2 hour lead over the American team but I was to make a dramatic error which could have cost me the race. .

I went into the air-conditioned motel room, had a shower and a rest on the bed for an hour. I expected to be well rested and able to tackle the climb out of Death Valley comfortably. Instead as I moved out of the air-conditioned room a blast of hot air almost bowled me over. My body was unable to adapt. Any attempts to run for more than 10 minutes at a time had my heart racing and I was dizzy and dis-orientated. I had to lie down until my heart slowed. I was scared.

After several failed attempts at running I settled for walking. At least I was moving again and as I climbed so the temperature was dropping. It was also getting towards evening and once the sun had gone I hoped I would feel better. My good lead had vanished and I could see the Americans support vehicle. That was the nearest they would get. Always the competitor, that was just the spur I needed.

As night time came I recovered and marvelled at the beauty of the heavens. The night



sky was packed with vivid, vibrant stars, coloured shooting stars appearing like fireworks every few moments. I gazed in awe and wonder and ran on to the camp site at Panamint Springs, It would be about 02.00 hours and I stopped for a shower and short sleep before heading off again.

I was convinced that the Americans would have overtaken me but apparently they had also stopped at the camp site and we had left first. That was just the position I liked to achieve in my 5 day races. I had a 15 mile up to 5000ft and wanted to get that out of the way before it got too hot. From then it was a gradual descent back down into the baking heat of the desert. Although not quite as hot as in Death Valley this second day, in temperatures of over 100F, was very difficult. Neither was there anything to act as a distraction on the barren, empty plain. The mountains in the distance where we were heading were fascinating purely because they were snow covered. I was so hot it was hard to believe that I was actually looking at snow! Perhaps I was hallucinating? Though other ultrarunners claimed to have such experiences I am too "down to earth" for that and knew that it had to be real even though it was difficult to believe.

I took comfort in the knowledge that I had a comfortable lead but I also knew that the Americans had prepared specifically for this event by training in a dry sauna for up to 45 minutes in temperatures of 190F. Apart from this they lived out there and were far better acclimatised than I could ever hope to be.

The next target was Lone Pine, the town at the foot of Mount Whitney. I made it for 19.00 hours and found the motel where we were booked in. I was able to rest but sleep was impossible. I was unable to press on which I would have preferred but the race rules obliged me to wait until daylight before attempting the final climb up Mount Whitney.

From Lone Pine there was 13 miles steady climb to Whitney Portals. This was the end of the tarmac and from there a rough track would lead us up to the top of the highest mountain peak in the contiguous USA. At Whitney Portals I was to meet up with the race doctor, an experienced mountain guide, who was to accompany me to the top. I had allowed myself 3 hours to run the half-marathon and remember being very frustrated when my guide was not ready to leave. He wouldn't be hurried but then it wasn't him who was in the race!

The route to the top was a steady pull though quite rough in places with plenty of scrambling and it was with enormous relief that we reached the summit 52 hours 45 minutes after leaving Badwater. We waited only long enough to take photos and sign the log book getting witnesses to record our feat. The snow that I had gazed at so longingly was there all right and with plenty more coming over we hastily started our descent.

The race had finished at the top but I still had 11 miles to walk back to Whitney Portals. down a very steep and rocky path. My guide, who had been in no hurry in the early morning now could not appreciate the effort it was taking to get my desperately sore quads to bend. No chance of walking down backwards here! I was too tired and too sore to feel anything other than relief at having finished first. It was only later, when I learned that I had broken the record outright (both men and women), that I felt any elation.

It was certainly the most physically arduous event that I had done. Only the 1000 miles race in Nanango can come near to it. Afterwards I had some medical tests taken as did Tom Crawford. As the results of the tests came through I was horrified to hear the technician say, "My God, is this woman still alive" Certainly the difference between my test results and Tom's was remarkable. He was heat acclimatised. I was not.

**The one that got away- IAU European 100km Championships  
100km Del Passatore . Florence to Faenza. Italy. May 1997**

This was my second visit to this race having won the world title here in 1991. I loved the course but hated the heat and the huge amount of traffic. I was part of the GBR team for the European Championships and at that time was in dispute with the federation who were just bringing in a scheme to provide support to our best athletes. I had been told that I was too old. I was incensed by this and determined to show that it was performance and not age that was important. Thus, I was even more determined than ever to do well.

I ran the early stages chatting to the Russian team and then gradually began to overhaul the French women. It was only when I started on the climb, at about 25kms, that I learned I was in the lead. It was unexpected news but I felt really good. I was very concerned about the amount of traffic on the route, especially on the mountain section which was a series of switchbacks, and I was constantly on the lookout for danger. On one side of the road was a steep hill-side and on the other a sheer drop. It made for spectacular scenery and was a super run but also was very scary. It was a great feeling to reach the top in the lead but I had run here before and knew that I would have to take care not to damage my legs too much on the steep descent. There was still 50kms to run.

I was working out my strategy for the second part of the race while still keeping a careful watch in front for traffic hurtling around the bends. European Champion was one title I had never won. and although I had had 3rd places in both the 100km and 24 hour events it seemed that at last I had the chance to take the main prize. Realistically, it would probably be my last chance too as I was nearly 50 years old and beginning to notice a drop in my short distance speed. Without any warning and in mid-stride on the steepest downhill section, I felt a tremendous thrust in the middle of my back whilst at the same time my right leg seemed to be caught. I will never forget the awful crack as my head hit the tarmac.

I knew nothing more until becoming aware of strange voices far away. It was unfortunate that on this occasion the GBR ultradistance team was not allocated the usual GBR kit and we were wearing the green and black more usually associated with Kenyan athletes. It wasn't immediately known that I was British. Luckily Malcolm and Marilyn Campbell had been following my progress to the top and after waiting for the second lady to pass were then on their way to the head of the field. When their vehicle was held up they went to investigate and it was Malcolm's voice saying, "My God, its Eleanor", that I first recognised. My race was over.

I hurt so much I didn't want to move. I was taken to hospital in Faenza where I received excellent care. I was very lucky to escape with severe grazing and an awful headache. I had been hit from behind by a cyclist and the tyre mark was still visible on the back of my shoe and my leg. I was allowed out of hospital the next morning in time for the presentation ceremony. Marilyn's words summed up my feelings perfectly .... "the pain isn't so much in her body as in her soul".

### **Eleanor Robinson's Top Ten**

1. Mar 1998 International 1000 Mile Championships  
Nanango, Australia  
World Track Best 13 days 01hrs 54mins 02secs
2. Oct 1990 Edmund Fitzgerald 100km-USA  
World 100km Champion 7.55.08

- |     |           |   |                              |
|-----|-----------|---|------------------------------|
| 3.  | Feb 1990  | International 24 hour Championships<br>Milton Keynes. UK First Lady | 237kms 861mtrs               |
| 4.  | May 1991  | 100km Del Passatore. Italy<br>World 100km Champion                  | 7.52.15                      |
| 5.  | Nov 1984  | Colac 6 Day Race, Australia<br>First Lady World Track Best          | 866kms 800mtrs               |
| 6.  | July 1984 | New York 6 Day Race. USA<br>First Lady World Track Best             | 743kms 771mtrs               |
| 7.  | May 1986  | Sydney to Melbourne (624 miles)<br>First Lady                       | 7days 17 hours 58mins 56secs |
| 8.  | Aug 1989  | Melbourne 24 Hour Race. Australia<br>World Track Best. 24 hrs       | 240kms 169mtrs               |
| 9.  | Aug 1994  | Telecom Tasmania Run. (617kms)<br>7 Day Stage Race- First Lady      | 60hrs 31mins 34secs          |
| 10. | Aug 1987  | Death Valley Race (146 miles) . USA<br>First Lady -Course Record    | 53hrs 45mins                 |

# 100 MILES IN ONE DAY

## 5 Tips for Running 100 Miles in 24 Hours

by KEVIN SETNES

ONE OF THE MOST SOUGHT AFTER GOALS in ultrarunning is that of completing 100 miles in 24 hours or less. In some of the major trail hundreds, it means earning a coveted finisher's buckle. In a 24-hour run on the track or road, it means triple digit mileage, instead of perhaps the somewhat dubious number 99.

Reaching 100 miles in 24 hours or less may not be all that far out of reach if you are currently in the 24-to 28-hour range. While there are some exceptionally tough trail courses that prohibit a legitimate attempt at 24 hours, such as Massanutten Mountain and Hardrock, there are other races, such as Vermont, Umstead, Rocky Raccoon, Old Dominion, and Kettle Moraine, among others, in which a more realistic attempt can be made. Track or road events, often underestimated in terms of difficulty, offer yet another venue to attempt 100 miles in a day. Here are five tips to consider when making your next attempt at 100 miles in 24 hours or less.

right through, hardly sticking around long enough time to grab food and drink. Others pull up a chair, eat a meal, change clothes, and visit with friends or family before heading off onto the next leg of their 100-mile quest.

I conducted a survey at this year's Kettle Moraine 100, to measure the time it took runners to exit the aid station after first arriving. This aid station came at the 58-mile point of the race and was a turnaround station. I must admit that since the station was at a critical junction of the course, reached in the middle of the night for most, the time spent there was probably longer than their visits at other stations. The average duration was just under seven minutes (6:50). Similar time intervals were found at the 50- and 74-mile stations. The Kettle Moraine had 25 aid stations this year, six of them unmanned and without crew access, so one would assume that the time spent in an aid station might remain fairly constant for at least half of the 25 checkpoints. For a runner taking such breaks, it adds up to an hour and a half of idle time, during which no progress was being made towards the final distance.

Western States has historically provided valuable split information from its major check-

points. While the leaders take fewer minutes overall, due to their overall competitiveness, the 24-hour finisher takes an average of twice as long in the stations as the first five runners. In a small sample, I found that runners finishing the course in just over 24 hours took at least twice as long to transition through the stations at Robinson Flat and beyond. Perhaps not surprising too, was the fact that the gap widened as the finish line neared. The reasons for this, in addition to the competitive nature of the race "up front," may involve fitness level, overall preparedness, and the fact the runner might not be as aware (or care) of how much time is passing while he or she is at the aid stations.

Whatever the situation, be aware of the time, think ahead, and practice the "grab and go" technique of consuming what you need while you trot or walk down the trail or road. Walking, regardless of pace, is a lot faster than sitting or standing still. Add that up over more than 20 stations and you could be looking at a difference of a few hours.

**1** spend less time  
at the aid stations  
Time spent in aid stations varies considerably from one individual to another. Some breeze

**2** increase weekly  
training mileage  
Much debate has occurred over the years as

to how to train for improved performance at 100 miles. Experience shows that it is the long training runs that enable you to complete 100-mile runs. Teaching the body how to endure for long stretches on one's feet is the best preparation for doing so in a race, regardless of finishing time.

The leaders, who are almost always highly trained, come into the race with very well-rounded abilities. Many of these abilities are acquired through higher training mileage. Some level of speed training is also involved in their weekly regimen.

How many weekly miles are required to try and complete 100 miles in 24 hours or less? The answer varies among individuals, but 50 miles per week is a good rule of thumb. Exceptions may occur, but rarely. Higher training mileage solves many of the problems encountered in trying to finish in less than 24 hours. In addition to increased cardiovascular ability and basic leg strength, the feet are hardened for the tough pounding of 100 miles. Faster runners who log high training mileage usually experience fewer blister problems than do slower runners. Foot problems that are encountered often tend to be minor, not requiring a shoe change, or worse, the mending of a blistered foot.

## add speed training

Speed sessions, designed to increase your overall running pace, can be achieved rather simply and with very little extra investment in time. Consider the fact that you need to average a little over 14 minutes-per-mile to better 24 hours for 100 miles. Assuming some of this will be walking at a slower pace of 15 to 17 minutes-per-mile, and some will be idle time in stations, a runner needs to travel at least 10 to 12 minutes per mile when running. If this is difficult for you to accomplish, consider some faster tempo runs as part of your training regimen.

A simple guide to follow when running fast tempo runs is to run 10 percent of your weekly miles at a fast pace. This means the 50 mile-per-week runner should run five miles per week at a five or eight-km pace (85 to 90 percent of maximum heart rate). This will be time well spent in helping a runner achieve a faster pace for ultras. This should also come with less injury risk than an intense track session of quarter-mile repeats might raise.

## 4 carry less weight

Covering 100 miles on foot is hard for anyone. Adding weight to the equation compounds that difficulty many times over. An ounce here, an ounce there, it all adds up to tonnage over 100 miles.

Think very carefully about the pack you carry. Think about the consequences of weight versus the need to carry everything with you. Empty packs vary by only a few ounces, but when loaded, the weight is often two to three pounds, depending on the capacity of the pack. The need for water or food and the frequency of aid stations will dictate how much you should carry. If you carry plenty into the aid station, there should be minimal need to stop. Conversely, the lightly traveled runner may take a few more seconds (or minutes) to refuel.

This weight-versus-benefit predicament carries over to the shoes. Lighter means faster, but may mean less stability and less cushioning. Heavier trail shoes, or for that matter, regular road training shoes, offer better overall protection for the average runner. Yet, the increase in weight can add up considerably over the 100-mile distance. Shoes vary in weight, depending on size, by about five or six ounces. If you are a stable runner with a good footstrike, a lighter shoe might do the trick.

## 5 have a crew

Having a crew or handler in your push for "100 in a day" can help immensely. They can have things ready for you at the aid stations to minimize your stay there. They can sort out your drop bags (if they are accessible to them) and have your clothes or other items ready for you. They can also serve as "the boot" to kick you out of an aid station. I am a firm believer in not sitting down during an ultra. While you may need to, in order to change shoes or repair the feet, the benefit of sitting for the purpose of rest can be very harmful, especially at night, if it is cool. The body can chill rather quickly if the clothes are damp from perspiration and you are drained of energy. Your muscles will be better off if they kept moving, allowing them to stay warm.

A handler can also help you with the clock management. As you enter the second half of the event that person can better track your pace and calculate for you the necessary pace to stay on track. At some events, such as Western States, the race provides that information at the aid stations.

