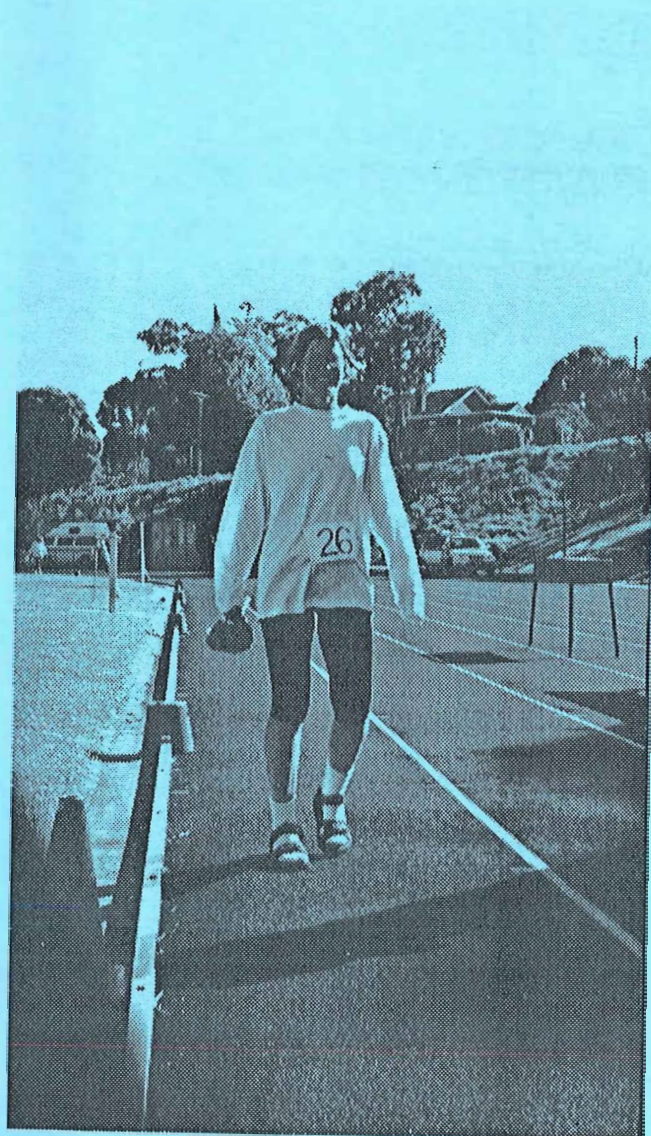


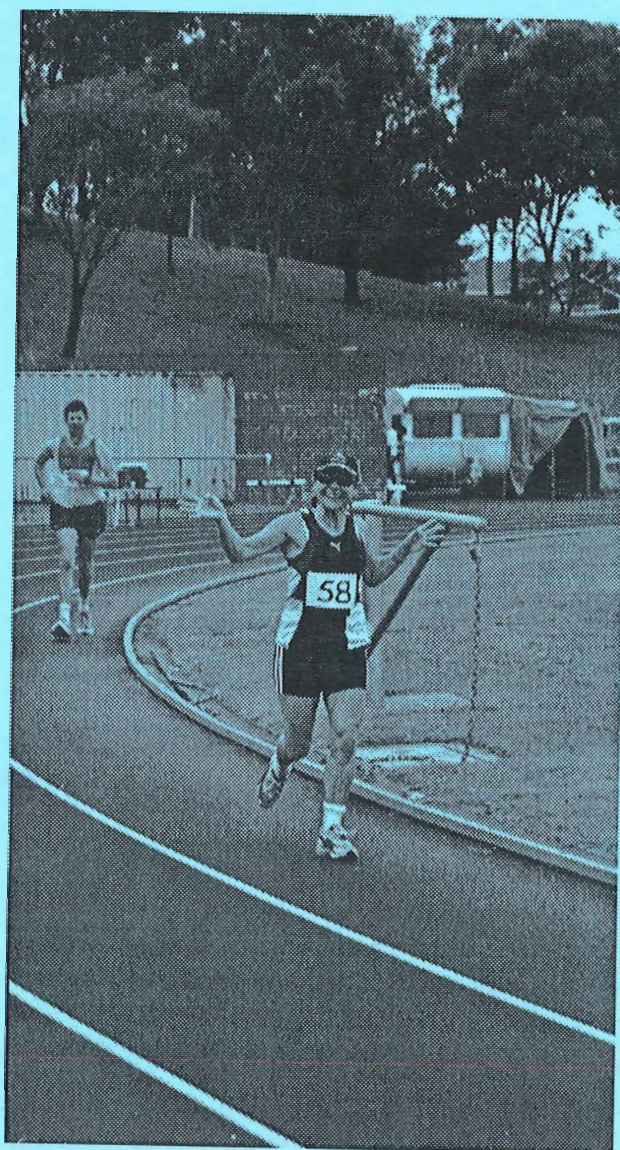
ULTRAMAG

Volume 17 No. 2

June 2002



**Karyn Bollen looks satisfied
with 100 miles plus in her
first 24 hour event**



**Jane Sturzaker never
stops smiling**

 **AURA**
MAGAZINE



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

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One of the questions that gets thrown up from a variety of sources every so often is "What would our top marathon runners be capable of if they stepped up to Ultra's?" An answer to this question came at the Canberra 50km event in April when one of our World Championship marathon representatives toed the line. Magnus Michelson ran a time of 3:02, welcome to the world of ultras, Magnus, and hopefully we will see more of you. Some may remember Magnus' father, Lief, who was a top marathon and 50 mile competitor during the 80's

The Coburg 24 Hour Carnival in April was a huge success. Over 50 competitors had entered a variety of events that consisted of 6, 12 and 24 hours as well as the Centurion Walk. So large was the field that two separate 6 hour events had to be run during the 24 hour period. The Coburg Club has well and truly established a top class event that attracts entrants from all over Australia as well as the odd one or two from overseas. They deserve added praise for the fact that no one at the club is from an ultra background, they simply saw the need to keep the event on the calendar when it looked like dying 9 years ago.

With the Coburg event going from strength to strength, it is a bit of a mystery as to why the AURA 50 mile track event has struggled to attract runners in recent times. Sadly, the event was cancelled for 2002 but organiser, John Harper, is looking at a possible date change and a few other ways to promote the event.

Tony Rafferty is a regular contributor to Ultramag and he has certainly excelled in this issue with a fantastic piece of journalism featuring Peter Pfister. Peter has been running and crewing at events for almost 20 years and has rubbed shoulders with the best. Tony caught up with him upon his return from crewing in the Simpson Desert Challenge.

As per usual, a swag of Australians are heading to the Comrades Marathon in South Africa and on June 21st, the 100km World Cup will be held in Torhout, Belgium where Australia will be represented by Tim Sloan, Adam Barron and Warren Holst. Good luck to all.

Meanwhile, this issue is a little earlier than usual.....Well, basically, a cold Melbourne winter is knocking on the door and I am running away to a more northerly climate for a few weeks.

Kevin Cassidy



Current Australian UltraMarathon 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 or phone 0419-244-406.

JUNE 2002

9 MT MEE CLASSIC, QLD

50km (starts 6am), 25km (starts 7am) and 10km (starts 8:30am) from Mt Mee Hall, 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 phone 0407-629-002 or email FunstersRUs@aol.com

15 POOR MAN'S COMRADES - FAT ASS RUN

A 96km road run, held as close to the racedate of the original Comrades Marathon as possible. This is a hilly route from the steps of the Sydney Opera House, along the old Pacific Highway and other backroads and finishing at Gosford Railway Station. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage www.fatassworld.com/poormans for more info or email Kevin Tiller on 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 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.

?? 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. Entry form at www.ultraoz.com/tamborine.jpg

August 2002

10 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 for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

September 2002

7-8 NORTHERN BEACHES FIT FOR LIFE RELAY

24 Hours. From Sydney Academy of Sport, Narrabeen. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

14-15 BANKSTOWN FIT FOR LIFE RELAY

24 Hours. From The Crest Athletics Centre, Georges Hall. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

21-22 QLD CANCER FUND - RELAY FOR LIFE

18 hour relay for teams for 10 to 15 people to run, walk or jog. Starts 4 pm Saturday 21st September to 10 am Sunday 22nd September at Nambour Show Grounds. Contact the Relay for Life office on 1300-656-585 or email or www.qldcancer.com.au Website

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. More info at the webpage 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. More info at the webpage www.coolrunning.co.nz/races/rotorua

October 2002

5-6 FREYCINET LODGE CHALLENGE

Adventure race on Tasmania's coast around Freycinet & Wineglass Bay comprising Hazards Beach Run, Road Cycle, Freycinet Lodge to Swan River Road, Moulting Lagoon Kayak, Cape Tourville Mountain Bike Ride, Coles Bay Kayak, Road Bike, Friendly Beach Mountain Bike Ride, Wineglass Bay Run. Contact via email or download info in MS-Word format <<http://www.coolrunning.com.au/art/wordbutton.gif>> or Tim Saul on (03) 6248-9049 or 0438-687-302 or Mark Bowden on (03) 6265-8783 or 0418-145-746.

11-12 NEWCASTLE FIT FOR LIFE RELAY

24 Hours. From University of Newcastle. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

18-19 SYDNEY FIT FOR LIFE RELAY

24 Hours. From Lyne Park, Rose Bay. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

19-20 NSW FIT FOR LIFE RELAYS

Central Coast - Central Coast Regional Athletics Centre, Mingara.

Macarthur - Campbelltown Sports Ground.

Albury - Albury Showground.

Armidale - Armidale Sports Ground.

24 Hours. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

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 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 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 or race website at 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. More info including results and reports on the webpage at 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/specevnt/relayforlife_index.htm or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email 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/specevnt/relayforlife_index.htm or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email 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/specevnt/relayforlife_index.htm or Steve Ray, NSW Relay for Life Coordinator on (02) 9334-1942 or email stever@nswcc.org.au

November 2002

- 2-3 HILLS DISTRICT FIT FOR LIFE RELAY**
24 Hours. From Castle Hill Showground. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au

- 6 TSB BANK AROUND THE MOUNTAIN RELAY**
127km running team relay course / 58km walking team relay course. Solo runners encouraged! Start & finish at the Pukekura Raceway, New Plymouth. Starts 6am. Contact race website at www.coolrunning.co.nz/races/roundthemountain
- 10 BRINDABELLA CLASSIC, ACT**
Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start at the summit of Mt. Ginnini, finish Cotter Reserver, \$67.00 entry fee with pottery goblet, \$50 without, 7 hour time limit, halfway in 3hrs.20. Includes Relay Race and Balls Head 32km race. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.coolrunning.com.au/mountainrunning/events/bclassic/2001/index.shtml
- 10 VICTORIAN 6 HOUR & 50KM TRACK CHAMPIONSHIPS**
Also, 6 hour relay race for teams of 5 runners. Starts 8am at Moe Athletics Centre (synthetic surface), Newborough. \$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.
- 16-17 WOLLONGONG FIT FOR LIFE RELAY**
24 Hours. From Beaton Park, Gwynneville, Wollongong. Contact Cancer Council via email relayforlife@nswcc.org.au or Website www.cancercouncil.com.au
- 17 THE MOLESWORTH RUN**
84km individual or team event. This unique event takes in part of historic Molesworth Station - NZ's largest farm, 180,000 hectares. Beginning at the original Molesworth Cob Cottage our run follows the old stock route connecting Marlborough and North Canterbury. Contact race website at www.coolrunning.co.nz/races/molesworth
- 17-23 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>
- ?? 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

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 or check webpage 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. A Gold Coast Runners Club event. \$30 entry fee
- ?? BRUNY ISLAND JETTY TO LIGHTHOUSE, TASMANIA 64km**
Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact John Thomas, 14 Apanie Crescent, Chigwell TAS 7010, Phone (03) 6249-7960

January 2003

?? COASTAL CLASSIC 12 HOUR TRACK RUN & WALK

Incorporating the AURA 100km Track Championships. Adcock Park, Pacific Highway, West Gosford NSW on a 400m fully surveyed grass track. \$40 entry, 7.30pm start, Contact Gosford Athletic Track, Coastal Classic, P.O. Box 1062, Gosford 2250, NSW. Include SSAE for confirmation of entry, or phone Frank Overton (02)4323 1710(h) or Paul Thompson (02) 9686-9200 (H) or Mobile 0412-250-995 or Email thomo@zeta.org.au. Entries close 31/12/2001. Entry form here
<<http://www.coolrunning.com.au/art/wordbutton.gif>>

?? AURA BOGONG TO HOTHAM, VIC

60km mountain trail run, a tough event with 3,000m of climb, 6:15am start at Mountain Creek Picnic Ground. 3000m climb! Phone Mike Grayling, Ph. (03) 9720 1962 (H) or (03) 9429 1299 (W), Entries on the day. More info including results and reports on the webpage at www.coolrunning.com.au/ultra/bogong.

?? AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC

\$20 entry fee. 7am start. Closing date: 20th January, 2002. Entry forms available from Peter Armistead, 26 William Street, Frankston 3199, phone (03) 9781-4305. More info available at www.coolrunning.com.au/ultra/mtbuller.

February 2003

?? CRADLE MOUNTAIN TRAIL RUN, TAS

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at PO Box 704, Sandy Bay, Tas 7006 or email sue.drake@trump.net.au or phone (03) 6239-1468 for further information. More info including entry form, results and reports on the very unofficial webpage at www.coolrunning.com.au/ultra/cradle

?? GREAT LAKE 100 MILE RACE, NEW ZEALAND

100 miles / 160km. The course is around beautiful Lake Taupo, the largest lake in the Southern hemisphere and one of the most picturesque lakes in the world. The venue is at one of New Zealand's top tourist destinations situated just three hours by road from the main international airport of Auckland. For more information contact the event organizer ingrid@relay.co.nz or via the website at www.relay.co.nz.

?? DAY TRIPPE TO ST ALBANS - FAT ASS RUN

Starts 7am from Wiseman's Ferry, NSW. 45km and 60km options. Includes fire trails, singletrack, hills, flats, two ferries and a charming pub for lunch at St. Albans, the halfway mark. No Fees, No Awards, No Aid, No Wimps! Check Fat Ass webpage www.fatassworld.com for more info or email Kevin Tiller on email kevin@coolrunning.com.au or phone 0419-244-406.

?? 6 and 12 HOUR and 50km RUN, WALK & RELAY QLD

Caboolture Historic Village, Beerburrum Road, Caboolture, gravel road, smooth surface, certified 500m track, Q'ld. Entries to : Race Director Peter Lewis, 13 Timberidge Court, Wamuran 4512, Ph (07) 5496-6437. Starts 6pm. \$27.50 entry fee for QURC members, \$33 non-members, \$49.50 for relay team

March 2003

1 BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW

46km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or email raceorganiser@sixfoot.com or check out the webpage at www.sixfoot.com

9-22 AURA SOUTHERN STATES ULTRA

900km stage race between Adelaide and Melbourne - this race is commemorating that great moment in Australian sport - 20 years since Cliff Young's win in the 1983 Sydney to Melbourne race. Contact via webpage at www.southernstates.ultraoz.com.

23 AURA DAM TRAIL RUN 50KM & 30KM

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. 8am start (50km). 9:30am start (30km), Fernshaw Reserve, finish Maroondah Dam wall. \$15 entry for AURA members, \$20 for non-members. Closing date for entries 19th March 2003. For more information see the webpage at www.ultraoz.com/auradam or contact Nigel Aylott via email nigel_aylott@mail.com or at 19 Bennett Ave, Mt Waverley VIC 3149 or telephone (03) 9634-2776.

?? AUSTRALIAN 100KM ROAD CHAMPIONSHIP, CANBERRA ACT

Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight from Yarralumla Bay, Contact Prachar Stegmann, GPO Box 3127, Canberra 2601 Ph. (02) 6248 0232 Fax (02) 6248 7654. Mobile: (0417) 469 857 Entry fee \$40, Course 1.4km loop on bitumen road and cycle path.

?? BUNBURY HOLDEN 6 HOUR RACE + 50KM

Bunbury, West Australia. Organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis by Phone (08) 9721-7507.

?? TE HOUTAEWA CHALLENGE, NZ

The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz

?? WATER WORLD GREAT OCEAN 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 (payable to "Woolgoolga Fun Run"), \$15.00 on the day. Thongs to all finishers. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hotmail.net.au. Course Survey: Saturday 23rd March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: Unofficial, at Woolgoolga Pizza Place (from 6.30pm. Saturday 23rd March). Download the entry form as a MS-WORD document here <<http://www.coolrunning.com.au/art/wordbutton.gif>>.

?? 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 or contact Alastair Douglas, Race Director, on (03) 6225-4974 or 0418-127-897.

April 2003

6 FRANKSTON TO PORTSEA ROAD RACE, VIC

34 miler, contact Kev Cassidy Phone 0425-733-336 or email kc130860@hotmail.com or read the website at www.coolrunning.com.au/ultra/frankston. 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973.

WWW.CALENDAR.ULTRAOZ.COM
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WWW.CALENDAR.ULTRAOZ.COM

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
Category 1 Points for everyone	1	Starting	Each competitor receives a point for each ultra in which they start, regardless of finishing position.
	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.
Category 2 Placegetters	3	1 st place	Provided there are at least 2 starters in your division (male / female)
	2	2 nd place	Provided there are at least 4 starters in your division
	1	3 rd place	Provided there are at least 6 starters
Category 3 Bonus points	1	Winning a National championship	Winning a national championship entitles participants to 1 points in addition to any points gained in category 1 and category 2.
	5	Breaking a Record (age, national or world)	Breaking a record entitles a person to 5 points in addition to any points earned in category 1. Record breakers will not get any points in category 2.*

Report on AURA Points Race & Ultramarathon Runner of the Year.

Following several discussions with David Criniti, I wrote and suggested some changes to the scheme. I received a reply following the committee meeting of 12 March. The meeting decided "that you (Stan Miskin) are to have the sole responsibility for administering the Points race. As such, any rulings are at your discretion."

As a competitor having the right to make rulings is a grave responsibility and I am determined to be impartial. Suggestions, comments and claims shall be welcomed, but it should be noted that only financial members are eligible!

I had suggested that where no records are listed, we should establish minimum standards using rankings and reasonable estimates for age groups where no record exists. Road standards would also be set at 97.5% of the track standards. I am prepared to establish the minimum standards for both track and road and submit them to the committee for approval.