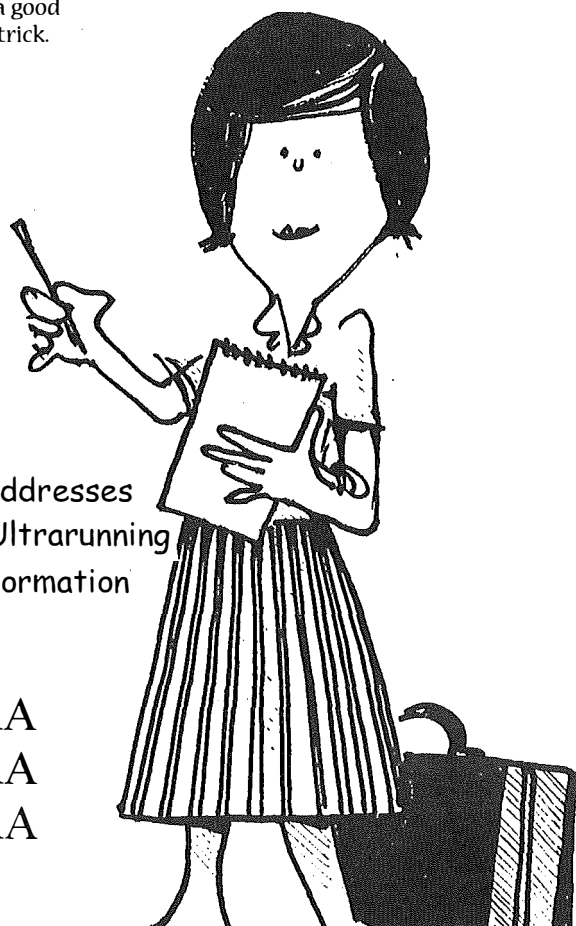
The lure of completing 100 miles in one day is an interesting phenomenon. Results show that more people finish 100 miles between 23:00 and 23:59, than between 24:00 to 24:59 during the course of year. It is even more dramatic at an event like Western States, in which the sub 24-hour finisher strives for the much-coveted silver buckle. Whatever your times are currently for 100 miles, you can be sure that an improvement of an hour or two can be achieved by concentrating on one or more of these tips. Run prepared and run smart—every second counts.

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## IN THEIR OWN WORDS

A random selection of quotable  
quotes from articles, interviews,  
and conversations on tape

BY  
TONY RAFFERTY

'Tracking Peter Gray was like following a road train in the outback - in a duststorm.'  
Shaun Scanlon on the sun-drenched, powdery Colac track.

'It will help pay the electricity bill.'  
Terry Cox winning \$100 for most laps on the final day of a six-day race.

'I had leg injuries on the second-last day. But I broke four of my own records and set four new ones.'  
Georgina McConnell at Colac rewriting the record book.

'...a bright green, circular, florescent glow...weird and eerie.'  
Crew member, Lisa Dowling describing what she believed was a UFO during an RAAF relay run from Darwin to Adelaide.

'It was not a UFO.. It was an Unidentified Aerial Sighting and easily explained.'  
The Squadron Leader's answer to Lisa Dowling's comment.

'I've just completed my fastest lap so far. A rat attacked me. It ran up my leg.'  
Canadian Ron Gehl during a seven-day race at Ward's Island Park, New York.

'The 100-mile was my greatest achievement... I've always had good control over pace...I can time most distances to the minute. Nobody could get within a bull's roar of me in those days.'  
The late George Perdon during an interview at his home.

'Why become a hero mate. I'm goin' to sleep.'  
Shaun Scanlon at Colac with blistered feet in a bucket of ice.

'If Yiannis keeps running like this I'll take up cliff-hanging.'  
Joe Record in reference to the incredible performance of Yiannis Kouros during the 1984 New York Six-Day Race.

'People expected the athletes to arrive about 10am. I came in at five. Nobody believed me. I had to wake up the officials...The officials had to wake up the mayor to perform the presentation ceremony.'  
Yiannis Kouros talking about his 1983 Spartathlon experience.

'George Perdon runs like clockwork.'

Journalist Steve Hayward.

'When I played rugby I was built like a brick-built shithouse.'  
Joe Record during a conversation at the writer's home.

'Siggy Bauer was the man to beat...It didn't dawn on me that  
Cliffy would do what he did...He just slipped away.'  
George Perdon.

'I've never had anyone go past me so fast.'  
Siggy Bauer's remarks about George Perdon's move into second  
place during the first Sydney to Melbourne race.

'Bon Jour. Bon Jour. Bon Jour.'  
French detective, Ramon Zabalo, as he walked round the Colac  
track eating a breakfast of scrambled eggs and pancakes - soaked  
in red wine!

'Marathon madness - eccentric, idiotic.'  
A journalist's comments about the 1983 1000-mile track race at  
Colac.

'Charlatan! Charlatan!'  
Siggy Bauer to Tirtha Phani when he protested that Phani had no  
worthwhile performances to deserve a place in the Australian Six-  
Day Race.

'If I feel good I train hard. If I feel bad I train easy. I take  
a tape recorder with me. There is music in the rhythm of your  
footsteps. It helps me write songs and melodies. The best drug  
for a runner is music...I believe in the individuality of the  
personality. I don't really have any heroes. Every person has  
something special to give.'  
Yiannis Kouros, when the writer visited his home.

'It was a remarkable race. A big drag at the start listening to  
the dignitaries speak...I got guts-ache...I'd a big duel with  
George Perdon. I couldn't let him go. It gave me the shits...Then  
I couldn't even walk down the hills...I had granny's ankles.'  
Joe Record's experience in the first Sydney to Melbourne race.

'The track is not only very bumpy, it's very hard...I've had  
stress fractures. They (the organisers) must do something.'  
Georgina McConnell speaking out about the state of the track at  
Colac.

'These shoes felt like slippers...Now I think I've got bricks  
tied to my feet...If mud is a beauty treatment then we must have  
the world's best-looking feet.'  
The late Bryan Smith referring to the quagmire when a storm swept  
through Colac during a six-day race.



'His approach to everything he undertook set him apart and left a lasting impression of professionalism.'

Neil Kingswood's comments about crewman, the late, Norm Brooke.

'I drink red or white wine. Two glasses a day. I said (to the doctor) if two glasses a day is good, four a day must be twice as good. He laughed. He wouldn't have any of that.'

76-year-old, runner/walker, Stan Miskin.

'Colac must lift their game. The race has gone down the drain...I'm very uncharitable toward them..They have never got past Wellington boot-throwing competitions and that crap. And to run well for a few days and then face a quagmire is just unfair. A permanent track for public use would blend into the surrounding environment.'

Joe Record.

'You are now a member of an elite group.'

Siggy Bauer's comments to the writer after crossing the 500-mile mark in less than six days during the 1983 1000-mile track race at Colac.

'On the second day I was in a mess physically. My feet swelled up. Blisters...Mentally I felt distraught. I had a negative attitude all this time. "Killer" Mansell bucked me up...He was a great help. I won't forget it.'

Peter Armistead talking about his physical and mental state during a six-day race.

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

Shaun Scanlon in answer to the question: "What's your greatest extravagance?"

'Articles tend on the deity side of him...But what I saw was a human being...I enjoyed being in the same race as Kouros...It was interesting to see his focus especially during the first two days...I saw a great athlete in a stressful situation.'

Canadian, David LaPierre speaking about sharing the track with Yiannis Kouros during the Australian Six-Day Race.

'The race is boring. It's lost its dramatic effect...It needs a boost. A good marketing team. It needs the top runners back again. Kouros attracts a strong Greek support. Joe Record draws everybody.'

Crew member, Terry Pearce, referring to the decline in support and interest of the Australian Six-Day Race at Colac.

'I reckon my toughest was a 24-hour walking race when I completed 164 kilometres.'

George Audley.

'People don't understand if you're running for six days what it

does to you...or what it means...The pain and trauma of it all...Maturity and self-knowledge is important for success in this sport which younger people may lack when it comes to running hour after hour, day after day.  
Mike Maddock, crew member at Colac.

'Yes, I expected to break it. The cold wind didn't bother me too much!'

Shirley Young, (65), after breaking the 50-mile world record.

'I just breezed along. It's the best I've felt for a long time.'  
Bryan Smith, after winning the Australian 50-Mile Championship in 6h-19m-57secs.

'I don't think she realises what she has actually achieved...She just loves the long stuff. She's come a long way since her birth in Yarraville.'

Ron Young, about his wife Shirley, age-group world record holder.

'A sad time. The last race. But I suppose it's the commemoration of a wonderful event.'

A by-stander in Murray Street, Colac, about the much-publicised 'demise' of the Australian Six-Day Race in the town.

'I don't know if I have any tactics. I enjoy the nights. It's a private time. Days can be hard slogging it out. I guess if I can see my watch I'm in trouble. Yes, night time I enjoy...I have my own private world out there. So sleep is not important.'

Tony Collins.

'This is definitely my favourite race. It's amazing. I was relaxed. I thought I'd be anxious. I was in agony at times. I wasn't agitated. I was confident I would finish. There's the odd time when the men don't like being overtaken by a woman and sometimes when they struggled it was quite fun to move fast...The whole thing was hilarious. When you come to an event like this I assumed you come to an athletic stadium. To turn up here while the whole world goes in front of you is a bit like a zoo. People come up to you eating fish and chips...It's such brilliant fun and the press asking me questions is fun also. When they interviewed me I couldn't string two words together. They were brilliant at making something out of nothing. How do they do it? I made the point that ultrarunners are old and crumbly. In England a 'wrinkly' is somebody between the age of 40 and 50. A 'crumbly' between 50 and 60. And the older people are described as 'dusties'. They used these terms in their articles!'  
English runner, Kate Condon, at Colac competing in her first six-day race.

'I'd no fear. I was confident. I knew I could take the challenge. I planned it well. I studied it. If, for example, I was unable to find camping ground for the night in the middle of nowhere, I'd wait to make sure nobody saw me leave the road, then I'd search for a safe spot. The closest I got to any sort of concern from

humans was in Tallahassee...I'd been camping in grounds without showers for four days. Later, I got off my bike at a small shopping centre. A guy turned up in a convertible: "Do you want a bit of fun. I'll pay for it," he said. "Beg your pardon!" Me, without a shower for days...He must have been desperate. Gee, the way I must have looked and smelt.'

Ultrarunner, Linda Meadows, recalling experiences about her round-the-world cycling adventure.

'I had never achieved anything in my life and here I was about to finish the greatest road race in the world. Coming up the hill was the most breath-taking experience of my life. I dragged one foot after the other. I fell all over the place...I thought I was second-class and considered myself less than a man. It was the first time in my life I found me...the real me. I realised for the first time I was something better than nothing.'

Kevin Mansell's remarks on completing the journey from Sydney to Melbourne.

'If a competitor is 30 seconds late the station closes. Rules are strict...Because of the heat a runner must carry two water bottles in the bumbag - or as the Americans say "fanny packs"...I always laugh at that. In Australia it means something entirely different.'

Kevin Cassidy's remarks about the Western States trail race in USA.

'Shit...I forgot to run today.'

John Harper, at 11.50pm in a restaurant when he shocked his guests as he realised he forgot his daily run. Until that moment he hadn't missed a session for ten years-10 months-20 days!

'The final 150 metres was the greatest moment of my life. I had done it. Place, position and time didn't matter. Even now years later I still get a tingle from its memory. Despite running more than 200 kilometres in each of three 24-hour races to qualify, I found racing between the two capitals, hard, gruelling work...It was ultrarunning's *raison d'être*.'

Maurice Taylor's reflection on finishing the Sydney to Melbourne race.

TONY RAFFERTY - February 2002  
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# Don Maclurcan's "See Australia Run"

what is the exact event you are doing - from where to where, distance, support crew - who are they, where did you get them from etc, stop off points, how long will it take?

Hoping to run 3928km from the Perth Bell Tower to the Sydney Opera House commencing January 6<sup>th</sup>, 2002. The run will take anywhere between 45 and 60 days. An attempt at the trans-Australia record (just under 47 days, held by Serge Girard, 1999) will require 85km each day. The support team consists of four. Guy Weress, a school mate, will be with us for the first three weeks. 24 year old, Chris Arnold from Britain, is flying out to crew, having met in the previous Trans-Australia race, where we crewed together for the English contender; Bob Brown and a number of Australian entrants. Sophie Brabenec, a cousin from Melbourne, will return from five years overseas to continue her travels with us. Amanda Wright, a trained Shiatsu therapist from Sydney, rounds out an experienced, balanced, yet diverse crew.

have you always been a runner?

No. I joined the athletics team at the commencement of high school and was the worst runner. I'd get to the penultimate lap of the 3000m and sprint, having misjudged the pace. I ran in every event on Saturdays but never excelled at anything. I settled on hurdles hoping that other people would stumble and I'd have an upset victory... never did!

how did you get involved in running?

Ultramarathons came into my life at age sixteen, through an impulsive decision. I awoke one morning with a driving passion to run to Melbourne that day. I was having arguments with the folks and it was a good excuse to get out for a little 'fresh' air. Mum realised I was dead serious at 2pm that arvo when I began assembling my gear, so dashed off and purchased a \$2 metal framed pack from 'Vinnies'. At 6pm, laden with 25kg of provisions, I set off down 'the Hume'. In the footsteps of past Westfield Runners, one of whom had been my uncle John Connellan, I arrived in Goulburn seventy-two hours later. That sparked annual solo journeys, one down the Princes Highway and another when I was eighteen from Sydney to Albury, over nine days.

you must have put a lot of thought and preparation into this - what has made you decide to do this, when did you decide to do this and what has been your plan

The initial thoughts surfaced when running down the highway years ago. Grandiose ideas involving runs around Oz were in the pipeline, then Pat Farmer and Gary Parsons did that, so I thought, scale it down, focus on a shorter distance and devote 100% effort to making it worthwhile for myself, and The Fred Hollows Foundation. The organisation for this run hit full throttle in late August.

has all the training and preparation affected the rest of your life?

The preparation has had a dramatic effect on my life and training. Over the past month I've cut down from twenty to a couple of kilometres per day. The organisation has been a 9am to 9pm job, though I've still maintained a strong social life and never decline an offer to go out. Supplementing and complimenting my running, I sail and do a weekly yoga and stretch class.

In what other events have you been recently?

Australian 24 hour track championships, Colac 6 day race, Coburg 24 hr race

what was it like doing Colac?

I had a great time at Colac. Whilst competitors were complaining about the poor surface, I'd never had anything on which to compare it so was just trotting around talking to the likes of 82 year old Drew Kettle and the awe-inspiring Yiannis Kourou.

For what are you aiming - time and money raised?