However, in discussions with Nigel Aylott, we agreed that only two records (one for time and one for distance) should gain bonus points (category 3) in each event - if not, then I would gain 45 bonus points from 3 events so far and this seems to me to be too liberal. Nigel and I also agreed that World Records are worth more than Australian records and should therefore be awarded 7 points (category 3).

I also believe that the title should be changed to "Ultramarathon Athlete of the Year" to cater for walkers and those runners who walk most of the time in the longer events. We all really compete in pedestrian events, don't we? This does not mean lower standards for walkers.

In that we are scoring ultramarathon events, I believe that we must exceed the marathon distance to gain a starting point and to have the distance credited (Category 1). I have already forfeited a starting point and distance from the AURA Maroondah Dam trail event which I failed to finish.

I hope to get some feedback from the above and shall shortly make the appropriate rulings. I regret that I cannot supply point scores until the foregoing issues are resolved and all results are to hand. However, from the results published in Ultramag, March 2002 and events I have contested it seems likely that Shirley Young is leading the women's division and that I am leading the men's division. A full list of the leading point scorers (male and female) will be available for the September issue of Ultramag.

Yours faithfully,
Stan Miskin
1 Brookfield Ct
Berwick Vic 3075
03 9705 8575

FORTHCOMING 2002 A.G.M.

CALL FOR NOMINATIONS & GENERAL BUSINESS

AURA will be holding its 15th Annual General Meeting at 7.30pm on Tuesday 9th July by phone linkup. The teleconference will have the ability to hook up members from all states and make the meeting a truly National event. If you wish to participate in the AGM, then please reply to Nigel Aylott by email to nigel_aylott@mail.com or phone on 03 9634 2776 by Tuesday 2nd July. You will then be informed of details of the phone linkup or of a nearby location which you can attend to join into the conference setup.

Nominations for elected Committee position will close on Tuesday 2nd July 2002. Positions open for nomination and election by ALL members of AURA are the Officers of the Association, namely: President, Vice-President, Secretary, Assistant Secretary, Treasurer. You do not need to be a resident of Victoria to be a member of the National Committee due to the "computer age" making communication easier and it would help make AURA a truly national organisation if members from other states nominated for positions on the National Committee.

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

Positions available are:

NSW	Entitlement	2 Ordinary Members of Committee
QLD	Entitlement	2 Ordinary Members of Committee
SA	Entitlement	2 Ordinary Members of Committee
WA	Entitlement	2 Ordinary Members of Committee
ACT	Entitlement	2 Ordinary Members of Committee
TAS	Entitlement	2 Ordinary Members of Committee
VIC	Entitlement	2 Ordinary Members of Committee

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

No General Business items can be discussed at the AGM but items may be tabled for discussion at a later date. Any business for discussion at the Annual General Meeting must be listed. Therefore, if you have any items of general business to be discussed at a later general meeting, please notify Nigel Aylott by Tuesday 2nd July 2002.

In summary then, if you are interested, we require from you by the 2nd July 2002, the following:

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

I nominate.....being a member of AURA

for the position of

to be decided at the Annual General Meeting of the Association to be held on Tuesday 9th July 2002.

Name of Proposer.....Signature.....Date.....

Name of Seconder.....Signature.....Date.....

Nominees acceptance signature.....Date.....

FORM OF APPOINTMENT OF PROXY

I, of
Being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INCORPORATED hereby appoint

..... of
being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the general meeting of the Association (Annual General Meeting of Special General Meeting, as the case may be) to be held on the 9th day of July 2002 and at any adjournment of that meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy.

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

This form must be sent to Nigel Aylott of the Australian Runners' Association Incorporated at 14 Bayview Road, Emerald VIC 3782 or by email to nigel_aylott@mail.com to be received by the nominated date.

- NOTES:
1. If you do not know of a person who will be attending the meeting, you may appointment the "Chairman of the Meeting" in which case an address is not required.
 2. If you fail to specify your intentions clearly, the proxy vote will be informal.
 3. Only members who are financial are entitled to vote. (A member is unfinancial if his annual subscription is unpaid after a period of 12 months has elapsed from its due date.)

CURRENT ITEMS OF GENERAL BUSINESS Code of Conduct - a vote on which version to use

OPTION 1

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

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

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

OPTION 2

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

1. Local race rules, AURA rules, guidelines from the IAAF Ultra Runners Handbook and Athletics Australia Code of Conduct will be followed by all people involved in the conduct of ultra races at all times.
2. Competitors and crew shall also obey the following:
 - a. No verbal harassment of fellow competitors or crew,
 - b. No physical violence shall be offered or take place against a fellow competitor or crew,
 - c. No act shall be committed by a competitor or crew member that could be taken as offensive by anyone in the area.
 - d. No competitor or crew member shall physically cause damage to property belonging to another competitor, crew member or property associated with the running of the race in question
3. The Race Director of any race shall have the power to first warn any competitor, crew member or official not following the spirit of "Fairplay, Goodwill and Sportsmanship" during the conduct of their race.
4. If that conduct continues the Race Director shall have the power to remove the competitor, crew member or official from having anything more to do with the said race. Furthermore, the Race Director may submit a report in writing within fourteen days of the incident to the Executive of the Australian Ultra Runners Association for further investigation and action.

The "Magazine Committee", in its infinite wisdom, thought that a member profile in each issue would make interesting reading. If you wish to feature then all it takes is to answer all or some of the questions below and return them in printed form with a photo.

PERSONAL INFO

Name...
Date of birth.....
Place of birth....
Current address....
Occupation.....
Marital status....
Children.....
Height....
Weight....
Best physical feature....
Education background....
Favourite author.....
Favourite book.....
Favourite non running magazine....
Favourite movie....
Favourite TV show....
Favourite actor....
Favourite music....
Book you are currently reading....
Hobbies....
Collections....
Make of car you drive....
Make of car you would like to drive....
Greatest adventure.....
Favourite spectator sport....
Favourite holiday destination....
Favourite item of clothing you own.....
Most prized possession....
Personal hero.....
Favourite quote....
Personal philosophy....
Short term goal....
Long term goal....
Achievement of which you are most proud....
Pets.....
Pet peeve....
Favourite non running activity....
Greatest fear.....
Happiest memory....
Personal strength.....
Personal weakness.....

RUNNING INFO

P.B.s....
Years running ultras....
Number of ultras finished....
Best ultra performance....
Most memorable ultra and why....
Typical training week....
Injuries....
Favourite running shoes....
Favourite food/drink during an ultra....
Favourite handler....
Favourite place to train....
Favourite running surface....
Ultrarunning idol....
Why do you run ultras.....
Any advice to other ultrarunners.....

DON'T
FORGET
YOUR
PHOTO

www.ultraoz.com

CENTRE PHARMACY'S 2002 MT MEE CLASSIC

KING & QUEEN OF MT MEE

50km, 25km, and 10km Roadraces

Sponsored by: Centre Pharmacy, Morayfield Shopping Centre

- CONDUCTED BY: PCYC Caboolture
Caboolture Athletics Club
Caboolture Road Runners Club
- RACE DIRECTOR: Gary Parsons, PO Box 1664 Caboolture, 4510.
- DATE: **Sunday 9th June, 2002**
- VENUE: 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 event.
- TIME: **50km Start 6.00am 25km Start 7.00am 10km Start 8.30am**
- RECORDS: **(50km)** M- 3:31, F- 4:50 **(25km)** M- 1:36, F- 2:01 **(10km)** M- 36:22, F- 45:44
(Walk) M/F- 6:35 M- 2:53, F- 2:58 M- 65:47, F- 65:58
- WATER: Six manned water stops on course. Runners are encouraged to carry water bottle, especially for the climb up Mt Mee range. Fruit will be provided at the bottom turn around check point and the start/finish line at Mt Mee Hall.
- PRESENTATIONS: Mt Mee Hall at 12.00pm. Light lunch will be provided for runners. \$5.00 for others
- CATEGORIES: 1st, 2nd, 3rd Male and Female (50km) (\$100,\$80,\$60)
(Prizemoney for winners) 1st Walker (50km) (\$40)
1st, 2nd, 3rd Male and Female (25km) (\$80,\$60,\$40)
1st Walker, Male and Female (25km) (\$30)
1st, 2nd, 3rd Male and Female (10km) (\$50,\$40,\$30)
1st Walker, Male and Female (10km only) (\$30)
\$50 bonus if record broken in any event **\$100 bonus for 50km**
- ENTRY FEE: **\$20.00 For 50km and 25km Events**
\$15.00 for 10km, and for Walker
- Please make cheques payable to: **SUN-RUNNER EVENTS QLD**
Mail entry and fee to: **PO Box 1664, Caboolture 4510**
- CLOSING DATE: Please send entries to be received by 5th June, 2002 – to assist catering.
No penalty for late entries, entries will be accepted on race day.
- FURTHER QUERIES: Gary Parsons P.O. Box 1664 Caboolture 4510 0407 629 002
Danny Cause 67 Reuben St, Stafford 4053 (07) 3352 7761

***** PARTICIPATION GIFT FOR EACH COMPETITOR *** RANDOM PRIZES *****

Proceeds to Community Groups

Sponsored by: Centre Pharmacy, Morayfield Shopping Centre
CENTRE PHARMACY 2002 MT MEE CLASSIC
KING & QUEEN OF MT MEE

Sunday 9th June, 2002

ENTRY APPLICATION

please print clearly

Surname:..... First Name:.....

Sex:..... DOB:..... age on race day:.....

Address:..... Postcode:.....

Telephone (home):..... (work):.....

ENTRY FEE \$20.00

10km event \$15.00

50km [] 25 km []

10 km []

Light Lunch (provided for runners in entry fee)

Non-Runners \$5.00 / person x []

TOTAL PAYABLE make cheques payable to:

Send entry to :

SUN-RUNNER EVENTS QLD

PO Box 1664, Caboolture, 4510

CONDITIONS OF ENTRY

- 1 No runner under the age of 18 years on the day of the race will be accepted for 50km & 25km events.
- 2 The officials reserve the right to reject any applicant.

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the King & Queen of Mt Mee Ultra 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 the event. 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.

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:.....

(If under 18 years - 10km event only)

SIGNATURE OF

PARENT / GUARDIAN:..... DATE:.....

The 2002 Hobsons Bay Ultra Gallop/Stroll

[Melbourne]

Distances Approx 49km and 60km

When Sunday 25th August 2002

Time 7am for long course option. 8.30am for shorter option. Finish at 3.30pm.

Where Start and Finish at Mc Donalds, (corner of Queen St/Pt Cook Rd, Altona Meadows)
This is just off Princes Freeway.

For Long course - Head straight down Pt Cook Rd to RAAF Base Entrance and then return.
Then proceed along shorter course route.

For Shorter course - Head along Queen St towards Altona. Turn right at Maidstone St to the Esplanade. on Travel east along the Esplanade , west along Civic Parade, nth Millers Rd. . Turn east along Koroit Creek Rd, sth Victoria St and then follow the Esplanade around the beachfront of Williamstown. Turn west along Nth Rd for 200 metres before turning nth into Douglas Parade. Go as far as the corner of Hyde and Francis St(Oil refinery's) . Turn around and same route back to start

There is nil entry fee, nil prizes and nil assistance in any way. Course will be marked but bring everything that you need including a bike map. There may be one driving Marshall on the course who will do an occasional drive alongside the Course.

Get together afterwards for a coffee/lunch/afternoon tea with fellow Ultra and non -Ultra heads in yet to be decided venue.

The course is generally a man made bike path, footpath and road way of varying condition. Runners are advised to run against flow of traffic when bike paths are part of main road.

This is not a race but an Ultra Get-together in the Fat Ass tradition. So Ultra Heads come and take part and bring your non-ultra friends along to have a go. Everyone taking part will fill out a form prior to commencing stating that they are fit enough to take part and indemnifying the organiser from any legal action.

Free Chupa Chups for every finisher.

For further information please contact Phil Essam on 03 -9395 3685 or ultraoz@iprimus.com.au

www.ultraoz.com

Victorian 6 hour & 50 km Track Championships

10th November 2002

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

The entry fee is \$30 to covers entry into both the 6 hour and 50 km Championship races. Relay team entry is \$50. All entries close on 30th October.

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

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

Inquiries: Geoff Duffell (03)5122 2855 or e-mail link at www.traralgonharriers.org/6_50track.htm

ENTRY FORM **6 hour & 50 km Vic Track Championships** **10 November 2002**

Surname Call name

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

Postal Address
..... Postcode

Telephone – home (.....)..... e-mail address
(for pre-race and post race info mailing – otherwise, leave blank)

Event entered:

- 6 hour & 50 km Championships (\$30 for both) ☐
- 6 hour relay (\$50 per team) ☐ Which relay category? Open ☐ Mixed ☐
- Name of relay team

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

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

Signature

Please make all cheques or money orders payable to **Traralgon Harriers**.
Send entries to: **Belinda Issell, 22 Waratah Drive, Morwell, 3840.**

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AUSTRALIAN 6 DAY RACE COLAC INC.

PO BOX 163

COLAC 3250

VICTORIA AUSTRALIA

APPLICATION FORM

2002 AUSTRALIAN 6 DAY RACE - COLAC
17TH TO 23RD NOVEMBER INCLUSIVE

NAME:.....

ADDRESS: POSTCODE:

PHONE HOME: BUSINESS:

FAX: MOBILE:

AGE: DATE OF BIRTH:

NATIONALITY:.....

NOTEABLE PERFORMANCES OVER THE PAST TWO
YEARS:

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

PERSONAL BESTS:

6 HOUR 12 HOUR 24 HOUR

48 HOUR 6 DAYS

APPLICATION TO THE SECRETARY BY TUESDAY AUGUST 31ST 2001
WITH

\$10:00 APPLICATION FEE INCLUDED:

EMAIL ADDRESS:- info@sixdayrace.standard.net.au

AUSTRALIAN 6 DAY RACE COLAC INC.

PO Box 163

COLAC 3250

VICTORIA AUSTRALIA

ENTRY FORM 2002 AUSTRALIAN SIX DAY RACE

SUNDAY NOV. 17th. TO SATURDAY NOV. 23rd.

NAME: -----

ADDRESS: -----

TELEPHONE: H: ----- W: -----

AGE ----- D.O.B. ----- NATIONALITY -----

ENTRY FEE \$100.00 - To be made payable to Australian Six Day Race Committee
\$ 25.00 LATE FEE for entries after Sept. 30th. 2002

WAIVER

I the undersigned, in consideration of acceptance of my entry in the Australian Six Day Race, for myself, my heirs, executors and administrators, hereby waive all and any claim, 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 that I might suffer or sustain in the course of or consequent upon my entry or participation in the event. I will abide by the rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

This waiver, release or 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.

SIGNED ----- DATE -----

PERSON TO BE NOTIFIED IN CASE OF EMERGENCY

NAME -----

RELATIONSHIP -----

TELEPHONE -----

RUNNER'S CREW: Please supply the name of at least one (1) crew member that will assist you during the race. **REMEMBER NO CREW NO START**

CREW -----

EMAIL ADDRESS:- info@sixdayrace.standard.net.au

Ian Clarkein profile

Name: Ian Robert Clarke

Date / Place of Birth: 24 / 4/ 54 in Sheffield, England

Married 21 years this year to Insa and have two daughters, Jania 19 and Antonia 17. I live 10 minutes from Sherbrooke Forest, my ideal training track.

Height and Weight: 1.85m tall, unfortunately when out of training the weight doesn't remain constant like the height! I'm aiming to return to a 74/5 kilo racing weight.

Educational Background: Trained as a teacher in Leicester, England and taught in Yorkshire for two years. I then had stints in Greece, Germany (a one-year exchange in Australia) and then moved here in 1990. As well as my original teaching qualification, I completed a B. Ed. in LOTE at La Trobe Uni and a Graduate Certificate in Bilingual/Immersion Education at Monash University

Occupation: Schoolteacher at Scotch College, Melbourne since July, 1990. I set up a LOTE German programme at the school in 1991 and have had much pleasure in teaching German to thousands of boys at Scotch College. I've had a varied career so far, teaching many different subjects and age levels in England, Australia, Germany and Greece.

Hobbies: Listening to music is my favourite non-sporting pastime, along with going to gigs, especially in small pub-type venues. I read when I'm in the mood, music mags, books by Len Deighton, Bill Bryson and others. I enjoy the cinema and also go regularly to the Malthouse Theatre in Melbourne.

Collections: I used to have cigarette card soccer players and soccer programme collections when I was a kid in England, (not anymore unfortunately). Now I have a great CD collection and have all medals and certificates from all races I've done. (Actually that's not entirely truthful. I left my very first marathon completion certificate in the taxi on the way home from the Athens marathon in 1980 and it was never recovered).

Make of Car: I had an MG Midget in England many years ago and decided that I'd get a 'B' to zip around Melbourne in. It's a fun car in an ideal climate.

Favourite Spectator Sport: Having played soccer for many years, I love to watch the English Premier League and the German Bundesliga on TV. I also enjoy going to watch Aussie Rules when I can, especially the Kangaroos.

Favourite Music: Many many bands and singers, especially XTC, Def Leppard, Steely Dan, Counting Crows, Pink Floyd, Weezer, Frank Zappa, Loudon Wainwright 111, John Martyn etc.

Favourite non-running magazine: Mojo

Favourite Holiday Destination: I went to Greece for the first time at the age of 18 and spent many great summer holidays there (and lived there for 18 months). I love the islands and would like to uncover ones I haven't been to yet, as well as explore more of Crete.

Most prized possessions: My family and friends, my soccer and athletic medals, and my music collection.

Achievements of which I'm most proud of: Experiencing the births of my two girls, representing Australia in the World Challenge (Holland and Japan) and the World Vets Challenge (Holland) and winning the Liverpool 100km track race (and beating Bryan Smith in the process)! Playing twice for Rotherham United whilst I was a college student and scoring the winning goal on my debut against Mansfield Town in 1975. Being a volunteer at the Olympics in Sydney and being in the opening and closing ceremonies. Having a successful, adventurous career in teaching.

Favourite Quotes: Bill Shankly, former Liverpool manager said something to the effect that: "Some people think football is a matter of life and death. In my opinion it's much more serious than that"

Favourite Foods: gnocchi, potatoes, salmon, rice pudding, Cadbury's chocolate, sticky date pudding and all types of vegetables.

People I would like to meet: Lenny Henry and Steve Martin, my two favourite comedians. David Seaman, Arsenal and England goalkeeper (I haven't seen him since he was a student of mine in England in 1971/72). I would also have liked to meet the late, great Frank Zappa.

Short Term Goals: To return to regular racing and achieve a 200km 24hr in the next 12 months or so, having returned to competition after a lay off of over three years. I'd like to do a different kind of job for a year or two after so long in the same job/profession, although I'm not really sure what.

Long Term Goals: Move up to multi-day racing and start and complete the Southern States Adelaide-Melbourne Race in 2003. Work at the 2004 Olympics in some capacity and compete in the Spartathlon in September of that year. Ideally I'd like to have enough money to retire at 50 and then just tour the world racing, teaching and holidaying (mainly in the Greek islands). I would like to learn enough Greek to be able to make general conversation, but how? Who can help me?

Personal Strength: A calm character.

Personal Weakness: Inactivity and overeating when injured.

RUNNING CAREER (1985----

Personal bests under marathon distance.

5km 16:50 (1987)

10km 34:22 (1988, Hamburg)

10 miles 56.04 (1988, Hamburg Airport Race)

20km 1.12.01 (1988, Husum, Germany)

21.1km 1:14:45 (1988, Eichsfeld, Germany)

25km 1:32:34 (1990, Berlin)

30km 1.58.55 (1988, Dassel, Germany)

Personal best Marathons and Ultra Races:

42.195km. 2.37.00 (1988) (Hamburg on my birthday)!

50km 3.31.12 (1994, Frankston-Portsea)

50 miles 6.30.21 (1992, Burwood)

100km 8.07.51 (1997, Holland)

24 hours 149km (1995, Caboolture)

Best Ultra Performances:

1st place in the Liverpool 100km track race, 1995, my PB in the World Challenge in Holland in 1997 and third place in the very tough Mansfield-Mt. Buller 50km race.

Typical Training Week: When in full training, 10/20 kilometres a day during the week, 10-15 Saturday, 30+ on Sunday (150/160 kms a week)

Injuries: mainly 'niggly' type, back, knee, calf strains etc.

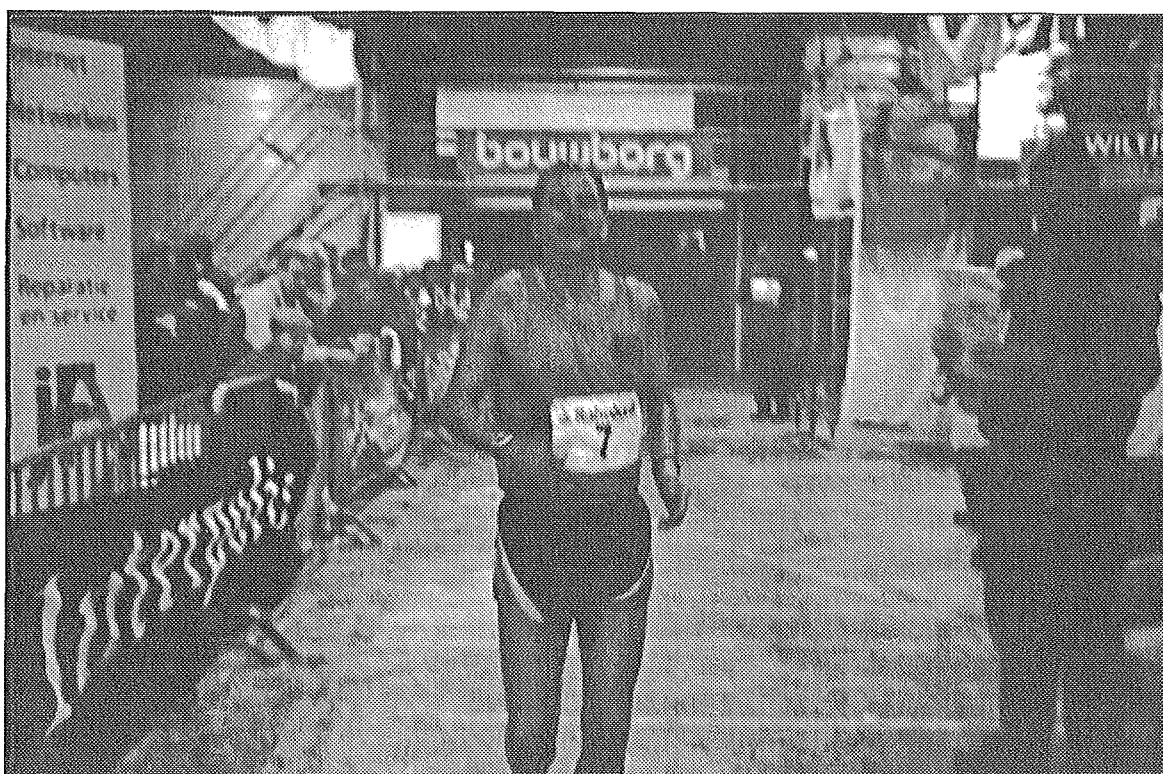
Favourite Running shoes: ASICS Kayano for ultra training and racing, and I've always used various Reebok racers for marathons and distances less than 42.195kms.

Favourite Training / racing surfaces: I love to train on 'my' track (actually the Hackett track in Ferny Creek), but I'm a road racer rather than a trail racer.

Ultrarunning Idol: I'm not fond of the word 'idol' but I've enjoyed the company of people like Bryan Smith, Trevor Jacobs, Tim Sloan, Paul Every and many others in races and have admired many outstanding performances by Australian athletes. I have had many great training runs with my 'Dandenongs partner' Jeff Smith and hope these can begin again as we both look to prepare for the 2003 race.

Why I run Ultras: I became bored with chasing an out of reach PB in the marathon and decided to 'step up.' I enjoy the challenge of the races and the camaraderie of the ultra fraternity.

Advice for Ultra runners: Don't take too long a break, it's really hard to get back into it again!



Ian Clarke in action

Six Foot Track Marathon [46.6km] Results - 2nd March 2002.

Katoomba to Jenolan Caves

Report by Race Director, Kevin Tiller

As most of you know, 2002 was our biggest year ever - we had 640 entrants, 575 starters, 540 finished, and 519 finished within the 7hr 00mins cut-off. The race is a fundraiser for both the Blue Mountains Rural Fire Service and we handed them a cheque for \$24,000 and a cheque for just less than \$3,000 to the Six Foot Track Heritage Trust to enable them to maintain the track, install composting toilets, water tanks, and other upkeep.

Even given the substantial increase in entrants, we still managed to clear the registration queues on the day, and were able to start on time with bright blue skies shining. Later on this would turn out to be very warm, too warm to run in comfortably, and certainly a sun-trap down at the finish at Jenolan Caves. With a high river at Cox's, and the additional sideshow of a pair of nude female bathing beauties, the race proceeded at a much greater pace than ever before - we have never had 9 runners sub-4 hours before. The back of the pack was ably looked after by our 3 sweepers this year - 2 backmarkers and one pacesetter. The hot weather saw that all 3 finished just outside the required 7hrs.

Congratulations to not only the outright winners, but also the age group winners but everyone who finished. Commiserations to those who failed to finish or managed to finish but outside the cutoff.

We had 2 people taken to hospital, but only one was serious. A young lady has had to have a shoulder reconstruction after a fall, and our best wishes for a speedy recovery to her (a break in 4 places, and 3 pins inserted). I hope it doesn't dent her enthusiasm to try again next year !

John Lindsay crossed the finish line in 6:19, rested briefly, then ran all the way back to the start, arriving at Katoomba in the small hours of the morning!!!!!! John is in training for the multi day Marathon Des Sables across the Sahara Desert in April. Good luck John

Top 3 Females

1	DAWN TILLER	4.29.05
2	XANDRA DUNN	4.36.51
3	LIZ SHORT	4.36.57

Top 3 Males

1	TIM SLOAN	3.28.17
2	JOHN MACKENZIE	3.40.59
3	ADAM JORDON	3.41.01

Complete results

Pos	Last name	First name	Sex	Age	Suburb	Time	Age Cat	Cat Pos
1	SLOAN	TIM	M	34	HOBART	3.28.17	U40-M	1
2	MACKENZIE	JOHN	M	27	TRARALGON	3.40.59	U30-M	1
3	JORDON	ADAM	M	26	FORRESTERS BEACH	3.41.01	U30-M	2
4	MCGREGOR	GARY	M	31	RANDWICK	3.43.18	U40-M	2
5	HILL	ANDREW	M	22	LINDFIELD	3.43.41	U30-M	3
6	PRESTON	ROB	M	23	LINDFIELD	3.43.51	U30-M	4
7	CUNNINGHAM	STEPHEN	M	34	WOOLOWARE	3.57.51	U40-M	3
8	GILES	MARCUS	M	33	NEUTRAL BAY	3.58.20	U40-M	4
9	TANCRED	DAMIAN	M	27	VAUCLUSE	3.59.56	U30-M	5
10	WORSWICK	JONATHAN	M	38	ALEXANDRIA	4.00.08	U40-M	5
11	SULLOHERN	MICHAEL	M	43	GLENBROOK	4.00.32	U50-M	1
12	DONOVAN	GREG	M	40	ALLAMBIE	4.07.42	U50-M	2
13	BLAKE	JONATHAN	M	36	ILLAWONG	4.08.23	U40-M	6
14	GODSMAN	ANDREW	M	29	NORTH WOLLONGONG	4.08.34	U30-M	6
15	BROPHY	RANDY	M	43	KIRIRIBILLI	4.12.13	U50-M	3

16	GLEESON	TOM	M	30	ORANGE	4.12.33	U40-M	7
17	UNGETHUEM	THOMAS	M	24	AUERBACH	4.13.20	U30-M	7
18	OSBORNE	GREG	M	37	SUTHERLAND	4.13.55	U40-M	8
19	LE BUSQUE	PETER	M	42	EPPING	4.15.47	U50-M	4
20	TWITE	IAN	M	46	TRARALGON	4.15.48	U50-M	5
21	GRAHAM	CHRIS	M	29	ERMINGTON	4.15.58	U30-M	8
22	READ	KEN	M	40	NEUTRAL BAY	4.17.08	U50-M	6
23	MULLANEY	RICHARD	M	28	KENSINGTON	4.18.07	U30-M	9
24	FRYER	MARTIN	M	40	LYONS	4.19.26	U50-M	7
25	FLANNERY	SHANE	M	39	MITTAGONG	4.20.56	U40-M	9
26	LEFMANN	MARTIN	M	29	TURRAMURRA	4.24.12	U30-M	10
27	CURRIE	BRETT	M	27	HAZELBROOK	4.24.43	U30-M	11
28	VILLIERS	JIM	M	31	PARRAMATTA	4.24.49	U40-M	10
29	TUCKER	MARK	M	29	WOY WOY	4.24.55	U30-M	12
30	CANNINGS	DAVID	M	41	NORTH TURRAMURRA	4.24.55	U50-M	8
31	MARSHALL	KELVIN	M	37	ELSTERNWICK	4.25.05	U40-M	11
32	THOMPSON	KIERON	M	38	GROSE VALE	4.25.44	U40-M	12
33	MCMILLAN	CRAIG	M	25	KIRRIBILLI	4.26.23	U30-M	13
34	OWENS	JAMES	M	44	OATLEY	4.26.38	U50-M	9
35	PUTNAM	ALEXANDER	M	19	SOMERSET	4.27.13	U20-M	1
36	APPLEBY	STEVE	M	48	CALWELL	4.27.43	U50-M	10
37	VAZQUEZ-RECIO	LUIS	M	39	MT DRUITT	4.27.46	U40-M	13
38	THORNTON	CRAIG	M	31	GYMEA BAY	4.27.51	U40-M	14
39	HARRIS	MATTY	M	31	COLLARROY BEACH	4.29.00	U40-M	15
40	TILLER	DAWN	F	36	BEROWRA	4.29.05	U40-F	1
41	BAILLIE	JEREMY	M	30	MENAI	4.29.17	U50-M	11
42	CLEAR	DAVID	M	44	WEST RYDE	4.29.27	U50-M	12
43	LANDERS	WILLIAM	M	31	NORTH RYDE	4.31.20	U40-M	16
44	CUTCLIFFE	MARK	M	35	MIRANDA	4.31.40	U40-M	17
45	HODGSON	DEAN	M	33	COOGEE	4.31.54	U40-M	18
46	GREEN	RICHARD	M	26	MANLY	4.33.13	U30-M	14
47	GALLAGHER	JOHN	M	29	CAMMERAY	4.33.25	U30-M	15
48	OVERTON	JOHN	M	51	HARTLEY	4.33.28	U60-M	1
49	LLOYD	BILL	M	49	BONNET BAY	4.33.29	U50-M	13
50	INGLIS	BRUCE	M	45	BEROWRA HEIGHTS	4.34.01	U50-M	14
51	ASHCROFT	MARK	M	32	SYDNEY	4.34.57	U40-M	19
52	BOLTON	GARRY	M	47	BEGA	4.35.18	U50-M	15
53	GOLDSMITH	PETER	M	38	CRONULLA	4.35.23	U40-M	20
54	TILLEY	BRETT	M	31	ANDREWS	4.35.54	U40-M	21
55	PROCTOR	WILLIAM	M	35	KATOOMBA	4.36.01	U40-M	22
56	WOLSCHER	MANFRED	M	37	MOSMAN	4.36.09	U40-M	23
57	JEFFKINS	ADRIAN	M	35	WERRIBEE	4.36.23	U40-M	24
58	DUNN	XANDRA	F	43	BONDI	4.36.51	U50-F	1
59	SHORT	LIZ	F	50	SUTHERLAND	4.36.57	U60-F	1
60	ARTHUR	NATHAN	M	29	CARINGBAH	4.37.52	U30-M	16
61	HENVILLE	JENNY	F	37	LOFTUS	4.38.16	U40-F	2
62	FREEMAN	MARK	M	35	WENTWORTH FALLS	4.38.30	U40-M	25
63	MCBURNLEY	JUDD	M	27	HORNSBY	4.38.33	U30-M	17
64	URWIN	STEPHEN	M	45	NEUTRAL BAY	4.38.54	U50-M	16
65	BEATTIE	MICHELLE	F	35	AUSTINMER	4.39.21	U40-F	3
66	PAPALIA	JONATHAN	M	32	LINDFIELD	4.39.59	U40-M	26
67	CORLIS	MICHAEL	M	42	KAMBAH	4.40.35	U50-M	17
68	PALMER	RICHARD	M	33	RODD POINT	4.40.44	U40-M	27
69	VLOTMAN	DAVID	M	33	CREMORNE	4.40.50	U40-M	28
70	WEBB	DENIS	M	52	BULLI	4.40.55	U60-M	2
71	DELLAGIACOMA	PATRICK	M	38	BUNDEENA	4.40.56	U40-M	29
72	BARBOUR	TOBY	M	29	MOSMAN	4.41.13	U30-M	18
73	COOKSLEY	ANDREW	M	36	NOOSA HEADS	4.42.10	U40-M	30
74	SCOINES	ROBERT	M	43	WAMBERAL	4.42.33	U50-M	18
75	LEE	ANDREW	M	32	WARRIMOO	4.42.45	U40-M	31
76	TUOHEY	ANDREW	M	34	ELIZABETH BAY	4.42.45	U40-M	32
77	VAN WOESIK	BIANCA	F	39	RODD POINT	4.43.07	U40-F	4
78	O'SULLIVAN	BEN	M	31	MOSMAN	4.43.47	U40-M	33
79	WATSON	ALAN	M	49	MENAI	4.43.51	U50-M	19
80	MILES	BRENT	M	43	KENSINGTON	4.44.36	U50-M	20
81	SMITH	ROBERT	M	49	BEROWRA	4.44.44	U50-M	21
82	THOMPSON	CHRIS	M	38	WOOLLAHRA	4.44.52	U40-M	34