I have goals, yet I'm not going to set them in cement, because I understand the immensity of the challenge and the associated risks of making brash forecasts. Fortunately if I run one kilometre out of Perth and fall over with two broken legs I will have raised nearly \$5000 for The Fred Hollows Foundation - enough to restore the sight to 200 people. Of course I'd like to triple this figure which is possible if I can get across Oz. The record is a distant dream, I'll be happy to just survive. If I can win the battle of the mind in the first stages then hopefully the body will adjust. If the body controls the mind in the first fortnight I'd rate myself a 2% chance of making it, if the mind prevails, that figure might rise over 50%. As Don Ritchie said, the first 1000 miles isn't too bad, and the last 1000's fine, it's the middle 1000 which is tough. Just getting to the start will be a grand achievement and the only failure with these types of things is the failure of not trying.

what is a typical training week, when do you train, how do you fit it in with work and family?

At the moment there is no typical training week other than the scheduled yoga and stretching classes. I run when I feel like it or time allows - mostly at night, or early morning. Naïve and perhaps arrogant as this may appear, I'm not worried about the lack of mileage. Research suggests that the slightly 'under-done' athlete will be less susceptible to injury and illness. For hours each day I think about the running. This mental preparation will play the over-riding factor in any success. I nanny three children on a Wednesday and coach sailing all day Sunday which are ideal employment. They provide a break from the monotony of organisation.

With whom do you train?

**My best mate from school.**

what do you like about running and such an event as this?

**I thrive from the challenge, and look forward to the development of the journey. Ultra running is an extreme means to an end in the growth of one's understanding of their own being. Running 85km a day you sure have a long time to think about things! You piece past information and insights together, ultimately creating what will become your perspective.**

how has it changed your life?

**I have never been a good runner, but realising that I can still do amazing things through my running has confirmed thoughts that 'impossible' is a term that exists in the confines of our mind.**

what does your family think of you running such an event?

**Understandably, my father and brothers think I am foolish. Mum doesn't support the idea either, but she's a gem, saying to one of my friends the other day, "I may not support what the man does, but I still support the man." She has been instrumental in guiding my campaign and contacting potential sponsors.**

how do you explain such an event to other people?

**The more the idea for this run has progressed, the more it has shifted from a personal challenge, to a challenge for us all to become aware and raise funds for The Fred Hollows Foundation and their programs. I've become intrigued by the sensibility and commendable efforts of The Foundation.**

**Regarding the run, it's just the attempted fulfillment of a dream that has been lurking in the back of the mind since that first step on 'the Hume'. Dreams of this proportion are something with which most can identify, though they are seldom shared.**

From where do you get your advice on training?

**Ultra runners seem reserved to share information with novices, however, in my three races I have gained some good advice. I have, and continue to, research through the web, so I was adequately prepared for my first race in Adelaide, 2000. Crewing for the Trans Australia Footrace Race in early 2001, proved and will prove invaluable, however, some of the greatest advice comes from reading about Trans-continental crossings, solo journeys of any nature and the Great Bunion Derby described in the fantastic novel, Flanagan's Run.**

do you have a plan for this event?

**Yes, and no. The crew and I arrive in Perth three days before the proposed start. After that I will set a daily minimum to be run, with no maximum, yet I have specific times I'd like to reach certain points. I'll listen to my body to a certain extent, erratic running early on won't get me far, but I'll try to tune out to the inevitable pain until I and the crew settle into some rhythm upon entering the Nullabor plain.**

how did you feel physically and emotionally at the end of colac?

**Physically, good. I went for a 25km run the following day in Sydney. Emotionally, fickle. I sat down with Drew Kettle and had a beer. I'd missed qualification for the Trans-Australia race by 66km but the slip of that dream had been realised mid-race. I ended stronger than I began, and had met an amazing bunch of people whose memories and thoughts will always remain strong.**

your occupation?

**Deferred student studying Human Movement (3<sup>rd</sup> year - UTS). Midway through a Diploma in Journalism. Sailing Instructor and nanny though I have recently returned from teaching mathematics and English in South Korea**

any funny incidents from running?

**Too many... I have been running along at night, head down and had a kangaroo jump out on me then run directly into street signs and fallen flat on my back. Once I ran into Mittagong late at night, knocked on**

many a door looking for a bed. With no one offering I set my sleeping mat up in the carpark just next to McDonald's and its garden bed. I awoke an hour later soaked, as it had been raining. I peered into a clear sky with not a cloud in sight and realised I had been under the 'Macca's' sprinklers for an hour. I've been given directions to the highway from Port Kembla Railway Station, on a cold Sunday night and an hour later found myself back at Port Kembla railway station having done a complete loop of the Port. On a different note, I had a shotgun pulled on me as I was crawling into my sleeping bag in some guy's backyard – turned out to be an affable bloke! I've seen punchups between runners. Runners go mad and strip to the bone then run off the highway into the bush screaming!

# Mateship in for long run

**O**N Saturday, a young Australian will leave Perth to run across the nation – a solo run of 3900km.

In the heat of the Australian summer, 19-year-old Sydney resident Don Maclurcan plans to cover up to 85km a day over the next 45 days – a total of five million steps from Perth to his home town.

He is raising funds for the Fred Hollows Foundation and its work in restoring sight to people in need.

With nearly \$6000 already secured before his feet meet the bitumen, it is clear this amazing young Australian means business.

His run will take him across the Nullarbor Plain, which Maclurcan says the majority of Australians could not accurately describe, nor understand, the extent of its beauty.

## Bruce Campbell

This, the first official event for the Year of the Outback, raises the question of what would possess such a young man to dream of a challenge so big and of a quest so unselfish.

We only need to look to the volunteer firefighters from so many parts of Australia battling to save Sydney homes and livelihoods to realise Australians have such great strength in adversity.

It is this spirit that rises from the outback; the contribution of Australia's indigenous people and adventurers who mapped this island continent and paved the way for outback development.

Historians believe the use of the word "mate" can be traced to the harsh conditions on the



Australian frontier in the 1890s.

It was here the code of mutual aid, or mateship, was developed.

The outback is a place of matchless diversity and magnificence.

It has an ageless past.

It is where pioneering history was made, including the founding of the Royal Flying Doctor Service which provides a mantle of safety across the nation, and Qantas, now Australia's flag carrier to the world.

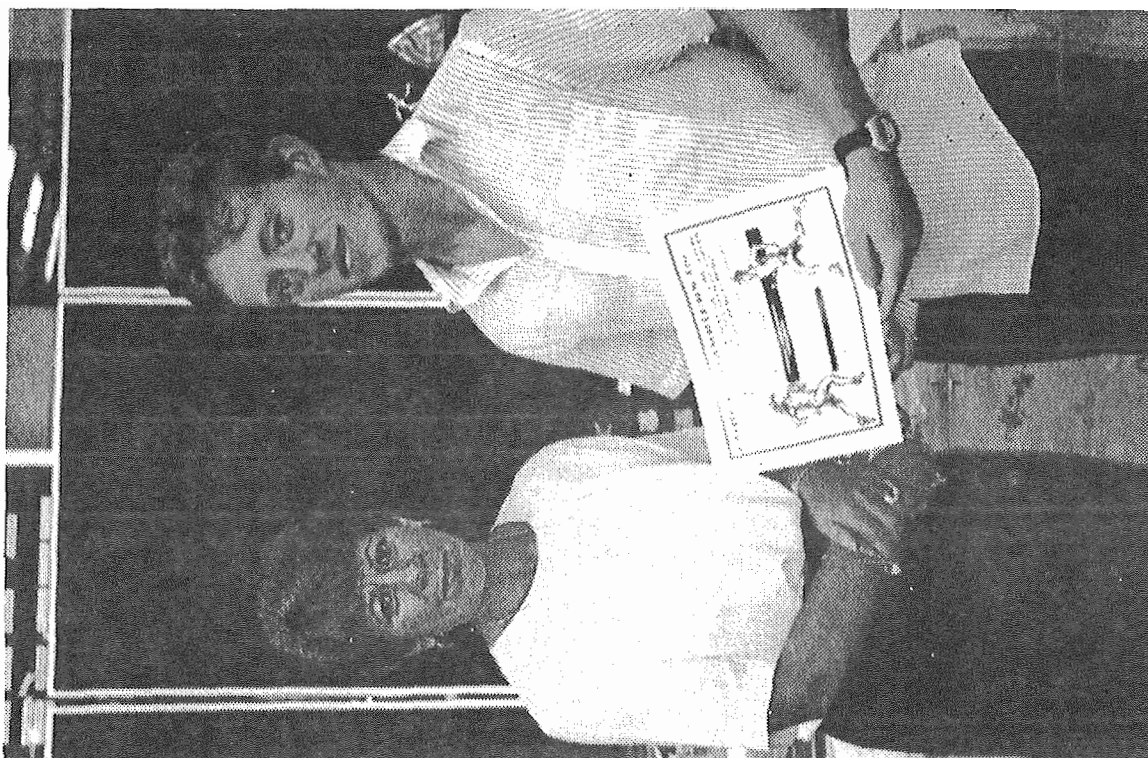
The Year of the Outback is about the freeing of the quintessential spirit of the outback so it touches every Australian and every international visitor, gifting to them a genuine understanding of the uniqueness and potential of Australia's outback.

As people look beyond their backyard, we will begin to better comprehend the importance of the outback and what it means to our country.

It is then that we will understand that the spirit of the outback is alive and well.

*Bruce Campbell is the founder and chairman of 2002 Australia's Year of the Outback*

[www.seeaustraliarun.com.au](http://www.seeaustraliarun.com.au)



19 year old Don Maclurcan  
Pictured here with Jan Smith



# HUMAN RACE

BY HELEN COLLINS

## DONALD MACLURCAN

In January the thoughts of most young men turn to surf and sand and we'll leave it at that. For 19-year-old Don Maclurcan at least one of those elements is present on his summer adventure: running across Australia.

He set out from Perth on Sunday, 6 January, and plans to reach the Sydney Opera House on 23 February, covering close on 4000km. In between he'll be facing stretches of desolation and dust on the Nullabor Plain, in temperatures hovering around 50°.

He has already had a taste of what the journey might entail. He was on the support crew for the 2000 Race of Fire, in which 22 runners began in Perth and finished in Canberra.

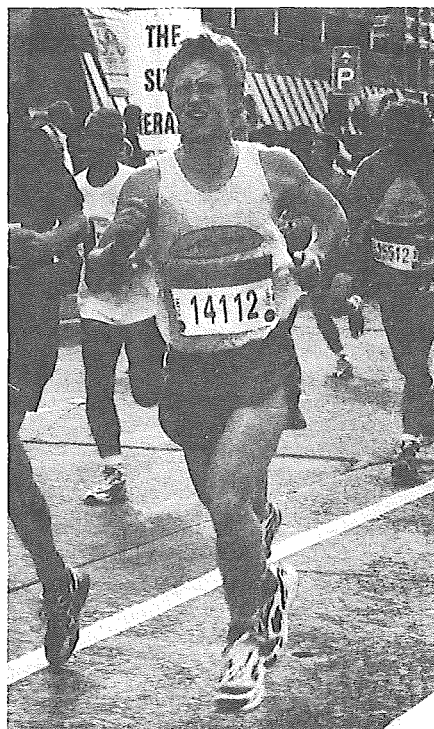
One of his inspirations for this ambitious project is his uncle John Connellan whose claim to notoriety is that he competed in and completed the Westfield Sydney to Melbourne ultra event all those years ago. Connellan hesitantly then adds that it took him two years to complete the journey running the two years when it started in Melbourne one year and Sydney the next. He made to half way both years.

In his own run, Maclurcan will try to outdo Frenchman Serge Girard, who set the Trans-Australia record of just under 47 days in 1999. "The record is a distant dream, I'll be happy to just survive. If I can win the battle of the mind in the first stages then hopefully the body will adjust. If the body controls the mind in the first fortnight I'd rate myself a 2% chance of making it, if the mind prevails, that figure might rise over 50%."

A stab at the record requires him to run 85km each day, or as he puts it: "I'll try to run a marathon in the morning, and then run again at night." He'll have the support of schoolmate Guy Weress, Briton Chris Arnold who crewed with Don during the Trans-Australia, and his cousin Sophie Brabenec, from Melbourne.

Maclurcan admits speed is not his forte, claiming that at high school he was "just the worst runner". Ultramarathons came into his life at age 16, when on an impulse, he decided to run from his Sydney home, down the Hume Highway to Melbourne. He set off, laden with a cheap backpack and 25kg of provisions, arriving in Goulburn 72 hours later. The experience was enough to spark annual solo journeys... and some grandiose ideas, like running around Australia.

"But then Pat Farmer and Gary Parsons did that, so I thought, scale it down, focus on a shorter distance and devote 100%



effort to making it worthwhile for myself, and The Fred Hollows Foundation."