83	MALINOWSKI	PETER	M	50	CHARMHAVEN	4.45.32	U60-M	3
84	HROMOW	DAVE	M	34	CONDER	4.45.47	U40-M	35
85	CALTA	ONDREJ	M	29	SURRY HILLS	4.46.03	U30-M	19
86	PALMER	MICHAEL	M	34	GYMEA	4.46.35	U40-M	36
87	THOMPSON	SUE	F	33	GYMEA BAY	4.47.44	U40-F	5
88	ABE	STEFFEN	M	31	WEST END	4.48.58	U40-M	37
89	KUELSEN	ROLF	M	40	CANNON HILL	4.48.58	U50-M	22
90	AITKENHEAD	GARY	M	43	NAREMBURN	4.49.45	U50-M	23
91	ANGUS	SIMON	M	22	MAROUBRA	4.50.02	U30-M	20
92	GREENHILL	SEAN	M	23	BURWOOD	4.50.41	U30-M	21
93	CREW	GRAHAM	M	47	FAULCONBRIDGE	4.51.16	U50-M	24
94	SNEDDON	JOHN	M	51	OAKVILLE	4.51.20	U60-M	4
95	BLUNDELL	MATT	M	30	WILLOUGHBY	4.51.49	U40-M	38
96	WHITE	MARCUS	M	28	MOSMAN	4.53.14	U30-M	22
97	ROOKYARD	BILL	M	43	BLAXLAND	4.53.43	U50-M	25
98	MACKAY	JOEL	M	34	NEWTOWN	4.54.06	U40-M	39
99	WAGNER	STUART	M	30	ALEXANDRA HILLS	4.55.19	U40-M	40
100	LANDORF	KARL	M	38	CAMDEN	4.55.44	U40-M	41
101	GERBER	SIMON	M	39	PORT MELBOURNE	4.55.46	U40-M	42
102	HARGREAVES	BRUCE	M	48	EIGHT MILE PLAINS	4.56.00	U50-M	26
103	SPRAGG	ADRIAN	M	45	CASTLECRAG	4.56.13	U50-M	27
104	PATTON	TONY	M	31	GREENWICH	4.57.03	U40-M	43
105	COULL	PAUL	M	45	HEATHCOTE	4.57.05	U50-M	28
106	UREN	JOHN	M	53	NORTH ROCKS	4.57.12	U60-M	5
107	SLOOT	ANDREW	M	36	CREMORNE	4.57.49	U40-M	44
108	MAHONY	PAUL	M	49	TERRIGAL	4.58.04	U50-M	29
109	MATLEY	STEWART	M	56	BROKE	4.58.06	U60-M	6
110	BARNES	PETER	M	43	WENTWORTH FALLS	4.58.16	U50-M	30
111	JORGENSEN	HUGH	M	36	TORRENS	4.58.30	U40-M	45
112	LISSEN	GEORGE	M	49	RYDE	4.58.36	U50-M	31
113	BOGENHUBER	MAX	M	59	SUTHERLAND	4.58.59	U60-M	7
114	TOMLINSON	DANIEL	M	26	COBAR	4.59.15	U30-M	23
115	STEIN	PAUL	M	34	WILTON	4.59.22	U40-M	46
116	WILLIAMS	DENNIS	M	53	NORTH WAHROONGA	4.59.27	U60-M	8
117	WEST	EDWARD	M	52	BEROWRA HEIGHTS	5.00.01	U60-M	9
118	MITREVSKI	STEVE	M	43	AMBARVALE	5.00.33	U50-M	32
119	LAKE	JEFFREY	M	37	ROMSEY	5.00.51	U40-M	47
120	HUGILL	PHILIP	M	43	HORNSBY	5.00.56	U50-M	33
121	BARNETT	OWEN	M	43	BANGOR	5.01.39	U50-M	34
122	GROVE	JAMES	M	28	WARATAH WEST	5.02.26	U30-M	24
123	STRACHAN	PETER	M	55	HORNSBY	5.02.28	U60-M	10
124	SAEZ	HERNAN	M	38	BEXLEY	5.02.30	U40-M	48
125	DIRSCHERL	FLORIAN	M	35	ROSENHEIM	5.02.53	U40-M	49
126	MEDGYESSY	JULIUS	M	50	NORTH BONDI	5.03.00	U60-M	11
127	JAGO	STEPHEN	M	7	DAVIDSON	5.03.39	U60-M	12
128	HARRIS	DAVID	M	48	TERREY HILLS	5.03.40	U50-M	35
129	DEAVES	MARK	M	30	MOSMAN	5.04.08	U40-M	50
130	KELLY	GRAEME	M	50	ORCHARD HILLS	5.04.52	U60-M	13
131	NG	PAUL	M	36	PEAKHURST	5.05.15	U40-M	51
132	LOVELL	MIKE	M	46	CONDER RIDGE	5.05.25	U50-M	36
133	JOHNSON	GRAHAM	M	41	CHERMSIDE	5.05.30	U50-M	37
134	WHITE	SONIA	F	40	WYOMING	5.06.01	U50-F	2
135	CANNON	STEPHEN	M	41	DAVISTOWN	5.06.02	U50-M	38
136	BARKER	NEIL	M	38	GORDON	5.06.06	U40-M	52
137	WEEKES	COLIN	M	47	MAROUBRA	5.06.06	U50-M	39
138	FEDRICK	IAN	M	46	KEPERRA	5.06.35	U50-M	40
139	SCHOT	MARTIN	M	45	NAMBOUR	5.06.59	U50-M	41
140	BOGENHUBER	ALFRED	M	62	CALIFORNIA	5.07.25	U70-M	1
141	GARRETT	IAN	M	39	THIRLMERE	5.07.28	U40-M	53
142	SMITH	NIGEL	M	26	BEROWRA	5.07.45	U30-M	25
143	TOOLE	DANIEL	M	26	MIRANDA	5.08.07	U30-M	26
144	GRAY	STEPHEN	M	49	HEATHCOTE	5.08.18	U50-M	42
145	COUNSELL	PETER	M	45	LIGHTNING RIDGE	5.08.43	U50-M	43
146	HICKEY	GREG	M	44	KINGSTON	5.08.46	U50-M	44
147	HARDING	PHILLIP	M	35	CROWS NEST	5.09.09	U40-M	54
148	KRAUSE-SCHIKORR	MARTIN	M	37	NEUTRAL BAY	5.09.17	U40-M	55
149	MILLER	BEN	M	30	NAREMBURN	5.09.39	U40-M	56

150	AMALOS	SIMON	M	30	NGUNNAWAL	5.09.57	U40-M	57
151	CRICHTON	SARAH	F	34	MOSMAN	5.09.58	U40-F	6
152	GRAHAM	JULIE	F	41	MOSMAN	5.09.58	U50-F	3
153	STAUNTON	LOUISE	F	30	CARINGBAH	5.10.00	U40-F	7
154	RUTTER	BARRY	M	50	CHATSWOOD	5.10.38	U60-M	14
155	LEFMANN	JORDAN	M	21	JOSLIN	5.10.47	U30-M	27
156	GILLESPIE	MARTIN	M	31	WOLLSTONECRAFT	5.11.25	U40-M	58
157	LEWIS	ROSS	M	43	ST LEONARDS	5.11.39	U50-M	45
158	BUTCHER	DANIEL	M	23	MARSFIELD	5.11.41	U30-M	28
159	HARBURY	RICHARD	M	30	CHARLESTOWN	5.11.48	U40-M	59
160	VIGLIONE	TINA	F	34	NEUTRAL BAY	5.11.54	U40-F	8
161	HULL	MICHAEL	M	34	TASCOTT	5.12.49	U40-M	60
162	GAREY	JO	F	27	MORTDALE	5.13.01	U30-F	1
163	MCGEE	PAULA	F	40	ELANORA HEIGHTS	5.13.30	U50-F	4
164	COCKS	NEIL	M	43	LANE COVE	5.13.35	U50-M	46
165	STYLES	DAVID	M	52	BAYSWATER NORTH	5.13.47	U60-M	15
166	SALMON	DARREN	M	20	CECIL HILLS	5.13.57	U30-M	29
167	KRANTZCKE	SIMON	M	35	LOFTUS	5.13.57	U40-M	61
168	SCHILTER	EUGEN	M	50	EASTWOOD	5.14.11	U60-M	16
169	KING	DAVID	M	53	EPPING	5.14.21	U60-M	17
170	LOVE	TRACEY	F	36	WARRIEWOOD	5.14.43	U40-F	9
171	HANSEN	MIKE	M	43	KILLARA	5.14.44	U50-M	47
172	MONTGOMERY	STEPHEN	M	37	BATEAU BAY	5.15.12	U40-M	62
173	MONTGOMERY	DAMIEN	M	28	MANLY	5.15.13	U30-M	30
174	MELANO	RALPH	M	48	STRATHFIELD	5.15.39	U50-M	48
175	GREEN	SAM	M	21	CHIPPENDALE	5.16.21	U30-M	31
176	MORSON	MICHAEL	M	27	BLACKALLS PARK	5.16.30	U30-M	32
177	TULLY	MICHAEL	M	34	NEW LAMBTON	5.16.30	U40-M	63
178	BRADLEY	ALAN	M	41	BUTTABA	5.16.30	U50-M	49
179	HATCHER	CHRIS	M	37	KILLCARE	5.16.39	U40-M	64
180	FISHER	STEPHEN	M	49	WAHROONGA	5.17.19	U50-M	50
181	MORGAN	KEITH	M	64	VICTORIA POINT	5.17.24	U70-M	2
182	SPARSHOTT	MARK	M	36	ANNERLEY	5.17.25	U40-M	65
183	BILEWICZ	RICHARD	M	52	NORTH BONDI	5.17.26	U60-M	18
184	MICKAN	PATRICK	M	22	TURRAMURRA	5.18.25	U30-M	33
185	BURNS	JOSH	M	26	MOSMAN	5.18.33	U30-M	34
186	SMITH	BRIAN	M	40	BATHURST	5.18.37	U50-M	51
187	BEGLEY	TIM	M	28	NORTH SYDNEY	5.18.54	U30-M	35
188	WOLSCHER	KAREN	F	29	MOSMAN	5.19.27	U30-F	2
189	DENNEY	JOEL	M	22	TURRAMURRA	5.19.51	U30-M	36
190	TUKUNIU	TROY	M	29	BASS HILL	5.19.55	U30-M	37
191	HIDER	JAMES	M	36	HAWTHORN	5.20.04	U40-M	66
192	BRUGGEMAN	STEPHEN	M	43	RHODES	5.20.06	U50-M	52
193	NEWSOME	TANIA	F	31	DENISTONE	5.20.58	U40-F	10
194	FRAZER	DAVID	M	27	WOOLLAHRA	5.21.46	U30-M	38
195	VINCENT	STEWART	M	55	LONGUEVILLE	5.21.49	U60-M	19
196	DEUTSCH	RICHARD	M	34	KENSINGTON	5.21.53	U40-M	67
197	LAIDLAW	DEBORAH	F	42	MOSMAN	5.22.03	U50-F	5
198	O'LOUGHLIN	MAUREEN	F	50	RED HILL	5.22.15	U60-F	2
199	NIXON	JOHN	M	44	MEREWETHER	5.22.16	U50-M	53
200	WAYNE	LAIMA	F	51	GYMEA	5.22.41	U60-F	3
201	DUNN	STEPHEN	M	43	WOY WOY	5.22.48	U50-M	54
202	BRYCE	LES	M	56	TURRAMURRA	5.23.18	U60-M	20
203	POTTER	LES	M	45	HELENSVALE	5.23.33	U50-M	55
204	TOKOLI	JOHN	M	42	LITTLE HARTLEY	5.23.59	U50-M	56
205	PARSLOW	DAVID	M	32	CASTLE HILL	5.24.16	U40-M	68
206	CLEMENTSON	DIANE	F	42	NEUTRAL BAY	5.24.28	U50-F	6
207	PAFF	DAVID	M	43	TAREE	5.24.44	U50-M	57
208	HENDERSON	SEAN	M	34	ERSKINEVILLE	5.24.50	U40-M	69
209	NICKLIN	SEAN	M	33	BONDI BEACH	5.24.53	U40-M	70
210	SHAW	KYM	F	27	HEATHCOTE	5.25.01	U30-F	3
211	MAUCH	REINHARD	M	51	QUEANBEYAN	5.25.09	U60-M	21
212	KERR	MICHAEL	M	36	MIRANDA	5.25.10	U40-M	71
213	BATEMAN	KEITH	M	46	PADDINGTON	5.25.12	U50-M	58
214	CRYER	JAMES	M	55	KILLARA	5.25.21	U60-M	22
215	GLEESON	KATIE	F	30	WOLLSTONECRAFT	5.25.30	U40-F	11
216	MACSPORRAN	ANNE	F	28	CHERRYBROOK	5.26.35	U30-F	4

217	MACSPORRAN	DAVID	M	30	SEVEN HILLS	5.26.35	U40-M	72
218	REYNOLDS	STEVEN	M	40	ENGADINE	5.27.28	U50-M	59
219	RIORDAN	SIMON	M	32	CHATSWOOD	5.27.32	U40-M	73
220	RIORDAN	MATT	M	30	GLADESVILLE	5.27.32	U40-M	74
221	BURGESS	ANDREW	M	56	NORTH TURRAMURRA	5.27.34	U60-M	23
222	HAMILTON	MARTIN	M	34	RANDWICK	5.27.35	U40-M	75
223	WILLIS	GRAHAM	M	52	DUNDAS	5.27.51	U60-M	24
224	CAMERON	ROBIN	F	42	WAHROONGA	5.27.53	U50-F	7
225	MCPHERSON	BRIAN	M	32	BILOELA	5.28.09	U40-M	76
226	MASON	CRAIG	M	41	MOSMAN	5.28.11	U50-M	60
227	KENYON	BARRY	M	34	NORTH EPPING	5.28.43	U40-M	77
228	BATTERBURY	MARK	M	28	KATOOMBA	5.29.08	U30-M	39
229	LANCE	TONIA	F	25	MUDGEERABA	5.29.21	U30-F	5
230	TAYLOR	ANDREW	M	40	GLEBE	5.29.29	U50-M	61
231	VICKERS	ROWAN	M	41	CRONULLA	5.29.39	U50-M	62
232	RICKARD	HEIDI	F	28	GLENMORE PARK	5.30.19	U30-F	6
233	BINASIS	ANNE	F	33	CLOVELLY	5.30.42	U40-F	12
234	ROBINSON	JO	F	31	NORTH BONDI	5.30.43	U40-F	13
235	ROHANNA	MARK	M	43	COOGEE	5.30.43	U50-M	63
236	SHEPHERD	TONY	M	53	MOTTO FARM	5.30.43	U60-M	25
237	MORGAN	IAN	M	43	POINT FREDERICK	5.31.02	U50-M	64
238	LOADER	DAVID	M	38	ST LEONARDS	5.31.09	U40-M	78
239	FLEIG	KARL	M	61	PADDINGTON	5.31.09	U70-M	3
240	MURPHY	PHILIP	M	33	RIVERSTONE	5.31.36	U40-M	79
241	HIGGINSON	BILL	M	47	WAGGA WAGGA	5.32.14	U50-M	65
242	STEWART	JOHN	M	42	VAUCLUSE	5.32.15	U50-M	66
243	SMALL	GRAEME	M	60	MELBA	5.32.15	U70-M	4
244	JEFFERD	CHRIS	M	49	CHATSWOOD	5.32.58	U50-M	67
245	CUPITT	BART	M	29	CATHERINE FIELD	5.33.24	U30-M	40
246	ARROWSMITH	VICKI	F	44	MOSMAN	5.34.01	U50-F	8
247	TIBBITTS	PETER	M	7 L	ILLI PILLI	5.34.16	U50-M	68
248	VIETNIEKS	BENJAMIN	M	25	BONDI	5.34.20	U30-M	41
249	KEATING	TRISH	F	47	GYMEA	5.34.22	U50-F	9
250	KNUTSEN	CHRIS	M	43	FAULCONBRIDGE	5.35.03	U50-M	69
251	SHULTZ	GRANT	M	38	ELEEBANA	5.35.07	U40-M	80
252	WHITE	MARK	M	42	BEROWRA HEIGHTS	5.35.57	U50-M	70
253	ELLSMORE	TERRY	M	23	WAGGA WAGGA	5.35.58	U30-M	42
254	MARTIN	IAIN	M	34	ERSKINEVILLE	5.36.10	U40-M	81
255	GUNTER	BARRY	M	47	LOWER MITCHAM	5.36.16	U50-M	71
256	STACEY	PHILLIP	M	49	MT COLAH	5.36.19	U50-M	72
257	MCKENZIE	PETER	M	51	SHAILER PARK	5.36.44	U60-M	26
258	MAXWELL	RUSSELL	M	51	GREYSTANES	5.36.57	U60-M	27
259	DAVIS	GRAHAM	M	49	WAMBERAL	5.39.02	U50-M	73
260	GLEN	JOHN	M	44	LEURA	5.39.23	U50-M	74
261	BOWEN	ROGER	M	50	SPRINGWOOD	5.39.23	U60-M	28
262	BOIDIN	BENEDICT	M	34	BLACKTOWN	5.39.28	U40-M	82
263	DINES	ELSJE	F	36	CRONULLA	5.39.45	U40-F	14
264	CLIFTON	PHILIP	M	57	BRONTE	5.39.56	U60-M	29
265	TAYLOR	GARY	M	42	MILL PARK	5.40.04	U50-M	75
266	BREASLEY	ALICIA	F	32	COOKSHILL	5.40.22	U40-F	15
267	WREN	KERRY	F	36	NORTH CURL CURL	5.40.24	U40-F	16
268	BLACKSHAW	PETER	M	39	MUSWELLBROOK	5.40.58	U40-M	83
269	MEEHAN	TERRY	M	29	YELLOW ROCK	5.41.37	U30-M	43
270	TAYLOR	ROBERT	M	50	MENAI CENTRAL	5.41.44	U60-M	30
271	FARNCOMB	ANGUS	M	36	TERRIGAL	5.41.51	U40-M	84
272	MAHONEY	ANDREW	M	41	BENSVILLE	5.41.51	U50-M	76
273	DEGABRIELE	JOE	M	46	MAROUBRA	5.42.09	U50-M	77
274	COULTER	DAVID	M	28	BONDI	5.42.34	U30-M	44
275	UNDERWOOD	IRVING	M	42	WAHROONGA	5.42.37	U50-M	78
276	WYE	GRAHAM	M	40	SEAFORTH	5.42.43	U50-M	79
277	BURGESS	TERESA	F	39	GRIFFITH	5.42.46	U40-F	17
278	PIPER	JAMES	M	23	AVOCA BEACH	5.42.54	U30-M	45
279	THOMAS	KEVIN	M	30	MILLERS POINT	5.42.58	U40-M	85
280	NEL	DENNIS	M	47	STANHOPE GARDENS	5.43.06	U50-M	80
281	LANDMAN	ANDREW	M	30	SPRINGFIELD	5.43.09	U40-M	86
282	JONES	DEAN	M	27	DUBBO	5.43.56	U30-M	46
283	TROTTER	JOHN	M	54	WINMALEE	5.43.56	U60-M	31