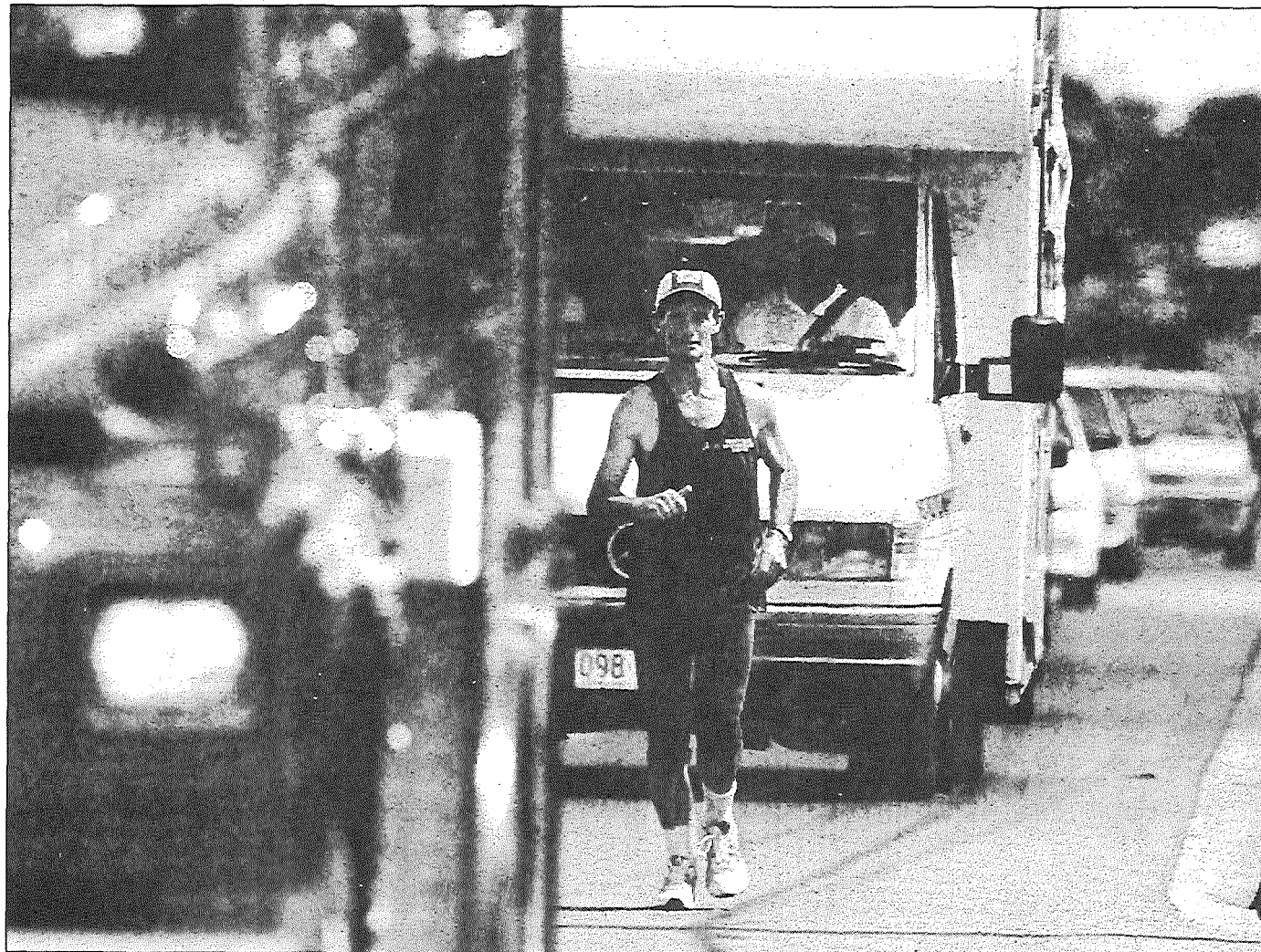
The foundation treats eradicable blindness from conditions such as cataracts, around the world.

Ultra running, including the Australian 24 hour track championships, the Colac6 day race and the Coburg 24-hour race have changed Maclurcan's approach to life. "I have never been a good runner, but realising that I can still do amazing things through my running has confirmed for me that 'impossible' is a term that exists in the confines of our mind.

Ultra running is an extreme means to an end in the growth of understanding your own being. Running 85km a day you sure have a long time to think about things!"

"Over the years his family have got used to long distance journeys tackled on a whim. His mother's attitude is: "I may not support what the man does, but I still support the man", and she has, he says, been instrumental in guiding the campaign and contacting potential sponsors.

*You can follow Don's progress on his website [www.seeaustraliarun.com](http://www.seeaustraliarun.com). The Fred Hollows Foundation donation line is 1800 352 352. If you'd like sponsor Don's run, email him at [don-macca@hotmail.com](mailto:don-macca@hotmail.com) with 'sponsorship request' in the subject line.*



**Gutsy effort:** Gerard Santamaria in Sydney Rd on the last leg of his Albury to Melbourne run. Picture: JAY TOWN

## Tired, but lives to save in long run

IT was the run of his life, and it might one day be the run of yours.

Victorian dairy farmer Gerard Santamaria yesterday completed a gruelling 390km run from Albury to Melbourne to support bone marrow cancer research.

Family and friends gathered at Station Pier in Port Melbourne to cheer Mr Santamaria, 46, through the closing stages of his border-to-bay marathon.

Having started on New Year's Day in NSW, he ran between 90-100km each day.

An accomplished runner with three Ironman triathlons to his name, the Rushworth farmer was inspired to complete the cross-country journey after a close friend was diagnosed with bone marrow cancer last year.

David Rabl's cancer has since gone into remission after two sessions of chemotherapy, and he will compete in

By JASON FRENKEL

his 10th Ironman competition in April.

He said his close friend's determination and endurance were inspirational.

"He's a gutsy bloke," Mr Rabl said.

"I've seen him run through all sorts of pain, discomfort, almost despair over the last few days. You can't help but be inspired by him."

A tired but happy Mr Santamaria said he was looking forward to a relaxing beer and putting his feet up in the coming days during a holiday on the Mornington Peninsula.

More than 800 people have received bone marrow transplants since an Australian register was set up in 1989.

Money raised from Mr Santamaria's run will go to the Bone Marrow Donor Institute.

# Interview with Cliff Young

This interview, by Tania Jamieson, was published in the "New Vegetarian and Natural Health" magazine (Winter 1997, p40) <<http://www.coolrunning.com.au/ultra/cliffie.jpg>> Cliff Young is still running, and now aged 75, is attempting to run around Australia, a total distance of some 15,000 km. Cliff became a national hero after his amazing win in the 1983 inaugural Westfield Sydney to Melbourne run and since then has participated in almost 20,000 km of ultra marathons. Since turning 60, he has set six world endurance records. A former potato farmer, Cliff lives a very simple life at Beech Forest in Victoria's Otway Ranges. He was interviewed before he left on his epic 8 month journey.

**What inspired you to want to run around Australia ?**

My ambition for a long time has been to run around Australia, like Ron Grant did in 1983 but I could never get anyone to take it on, and look after me for all that length of time. I was very lucky to find the Powers family, Helen and John, their daughter Vicki and identical twins Paula and Bridgette, who said they would love to go with me. It has been in the pipeline for two years and Helen has been fighting, fighting, fighting, to get permission from all the authorities in each State. In fact they made it as hard as they could for us. Everything is now go, go, go. After two years of battling we've now got the green lights everywhere. By the time I finish I will have run about 15,000 km and I plan to get back by November for the Colac Six Day Race . I will be running an average of 65km - 70km per day. Have you heard of anyone in the world who can run around Australia at 75 ? I think I will be the first in my age and it will probably stand for a long time. I think I can do it. In fact, I am sure I can do it. Only death will stop me. If I get run over by a semi-trailer that is the only thing that will stop me. Of course, I hope I don't because I have a lot of living to do after this.

**What drives you to keep going ?**

I like to finish what I start doing. I like to see it through to the end, to the best of my ability. I have a good chance of breaking several records and that is my aim.

**How did you first get interested in running ?**

I started running when I was about 56. I went down to Geelong and ran with the Geelong Cross Country Club and did fairly well. I wasn't exactly a sprinter but I could run a pretty quick marathon. I then tried to run 1,000 miles at Colac on my own, but only ran 560 miles. My shoulders got very sore and I had to stop because of them. Probably a good massage would have fixed it up.

**What was the highlight of the Westfield Sydney to Melbourne ultra marathon ?**

The prize money of ten thousand dollars! Now that's a helluva lot of potatoes. There were only 11 starters, so I thought I had a chance of getting something and I finished up getting the lot. Joe Record and I had a pact on before we ran that if either of us won we would split the prize money between us. I forgot about Joe and started giving it away left, right and centre. I gave \$4,000 away to the other runners. So I said to Joe here's your half of the spoils. He said "Hmm \$3,000? I thought the prize was \$10,000." I said "I give the lot away. Don't worry about it." He wasn't that concerned.

**Describe your current typical exercise regime ?**

When I get up in the morning I do my warm up exercises to keep myself agile. I'll give you a quick demonstration... (Here Cliff got out some empty packets of Organic Vita Brits and stacked them knee high in his living room. He jumped over them from a stationary position. After each successful lump he would increase the height by an extra layer of boxes. He then demonstrated doing pull ups by holding onto the

architrave above his bedroom door!) After the exercises, I go for a run each morning. I have been doing that ever since I have been here [about 8 years]. I run about 20 km, sometimes more, sometimes a bit less, but on average 20km. Once a month I might do 50km to see if I'm slipping, but I'm not. I'm holding my own.

**What food would you typically eat on a long distance marathon run ?**

Breakfast is my main meal. It gives me strength and I can run all day. I'll show you what I eat... (here Cliff got a large bowl and from the pantry produced several cereal bisuits. I can up to 28 followed by a generous helping of rolled oats and processed bran. (He poured some milk on top, then added treacle and yoghurt.) For lunch I might have a couple of sandwiches, cheese and fruit and at night a big plate of vegetables, cheese, spaghetti, fruit salad and chocolate. I eat anything they give me. I like eggs, poached or scrambled, ice-cream and a bit of junk food. I don't mind a bit of junk. I think it whets your appetite.

**What prompted you to become a vegetarian ?**

We use to rear calves on a farm I once lived. I would feed the calves from a bucket, from the time they were born, and they thought I was their mother. They would follow me and trusted me. Then when Autumn came we would send them in to get slaughtered. I couldn't sleep too good those nights when I knew they would get slaughtered. I hated having the poor things killed. It was on my conscience so I thought to myself I would give up eating meat altogether and get away from animals as much as I can. So now I don't have to see them killed or get them killed. It goes against my principles. I became a vegetarian about 25 years ago, back in the dark ages. The last straw was when my sister cooked a stew and the meat was a bit off. She thought if she put some onions with it I wouldn't notice. The meat nearly killed me. I was pretty crook. I was on my hands and knees all night heaving. Evil. It helped considerably in making me become a vegetarian but the main thing was my conscience

**How do you feel about cattle farming now ?**

I hate it. I have these heifers here (Cliff agists land to his brother) but I don't see what happens to them. I just look after them while they are young, then they go and disappear. I don't ask any questions. They are milked for 10 years before they get killed so that is a pretty good life.

**How has your diet affected your running ?**

I think I have gone better on it. Do you know why? We use to have an old draught horse when I was a kid that wouldn't work too good at all. My father said "Get them off the grass and put them on oats". After a day or two they would bolt so I said "By Gees, there must be something in those oats. They were all about 20 years old. Before you would be hitting them with the reins all the time, then after a couple of feeds of oats, you would be flat out holding them back. They wouldn't stop. So I woke up to it straight away. There is something in those oats. I'll stick to the oats. That's why I eat rolled oats and I think it helps". When I used to eat meat religiously every day, I don't think I could perform as well as I can now on a vegetarian diet. I am better now. On the track, I can still put it over those pie eaters who are only in their 30's. So there must be something in the vegetarian diet.

**Is there any advice you would like to offer others in your age category ?**

Yeah, get out of your wheelchairs and start doing a few laps, if you can. If you don't get any exercise your joints start seizing up like a rusty engine. The doctors once told me I had arthritis in my joints and to take it easy, so I said "I'll fix that up, I'll run it out". So I kept running and it disappeared. It is like rust that gets into a vehicle. Well, I think it was like rust in me. I reckon you have to keep your joints moving. Absolutely. No matter what you do, you have to keep moving. If you don't wear out, you rust out, and you rust out quicker than you wear out.

# OAM for Rafferty

By Jim Mynard

**HARKAWAY** resident and former world ultramarathon runner Tony Rafferty has been awarded the Order of Australia (OAM).

Mr Rafferty became known world wide for pioneering the ultramarathon, beginning with a run between Sydney and Melbourne in 1972, yet said he was surprised to receive the award.

"I was surprised, but I'm delighted and, I feel humbled by it," he said.

He will receive his OAM certificate and medal at Government House later this year.

Tony said going to Government House to be with other recipients in itself would be an exciting experience.

"It will be wonderful to mix with others who have won similar awards."

Tony said his special interest in life was physical fitness, but he still believed he was not a fanatic about the way people should keep fit.

He said people still had to enjoy life.

"I still like a nice wine, but I believe red wine is better for you," he said. "They say a little every day is even good for you."

He seemed to be proud that his running, particularly long distance running had grown to a big sporting event around the world.

Asked if ultramarathons were good for the body he said: "No, we were crazy".

"It's the same all over with sports people, you see them driving their bodies to the limit."

"I would be running along, toiling away and someone in the race would come along and call out, hey Rafferty, was this your stupid idea

to start these things?

"But we kept going and striving to do better. It's the competitive thing that keeps people going and trying harder all the time," he said.

Nevertheless, at 62 and retired, Tony suffers no ill-effects from his arduous sport.

He is a fit and pleasant person.

One of his pleasing experiences has been receiving letters from other sportspeople who have said his efforts motivated them to keep going.

He is a freelance speaker and likes public speaking.

"I meet many people at different types of community groups and will speak at charity functions, provided I am not booked for a corporate job."

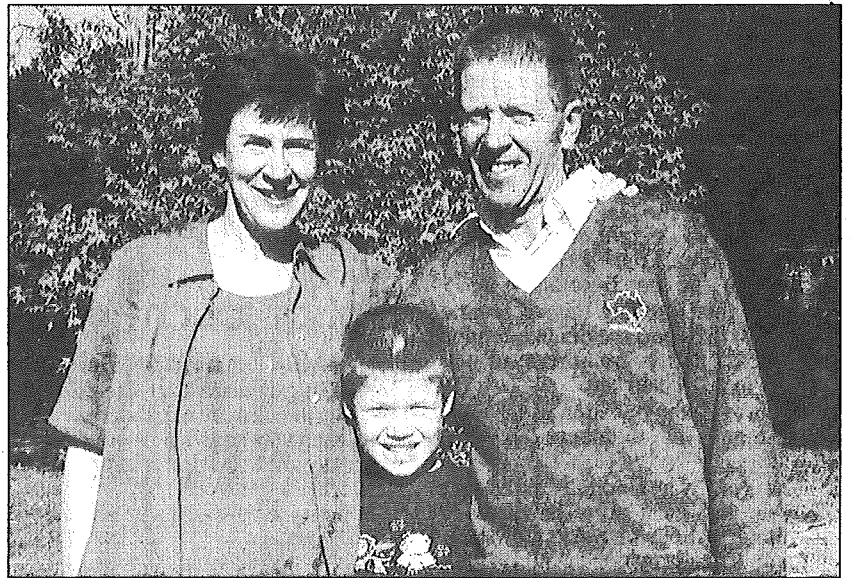
"I try to talk about motivation and about my experiences, both the humour and the drama."

Tony's award was given for service to sport as an ultramarathon runner and through promotion of the benefits of physical fitness training.

Some of his exploits listed were that he was the first to run from Sydney to Melbourne, in 1973 he became the first person to run across Australia, first to run the Birdsville Track, first person to run through Death Valley, California, which he did in mid-summer 1979, and was credited with being the founder of ultramarathon running in Australia.

Tony was a founder of the Australian Ultra Runners Association and its vice president for 14 years.

He was the Australian representative on the International Association of Ultra Runners



**Tony Rafferty OAM with wife Coral and their son Kieran.**

(IAUR) executive council for nine years and one of the founders of the IAUR.

He encouraged the town of Colac to stage a six day race, now known as the Australian Six Day Race, and assisted the organisers with advice. He took charge of all publicity for the race in 1998 at a time when it was in danger of being axed.

Tony has recorded the history of ultramarathon running through his extensive articles in magazines, newspapers and a book.

He competed for 32 years and during that time held the 1000 mile track record for eight years.

Tony inspires corporate seminars and conferences as a motivational speaker and addresses schools on the negative aspect of drug taking and the positive results of sports activities, regular fitness and good eating habits.

As a fitness consultant in gymnasiums he worked closely with football teams, soccer sides,

and potential Olympic athletes.

He holds life governorships of the Royal Children's Hospital and the Yooralla Society.

During 1973 he was awarded the Australia Day Medal for services to youth and sport. In the early 1980s he accepted the honorary position as patron for the 'Run for Children' a project for World Vision.

Tony said he started out in sport as a weightlifter and was in the body building industry for several years.

"I came to Victoria and found that I was getting really fit by working out in a Camberwell gymnasium."

"I saw myself getting fitter and became involved in a promotion for the centre with runs."

"Someone said to me that no one had run from Sydney to Melbourne, so I did."

"Then the run became popular, but it took 11 years before we had the big Sydney to Melbourne race. I took on the across Australia run and became

involved with a major sponsor Kellogg's."

"I enjoyed the challenges in the sport and soon became involved in administration."

Tony said a book about his life and about his running was ready for publication.

He has taken up another challenge by getting his junior soccer coaching licence with the Victorian Soccer Federation.

"Australia Day to me is a day of celebrating this great mix of people we have, which I love," he said.

"It is a time for reflection on where do we go from here. It is a time for celebration."



Since retiring after a long and distinguished ultrarunning career, Tony Rafferty has been busy on the speaking circuit and also writing a number of interesting and informative articles



# Global News and International Commentary

by Andy Milroy

This month's column features many of the classics that dominate the autumn season in the Northern Hemisphere. But first one from the Spring. The 100 Km del Passatore from Florence to Faenza in Italy has long been established as one of the classic 100-km races. It is a particular favorite of the Russian runner Alexey Kononov, who won the race yet again on the May 26 in a time of 7:02:01, from Italians Mario Fattore and Andrea Bernabei, who took second and third in 7:09:39 and 7:11:55. The first woman was the Italian 100-km internationalist Monica Casiraghi in a fast time for the course, 8:11:43, from a new Russian Marina Mychlianova who recorded 8:48:19 and the German, Anke Drescher, who took third in 8:52:18. Canadian Odino Soligo, who turned 80 this year, finished in 15:12:49.

The International 24-hour track championships were held at Verona in Italy on September 22. Despite a very experienced field, many of the leading runners set off far too quickly, including Yiannis Kouros. As a result many slowed drastically in the second half of the race, including the remarkable Greek. The initial early pace helped ensure good overall performances, however.

Yiannis Kouros won with 171.3 miles, but was being chased down by the multiple winner of the European 24 hour Lubomir Hrmo of Slovakia. Hrmo set a personal best of 167.9 miles, which further established his credentials as one of the best 24-hour performers around. In third was the consistent Frenchman Alain Prual with 161.4 miles, some miles below his best, with another French runner Loic Lebon, a former 100-km performer who covered 159.7 miles. One of the top multi-day performers, Jaroslav Kocourek of the Czech Republic, set a track personal best of 159.3 miles in fourth. The Japanese continued their rise in international competition, as Kenji Okiyama took fifth with 158.3 miles.

In recent years Russian Irina Reutovich has been dominant in the 24-hour event, but at Verona she was beaten. Edit Berces, winner of the World 100 Km Challenge in 2000, had tried an event lasting 24 hours last year. She showed the benefits of that experience, coming through to win this race with 146 miles. Reutovich ran a solid race for second, which without the presence of Berces would probably have won her the race. Her distance was 140.9 miles. Another Russian took third with 138.2 miles, the experienced Irina Koval. Another interesting Japanese

breakthrough took place in fourth place. Just out of the medals, Hiroko Okiyama ran 137.8 miles. Held on the track, the number of runners able to compete was restricted. However, the race showed the potential a true world 24-hour championship could bring to the sport.

One of the most notable recent performances is that of Valmir Nunes winning the Spartathlon. It is remarkable in several ways. Nunes joins Roland Vuilleminot as being the only winners of the World 100 Km Challenge to win the much longer Spartathlon. Actually, it is surprising just how few elite 100-km runners have made the transition to longer events. The trend has been for each discipline, the 100-km and the 24-hour, to have its own specialists. Although some runners have managed to combine both events, they tend to focus primarily on one discipline.

The Spartathlon was held on September 28 and 29. There was a strong Japanese field as always. Nunes' win in 23:18:05 was not altogether a surprise. He won the Faenza World 100 Km on the challenging Florence to Faenza course and so has strong ultra mountain racing credentials. His career has been patchy since 1991. He won the 1995 World 100 Km Challenge in Winschoten, but did not finish the other World 100 Km events he entered. Nunes finished well clear of experienced 24-hour performer Jens Lukas of Germany, who ran 24:46:51. Third was Ryoichi Sekiya of Japan in 25:27:30.

There were two other major stories at the Spartathlon. Six of the first eleven runners in the men's race were Japanese, so their strength in the 24-hour event is growing steadily. The other major story was the breakthrough of another former 100-km specialist in the women's race. Alzira Portela-Lario of Portugal won in 30:31:41, from yet another Japanese runner, Kimie Funada, who took second in 33:49:17, with the German Heike Pawzik recording 34:41:10 for third spot. The conditions and time limits are tough, and of the 192 starters only 82 finished. There were 35 Japanese finishers, but just three Greeks.

The European 100 Km championships returned to Winschoten again on September 29, but the close proximity of the World Challenge held the previous month had an impact on the race. The big news of the early part of the season was the debut of Vladimir Netreba of Russia in the national championships, running close to 6:30. He was the class performer in the European race and won easily in

6:45:43 with the Hungarian Attila Vozar taking second in 6:47:57 and the Slovakian Miroslav Vindis the bronze medal with a time of 6:52:47. Three other runners, Bruno Blanchard (France), Jacek Lenart (Poland) and Olexandr Osypov (Ukraine) ran just under seven hours with 6:59:00, 6:59:16 and 6:59:58, respectively.

The most significant performance of the race was the huge improvement of the German runner, Ricarda Botzon who led the women in 7:31:55. Strangely, the quality of the women's performances was much higher than the men's. Marina Bytchkova of Russia took the silver in 7:37:02 with Karine Herry of France the third place in 7:42:36. Elke Hiebl of Germany, Magalie Reymonenq-Maggioni of France and Nadezhda Karasiova of Russia also ran under eight hours, clocking 7:54:42, 7:56:31 and 7:59:42, respectively. Valentina Shateyaeva, the double winner of the World 100 Km Challenge, took seventh in a rare return to 100-km racing. She clocked 8:01:05.

The London to Brighton race has had a higher profile in recent years and this year on October 7 attracted several Ukrainian runners. Among them were Andriy Kotsybka and Andriy Reyzer, the latter having made a major impact on the New Zealand ultra scene. Kotsybka took an early lead, with British 100-km internationalist Chris Finill in second place. These positions were not to change, though Reyzer ran a solid race in fourth place for much of the race. Local runners Brian Hennessey, Viesturs Dude and Keith Vallis contended for the places, despite being new to the event. Andriy Kotsybka became the first Eastern European winner of the event in 6:42:13, from Chris Finill's 6:45:03 and Brian Hennessey's 6:54:58 for the 55-mile journey. The first woman was British runner Liz Neville in 8:42:03, from Kim Masson in 8:59:22, with American Admas Belilgne from New York taking 9:40:49 for third place.

The runners faced the worst weather conditions yet in the history of the race which stretches back more than 50 years. Runners had to contend with hurricane force winds and driving rain, which made a real mess of the finish area on Brighton sea front. There were 109 finishers out of 139 male starters. The race continues to have a strong U.S. presence. Famous U.S. runners have their names attached to specific trophies. The Ted Corbitt Trophy for the first U.S. resident finisher went to Al Catalano. The Sue Olsen Cup for the oldest lady to finish went to the winner, Liz Neville.



# ULTRAMARATHON WORLD'S 2001 GLOBAL RANKINGS

Produced by Andy Milroy & Dan Brannen

## MEN

The year 2001 was far from being a vintage year at Ultrarunning's flagship distance, the 100km. For the first time in at least twenty years no male runner broke 6:30 for the event. [Before that time courses were often not accurate, so the reliability of the earlier sub 6:30 marks may be doubtful.] Yasufumi Mikami's was the slowest winning time for the World Challenge since 1991. The exciting potential of newcomers Vladimir Netreba and Alexei Belosloudtsev, who ran the year's best two times in the Russian championships in May, was not fulfilled later in 2001, although Netreba did take the European title. Andrew Kelehe's Comrades winning time was close to Bruce Fordyce's course record. Like most of the top male Comrades finishers, he ran only that one race during the year. Yiannis Kouros, now approaching his third decade of world-class performances, ran his best 24 Hour mark since 1998 to win a very competitive event at Verona, with Lubomir Hrmo becoming the 6th best 24 Hour track performer of alltime right behind him. Lithuanian Rimas Jakelaitis emerged as the current best multi-day performer in the world, making a near-successful attempt to become the fastest ever 1000 mile performer in a 10 day race.

- 1-Yasufumi Mikami JPN
- 2- Andrew Kelehe RSA
- 3- Yiannis Kouros AUS
- 4- Gregoriy Murzin RUS
- 5- Vladimir Netreba RUS
- 6- Leonid Shvetsov RUS
- 7- Vladimir Kotov BLR
- 8- Lubomir Hrmo SLO
- 9- Rimas Jakelaitis LIT
- 10-Alexei Belosloudtsev RUS

1. Mikami is ranked No1 because he set two of the fastest times in the most competitive ultra event, the 100km, 1st in the World 100km [6:33:28]; 1st at Lake Saroma [6:38:50].

2. Kelehe - Winner of the 89km Comrades Marathon [5:25:51], the world's largest and most competitive ultramarathon. His time was the best since Fordyce in 1986. The course distance changes slightly almost every year, so exact time comparisons have to be made carefully [Fordyce ran 5:24:07 for 88.7 km; Kelehe 5:25:51 for over 89.0 km; Vladimir Kotov had run 5:25:33 for 87.3km in 2000].

3. Kouros - Winner at Verona [275.828km], the best 24 hour race of the year with the best 24 hour mark of the year.

4. Murzin - 6th at Comrades 5:32:59/ 1st at the De Bezana 100km in Spain [6:35:19]. The only male ultrarunner to successfully complete a Comrades/major 100km double at the world class level in 2001.

5. Netreba - Winner of the Russian 100km Championship [6:30:07], the fastest 100km of the Year; also won the European 100km Championship [6:45:45].

6. Shvetsov - Runnerup at Comrades [5:26:28] in his ultramarathon debut.

7. Kotov - 3rd at Comrades [5:27:21].

8. Hrmo - Runnerup to Kouros at Verona [270.337 km] - second best 24 Hour mark of the year/6th best alltime track mark

9. Jakelaitis - 901 miles/ 1450km in 10 days; 600 miles/965.606km in 6 days - best 6 day mark since 1990. Second best ever mark on certified road course.

10. Belosloudtsev - Runnerup to Netroba in the Russian 100km Championships [6:31:40], the second best 100km mark of the year.

## WOMEN

Still over-shadowed by Tomoe Abe's nearly incomprehensible 6:33 100km run last year, the year 2001 was not a particularly strong one for the women either. German Birgit Lennartz had previously run three faster times than her 7:28:21, which was the fastest time for 2001. The feat of Russian Elvira Kolpakova, winning both Comrades and the World 100km title in the same year is unique, and clearly earns her the distinction of the year's No. 1 ranking. The consistency of her countrywoman Marina Bychkova is also remarkable. Hungarian Edit Berces was unable to produce the form of 2000, when she won the world title, but she successfully moved up to depose Russian Irina Reutovich from the No.1 spot at 24 hours. American Deb Mattheus (formerly Deb Bollig, now married to South African Charl Mattheus) had a huge breakthrough in her pair of South African ultras. German Ricarda Botzon's even more remarkable breakthrough [her previous best was 7:54:13 set in the World Challenge in 1995] to take the European 100km was unexpected. Russian Irina Koval's consistency at the 24 hour event takes her above the 3rd and 4th placers in the 100km World Challenge, Monica Casiraghi of Italy and Tanja Schafer of Germany.

1. Elvira Kolpakova RUS
2. Marina Bychkova RUS
3. Edit Berces HUN
4. Irina Reutovich RUS
5. Birgit Lennartz GER
6. Deb Mattheus USA
7. Ricarda Botzon GER
8. Irina Koval RUS
9. Monica Casiraghi ITA
10. Tanja Schafer GER

1. Kolpakova - Winner of the World 100km [7:31:12] and Comrades [6:13:53] - a unique double which puts her at the top of the world.

2. Bychkova - Runnerup at the World 100km [7:37:02] and at the European Championships [7:38:21], and third at Comrades [6:24:20].

3. Berces - Winner at Verona [235.029km], the most competitive 24 hour of the year, defeating Reutovich, who has dominated the event for several years. She ran poorly in the 100km World Challenge, but still finished 11th in that race.

4. Reutovich - Runnerup to Berces at Verona [226.781km]; winner of the European 24 hour Challenge [226.634 km]; winner of the Brno 48 hours overall [361,069 km].

5. Lennartz - The German National Champion [7:28:21] - fastest 100km mark of the year.

6. Mattheus - Surprise runnerup at Comrades [6:23:04]; [4th at Two Oceans 56km [3:51:56].

7. Botzon - Winner of the European Championship 100km [7:31:55].

8. Koval - 3rd at Verona 24 Hour [222.445 km]; 2nd in the European Challenge 24 hour [222.650 km].

9. Casiraghi - 3rd at the World 100km [7:39:42]; winner of the Faenza 100km [8:11:43].

10 Schafer - 4th in the World 100km [7:43:40]; 2nd in the German 100km Championship [7.46.28]

# Nutritional Supplementation for Ultrarunners

by Kevin Seines

Ultrarunners come in all shapes, sizes and ages. They vary as widely as any other sporting group. With such a diverse group of individuals, it would be foolish to try to specify their exact nutritional needs as they train for and compete in ultras. Runners seeking optimal performance however, should have a good understanding of the basic fundamentals of sports nutrition, combined with an awareness of their own nutritional needs.