284	STEWART	NIGEL	M	48	VAUCLUSE	5.44.22	U50-M	81
285	CURTIN	JEREMY	M	23	GLEBE	5.44.25	U30-M	47
286	PALMER	DARREN	M	40	BATEAU BAY	5.44.40	U50-M	82
287	SCHRODER	MARK	M	32	HAMBURG	5.45.12	U40-M	87
288	BARKER	GEOFF	M	57	FLYNN	5.45.14	U60-M	32
289	JEFFERY	CLIVE	M	42	CARLINGFORD	5.45.19	U50-M	83
290	FORSYTH	IAN	M	47	ABBOTSFORD	5.45.22	U50-M	84
291	KEHOE	PAUL	M	32	EDGEWORTH	5.45.56	U40-M	88
292	SCOTT	GREG	M	38	WAGGA WAGGA	5.45.56	U40-M	89
293	LOVEL	RODNEY	M	51	ABBOTSFORD	5.46.20	U60-M	33
294	STOLLERY	PHIL	M	47	TURRAMURRA	5.46.23	U50-M	85
295	GRANT	ANDREW	M	42	PYMBLE	5.46.29	U50-M	86
296	LANGDON	JOHN	M	49	BUDERIM	5.46.30	U50-M	87
297	RITCHIE	LEIGH	M	41	COLYTON	5.46.46	U50-M	88
298	FUNNELL	GWILYM	M	30	COOGEE	5.46.59	U40-M	90
299	JACKSON	STEPHEN	M	44	LEICHHARDT	5.47.12	U50-M	89
300	MURPHY	GRAHAME	M	47	CASTLE HILL	5.47.12	U50-M	90
301	GLAPIAK	CHARLIE	M	51	FENNELL BAY	5.47.22	U60-M	34
302	CLEMENTS	NICOLE	F	34	MOSMAN	5.47.37	U40-F	18
303	SMITH	NIGEL	M	45	QUAKERS HILL	5.48.11	U50-M	91
304	LOVELL	ADRIAN	M	25	NORTH ROCKS	5.48.15	U30-M	48
305	KING	JONATHAN	M	42	BENSVILLE	5.48.25	U50-M	92
306	GULI	MINA	F	31	BONDI BEACH	5.48.54	U40-F	19
307	LANCASTER	DAVID	M	45	FORESTVILLE	5.49.05	U50-M	93
308	BRYAN	ANDREW	M	45	PADDINGTON	5.49.11	U50-M	94
309	KING	KEITH	M	51	DAVISTOWN	5.49.11	U60-M	35
310	FREEMAN	SCOTT	M	27	CRONULLA	5.49.16	U30-M	49
311	CARRUTHERS	STEPHEN	M	49	KILLARNEY VALE	5.49.20	U50-M	95
312	BODDY	NAOMI	F	25	GLENMORE PARK	5.49.53	U30-F	7
313	MEENAHAN	ANDREW	M	42	BATHURST	5.49.54	U50-M	96
314	ELLIOTT	BOB	M	55	GLENHAVEN	5.49.56	U60-M	36
315	GUTHRIDGE	JACINTA	F	36	TAREE	5.50.29	U40-F	20
316	MOLINA	LEA	F	34	SURRY HILLS	5.50.36	U40-F	21
317	WARD	GORDON	M	38	CHATSWOOD	5.50.39	U40-M	91
318	GOLDEN	TONY	M	46	MAROUBRA	5.50.50	U50-M	97
319	LAWRENCE	PHIL	M	55	RED HILL	5.50.59	U60-M	37
320	CRAWLEY	HUGH	M	58	CHAPMAN	5.51.16	U60-M	38
321	AMBROGIO	LEANNE	F	33	WILLOUGHBY	5.51.18	U40-F	22
322	BARTON	JOANNE	F	34	HARBORD	5.51.27	U40-F	23
323	BOOGERT	PETER	M	49	AMSTERDAM	5.52.33	U50-M	98
324	WARD	ALISTAIR	M	44	BUDDINA	5.52.39	U50-M	99
325	EWELS	RICHARD	M	41	TURRAMURRA	5.52.40	U50-M	100
326	LAROCCA	MARIO	M	52	QUEANBEYAN	5.52.41	U60-M	39
327	YATES	ROSS	M	55	KATOOMBA	5.52.44	U60-M	40
328	JONES	ROY	M	59	MACQUARIE	5.52.49	U60-M	41
329	MAY	EARLE	M	45	WORONORA	5.52.54	U50-M	101
330	HEYWOOD	LOUISE	F	39	CROWS NEST	5.53.03	U40-F	24
331	ENGELBRECHT	ADRIAN	M	31	BLAXLAND	5.53.14	U40-M	92
332	WILLIAMS	PETER	M	40	ROZELLE	5.53.25	U50-M	102
333	CULLEN	CHARLOTTE	F	35	MOSMAN	5.53.39	U40-F	25
334	LIMBREY	MICHAEL	M	55	CAMPBELLTOWN	5.53.42	U60-M	42
335	WHITE	KEITH	M	51	THE ROCKS SYDNEY	5.53.44	U60-M	43
336	MUSIKER	ARNON	M	33	LANE COVE	5.53.51	U40-M	93
337	BROWN	CHRIS	M	54	BELLEVUE HILL	5.53.54	U60-M	44
338	SHEFFIELD	MICHAEL	M	30	LINDFIELD	5.53.57	U40-M	94
339	ALLAND	DAVID	M	46	LAKEMBA	5.53.57	U50-M	103
340	GRAINGER	TONY	M	36	MOSMAN	5.53.58	U40-M	95
341	WILSON	ALLAN	M	53	EAST BLAXLAND	5.53.59	U60-M	45
342	O'KANE	KEVIN	M	49	TURRAMURRA	5.54.54	U50-M	104
343	SIMPSON	CARL	M	47	PADSTOW	5.55.02	U50-M	105
344	COOPER	SUE	F	36	MT ANNAN	5.55.03	U40-F	26
345	VAUGHAN	DAVID	M	54	REIGATE	5.55.11	U60-M	46
346	DAVEL	CORRIE	M	45	THE GAP (BRISBANE)	5.55.19	U50-M	106
347	SPARSHOTT	KERRY	F	35	CLAYFIELD	5.55.24	U40-F	27
348	READE	ALEX	M	30	NORWOOD	5.55.34	U40-M	96
349	BELL	PETER	M	42	ARNCLIFFE	5.55.37	U50-M	107
350	GARVEY	MARK	M	35	ARMIDALE	5.55.38	U40-M	97

351	RANNARD	BILL	M	48	OATLEY	5.56.10	U50-M	108
352	MCPHERSON	SCOTT	M	30	TUMBI UMBI	5.56.24	U40-M	98
353	O'MARA	MICHAEL	M	49	ABBOTSBURY	5.57.14	U50-M	109
354	SHAW	DREW	M	33	HEATHCOTE	5.57.22	U40-M	99
355	HOLM	STEPHEN	M	40	WAITARA	5.57.35	U50-M	110
356	HORSNELL	TREVOR	M	42	FINGAL BAY	5.57.54	U50-M	111
357	DENNIS	SCOTT	M	39	BROKEN HILL	5.57.59	U40-M	100
358	DRAYTON	NICK	M	44	LINDFIELD	5.58.17	U50-M	112
359	VAN GELDEREN	TJERK	M	55	AMSTERDAM	5.58.21	U60-M	47
360	MCILWAIN	KEN	M	46	CAMDEN	5.58.48	U50-M	113
361	MCCANN	GREG	M	44	MT KURING GAI	5.59.03	U50-M	114
362	BEDZINSKI	EDWARD	M	36	NORTH WOLLONGONG	5.59.12	U40-M	101
363	HEIDEGGER	PETER	M	36	CHERRYBROOK	5.59.34	U40-M	102
364	CARLTON	GARY	M	44	BURSWOOD	5.59.45	U50-M	115
365	MCNALLY	ROSS	M	40	MAROOCHYDORE	6.01.16	U50-M	116
366	INGLIS	ROBERT	M	49	NORTHBRIDGE	6.01.37	U50-M	117
367	NAGY	ALEX	M	50	BONDI BEACH	6.01.37	U60-M	48
368	GRIFFITHS	MICHAEL	M	41	RANDWICK	6.01.38	U50-M	118
369	HODGSON	BRIAN	M	61	MAROUBRA JUNCTION	6.02.04	U70-M	5
370	ELLIOT	MICHAEL	M	41	WAVERTON	6.02.07	U50-M	119
371	OLMSTEAD	JOHN	M	46	LINDFIELD	6.02.08	U50-M	120
372	KILHAM	MICK	M	45	GUILDFORD	6.02.11	U50-M	121
373	KIDMAN	ANNE	F	47	ALICE SPRINGS	6.02.12	U50-F	10
374	TIBBITTS	WAYNE	M	45	BANGOR	6.02.13	U50-M	122
375	JONES	SARAH	F	35	MOSMAN	6.02.31	U40-F	28
376	HEWSON	BRIAN	M	61	CHATSWOOD	6.02.53	U70-M	6
377	HEALEY	PHILIP	M	44	SOUTH MORANG	6.03.16	U50-M	123
378	CAMPBELL	TINA	F	55	LANE COVE	6.03.20	U60-F	4
379	DAVIS	SIMON	M	41	CHATSWOOD	6.03.55	U50-M	124
380	RIGBY	ROGER	M	59	WAHROONGA	6.04.14	U60-M	49
381	GRIFFIN	PATRICIA	F	46	UPPER MT GRAVATT	6.04.15	U50-F	11
382	TURNER	TIM	M	39	GERRINGONG	6.04.15	U40-M	103
383	DAVIS	WAYNE	M	42	WESTMEAD	6.04.19	U50-M	125
384	FICKEL	BOB	M	50	CRONULLA	6.04.41	U60-M	50
385	HOWARD	STEPHANY	F	31	HOPE ISLAND	6.05.03	U40-F	29
386	SIMPSON	DEAN	M	27	WINMALEE	6.05.51	U30-M	50
387	SIMPSON	SHANE	M	29	LEONAY	6.05.51	U30-M	51
388	PAXTON	ROBERT	M	47	LEUMEAH	6.05.52	U50-M	126
389	THORPE	MIKE	M	55	LONG JETTY	6.06.10	U60-M	51
390	HEARD	TRACY	F	27	BRONTE	6.06.14	U30-F	8
391	CHRISP	DARRYL	M	53	WOOLLAHRA	6.06.37	U60-M	52
392	JURY	STEPHEN	M	43	WAMBERAL	6.07.07	U50-M	127
393	HAMER	PETER	M	48	ULTIMO	6.07.13	U50-M	128
394	MENZ	MICHAEL	M	43	WILLMOT	6.07.42	U50-M	129
395	TINKER	KEVIN	M	52	CHAIN VALLEY BAY	6.07.43	U60-M	53
396	HERPICH	LUDWIG	M	66	MIRANDA	6.07.56	U70-M	7
397	CLARKE	PHIL	M	50	KAREELA	6.08.12	U60-M	54
398	ANDERSON	VIC	M	49	INGLEBURN	6.08.30	U50-M	130
399	SHATTE	DARRYL	M	50	FERNY CREEK	6.08.49	U60-M	55
400	ATKINSON	IAN	M	47	WILLASTON	6.09.08	U50-M	131
401	KENT-JONES	SIMON	M	33	MOSMAN	6.09.30	U40-M	104
402	GOODSIR	DARREN	M	35	HUNTERS HILL	6.09.39	U40-M	105
403	KOPITKE	GEOFFREY	M	49		6.10.09	U50-M	132
404	FAY	ANTHONY	M	37	SPRINGWOOD	6.10.28	U40-M	106
405	HOWELL	TEGWEN	F	38	TOOWONG	6.10.45	U40-F	30
406	BRETNALL	ANNI	F	45	MANLY	6.11.35	U50-F	12
407	BOUSFIELD	ANTHONY	M	39	ST MARYS	6.12.36	U40-M	107
408	SPOKES	GRAHAM	M	46	WAGGA WAGGA	6.12.39	U50-M	133
409	THEAKSTON	PAUL	M	27	COBAR	6.12.56	U30-M	52
410	WILLIAMS	DAVID	M	44	CONCORD	6.12.57	U50-M	134
411	MULHEARN	JANE	F	26	FISHING POINT	6.13.42	U30-F	9
412	EDENBOROUGH	MARK	M	21	BAULKHAM HILLS	6.14.56	U30-M	53
413	BRADLEY	MATT	M	31	BLACKFOREST	6.15.08	U40-M	108
414	TOMICZEK	BILL	M	55	MOUNT RIVERVIEW	6.15.11	U60-M	56
415	KING	KATHRYN	F	30	NAREMBURN	6.15.32	U40-F	31
416	ELLINSON	KATIE	F	30	ROSE BAY	6.15.32	U40-F	32
417	JAMES	MATT	M	28	WAVERTON	6.15.34	U30-M	54

418	COATES	BARRY	M	55	LOFTUS	6.16.36	U60-M	57
419	WHITTON	BARRY	M	64	FITZROY FALLS	6.16.36	U70-M	8
420	QUINN	PETER	M	55	HORNSBY	6.17.14	U60-M	58
421	YOUNG	LINDSAY	M	47	CARINGBAH	6.17.17	U50-M	135
422	ALLEN	MALCOLM	M	54	WAGGA WAGGA	6.17.21	U60-M	59
423	BAILEY	MICHAEL	M	58	FIVE DOCK	6.17.27	U60-M	60
424	LYNCH	JOHN	M	52	COOGEE	6.17.27	U60-M	61
425	GEE	BILLY	M	1	VAUCLUSE	6.17.45	U40-M	109
426	COLLIN	KEITH	M	48	WAGGA WAGGA	6.18.19	U50-M	136
427	LINDSAY	JOHN	M	53	DONCASTER EAST	6.19.15	U60-M	62
428	O'CONNOR	ANN	F	42	NEUTRAL BAY	6.19.16	U50-F	13
429	KNOWLES	ROSS	M	45	ST IVES	6.19.37	U50-M	137
430	KNOX	KEITH	M	51	SOUTH HURSTVILLE	6.20.45	U60-M	63
431	HILTON	ALLEN	M	52	MILPERRA	6.20.52	U60-M	64
432	LILLEY	ALLISON	F	31	ROSEVILLE	6.22.26	U40-F	33
433	DUNCAN	DEIRDRE	F	47	ARCADIA VALE	6.22.26	U50-F	14
434	MUNRO	DAVID	M	37	HAMILTON SOUTH	6.22.26	U40-M	110
435	SHORT	DAVID	M	38	ENGADINE	6.22.46	U40-M	111
436	FORSTER	HEATHER	F	48	NORTH TURRAMURRA	6.23.06	U50-F	15
437	MARCH	GREG	M	49	TURRAMURRA	6.23.06	U50-M	138
438	KOPPENOL	KAREN	F	51	MACKENZIE	6.23.19	U60-F	5
439	MORGAN	IAN	M	63	ST CLAIR	6.23.26	U70-M	9
440	HUGHES	WARREN	M	46	CHESTER HILL	6.24.07	U50-M	139
441	NORDEN	STEVEN	M	40	WARRIEWOOD	6.24.44	U50-M	140
442	KONEMANN	COLIN	M	46	LEURA	6.25.33	U50-M	141
443	BRIERLEY	LEN	M	40	BOSSLEY PARK	6.25.48	U50-M	142
444	SAKER	JILLIAN	F	35	STRATHFIELD	6.25.50	U40-F	34
445	THORVALDSON	NICK	M	23	KENSINGTON	6.25.56	U30-M	55
446	PRAHL	MAYBRITT	F	38	DEE WHY	6.26.45	U40-F	35
447	GOWANS	ANDREW	M	37	BAYVIEW	6.26.45	U40-M	112
448	MANSON	RICHARD	M	38	LINDFIELD	6.27.09	U40-M	113
449	BOIDIN	DOMINIC	M	45	FAULCONBRIDGE	6.27.09	U50-M	143
450	MANVELL	TAMSIN	F	39	CHERTSEY SURREY	6.27.14	U40-F	36
451	TE AMO	LIZ	F	32	MOSMAN	6.27.15	U40-F	37
452	SMITH	DAVID	M	34	RUBIGEN	6.27.20	U40-M	114
453	MEADE	JAMES	M	37	GLENBROOK	6.27.22	U40-M	115
454	SULLIVAN	TIMOTHY	M	30	MAROUBRA	6.27.23	U40-M	116
455	DUCKWORTH	MARK	M	41	MANLY	6.27.36	U50-M	144
456	KURT	MARIE-CLAIRE	F	42	THIRROUL	6.28.02	U50-F	16
457	ROLLEY	CLAIRE	F	37	ENGADINE	6.28.06	U40-F	38
458	MATSON	DALE	M	57	FRESNO CALIFORNIA	6.28.09	U60-M	65
459	WILLEMS	HERB	M	55	BAULKHAM HILLS	6.28.26	U60-M	66
460	HANCOCK-RUSSELL	ROBI	F	52	CAMMERAY	6.29.17	U60-F	6
461	MATTHEWS	GREG	M	42	NARELLAN	6.29.23	U50-M	145
462	BECKWITH-MARTIN	CAROLYN	F	37	VALENTINE	6.29.43	U40-F	39
463	HAYES	ANTHONY	M	44	BLACKALLS PARK	6.30.08	U50-M	146
464	CUNNINGHAM	TERRY	M	49	MANLY	6.30.55	U50-M	147
465	KERR	ESTHER	F	25	ENMORE	6.32.50	U30-F	10
466	PORJES	JACQUI	F	31	SYDNEY	6.32.50	U40-F	40
467	NICHOLSON	PETER	M	48	CLOVELLY	6.33.08	U50-M	148
468	ANDREWS	MICHAEL	M	33	WILLOUGHBY	6.33.29	U40-M	117
469	PAUL	LEO	M	55	MENAI	6.33.30	U60-M	67
470	DIPPLE	ALEX	M	30	HELENSBURGH	6.33.55	U40-M	118
471	MEDLEY	BRUCE	M	66	KEIRAVILLE	6.35.10	U70-M	10
472	SMITH	PETER	M	44	ELTHAM	6.36.02	U50-M	149
473	HOBBS	TOM	M	64	TOUKLEY	6.36.16	U70-M	11
474	BERTOLIN	LOU	M	44	BATHURST	6.36.47	U50-M	150
475	ANDERSON	JOHN	M	43	MACMASTERS BEACH	6.36.48	U50-M	151
476	BORODZICZ	TED	M	52	GLEN ALPINE	6.36.48	U60-M	68
477	BARTLETT	DICK	M	55	CREMORNE	6.37.10	U60-M	69
478	SMIDT	RUSSELL	M	23	BAULKHAM HILLS	6.37.51	U30-M	56
479	MAUCH	BIANCA	F	23	HOLT	6.39.12	U30-F	11
480	LUSCOMBE	GEOFF	M	43	WENTWORTH FALLS	6.39.47	U50-M	152
481	LANGFORD	ANDREW	M	34	CASTLE HILL	6.40.35	U40-M	119
482	BEDFORD	DENNIS	M	56	RAZORBACK	6.40.49	U60-M	70
483	HARRIS	ADRIAN	M	51	WAMBERAL	6.40.49	U60-M	71
484	WEIR	KEN	M	47	BONDI	6.40.56	U50-M	153

485	WILLIAMS	BRENDAN	M	29	EASTWOOD	6.41.07	U30-M	57
486	PATRICK	JON	M	54	NEWTOWN	6.41.18	U60-M	72
487	HEFFERNAN	WAYNE	M	53	ENGADINE	6.41.30	U60-M	73
488	REID	GREG	M	60	BOSSLEY PARK	6.42.04	U70-M	12
489	SCOTT	WENDY	F	44	GLENDALE	6.42.13	U50-F	17
490	SCHMIERER	ERIC	M	49	TERREY HILLS	6.42.18	U50-M	154
491	SERAFIM	ROCKY	M	47	AVOCA BEACH	6.42.18	U50-M	155
492	EADIE	MICHAEL	M	29	OATLEY	6.43.09	U30-M	58
493	HOOK	GEOFF	M	57	MOUNT WAVERLEY	6.46.32	U60-M	74
494	COMMINS	LOUIS	M	52	BLACKALLS PARK	6.47.07	U60-M	75
495	CHRISTIE	MICHAEL	M	59	MANLY	6.47.37	U60-M	76
496	JOSEPH	DAVE	M	49	WAHROONGA	6.48.00	U50-M	156
497	KENT	HEATHER	F	38	LANE COVE	6.49.38	U40-F	41
498	KENNEDY	ROBERT	M	62	ENGADINE	6.50.46	U70-M	13
499	KELAHAR	GILLIAN	F	52	ENGADINE	6.52.11	U60-F	7
500	HAMMOND	RUSSELL	M	45	WAKELEY	6.52.16	U50-M	157
501	CARROLL	KERRIE	F	48	FAIRLIGHT	6.52.20	U50-F	18
502	SALT	DAVID	M	58	PYMBLE	6.53.37	U60-M	77
503	MANLEY	PAUL	M	29	OATLEY	6.53.46	U30-M	59
504	SIMPSON	ALEXANDRA	F	31		6.54.00	U40-F	42
505	ROBERTSON	OWEN	M	27	MANLY	6.54.03	U30-M	60
506	TAYLOR	BRIAN	M	52	ABERFOYLE PARK	6.54.10	U60-M	78
507	DAVIES	MARK	M	42	WOMBARRA	6.55.26	U50-M	158
508	WALES	RAY	M	52	BALGOWNIE	6.56.42	U60-M	79
509	WEBSTER	GARY	M	46	WETHERILL PARK	6.56.45	U50-M	159
510	MORONEY	GRANT	M	29	GEORGES HALL	6.56.46	U30-M	61
511	BACHAS	ANASTASIA	F	42	MEREWEATHER	6.56.59	U50-F	19
512	PHILLIPS	SUSAN	F	46	FAIRLIGHT	6.57.09	U50-F	20
513	PULLER	YVONNE	F	54	ARCADIA VALE	6.57.09	U60-F	8
514	BROADBENT	WARREN	M	53	TORONTO	6.57.10	U60-M	80
515	RYAN	ANTHONY	M	32	WAHROONGA	6.58.08	U40-M	120
516	ALCHIN	GEOFF	M	44	MENAI	6.58.09	U50-M	160
517	RILEY	DENIS	M	56	CASTLE HILL	6.58.19	U60-M	81
518	WARD	CLINT	M	21	WAVERLY	6.59.25	U30-M	62
519	WARD	MAREA	F	44	WAVERLY	6.59.30	U50-F	21
520	JONES	GRAHAM	M	48	FRENCHS FOREST	7.00.31	U50-M	161
521	BLACKSHAW	STEWART	M	47	CHERMSIDE	7.02.28	U50-M	162
522	HOLLES	PETER	M	50	CHAPEL HILL	7.04.00	U60-M	82
523	ANDERSON	DAVID	M	54	ELERMORE VALE	7.04.10	U60-M	83
524	CHAPMAN	DOUG	M	54	CARINGBAH	7.04.47	U60-M	84
525	HOOKE	BOB	M	53	CAMBRIDGE PARK	7.05.10	U60-M	85
526	BROADBENT	GUY	M	40	HARBORD	7.06.14	U50-M	163
527	CARROLL	PAUL	M	49	FAIRLIGHT	7.07.19	U50-M	164
528	GODDARD	RAY	M	37	EDENSOR PARK	7.07.21	U40-M	121
529	O'TOOLE	ALAN	M	58	SYLVANIA	7.07.23	U60-M	86
530	REEVES	JOHN	M	45	GLADESVILLE	7.08.55	U50-M	165
531	BRAY	GRAHAM	M	48	BATHURST	7.09.19	U50-M	166
532	WANDERER	FRANZ	M	60	EMU PLAINS	7.10.23	U70-M	14
533	PANAGOS	CON	M	51	PUNCHBOWL	7.14.24	U60-M	87
534	MOORE	RUSSELL	M	21	BLACKTOWN	7.14.56	U30-M	63
535	WATKINS	GRAHAM	M	46	ELERMORE VALE	7.16.09	U50-M	167
536	GRIFFITH	SUSAN	F	41	CASTLE COVE	7.17.29	U50-F	22
537	MELNYCZENKO	JOHN	M	54	MINCHINBURY	7.17.33	U60-M	88
538	KERRUISH	GRAHAME	M	62	RIVERWOOD	7.27.46	U70-M	15
539	BRETT	JOHN	M	68	MIRANDA	7.28.05	U70-M	16
540	TEGART	GREGORY	M	45	TERRIGAL	7.32.28	U50-M	168

A spectators weekend at the Six Foot Track by Ross Shilston

I did not have to push Hookie over a cliff. He fell 3 times! Talk about hopeless! Still at his age it was a good effort to finish. You have seen the photos so you know that his fashion sense was sadly lacking as always. I have discovered that watching the Six Foot track is a lot easier than running it. If only I had found this out 14 years ago!

Our room at the Imperial Hotel would have to have been the worst room in the hotel. Nothing wrong with it except that every vehicle that went past was only 2 metres from

our head. Also there was a pump outside the window that ran for about 10 minutes then went CLUNK as it cut out before starting again 10 minutes later. The Imperial Hotel was quite good except for the location of our Room. Saturday nights meal was first class. They even managed to satisfy Hookie's hunger.

I was lucky that Cameron Henderson (Peninsula Road Runner) had recently moved to Sydney and he came to see the run so I had a chauffeur.

Cameron was quite enthusiastic about the run. The atmosphere at the start got to him. After the runners had left we caught the shuttle bus back to where Cameron's car was. Then it was off to see the 3 Sisters, go down the World's steepest railway and back up in the latest attraction, the Skyway.

After this it was off to the Jenolan Caves to see the runners. We missed Tim Sloan finishing because we were parking the car but saw everybody else finish. A bit of a hike around the caves area was enough to cause me to break out into a sweat. It was warm for a non-runner.

I did not pay too much attention to watching the runners cross the line. Instead I socialised a lot. Talked to Tim for quite a while. Bruce Inglis for a while until standing in the sun became too much for him, Dale Thompson, Max & Fred and even met Max's son, Janelle, Pam, Ian and other Western District people. By the time I went to see Hookie finish I was too late. He had snuck in while I was not looking.

I found him pretty quickly. How hard is it to lose an iridescent, blood splattered 200 cm giant?

I helped the old bugger to find his bag and then he had me running up and down the stairs at the Caves House looking for a shorter shower queue. Bad luck. All the queues were long. Hookie said that if they started the presentations to get his belt for him. I told him that you had to finish 12 consecutive to get a belt. He was very, very uncouth and swore at me. Cameron was good enough to drive myself, Hookie and Kelvin back. I have not heard from him this week. Hope he survived.

Saturday night at the hotel was good. Mountain Man was a bit down because he did not break 7 hours. The traffic on the highway was no better on Saturday night so Hookie got up and watched Rugby Union on the TV for 2 hours.

Sunday morning dawned and we were off to find the highest point in the Blue Mountains. That took about 20 minutes. Now I have stood at the highest point in the Blue Mountains, 1111 metres above sea level.

A good breakfast, check out, a few goodbyes then down to the train station to catch the express back to Sydney. Just as well we were early. Hookie does not have a clue when it comes to ticketing machines. It took him 3 attempts. I could write a short story on that saga alone! At Central we missed one train by milliseconds because Hookie was so bloody slow so we had to wait 20 minutes. The walk from Sutherland Railway Station to Helen's new unit took forever. The world's slowest 800 metres walker, Geoff Hook!

The best part was Helen's place is up 2 flights of stairs. It was great to see Hookie struggle up the stairs but his efforts coming down were even better spectator value.

Cameron's unit is only about 2 blocks from Helen's. Cameron could not thank me enough for suggesting that he look at Sutherland when he moved to Sydney. If Helen gets him into her cycling and swimming groups he might not be so grateful. Dinner with Chris and Sharon at a Thai restaraunt. Chris was wearing a new Rabbitoh's cap just for me. Monday morning off to the airport and back to work. Boo, hiss.

BUNBURY HOLDEN TRACK CHALLENGE

Once again at 1700hours 30 runners set off in perfect conditions for the six hour **Bunbury Holden track race**. Mick Francis took the lead on the first lap and was never passed although he was pushed hard all the way by last years winner Bjorn Dybdahl, and by Simon Fretton, 11x Comrades runner with 3x silver medals, from Albany.

Mick ran a good even race but just missed his west Aussie record of 74.06 km as he stopped for a chuck on the last lap. Bjorn followed closely clocking up 71.80 km , a PB by 5km, and Simon with 69.53km.

Mick may have made his record distance except every now and again a voice would pipe up "everything OK dear?"(this was his partner & masseuse Val) Mick replies "No, next lap I need my dangley thing wetted!!!"(Mick has a way with words & for those who don't know him, while running 4400km across Australia he found the best way to keep cool was to wear a loose wet scarf around his neck)

The most heroic effort of the night was by 24yo cerebral palsy (CP6) athlete Daryl Howe of Perth. He broke another world record for his class in clocking up 43.44 km. An absolute courageous effort, & what's more I never saw him walk. On receiving his trophy he somersaulted across the floor. Believe me there was no other runner there in a state fit enough to attempt such a feat!!

Once again Graham Maier put in a terrific performance and powered home very strongly. Likewise Barry Miller ran a well planned race until a painful knee injury took its toll, as it did with Tania. He still managed to push on courageously to finish just behind Graham. David James wasn't far off the pace in his debut run. Good on ya David.

It was great to see some new faces from Perth come & do battle. Well done Bruce Exhausted, Neville Scott, Chris Broun & Chris Kowalski who all clocked up good tallies. I'm sure Bruce and Neville were very pleased when the clock ticked over 6 hours & I left them in peace. Next year Vikki will be race director which leaves me free to hassle/abuse & convince you guys that the only way to get peace is to keep running!!!

On the down side of having a lot of new faces is to put names to faces. Whenever the suggestion of race numbers came up I said "No, I know most the guys"!! At the beginning of the race I was jotting down names as I took photos & shouted out "Are you Bruce or Chris?" "NO I'm Frank" After a few more laps I worked out who was who, Chris Broun had a lime green singlet, Neville a black one etc. The next lap the singlets came off. Oh well, I worked out that Neville had a black cap, Chris K. had a white one etc. Then I swore, the sun went down and the caps came off. My 12yo daughter said with a smirk on her face "Mum you should have just worked out which shorts they had on!!!! At that suggestion Vikki went a darker shade of pink and said next year I'm putting numbers on their arms like the triathletes So next year you will be written upon by Vikki.

I could go on & on but the results sheet speaks for itself. Well done everyone.

Rob MacBeth and John Davies reached their 5th consecutive 6 hour track race milestone. Bjorn & Geoff completed their 6th, Gary & Stephen their 7th & Lyle (the most senior competitor at 62yo) completed his 8th consecutive race. Lyle has never walked in a race and runs the full 6 hours bare foot. He consistently clocks up close to 50km.

There was only a small ladies field but Rosemary Johnson led them with a close race between Tania Churcher, second, and Jane Thompson third. Once again Tania ran a very even race and made it look easy.

Ultra running can be very disappointing when you have put in a huge training effort and then for injury, illness or some unexplained reason things don't go right on the day. I say just put it down to experience and give it another go next time. After all that training weren't have gone to waste, you will have clocked up a bigger base of miles, improved your strength both physically and mentally and gained some experience!!

I would like to say a huge thankyou to Vikki for the work which she took off my shoulders this year. She will do a great job of organising the event next year. Thanks to Ian & Stephen for organising all the set up & the other 100 jobs etc. Next year we will find Viv's safe hiding spot & we will have fluro lights again.

Barry and his track just keeps getting better every year. I thought he had the perfect track last year but I was wrong. I'm sure every one will agree with that.

Last but most importantly **Thankyou to John Mealey & Bunbury Holden.** This sponsorship enables us to hold this event and for every competitor to take home a tee shirt, coffee mug and certificate.

Hope to see you all back again next year. Please remember to get those entries in early.

Mary Morgan

BUNBURY RUNNERS CLUB
50KM CHAMPIONSHIP
MARCH 2ND 2002

PLACE	NAME	TIME
1	Francis Mick	3:55:32
2	Dybdahl Bjorn	4:04:05
3	Fretton Simon	4:11:19
4	Dunn Stephen	4:26:24
5	Johnson Rosemary	4:35:38
6	Maier Graham	4:36:42
7	Miller Barry	4:44:40
8	Davies John	4:44:43
9	Broun Christopher	4:47:43
10	Szalek Mike	4:49:53
11	James David	4:57:00
12	McNamara Bob	5:04:09
13	Kowalski Chris	5:06:02
14	Macbeth Robert	5:15:35
15	Thompson Jane	5:25:02
16	Churcher Tania	5:27:11
17	Blyth Geoff	5:35:21
18	Scott Neville	5:40:23
19	Haustead Bruce	5:46:52
20	Harris Gary	5:56:03

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BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE RESULTS
MARCH 2nd 2002

PLACE	NAME	DISTANCE COVERED km
1	Francis Mick	74.06
2	Dybdahl Bjorn	71.80
3	Fretton Simon	69.53
4	Maier Graham	65.98
5	Johnson Rosemary	65.32
6	Miller Barry	63.46
7	Szalek Mike	62.55
8	James David	59.81
9	Broun Christopher	58.69
10	Kowalski Chris	58.60
11	Davies John	57.50
12	Macbeth Robert	55.45
13	Churcher Tania	55.14
14	Thompson Jane	54.04
15	Blyth Geoff	52.85
16	McNamara Bob	52.00
17	Haustead Bruce	51.60
18	Scott Neville	51.50
19	Harris Gary	50.51
20	Dunn Stephen	50.00
21	James Lyle	49.10
22	Vesenover John	46.50
23	Membrey Harold	45.03
24	Howe Daryl	43.44
25	Cornish Bruce	42.85
26	Miller Peter	36.50
27	Oliver Su	16.00
28	Gardiner Frank	NO LAP RECORDS
29	Gardiner Melissa	NO LAP RECORDS
30	Gardiner Nicholas	NO LAP RECORDS
31	Sayers Mark	DNS

Yiannis Kouros runs 284.070Km in Taipei IAU Asia 24-hour championships

2-3 March 2002

24 Hours International - Men

Rank	Nationality	Name	Result
1	Australia	Yiannis Kouros	284.070K [course record]
2	Japan	Ryoichi Sekiya	266.275K
3	Japan	Kaname Sakurai	245.270K
4	Japan	Masayuki Otaki	240.090K
5	Japan	Tatsuya Maeda	232.973K

24 Hours International - Women

Rank	Nationality	Name	Result
1	Japan	Hiroko Okiyama	215.846K
2	Japan	Kimie Funada-Noto	167.614K
3	TPE	Chiang, Li-wen	158.019K
4	Korea	Lee Guija	108.800K

Gerard Stenger, IAU vice-president:

You had from Frank Kuo, organizer, a very quick answer about the IAU 24H Individual Asian Championships and the Soochow International track race. In the IAU list 2001, the new Asian record was the third best performance. The previous Asian Record was 262.238Km, Seiji Arita on October 9/10 1994, Arcueil track race (France). Seiji, living in France at Angers, is a perfect statistician and called us a few years ago to explain the high potentiality in the Asiatic Continent. Now, IAU will be satisfied to have good contacts and co-operation in all Continents.

About Yiannis Kouris, what we could say? 284,070km is the 9th best performance all time and now Yiannis is possessed of the 12 first best 24Hr performances. Never has any other runner run more 280Km! We are waiting to know more - laps sheets, and probably, some World Best Performances.

Yours in sport,

Gérard

2002 Australian National 100km Championship

Canberra March 2nd

Place	Name	Time
1	Ian Valentine	10:45:32
2	Shirley Young [f]	11:19:35
3	Andrew Stanfield	11:21:43
4	Thomas Lezenhofer	11:50:12
5	Alan Staples	12:04:22
6	Peter Gray	13:19:04
7	Dale Sinclair	13:31:22
8	Mark Radford	13:32:08
9	Gina Pipic [f]	13:53:55
10	Brian Jackson	14:12:26
11	Anne Staunton [f]	15:11:21
12	Dave Pettit	15:15:10
13	Stan Miskin	15:54:49



**Veteran Stan Miskin relaxes
after a mighty effort**

AURA Maroondah Dam Trail 50km 17th March 2002 Victoria, Australia

	Dom Dom 1 10km	Dom Dom 2 20km	Mt St Leonard 37.7km	Finish 50km
1. Kevin Tory	0:57	1:44	3:33	4:53:30
2. Kelvin Marshall	1:35 [lost]	2:28	4:27	5:49:22
3. David Vaughan [England]	1:16	2:17	4:42	6:37:15
4. Kevin Cassidy	1:18	2:22	5:04	6:58:54
5. Stan Miskin	1:47	3:14	dnf	dnf

Race Director's Report by Nigel Aylott

A smaller field fronted up for the 8th running of the Maroondah Dam Trail run in nearly perfect weather conditions - cool, but fine. This is probably Melbourne's toughest fun run with many hills and rocky underfoot in parts, but is predominantly on trails through mountain ash with numerous scenic views. 5 runners took part in the 50km run and 12 runners in the 30km run. Once again, Kelvin Marshall and Kevin Cassidy took part in the 50km race and thus have both completed all 8 events.

The winner was Kevin Tory on his 4th running of the course and this was done in the good time of 4:53:30, just slightly slower than his best. He was on 4:40 pace until getting cramps on the descent down Mt St Leonard. He was however well clear of 2nd placed Kelvin Marshall. This was partly due to Kelvin losing the track near the start of the run whilst passing around some fallen logs. The ensuing off-track travel included an altercation with a deer and cost him over 30 minutes. In 3rd place was UK visitor David Vaughan, and 4th place was Kevin Cassidy who was still recovering from a calf injury. Stan Miskin had trouble with the leaf litter and tree roots on the early section of the 50km course and decided to finish the race at Dom Dom saddle after 20km. However, in his typical style, he then ran the 15km down the road to the finish at Maroondah Dam making it a 35km run for the day.

A 30km event was also held and was well patronised. Perhaps some of these runners will move up to 50km next year.

Excellent woodturned prizes of clocks, bowls and candlesticks were once again provided by George Start. Many thanks to George for producing these prizes - the race must have some of the best trophies of any race in Melbourne. Thanks also to Runner's World for the magazines provided as spot prizes.

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

- * Robin Rishworth: Dom Dom saddle and Maroondah Dam finish
- * George Christodoulou: Mt Monda Road
- * Greg Wilson: Mt St Leonard summit

Finally, I hope to see you all in next year's run on Sunday 23rd March 2003 - just keep practising on those hills.