## Nutrition for Daily Training

Endurance training places a large amount of stress on the body. The more you train, the more stress that accumulates. Your nutritional needs are greater than those of a sedentary person leading an inactive lifestyle. Forget the RDA (Recommended Dietary Allowances), as these guidelines have become outdated. They are really a basic recommendation for average individual over a period of time. The RDA is not a set of requirements for any one group of individuals, let alone ultrarunners.

Distance runners that train at high levels should not overlook their daily nutritional needs. For example, higher levels of training may show a decline in hematological (red blood) status. According to Dr. Michael Colgan's book *Optimum Sports Nutrition*, measuring blood levels of three variables—hemoglobin, hematocrit and red blood cell count—determines your capacity to use oxygen. An increase in training mileage and/or intensity can result in reductions of these critical components to performance.

According to Colgan, "The principle nutrients involved in making red blood cells are iron, zinc, folic acid, vitamin B6, vitamin B12 and vitamin C. In a double-blind crossover trial, athletes fed increased levels of these nutrients (compared to a group given just the RDA levels) showed increases in their VO2 max (the maximum amount of oxygen they could use) and improved their performance."

While this is just one example of the kind of impact nutritional support can provide, the point Colgan makes is that individual needs vary, depending on makeup and work load, and that unless your nutrition program is matched to your training and lifestyle, you cannot expect optimum performance.

All individuals, runners or not, should start with sound dietary practices. This means three meals a day with a variety of healthy foods from the basic food groups. A good, consistent diet over a span of years is the only way to build a better body. Planning to eat and drink properly only during your eight-week buildup phase doesn't cut it. Plan on months—even years—to really reap the benefits of better nutrition.

I don't think it is worthwhile to discuss in detail the so-called four basic food groups, however it is wise to practice moderation with regards to all of them. I believe in one sense that runners who regularly log substantial mileage are able to metabolize almost anything. I have personally run very well in the evening after consuming a rare junk food lunch. Bill Rodgers, one of America's most famous and successful marathoners, reportedly had less than ideal dietary habits during his prime running years. So there are exceptions to all nutritional "rules." The long-term development of your body however, will be determined by how well you care for your nutritional intake. As the saying goes, "you are what you eat."

Colgan suggests that six months is the minimum amount of time for the results of any dietary changes to take effect. You may feel better by eating better or taking vitamins, but some of that is mental, a placebo effect. Other benefits can be more noticeable or even dramatic during heavy training, or immediately following an ultra.

In addition to the sound dietary practices of three balanced meals per day, every distance athlete that accumulates more than seven hours of training per week should consider supplementation.

Vitamins act as "insurance" to fill the gaps that may open up in your daily nutritional routine. They can also make up for foods that are deficient in quality nutrients. America is widely regarded as the breadbasket of the world. Our fruits and vegetables are the best looking. But are they the best for us? If you believe any of the free-radical theories, you would be scared by how we engineer our abundant supply of food. I once read that the average American consumes 100 pounds of additives per year. Supplementation can help fight the free radicals that result from eating this processed food. Anti-oxidants are widely accepted as a way to fight free radicals and help you recover from strenuous efforts. They help prop up the immune system when you are at your weakest, either from a long, hard training run or an ultra itself.

Obviously, I am not a nutritional specialist or dietitian. I would however, offer these suggestions to any ultrarunner who is training a substantial amount (seven or more hours per week):

- Eat fresh, quality food.
- Take a good all-around multi-vitamin (women should take one that is specified for women).
- Take anti-oxidants: vitamin C (1,000 mg) vitamin E (400 IU) or a special anti-oxidant formula.
- Drink plenty of fluids (64 ounces minimum per day), including juices or energy drinks of various sources.

What about protein? Since more than 50 percent of the dry weight of your body is protein, you need to get a steady supply to stay healthy. High-level athletes or ultrarunners logging more than the seven hours of training per week may need two grams per kilogram of weight per day. For a 160-pound ultrarunner, that equates to 140 to 150 grams per day.

## Nutrition for Ultra Competition

Competing in an ultra-distance event undoubtedly takes a toll on the body. Thus, fueling requirements take on a far greater level of importance. The first hurdle a runner faces from a nutritional standpoint are fluid and electrolyte losses from sweating. Working hard and sweating for up to two hours requires minimal replenishment when compared to five, six, 12, or even 24 hours of work. What got you through the marathon will not get you through an ultra. Maintaining a balance of fluids and electrolytes is of critical importance (see July/August *UltraRunning*, *Experiment of One*) whenever running for more than three hours.

The next major hurdle is depletion of glycogen stores, generally considered to about a marathon or less worth of energy. Most marathoners consume only a few hundred calories when running. Ultrarunners need substantially more intake of energy foods or drinks. Some runners can get by on as little as 100 calories per hour for a 50-kilometer event, but most perform better if they consume 200 or more per hour.

The longer the event, the slower the overall pace. A slower pace means less workload and less heat generated. Under cool conditions, the body has a far easier time digesting its contents. While a runner in a 50-km or 50-mile may get by on 200 calories per hour, the 100-mile runner may need to consume 300 per hour. The most important factor is digesting the contents of the stomach; that is why pace is so critical. When a lesser-trained individual tries to keep up with a fitter athlete, he or she will likely be running with an upset stomach, due to an excessive workload. Add to that the fact he or she will burn too high a percentage of carbohydrates. Fat burning is best accomplished by controlling pace to moderate work level. That means keeping the heart rate at roughly 65 to 75 percent of maximum.

Fat becomes a more important ingredient the further you go in distance. We all have plenty of fat stores, so why not use them? Listen to your cravings and if you desire it, go for it. Again, balance

is the key to digestion. Protein use in competition is important as well. Have you ever had a high carbohydrate meal and experienced the feeling that comes afterwards? Carbohydrates, while a prime energy source, are also very lethargic in nature. Planning on a balanced diet during your next ultra will serve you well. What works for one runner will turn another runner's stomach. Supplementation is an easy way to manage intake of critical elements that are needed for the biochemistry of energy production. Drinks or supplements with amino acids aid in energy production, reduce mental fatigue and improve recovery.

Choline is a nutrient needed to make the neurotransmitter acetylcholine, which is critical in the brain to muscle connectivity. Studies have shown it to improve performance in marathoners. A combination of amino acids, such as L-Tyrosine and L-Arginine, will aid in the flow of blood to the muscles. Vitamin C and E, Glutathione, beta carotene and alpha Lipoic Acid are all natural

anti-oxidant defenders. Remember, damaging free radicals run rampant in your body when running for substantial periods of time. Supplements such as these can be bought at health food stores, catalogs or over the Internet. Anti-oxidant formulas are increasing in popularity and can be bought at most drug stores or even grocery stores. Care needs to be taken to insure the safe use of supplements, so you may want to advise your personal physician that you are taking a particular supplement, especially if you have a pre-existing condition that needs to be monitored.

To summarize, all ultrarunners should strive to improve their daily diet. If you are unsure of the specifics, consult with a qualified nutrition specialist, preferably one that understands the demands placed on endurance athletes. During your periodic physicals, ask your doctor for a complete blood check up. You never know what might be missing. Experiment with a variety of food and drink during your long training runs and develop an energy and supplement routine that you will give you confidence in your next ultra.

## CLIFF'S TIPS

### Cliff Young's secrets of success

1. Please do not time me on the run. It is not a sprint.
2. Over the six or so days I want the crew to stay as fresh as possible, rest and sleep when possible.
3. If I get bad tempered, don't take it personally, it's just the stress of the race.
4. When I hit a bad patch and am running slow, I do not want anyone to tell me to pick up the pace. Twenty hours or so is a long time to run each day and I'll pull myself out of it as soon as possible. I will be doing my best at ALL TIMES.
5. No food or drink to be put in plastic: glass, china or enamel only please.
6. Food to be given in small-medium quantities. ie:  $\frac{1}{4}$  -  $\frac{1}{2}$  a bowl.
7. Please have drinks well shaken, fresh and cold. Cold, even when it is cold weather.
8. Food to be given freshly made. Food to be moist so is easily swallowed.
9. Please see the list of drinks and foods - a basic idea of what I want. I'll let you know any extras.

## ....DRINKS....

1. ACTA-VITE DRINK:  $\frac{1}{2}$  milk,  $\frac{1}{2}$  water, acta-vite so well coloured, dextrose so sweet to eat.
2. EGG FLIP: Cooked eggs,  $\frac{1}{2}$  milk,  $\frac{1}{2}$  water, brown sticky sugar so sweet to taste. Blend to make as smooth as possible.
3. ACTA-VITE & MILK: Milk and acta-vite so well coloured.
4. YOGHURT DRINK: Drink straight from container.
5. V-8 VEGIE JUICE: Drink straight from packet.
6. BLACKCURRANT JUICE: Drink straight from packet.

7. MINERAL WATER: Drink straight from bottle.
8. LEMONADE & COKE: Drind straight from bottle.
9. PLAIN WATER.

#### . . . . F O O D S . . . .

1. CEREAL : To fill  $\frac{1}{4}$  -  $\frac{1}{2}$  bowl - cornflakes, vitabrits, rolled oats, weeties, weet harts, dextrose, golden syrpy or jam. Hot water to soften, then cold milk and vanilla yoghurt.
2. MASHED POTATOE : Steam potatoes, add grated onion, milk, butter, salt and pepper and mash.
3. SPAGHETTI : Buck wheat spaghetti, add chopped onion and garlic and mix in. Add sliced cheese then tomato sauce - don't mix in.
4. VEGIES : This will be main meal each night.  
2 - 3 potatoe pieces, pumpkin, onion, peas, beans, cauliflower, broccoli, spinach. Steam until soft.  
Grated cheese and sometimes grated raw onion instead of cooked onion. To be extra warm.

#### . . . . S W E E T S . . . .

1. PLAIN CAKE : With milk and/or ice-cream in bowl.
2. FRUIT & ICE-CREAM: Canned or stewed fruit with ice-cream and good sprinkle of weet harts and rolled oats in bowl.
3. RICE-CREAM : Eat straight from can.
4. SPAGHETTI : Buckweat spaghetti, cold mild and brown sticky sugar to sweeten or ice-cream.
5. FRESH FRUIT : Banana, water melon, sweet purple grapes, pine-apple and orange. Cut into small-medium pieces and leave skins on.
6. PANCAKES : 2 cups wholemeal flour, 1 cup dextrose, 2 eggs and milk. Make medium consistency. Cook in pan with olive oil. Spread a little butter and jam on top.
7. DATE, APRICOT, APPLE & MIXED FRUIT SLICES : Eat separate or in bowl with milk and ice-cream.
8. BOUNTIES : Fun size.
9. ICY-POLES : Plain, lemondade - cheap sort.

# AUSTRALIAN RANKINGS FOR 12 HOURS TRACK [FEMALE]

Name	State	PB for 12HRS	Place	Date	at Age
FRANCIS, Mary	WA	130.832km	BUNBURY	03/04/94	36
STANGER, Helen	NSW	125.600km	COBURG 24 HR	22/08/98	48
MEADOWS, Linda	VIC	118.163km	FRANKSTON	30/04/94	35
PARRIS, Dawn	VIC	117.600km	OLYMPIC P	19/08/89	36
HERBERT, Cynthia	VIC	115.251km	ADELAIDE	01/11/86	44
GRANT, Dell	QLD	113.268km	BRISBANE	10/06/93	39
McCONNELL, Georgina	NSW	110.800km	OLYMPIC PK	19/08/89	46
SPAIN, Trisha	WA	109.600km	OLYMPIC P	19/08/89	47
KERR, Sandra	VIC	104.450km	ROSEBUD	06/05/89	43
CLARKE, Angela	QLD	103.000km	GOLD COAST	16/05/96	56
STANDEVEN, Cheryl	SA	99.000km	ADELAIDE	29/10/88	32
BAIRD, Carol	ACT	97.290km	GOSFORD	07/01/01	0
MARKHAM, Aileene	QLD	96.000km	GOLD COAST	16/05/96	48
TALBOT, Kim	VIC	95.460km	BOX HILL	16/07/88	20
SKROBOLAC, Sharon	VIC	94.839km	ROSEBUD	04/05/91	34
GORDON-LEWIS, Lyn	QLD	94.500km	GOLD COAST	16/05/96	40
FOLEY, Wanda	QLD	94.195km	ACT	15/02/90	44
CRIBB, Lyn	NSW	93.814km	TOUKLEY	23/01/94	0
TANNER, Vicki		93.565km	CABOOLTURE	04/01/00	0
TAIT, Merrilyn	VIC	93.359km	ROSEBUD	06/05/89	39
ROBARDS, Joan	NSW	93.300km	GOSFORD	07/01/01	0
YOUNG, Shirley	VIC	92.000km	COBURG 24 HR	22/08/98	68
SOMMERS, Corinne		91.934km	CABOOLTURE	23/06/90	29
STREET, Carol	QLD	89.978km	BRISBANE	23/05/92	50
WISHART, Lois	VIC	88.879km	TOOTGAROOK	02/05/92	46
GLADWELL, Lucille	NSW	87.200km	NSW	01/09/90	0
CASE, Valerie	QLD	86.697km	BOX HILL	16/07/88	51
KIDD, Trudi	QLD	86.411km	TOUKLEY	23/01/93	0
TAYLOR, Jacqueline	VIC	84.191km	COBURG	27/02/93	0
CURRAN, Michelle	QLD	81.600km	WOLLONGONG	01/04/95	0
METCALF, Karen	SA	80.877km	ADELAIDE	22/10/95	22
BOLLEN, Karyn	VIC	79.433km	COBURG	08/04/01	0
BIRD, Alison	WA	79.389km	PERTH	27/05/89	0
HUCKER, Patricia	NSW	79.190km	TOUKLEY	22/01/95	0
SMITH, Shelly	QLD	77.000km	GOLD COAST	16/05/96	38
WARREN, Val	NSW	76.850km	TOUKLEY	22/01/95	60
PITCHER, Sharon	NSW	76.180km	GRIFFITH	29/08/92	0
BIRD, Julie	WA	74.000km	PERTH	26/05/90	0
HALL, Kerrie	QLD	72.840km	GOSFORD	07/01/01	**
BADIC, Donve	VIC	71.709km	BOX HILL	16/07/88	0
SCHRAG, Julie		70.200km	GOSFORD	07/01/01	0
SMITH, Grace	VIC	69.375km	ROSEBUD	06/05/90	71
BENSON, Carolyn	SA	68.397km	ADELAIDE	29/10/88	41
BUCKLAND, Isobel	NSW	67.939km	TOUKLEY	23/01/93	48
CASSIDY, Merrilyn		66.259km	SA 12 HR	24/08/98	0
BROWN, Judy	NSW	64.373km	GOSFORD	09/01/99	0
BARDY, Sue	SA	63.978km	SA 12 HR	24/08/98	65
FARROW, Lynette	SA	62.800km	KNOX PARK	07/05/95	33
BOLT, Phillipa	QLD	61.624km	CABOOLTURE	04/01/00	0
RILEY, Maureen	VIC	61.539km	ROSEBUD	07/05/88	57
BOTTMAN, Johanna	NSW	60.516km	GRIFFITH	29/08/92	0
ZWYNENBURG, ALI	VIC	57.951km	ROSEBUD	06/05/89	61
PARKER, Maureen		55.889km	TOUKLEY	23/01/94	0
COX, Lydia Ann	VIC	55.550km	ROSEBUD	07/05/88	0
NICHOLSON, Denise		52.240km	TOUKLEY	23/01/94	0
DAVIES, Jeanette	QLD	41.000km	GOLD COAST	16/05/96	46