Report by Kevin Cassidy

A small field of 5 lined up at Fernshaw picnic ground for the 8th Annual AURA Maroondah Dam Trail event. A gruelling 50km course on the mountain trails of the spectacular and picturesque Yarra Ranges.

Kevin Tory powered to an all-the-way win in fine style while Kelvin managed to get lost for about the fourth time at this event!!....It appears that Kelvin got disoriented when he climbed over a fallen tree in the early stages and

startled a sleeping deer. Both Kelvin and the deer frightened hell out of each other and Kelvin headed up the wrong trail for 30 minutes or so before finding his way back on to the course. Meanwhile David Vaughan was visiting from England and was flying home the next day, his trip included both the Six Foot Track and this event so he should take home some good memories. The amazing Stan Miskin [age 76] is made of tougher stuff than granite. Back in 1984, when an impressionable and wide eyed Kevin Cassidy strolled down to his local shopping centre car park in Coburg to see a 100km race, Stan was amongst the runners that had me awestruck, Stan had a very professional approach and an excellent grasp of pace and consistency that always ensured top class results, an object lesson to all. Stan was one of a handful of runners who had a large influence upon me back then.

Stan had set off 40 minutes early and when I had caught up to him at about 16km, he had already had 4 falls and was sporting a large bump on the head. Stan ultimately had a fifth fall and gave away the rough trails when he got to Dom Dom Saddle at 20km. Stan was not giving in at all, he continued all the way to the finish, covered in cuts and bruises, via the highway [another 15-20km]. Keep an eye out for the name Stan Miskin, he has his sights set on a number of age group records and they are well within his grasp

"The wicked curses of an unbroken streak"

By Kevin Cassidy

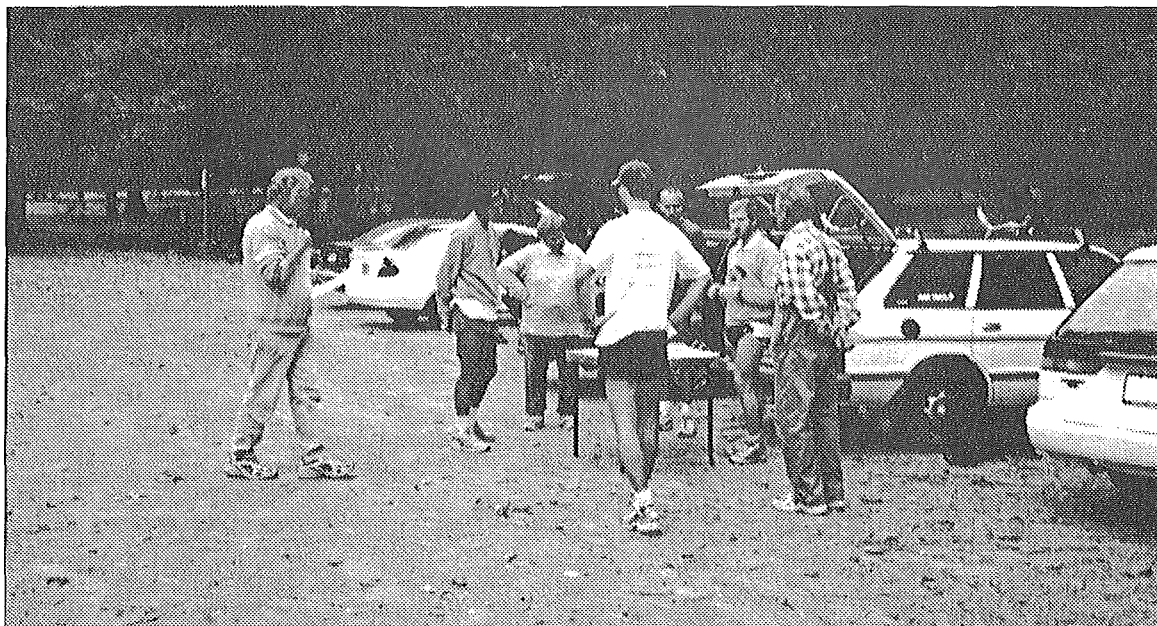
Unbroken streaks are not all that unusual in the ultra world. There are many examples of runners who line up year after year at the same event and/or events. In the main, runners do not enter an event with the initial aim of continuing a streak over the following years but as each year goes by and a runner starts to notice that he has not missed a particular race for a few years, the foundations of a "streak" are laid and the runner may start to focus on such a thing and as the streak gets longer, so does the pressure of maintaining that streak. There are many examples of streaks all over the world, Tim Tweitmeyer has run 15 [I think] consecutive Western States 100s in California as has Jussi Halimaenien at the Angeles Crest 100. In Utah, I met a number of runners who had 10 or more consecutive finishes at the Wasatch 100. Here in Australia, Brian Gawne has finished all 12 Mansfield to Buller events while the evergreen Max Bogenhuber is the only runner to have finished all 19 Six Foot Track events despite his best running days being behind him and we all know the infamous Graham "Mountain Man" Kerruish who has averaged a marathon almost every day of his life!! Our own incomparable Shirley Young has run and finished every Melbourne Marathon since its inception in 1978 and I am sure there are many other streaks that I have not mentioned. Once a streak starts to grow, there is no stopping it.....Or is there?

I, personally, never paid much attention to streaks. As finishing times did not matter, I never thought of a streak as being a difficult task. Unfortunately, I was forgetting those two dreaded words.....words that have brought down Olympic Gold Medal favourites.....Those dreaded words of "Illness" and "Injury".

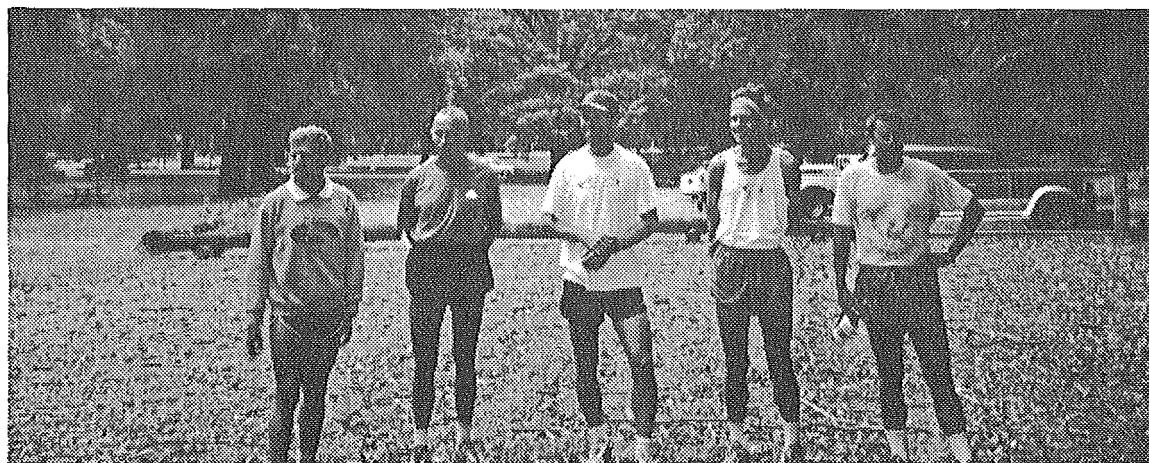
In 2002, both those horrible words almost conspired to end my unbroken streak at the Maroondah Dam Trail [7 from 7]. A calf muscle strain a month before the race reduced my minimal training to basically zero, many thank here go to Bruce and Serena at the Gaffney Street Chiropractic Clinic in suburban Coburg for their efforts in ultimately getting me to the starting line.....Then to cap things off just nicely, I end up bedridden with flu just a week before race day. Race day was not a happy occasion as I sniffled and coughed phlegm all the way to a painful finish in an almost embarrassingly slow 6hr 58min.....By the time I flaked out at the finish, my t-shirt resembled a giant handkerchief! [YUK] but I had managed, along with Kelvin Marshall, to extend my streak to 8 from 8. Exactly why I seemed to have established a streak at such a tough 50km course is a bit of a mystery, I should have had the brains to have picked a less difficult course.

I don't know where the satisfaction comes from when you finish a long way behind your own capabilities because I could find no satisfaction at all, but I certainly gained a whole new respect for the consistency and longevity of those who have, and still are, maintaining long term streaks. I guess I can just hope for better luck next year when, undoubtedly, Kelvin and I will be lining up for number 9 !!!!!

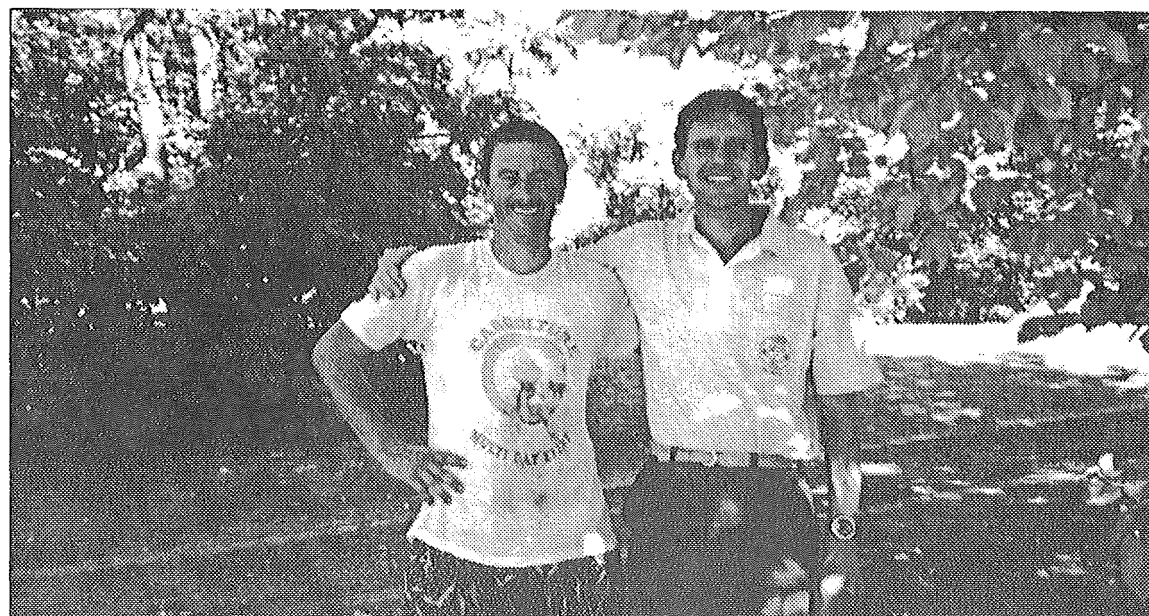
AURA Maroondah Dam Trail 50km



Last minute instructions before the start



A "huge" field on the starting line



Kelvin Marshall and Kevin Cassidy maintained their unbroken streaks

Water World Great Ocean Run

*24th March 2002, Red Rock to Coff's
Jetty Beach & Headland by Race Director
Steel Beveridge*

Race Director's Report

Melissa Bulloch has numerous major running achievements, including an Australian Marathon Championship bronze medal and an Hawaiian Ironman podium finish, but Sunday was something special, one of those rare feats that become legend. Melissa won the Water World Great Ocean Run. So? She won last year, didn't she? Yes, but this time she beat everybody, not merely all the women but everybody! What's more she massacred the women's record into the bargain. Her time of 3hrs 42mins 19secs took a massive 25 minutes off the old record held by Queenslander Lyn Lewis. The early leader from those who started at 7.00a.m. at the northern end of Red Rock beach was the indomitable Jim Bennington who had built a 2 minutes lead by Corindi over his nearest rival 18 year old Matthew Clarke from Armidale. Bulloch trailed that pair at that early stage and didn't catch Bennington until cramps slowed his progress on Sapphire Beach. After briefly regaining the lead through adept use of local knowledge Bennington had to settle for a win in the 'mere' male division as Bulloch swept towards a winning margin of six minutes. Clarke held on for the third fastest time with an excellent 4.03.39 debut performance. Fellow Armidale runner Steve Tremont placed third amongst the men with Tweed Heads' runner, Bob Beer next some three minutes later. Second woman, for the second year, was the Gold Coast's Martine Crockett who wisely chose to run her own race rather than chase the runaway from Emerald Heights. Third female was Melissa Bulloch's sister, Kylie McGrath, who made her debut as an Ultramarathoner most successfully with a sub-five hour performance. Also notable in the field of 44 starters were the performances of two athletes in the 60-64 age group, Tony Kean and Norma Ducker. Kean ran under 5 hours and placed in the first ten (of either gender) and Ducker collected her second fifth place in the women's field. Once again the remarkable Beryl Kemp showed at 71 that keeping going is just for the youngsters persevering for 9.14.11 to record her second Water World finish. For the second time Peter McKenzie from Brisbane persuaded one

of his daughters, Angela Grant this time, to run the 45 kilometres of sand and headland that makes up the Great Ocean Run. The effervescent McKenzie may soon run out of family members willing to join him on "trips down the coast". The record for the longest journey to the event again went to Peter Gray from Geelong who completed work on Friday, drove to Red Rock on Saturday, ran a personal best time for the event and jumped in the van to drive home again. Needless to add the organisers from the W.R.A.T.S. were most pleased with the whole day, praising in particular those who helped with drink stations on the course.

Results

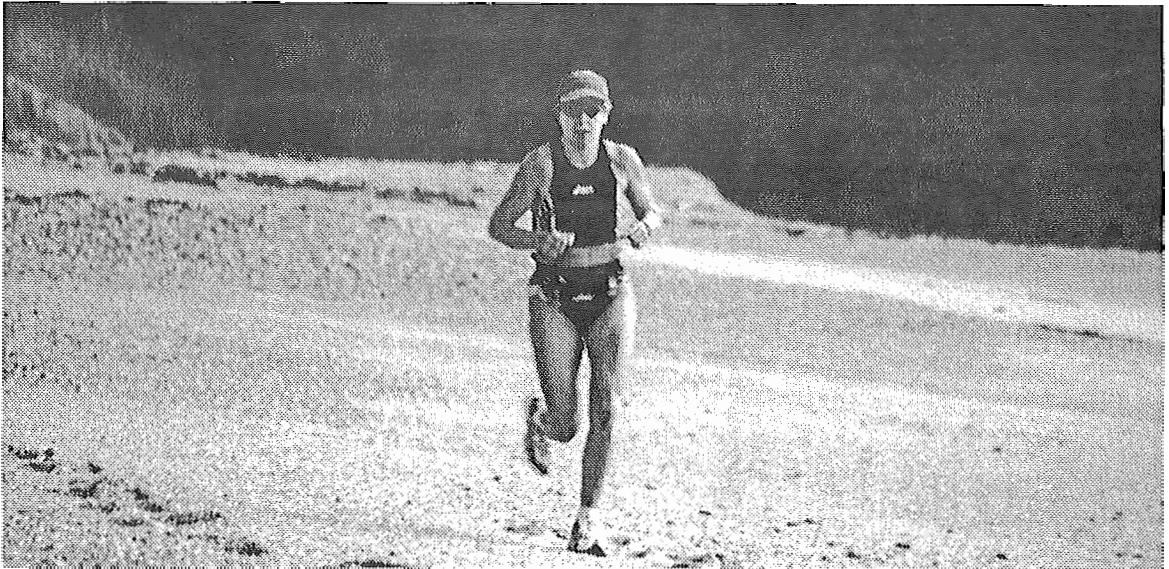
MALE

1. Jim Bennington 3.48.31
2. Matthew Clarke 4.03.39
3. Steve Tremont 4.20.20
4. Bob Beer 4.23.33
5. Peter Mackenzie 4.25.54
6. Russell Jackson 4.31.25
7. Tony Kean 4.52.48
8. Jason Evans 4.55.56
9. Hugh Dearnley 4.56.10
10. Peter Wood 4.59.46
11. Terry Magee 5.12.35
12. Alan Whittle 5.15.43
13. Peter Gardiner 5.16.21
14. Mal Draper 5.20.46
15. Les Carroll 5.28.45
16. Peter Moore 5.31.41
17. Peter Large 5.32.12
18. Steve Tesic 5.32.34
19. Bill Wollin 5.33.31
20. Peter Gray 5.49.06
21. Josef Ruzik 6.10.43
22. Jolyon Ward 6.57.57
23. Franz Wanderer 7.04.37
24. Paul Button 7.20.35
25. Dennis French & Alistair Ault 7.32.39

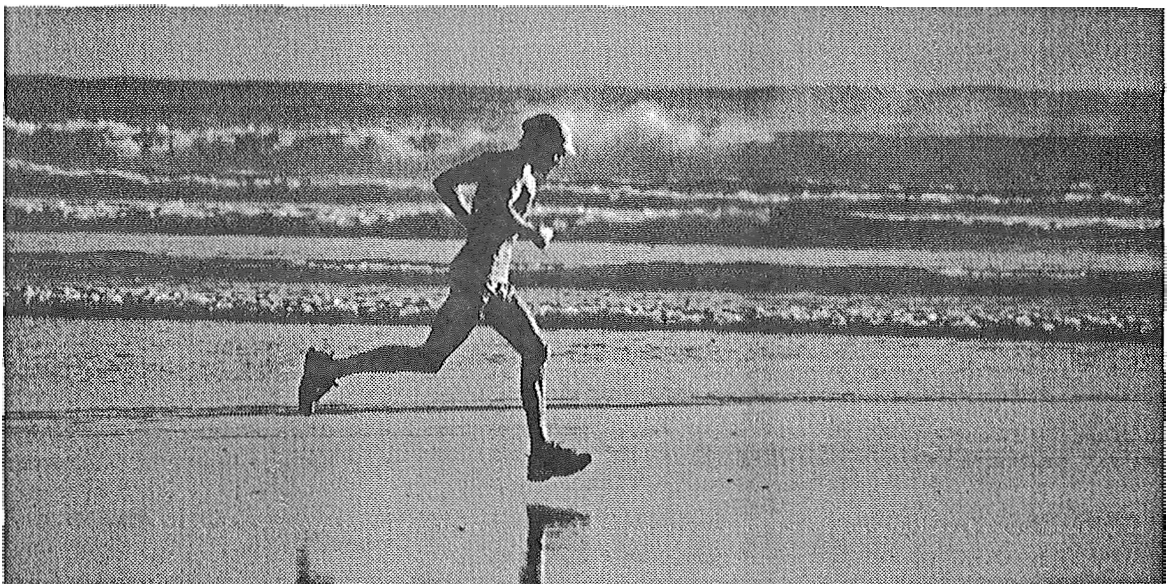
FEMALE

1. Melissa Bulloch 3.42.19 (record)
2. Martine Crockett 4.28.19
3. Kylie McGrath 4.56.19
4. Carol Coburn 5.05.05
5. Norma Ducker 5.27.26
6. Jenni Williams 5.32.29
7. Aileene Markham 5.36.39
8. Angela Grant 6.03.33
9. Liz Stevens 6.31.06
10. Robina Unwin 6.32.39
11. Diane Kever 6.44.02
12. Esther Waters 7.20.35
13. Leonie Townsend 7.22.27
14. Suzan Anderson 7.32.39
15. Beryl Kemp 9.14.11