# AUSTRALIAN RANKINGS FOR 12 HOURS TRACK [MALE]

Name	State	PB for 12HRS	Place	Date	at Age
KOUROS, Yiannis	VIC	161.400km	ADELAIDE	04/10/97	41
PERDON, George	VIC	155.800km	OLYMPIC PARK	23/05/70	45
STANDEVEN, David	SA	142.060km	ROSEBUD	06/05/90	38
BREIT, John	VIC	138.000km	COBURG	25/02/89	31
SMITH, Bryan	VIC	137.438km	BOX HILL	16/07/88	44
TOLLIDAY, Owen	QLD	135.990km	ADELAIDE	29/10/88	39
JACOBS, Trevor	ACT	134.380km	WODEN	25/02/90	38
FRANCIS, Mick	WA	134.100km	BUNBURY	05/03/95	36
MARCH, Mike	TAS	131.600km	COBURG	25/02/89	45
TUTTY, Peter	VIC	131.391km	BOX HILL	16/08/88	23
PRESLEY, John		130.208km	BUNBURY	29/02/92	0
KIP.MELHAM, Anyce	NSW	130.000km	NSW	14/04/90	32
GRAY, Peter	VIC	129.816km	ROSEBUD	06/05/90	25
SMITH, Jeff	VIC	129.798km	ROSEBUD	04/05/91	40
WILSON, Greg	VIC	128.858km	TOUKLEY	23/01/94	41
CRINITI, David	NSW	128.800km	GOSFORD 12 HR	09/01/99	0
DONNELLY, Bruce	QLD	128.500km	NSW	14/04/90	0
ZWIERLEIN, Bob	VIC	128.129km	ROSEBUD	06/05/89	0
LOVELESS, Len	VIC	128.120km	ROSEBUD	07/05/88	0
RENEWICK, Bruce	NSW	126.940km	GOSFORD	07/01/01	0
ARMISTEAD, Peter	VIC	126.921km	ROSEBUD	07/03/87	40
HEPBURN, Brickley	VIC	126.557km	ROSEBUD	04/05/91	39
SMITH, Alan D.	WA	124.570km	PERTH	08/06/91	0
FISHER, Keith	VIC	124.543km	ROSEBUD	07/03/87	21
TAGGART, Bob	SA	123.920km	ADELAIDE	29/10/88	41
HILL, Ron	VIC	122.711km	ROSEBUD	07/05/88	47
EVERY, Paul	NSW	122.591km	GOSFORD 12 HR	09/01/99	34
BROOKS, Barry	VIC	122.000km	COBURG	25/02/89	48
ROONEY, James	NSW	121.263km	GRIFFITH	28/08/93	40
BRYCE, Michael	VIC	121.165km	ROSEBUD	07/05/88	39
WISHART, Greg	VIC	121.031km	BOX HILL	16/08/88	50
CHANNELLS, Robert	NSW	120.946km	TOUKLEY	23/01/94	51
LUCAS, Andrew	TAS	120.400km	COBURG 24 HR	22/08/98	33
SKROBALAC, Joe	VIC	120.393km	ROSEBUD	06/05/90	37
HUNTER, Bob	QLD	120.062km	QLD	01/07/89	54
DIETACHMAYER, Tony	VIC	119.915km	ROSEBUD	07/05/88	24
HOOK, Geoff	VIC	119.513km	ROSEBUD	06/05/89	44
QUINN, Peter	VIC	119.471km	ROSEBUD	04/05/91	41
SKVARIL, Vlastik		118.463km	COBURG	09/04/00	0
SILL, David	NSW	118.318km	SHEFFIELD ENG.	27/04/97	50
RECORD, Joe	WA	117.600km	OLYMPIC P	04/08/90	49
THURLOW, Alan	WA	117.070km	PERTH	08/06/91	0
BUCHAN, Sandy	QLD	116.878km	CABOOLTURE	01/07/89	35
PARKER, Ross	WA	116.738km	BUNBURY	03/03/90	0
JAVES, Ian	QLD	116.580km	QLD RRC	30/06/89	46
CARSON, Max	VIC	116.430km	ROSEBUD	07/05/88	39
YEAMAN, David	VIC	116.419km	ROSEBUD	07/03/87	50
YOUNG, Nobby	NSW	116.400km	NSW	01/09/90	44
CLEAR, David	NSW	116.097km	GOSFORD 12 HR	09/01/99	0
GRAYLING, Michael	VIC	115.723km	ROSEBUD	06/05/90	33
TAYLOR, Maurice	NSW	115.600km	TOUKLEY	22/01/95	46
CORMACK, George	VIC	115.350km	WOLLONGONG	26/03/94	43
MEDILL, Graham	QLD	115.226km	CABOOLTURE	30/06/89	41
HOLST, Warren	VIC	115.214km	COBURG	08/04/01	0
HARGREAVES, Bruce	NSW	115.073km	CABOOLTURE	23/06/90	37
BEAUCHAMP, William	VIC	114.800km	OLYMPIC PARK	19/10/89	44
WOLSTENCROFT, James	VIC	114.800km	COBURG	25/02/89	34
KIRK, Bruce	VIC	114.391km	COBURG	25/02/89	25
QUINTO, Derek	ACT	114.092km	ACT	25/02/90	42
FARNHAM, Tony	NSW	114.024km	TOUKLEY	23/01/93	47
VISSER, Jeff	VIC	113.987km	TOOTGAROOK	02/05/93	29
WILLIAMS, Reg	VIC	113.971km	ROSEBUD	07/05/88	37
FORSYTH, Ian	NSW	113.690km	GOSFORD 12 HR	07/01/01	**
WATTS, Graham	QLD	113.540km	CABOOLTURE	04/01/00	**
RILEY, Gerry	VIC	113.532km	ROSEBUD	07/03/87	56
ROSS, Howard	VIC	113.531km	ROSEBUD	07/03/87	41
SCHNIBBE, Klaus	VIC	112.553km	ROSEBUD	07/05/88	44
SUTTON, Denis	WA	112.538km	BUNBURY	03/04/94	44

Name	State	PB for 12 hrs	Place	Date	at Age
NOTOLESE, Michael	NSW	112.000km	GRIFFITH	28/08/93	0
NAGY, William	ACT	111.656km	WODEN	25/02/90	41
FARMER, Pat	NSW	111.600km	LIVERPOOL	02/10/94	32
COX (JNR), Terry	VIC	111.234km	ROSEBUD V	04/05/91	25
LOMBARDI, Rudy	VIC	111.176km	ROSEBUD	04/05/91	27
FAIRHEAD, Mark		111.108km	SA 12 HR	24/08/98	0
STUART, Roger	SA	110.643km	ADELAIDE	29/10/88	45
TWARTZ, John	SA	110.639km	SA 12 HR	24/08/98	55
TRIPP, Tony	WA	110.582km	BOX HILL	16/08/88	42
FICKEL, Bob	NSW	110.400km	LIVERPOOL 24HR	02/10/94	42
SLAGTER, Michael	SA	110.400km	ADELAIDE	23/10/94	24
PROSSER, Graham	WA	110.353km	PERTH	27/05/89	0
COX (SNR), Terry	VIC	110.333km	ROSEBUD V	04/05/91	54
TOWNSEND, Graeme	NSW	110.240km	ADELAIDE	29/10/88	31
STEPHENSON, Chris	NSW	110.000km	COBURG	25/02/89	32
COLLINS, Tony	NSW	109.780km	GOSFORD	07/01/01	**
CHAMPNESS, John	VIC	109.600km	HENSLEY	28/05/88	37
HARRIS, Trevor	QLD	109.200km	COBURG	25/02/89	42
DONOVAN, Tom	VIC	108.909km	ROSEBUD	07/03/87	55
MARTIN, Rod	NSW	108.800km	HENSLEY	28/05/88	45
JOANNOU, Bill	NSW	108.788km	TOUKLEY	23/01/93	35
FRENCH, Cliff	QLD	108.500km	GOLD COAST	16/05/96	53
COX, Murray	SA	108.400km	OLYMPIC P	04/08/90	44
LAW, Andrew	TAS	108.400km	OLYMPIC PARK	19/08/89	29
YOUNG, Cliff	VIC	108.400km	OLYMPIC PK	05/08/90	68
BURNS, Bob	QLD	108.219km	QLD RRC	01/06/89	45
DEVINE, Alan	WA	108.128km	ADELAIDE	21/10/95	36
LE DIEU, Chris	VIC	107.550km	ROSEBUD	07/03/87	0
SAYERS, Bob	VIC	107.507km	FRANKSTON	30/04/94	52
BOASE, Geoff	QLD	107.430km	Q'LD RRC	01/07/89	38
FIRKIN, Graham	NSW	107.200km	NSW	01/09/90	52
STENNER, Graham	SA	107.200km	COBURG	25/02/89	44
GREEN, Keith	VIC	106.922km	TOOTGAROOK	02/05/92	0
RICHS, Ken	VIC	106.890km	ADELAIDE	04/10/97	44
MOTOLESE, Michael	NSW	106.400km	GRIFFITH	29/08/92	0
PRITCHARD, Mark	WA	106.382km	BUNBURY	03/04/94	46
BROWN, David	NSW	106.000km	HENSLEY	28/05/88	30
VEGA, Eduardo	NSW	106.000km	NSW	01/09/90	49
TRELOAR, Roy	QLD	106.000km	GOLD COAST	16/05/96	40
JENKINS, Rick	VIC	105.737km	BOX HILL	16/07/88	34
BRISTOW, Ralph	VIC	105.560km	ROSEBUD VIC	06/05/89	49
BIRD, David	WA	105.552km	PERTH	27/05/89	0
MISKIN, Stan	QLD	105.524km	ROSEBUD	07/03/87	61
PEARCE, Phil	WA	105.370km	BUNBURY	05/03/95	0
PICKARD, Terry	QLD	105.200km	NSW	01/09/90	0
BUTKO, Kon	VIC	105.134km	ROSEBUD	04/05/91	43
WRIGHT, Doug	WA	104.459km	BUNBURY	25/02/90	44
MAHONY, Paul		104.400km	NSW	01/09/90	0
READ, Nick	ACT	104.400km	HENSLEY	28/05/88	36
GIRVAN, Dave	NSW	104.240km	TOUKLEY	23/01/94	0
HICK, Bill	NSW	104.210km	TOUKLEY	22/01/95	47
ELLIS, Ray	VIC	104.119km	BOX HILL	16/07/88	58
ROBARDS, Bernadett	NSW	104.040km	GOSFORD	07/01/01	0
KERRUSH, Graham	NSW	104.000km	COBURG	13/02/88	48
O'CONNELL, Keith	NSW	104.000km	HENSLEY	28/05/88	49
BOGENHUBER, Max	NSW	103.600km	HENSLEY	28/05/88	46
NASMYTH, Chilla	NSW	103.600km	NSW	01/09/90	0
HOUGH, Ken	VIC	103.397km	ROSEBUD	07/03/87	42
LEWIS, Stephen	QLD	103.305km	QLD	01/07/89	30
BARNES, Phillip	VIC	103.035km	ROSEBUD	06/05/89	34
TAYLOR, Dave	NSW	102.600km	NSW	14/04/90	38
STAPLES, Alan	NSW	102.420km	GOSFORD 12 HR	07/01/01	**
DRAYTON, Nick	NSW	102.401km	GOSFORD 12 HR	09/01/99	0
KAPARELIS, John	VIC	102.400km	COBURG	25/02/89	21
ZUKOWSKI, Jerry	SA	102.385km	ADELAIDE	22/10/94	42
HOLLISTER, Mick	WA	102.157km	PERTH	08/06/91	0
McCLOSKEY, Ian	QLD	102.000km	GOLD COAST	16/05/96	44
RAFFERTY, Tony	VIC	101.611km	BOX HILL	16/06/88	49
BOYLE, Brad	NSW	101.200km	OLYMPIC PK	04/08/90	30
HAIR, Geoff	NSW	101.108km	CABOOLTURE	04/01/00	**

Name	State	PB for 12HRS	Place	Date	at Age
GAMBLE, Chris		100.830km	GOSFORD	07/01/01	0
CHRISTOFFEL, Jeff	QLD	100.758km	QLD RRC	01/07/89	35
PARSONS, Patrick	VIC	100.145km	ROSEBUD	07/05/88	41
JACKSON, Brian	WA	100.000km	NORTH SHORE,NZ	04/07/98	31
PHILLIPS, Lindsay	QLD	99.707km	QLD	01/07/89	23
ZAMPIERI, John	NSW	99.546km	GRIFFITH	29/08/92	0
RICHARDS, Duncan	NSW	98.800km	NSW	01/09/90	0
HARBER, Tony	NSW	98.400km	NSW	01/09/90	0
RYAN, Cliff	VIC	98.391km	ROSEBUD	06/05/89	59
BOHNKE, Michael	NSW	98.390km	GRIFFITH	29/08/92	38
FOULKES, Stephen	VIC	98.309km	BOX HILL	16/07/88	34
DAVIS, Les	NSW	98.050km	NSW	14/04/90	44
WIESE, Bob	SA	98.010km	ADELAIDE	21/10/95	49
CARROLL, Ray	VIC	97.966km	ROSEBUD	07/05/88	37
JOHNSTON, Norm	VIC	97.459km	ROSEBUD	05/05/90	53
MARTIN, Ross	SA	97.366km	ADELAIDE	29/10/88	59
CURRIE, Stuart	QLD	97.366km	ADELAIDE	29/10/88	42
SCANLON, Shaun	NSW	97.300km	NSW	14/04/90	45
SHERMAN, Andrew		97.200km	NSW	01/09/90	0
COLWELL, Brian	NSW	96.800km	CAMPBELLTOWN	14/10/90	41
COOK, Bruce	QLD	96.800km	OLYMPIC PARK	20/08/89	32
CARRIGAN, John	NSW	96.648km	TOUKLEY	23/01/94	41
NESBITT, Don	NSW	96.544km	GOSFORD 12 HR	09/01/99	0
TIMMS, John	QLD	96.400km	KNOX PARK	07/05/95	52
GRANT, Ron	QLD	96.053km	BRISBANE	10/06/93	50
CLEMENTS, Harry	NSW	96.000km	NSW	01/09/90	0
WOODS, Kelvin	QLD	96.000km	GOLD COAST	16/05/96	31
WILLIAMS, Ross		95.883km	TOUKLEY	23/01/94	0
COSTELLO, Warren	NSW	95.800km	MACQUARIE FIELDS	14/04/90	47
SOMMERVILLE, Bruce	NSW	95.238km	GOSFORD 12 HR	09/01/99	0
CASSIDY, Kevin	VIC	95.200km	HENSLEY	28/05/88	27
AUSTIN, Patrick	NSW	94.800km	NSW	01/09/90	51
SCHUBERT, Guy	SA	94.549km	ADELAIDE	19/10/88	37
SPAIN, Greg	NSW	94.430km	GOSFORD	07/01/01	0
WANDERER, Franz	NSW	94.100km	GOSFORD	07/01/01	0
GOWAN, Colin	NSW	94.040km	GOSFORD	07/01/01	0
CLARKE, Phillip	NSW	94.000km	HENSLEY	28/05/88	36
NASH, Robert	VIC	94.000km	COBURG	25/02/89	38
WALMSLEY, Vic	VIC	93.990km	ROSEBUD	07/03/87	0
NEWMAN, Harry	NSW	93.450km	NSW	13/04/90	0
HENRY, Peter	NSW	93.315km	WOLLONGONG	02/04/95	55
KNOX, Keith	NSW	93.100km	GOSFORD	07/01/01	0
HILLIER, Greg	VIC	92.965km	ROSEBUD	07/05/88	32
WATSON, Glen	SA	92.850km	SA 12 HR	24/08/98	0
MANSELL, Kevin	SA	92.800km	KNOX PARK	07/05/95	44
DUNN, Stephen	SA	92.800km	COBURG	25/02/89	22
CLARKE, Tom	WA	92.779km	BUNBURY	03/04/94	47
BUTKO, Peter	VIC	92.589km	FRANKSTON	30/04/94	16
WHYTE, Robin	NSW	92.490km	GOSFORD	07/01/01	0
CAMPBELL, Ron	VIC	92.400km	COBURG	25/02/89	45
JERRAM, Col	VIC	92.400km	COBURG	15/02/89	39
HALL, Bruce	NSW	92.287km	GOSFORD 12 HR	09/01/99	0
NAYLOR, Tom	SA	92.176km	ADELAIDE	26/10/96	53
LEAHY, Shane		91.950km	NSW	14/04/90	0
APPELBY, Steve	VIC	91.673km	COBURG	08/04/01	0
CATTLE, Ernie	VIC	91.600km	HENSLEY	28/05/88	38
THOMPSON, Mike	WA	91.600km	OLYMPIC PK	19/08/89	41
NORDISH, Steve	NSW	91.200km	NSW	01/09/90	0
CALLANAN, Barry	VIC	91.199km	ROSEBUD	07/05/88	38
GREEN, George	QLD	91.142km	CABOOLTURE	/ /	0
FLEMMING, Darryl	QLD	91.000km	GOLD COAST	16/05/96	33
McCOMBE, Andrew	SA	90.883km	SA 12 HR	24/08/98	67
GRIFFIN, Mark	NSW	90.830km	GOSFORD	07/01/01	0
VERNON, Peter	VIC	90.800km	COBURG	28/02/89	34
BAZELEY, Gavin	QLD	90.790km	BRISBANE	22/05/92	29
STEVENS, Colin	VIC	90.690km	ROSEBUD	07/03/87	0
SCHWARTZKOPFF, Steve	SA	90.506km	ADELAIDE	22/10/95	33
MORRE, Jean-Claude	VIC	90.400km	COBURG	25/02/89	0
MANNING, Peter	NSW	90.400km	HENSLEY	28/05/88	35

Name	State	PB for 12HRS	Place	Date	at Age
HARRISON, Max	VIC	90.000km	COBURG	25/02/89	49
BEVERIDGE, Steel	NSW	90.000km	WOOLGOOLGA	02/04/86	35
TAILSFORD, Brian	NSW	90.000km	HENSLEY	28/05/88	40
EVANS, Brian	QLD	89.694km	BRISBANE	10/06/93	50
EARSMAN, Dallas	NSW	89.200km	HENSLEY	28/05/88	60
JANOVSKY, Peter	NSW	89.200km	NSW	01/09/90	30
HOLLERAN, David	QLD	88.965km	BRISBANE	10/01/93	36
HAMS, Denis	NSW	88.950km	NSW	14/04/90	40
SONNEVELD, Steve	VIC	88.846km	COBURG	08/04/01	0
HILLBRICK, Adam	VIC	88.003km	TOOTGAROOK	02/05/93	16
SYRED, Creece	NSW	88.000km	HENSLEY	28/02/88	16
YANNA, George	VIC	88.000km	COBURG	25/02/89	32
OHLENROTT, Bruce	VIC	87.516km	COBURG	09/04/00	0
COLQUHOUR, Colin	QLD	87.493km	COASTAL CLASSIC	11/01/98	43
HANKS, Tom		87.492km	TOUKLEY	23/01/94	0
RILEY, Michael		87.419km	ACT	25/02/90	0
PASCOE, Stephen	NSW	87.200km	SA 12 HR	24/08/98	0
PITMAN, John	QLD	86.982km	CABOOLTURE	23/06/90	50
OVERTON, Frank	NSW	86.809km	GOSFORD 12 HR	09/01/99	0
HEBEL, Karl	QLD	86.592km	BRISBANE	23/05/92	52
GOONPAN, Geoff	NSW	86.590km	TOUKLEY	22/01/95	32
MARDEN, Michael	VIC	86.393km	ROSEBUD	07/05/88	0
POLLARD, Godfrey	VIC	86.000km	COBURG	25/02/89	57
TASKAS, George	NSW	85.976km	GRIFFITH	28/08/93	0
GAILLARD, Jacques	VIC	85.952km	ROSEBUD	06/05/90	43
GLADWELL, Mark	NSW	85.850km	NSW	14/04/90	0
GARLICK, Peter	SA	85.295km	ADELAIDE	29/10/88	30
JUDDERY, Mark	ACT	85.238km	ADELAIDE	22/10/95	25
BREGANT, Anthony	QLD	84.741km	CABOOLTURE	23/06/90	22
CHATTERTON, Ray	QLD	84.717km	CABOOLTURE	23/06/90	41
TWARTZ, Peter	SA	84.400km	SA 12 HR	24/08/98	39
BARWICK, David	NSW	84.350km	CABOOLTURE	26/09/92	49
WRIGLEY, Billy	NSW	83.670km	GOSFORD	07/01/01	0
DEDMAN, Kaven	SA	82.881km	ADELAIDE	29/10/88	41
QUADRIO, Doug	QLD	82.224km	BRISBANE	23/05/92	40
HENDERSON, John	NSW	82.172km	TOUKLEY	23/01/94	38
HOCHHOWSEN, Hansen		82.172km	TOUKLEY	23/01/94	0
HARRIS, John	QLD	82.170km	GOSFORD	07/01/01	0
BYRTH, Robert	SA	81.674km	ADELAIDE	29/10/88	39
ROWE, Craig	QLD	81.325km	TOUKLEY	23/01/94	26
CHALMERS, Bruce	QLD	81.000km	CABOOLTURE	05/05/90	37
MOYLE, John	SA	80.905km	CABOOLTURE	23/06/90	39
MORGAN, Rod	QLD	80.500km	GOLD COAST	16/05/96	48
GRIGNOL, Max	SA	80.467km	ADELAIDE	29/10/88	45
RAMSDEN, Graeme	QLD	80.314km	QLD	01/07/89	43
BISHOP, Graeme	VIC	80.217km	ROSEBUD	06/05/90	45
SMITH, Larry		79.850km	NSW	4/04/90	0
RAINES, Wayne	QLD	79.271km	CABOOLTURE	01/09/91	33
MARDEN, Ken	VIC	79.180km	ROSEBUD	07/05/88	0
CROTTY, Dick	SA	78.858km	ADELAIDE	29/10/88	58
ESSAM, Philip	NSW	78.400km	COBURG 24 HR	22/08/98	36
MACKAY, Mark	QLD	77.648km	NANANGO	08/03/94	27
BEARD, Danny		76.913km	TOUKLEY	23/01/94	0
MELHAM, Kip		76.400km	SA 12 HR	24/08/98	0
WADDELL, Peter	ACT	75.600km	COBURG 24 HR	22/08/98	0
CUSACK, John	NSW	75.100km	WOLLONGONG	26/03/94	52
MUIR, Paul	NSW	74.880km	GRIFFITH	29/08/92	0
STOCKMAN, John	QLD	74.523km	LOTA QLD	12/06/93	43
ZIEBARTH, Jamie	NSW	74.395km	GRIFFITH	28/08/93	0
SIMMS, Robert	NSW	74.287km	TOUKLEY	23/01/94	43
HOCKS, Gerard	QLD	74.123km	BRISBANE	10/06/93	52
CHAV, Lee	NSW	73.200km	WOLLONGONG	26/03/94	0
PETERSON, John	QLD	72.428km	CABOOLTURE	30/06/89	72
CORNELIUS, Ian	QLD	72.418km	NANANGO	08/03/94	53
FOLEY, Mark	NSW	71.985km	BRISBANE	10/06/93	39
COOKE, Dave	WA	71.805km	PERTH	30/05/92	0
KETTLE, Drew	VIC	71.761km	TOOTGAROOK	02/05/93	73
BROWN, Dean	SA	71.727km	SA 12 HR	24/08/98	0
GANDER, Peter		71.400km	NSW	14/04/90	0

Name	State	PB for 12HRS	Place	Date	at Age
PARSONS, Gary	QLD	70.809km	NANANGO	08/03/94	44
HILLEARY, Don	QLD	69.500km	GOLD COAST	16/05/96	54
COLLINS, Gary	NSW	69.200km	HENSLEY	28/05/88	28
GATTISTEL, Frank	NSW	68.200km	GRIFFITH	29/08/92	0
VARLEY, Chris	ACT	67.300km	WOLLONGONG	26/03/94	0
ENGUIX, Heath	NSW	67.200km	HENSLEY	28/05/88	16
AUDLEY, George	WA	67.154km	BUNBURY	28/02/93	57
HOLMES, James		66.050km	NSW	14/04/90	0
WAKEFIELD, Charlie	VIC	65.730km	CABOOLTURE	22/06/90	36
JARVIS, Glenn	NSW	64.960km	WOLLONGONG	26/03/94	24
MURRAY, Ken	NSW	64.650km	NSW	14/04/90	53
BURKE, Martin		64.271km	ADELAIDE	22/10/94	0
DAVIS, Robyn	NSW	63.840km	NSW	14/04/90	45
SPARE, Charles	WA	63.223km	BUNBURY	25/02/90	50
BLACK, Graham	QLD	62.921km	CABOOLTURE	15/04/89	0
WHITEMAN, Peter		62.548km	CABOOLTURE	23/06/90	48
ADKIN, John	WA	61.000km	BUNBURY	05/04/95	0
MESALIC, Asim	QLD	60.754km	IPSWICH	12/05/91	44
GREEN, Scott	NSW	60.740km	GRIFFITH	29/08/92	0
ROBELL, Peter		60.291km	TOUKLEY	23/01/94	0
THOMPSON, Paul	NSW	57.600km	GOSFORD 12 HR	09/01/99	0
SIBRAA, Steven	NSW	57.560km	GRIFFITH	29/08/92	0
HENRY, Mel	QLD	57.500km	GOLD COAST	16/05/96	38
PARTINGTON, Ian	WA	57.075km	BUNBURY	03/03/90	0
CARTER, Ken	VIC	56.920km	COBURG	09/04/00	0
ROSS, Nathan	NSW	56.800km	GRIFFITH	29/08/92	0
STEWART, Barry	QLD	56.642km	QLD UNI	22/05/92	59
PARKER, Graham		55.889km	TOUKLEY	23/01/94	0
GILLET, Glenn	WA	53.000km	PERTH	08/06/91	0
HORN, David	WA	52.000km	BUNBURY	27/02/93	0
McCRORIE, Wal	NSW	52.000km	HENSLEY	28/05/88	57
FENNEY, Bill		51.888km	TOUKLEY	23/01/94	0
VAN WEERT, Max	WA	51.000km	BUNBURY	03/03/90	0
SIBRAA, Keith	NSW	48.800km	GRIFFITH	29/08/92	0
HARPER, John	VIC	46.000km	TOOTGAROOK	02/05/92	44
BEER, Bob	NSW	46.000km	GOSFORD 12 HR	09/01/99	0
SOLARZ, Chris	NSW	44.000km	GOSFORD	07/01/01	0
WALTER, Bill	NSW	43.600km	GOSFORD 12 HR	09/01/99	0
ANDREWS, Geoff	NSW	43.200km	GOSFORD	07/01/01	0
POTTER, Steve	NSW	42.400km	GOSFORD 12 HR	09/01/99	0

### A note about A.U.R.A. rankings.....

Rankings are compiled from official race results.  
If you believe a performance of yours has been overlooked, you will need to contact the race director of that particular race and ask why results have not been sent to the A.U.R.A statistician, John Fotakis.

Johns details are 6 El Nido Gve Glenhantly 3163 Vic.  
Ph. 03 9569 2489



# ARTICLES WANTED

WITTY? ARTISTIC? SERIOUS?



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

Please dispatch to the Editor.  
P.O. Box 2786 Fitzroy 3065 [vic]

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# 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.

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