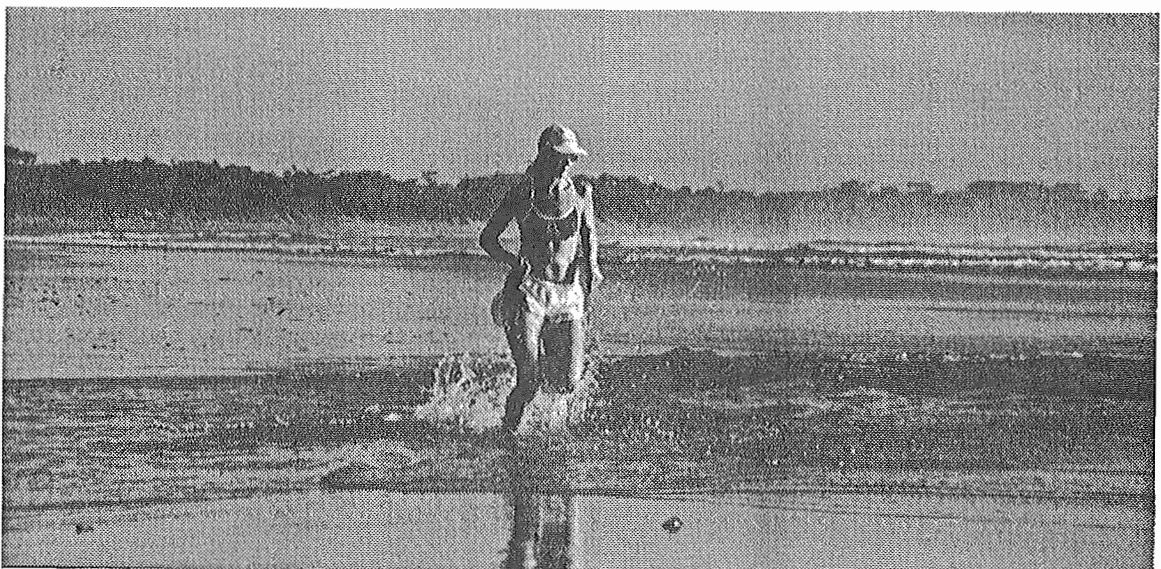
Water World Great Ocean Run



Melissa Bulloch cleaned up all the men to take first place overall



The evergreen Jim Bennington races passed the surf



Martine Crockett nears the finish

Frankston to Portsea Road Race 54.7km [Australia]

Sunday April 7th 2002

By "Race Director" Kevin Cassidy

Results

1. Max Gibbs	4:23:09
2. Peter Cooper	4:46:11
3. David Spencer	5:06:34
4. Jeremy Spencer	6:01:40
5. Peter Gray	6:45:56
DNF Chad Holmes	40km
Graham Ives	14km

30 years on and the Frankston to Portsea event continues. The 30th anniversary even managed to attract some press coverage thanks to Mike Ryan of the Frankston Independent News. For such a "momentous" occasion, we thought that having a "dignitary" present at the start would be appropriate...an obvious choice was Ross Shilston, who was one of the original runners back in 1973, but poor old Rossco was so choked up with the flu that he could not get out of bed. I paid him a visit later in the day and he looked like he had one foot in the grave!

Conditions were perfect for the 7 runners who toed the line and the view across Port Phillip Bay was just beautiful as the sun broke through to cast rays of light upon the calm smooth waters broken only by the occasional fishing boats heading out from the marina.

The race had not even started when I was presented with my first hurdle.....Last year I reported that Max Gibbs had paid his entry fee in 5 cent coins which was a "slight" exaggeration on my part. Max, however, has a long memory and this year he had a rather cheeky smile on his face when handed me a bag of coinsYes, that's right, a large bag of 5 cent coins!! And, no, I am not exaggerating this time!! Max had gained his revenge!!

At 7am, I sent the runners on their way only to be left behind with a few more incidents. A few crew people and myself were kept entertained by the antics of one of the local drunks in the car park; Peter Armistead tells me that this guy is well known in the area. Norma Gray [Peter's mum] then had trouble trying to insert the ignition key into Peters car.....This was no easy task on an older "unique" vehicle. After much panic we managed to get things going.

With the runners now well and truly on their way, I jumped into my Ute and roared off down the road to catch up with proceedings. The Rolf Harris rendition of "Two Little Boys" was playing on the radio when I decided to continue through a set of traffic lights as they turned yellow.....Unfortunately, I should have looked in my rear view mirror beforehand. Yes, the police were right behind me and I am now poorer to the tune of \$165.

Anyway, after all the goings on, I finally caught up to the race and Max had well and truly established a good lead. Graham Ives, a new arrival in Australia, was forced out at 14km and it was only then that I learnt from his good wife that he is currently undergoing chemotherapy!! Heavens above, Graham, just being on the starting line earns you a courage award of the highest degree. I hope you'll be back next year fit and well.

Chad Holmes and Jeremy Spencer deserve a special mention due to the fact that both had never before run beyond 20km. Chad was enjoying his run before being forced out with some rather bad blisters while Jeremy went out hard to challenge Max before fading over the last 20 km. It is always great to see new faces and both these guys sounded keen to return next year.

Jeremy may not have crossed the line first but he sure did win the prize for the biggest crew. The "Jeremy Roadshow" consisted of a van and 4 crew with bikes, then with 15km to go, the roadshow got bigger...Jeremy's parents just happen to live right on the highway and they joined in along with their Dalmatian dog who happily let Jeremy take his leash and lead him all the way to the finish

Both David and Peter Cooper ran good steady races but were unable to catch the incomparable Max "Mad Max" Gibbs who, in his 9th appearance here, powered his way to the finish. Max actually missed this event a few years ago due to the date clashing with his wedding anniversary and Allison [Max's better half] tells me that he is still reminding her about it!! The evergreen Peter Gray enjoyed a comfortable run as a lead up to the 24 hour event at Coburg next weekend.

‘Mad Max’ goes car-less to Portsea



THE magnificent seven turned out for the 30th annual Frankston to Portsea Road Running Race of 54.7 kilometres on Sunday, April 7.

Max ("Mad Max") Gibbs of Mt Martha in his ninth ultra race footed it home first in 4:23.09, some 22 minutes ahead of Peter Cooper of Frankston.

Max Gibbs has missed the ultra only once in a decade, when it clashed with his wedding.

Conditions were perfect for the seven runners who toed the line at Davey St, Frankston.

The view across Port Phillip as the sun fell on smooth waters and the occasional fishing boat,

took their minds off the pain ahead.

In noonday sun David Spencer finished third in 5:06.34. Jeremy Spencer came fourth and ever-green Peter Gray fifth in a comfortable six hours as a lead-up to the 24 hour event at Coburg.

Chad Holmes of Baxter, who runs 20 km to work each day, was forced out at 40 km by blisters.

Graham Ives, a new arrival in Australia, dropped out at 14km. It was only then that Mrs Ives let race director Kevin Cassidy know her gallant husband is currently undergoing chemotherapy.

Jeremy Spencer's road crew consisted of a van, four bicycle

riders, and a Dalmatian dog who ran Jeremy the last 15km on a leash.

As the runners approached the Portsea finish a huge crowd was gathering. Not for them. A timber home on the elite Portsea cliff top was auctioning for \$6.7 million.

The runners each got their traditional block of Cadbury's chocolate. The winner earned a bottle of wine.

"Frankston to Portsea is a road race that every runner should do at least once," said Kevin Cassidy. "While small and low key, it maintains its standing amongst the Australian ultra community."

Still running after all those years

IT's coming round again, the Frankston to Portsea, longest standing ultra marathon foot race in Australia.

Sunday week, April 7, brings the 30th annual run of the 55km sloggers.

Stayers start at 7am from the corner of Davey St and Nepean Highway and reach the gates of Pt Nepean National Park in from four and a half to five hours.

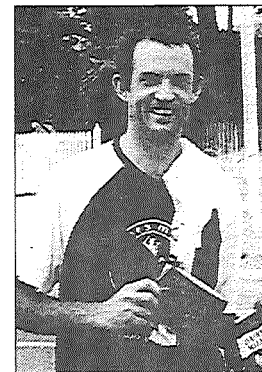
In 1973 when Ross Shilston, Kon Butko and Kon's dog Scotty made the original run from Davey St to the tip of the peninsula, the gauge of an HQ Holden measured it at 34 miles.

That was the start of the annual. Legend has it that 15 years previously Percy Cerutti tipped Herb Elliott and others out of his car at Frankston Davey St and said: "Now run back to the (Portsea) camp!"

The course record of the Frankston-Portsea, 3hr 42min, stands to Laurie Brimacombe, uncle of sprinter Steve.

During the years of the Sydney to Melbourne racers and Cliff Young, the Frankston-Portsea became part of their training.

After the two cities run ceased, the peninsula event went low key.



SOUTH African Willem Boschoff won last year's run.

only runner to Portsea in 1996, preserving the race's continuity.

Founding runner Ross Shilston ran 11 Frankston-Portseas and in the Big M (Frankston to Melbourne) Marathon 1978-80 he finished 13th, 6th and 8th.

"The Portsea run is a lot harder," Ross said. Olympic marathons look for flat courses. Ours is a string of hills."

Willem Boschoff from South Africa finished first last year.

"Other ultra races have come and gone," race director Kevin Cassidy said Tuesday. "This race endures."

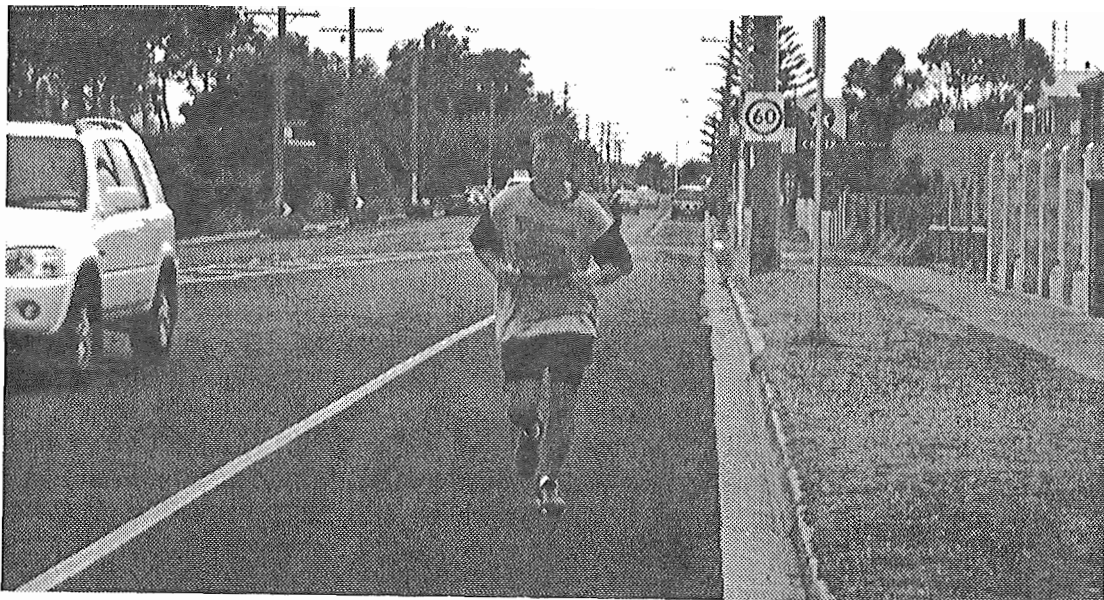
No entries are needed. Just turn up on the day for the 7am start at the corner of Nepean Highway and Davey St, Frankston.

The Frankston to Portsea run is as varied and interesting a road race as you can get and has seen a lot of history in its 30 years. I have had a number of people say to me over the years that this is an event that every runner should do at least once. It is small and low key but has a culture and tradition that is very much its own and maintains its own unique standing amongst the Australian Ultra Community

As has been the tradition for 30 years, all finishers received their blocks of Cadbury chocolate with a bottle of wine going to the winner....When I realised that Max was going to win, I made sure I got the cheapest nastiest wine I could find! I even paid for it with his bag of 5 cent coins...

With the race complete, a huge crowd was gathering on the Portsea Road near the finish for the auction of a modest timber home on the elite Portsea cliff top....It sold for a mere 6.7 million dollars!!!!

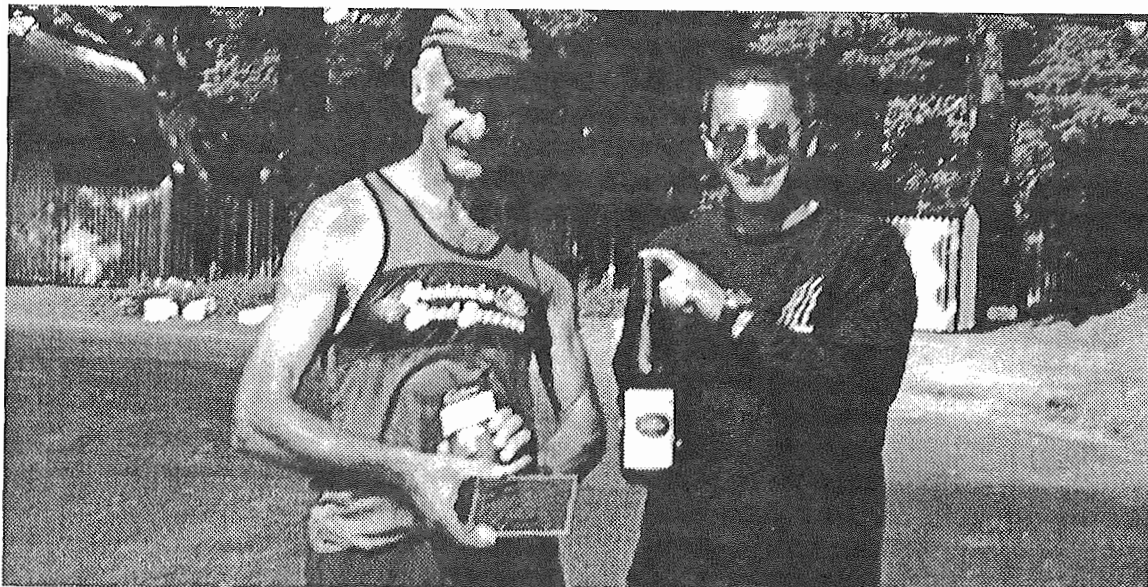
Frankston to Portsea



Chad Holmes, on the Nepean Highway, approaches Dromana



**Six people, three bikes, one van and a dog
Jeremy Spencer had a huge support crew**



Max Gibbs receives his bottle of wine after a resounding win

The Simpson Desert Challenge 379km Six Days April 4th/9th 2002

Results and report from Kelvin Marshall

1st. Mihaly Molnar (Hungary) (absolutely incredible runner, though troubled by achilles problems a little by the end - I passed him once on day 5 - he then flew away !)

2nd. Vlastik Skvaril (Tasmania) Real tough little 62 year old Aussie runner had a good battle with Mihaly on many days)

3rd. Kelvin Marshall (Victoria) Well I got there - overdid day one which in turn stuffed up 2 and 3 for me, feeling pretty good by the end though.

4th. Ray McConnell (Ireland) Real tough runner, on days two and three finished well into the night, - ran hard after a 4 am start, irrepressible sense of humour and I reckon he enjoyed the race more than any other competitor.

That's about all till i get my head together, can't remember the first night at all ... thought I'd die some time !! I'm dying to see the doco myself - apparently the participants will get the video first (I'll have to invest in a VCR !!!)

Kelvin

SIMPSON DESERT - THE NEXT CHALLENGE By Vlastik Skvaril

While checking my emails my attention was caught by a message from Phil Essam : "Bernie Farmer is looking for additional runners to take a part in the race in Simpson Desert. The runners must be capable of running up to 80 km in sand in 12 - 14 hours and must be available on the 4th of April 02 in Adelaide. It is 26th of March " - in 9 days!

What an opportunity! Yes, I am ready willing and able.

I have been training for the 24hr Victorian Track Championship in Coburg running 200 km per week. My training has not been designed for running in desert but I think I could handle it. Without hesitation I sent an email to Bernie with brief outline of my running history. He doesn't know me - will he accept me for the race?

The answer opened the door to what was going to be the greatest adventure of my life:

"I will be delighted to have you in the race. Advise your availability. Bernie."

I had some regrets about cancelling Coburg but booked my flight to Adelaide knowing that this was the opportunity of a lifetime and I grabbed it without any delays.

I arrived in Adelaide with a very little knowledge of the details of the race but who cares?

I am in it and that is all that matters. I was picked up by my friends from the airport and waited in their home to be contacted by the race organisers.

Soon I learnt that we were going to leave Adelaide the next day which gave me the opportunity to stay overnight with the friends I had not seen for 28 years.

The next day I was picked up and driven to a park where amongst others I met the other two runners and was allocated a support vehicle - Land Cruiser Discovery - driven by Hazel and Henry Antony from Portland who were to look after me during the travels and the race. As I found out very soon, I could not have been luckier and find more dedicated, friendly, well organised and competent support crew. Soon I called them my "Guardian Angels." (G.A. from now on)

First day we drove only about 145 km to Snowtown where we camped overnight. As I found out they had everything ready to sustain us during the whole journey including food, drinks and camping gear.

The next day we woke up at 4.30am to start early for the long drive - 900 km to Oodnadatta. The countryside was changing rapidly once we got past Port Augusta. Driving past Flinders Ranges the vegetation was fast disappearing replaced by little dry shrubs, salt lakes and stony desert which looked like freshly ploughed fields ready for seeding potatoes. Late in the afternoon we arrived at one of the outback stations and I was surprised how green all looked. We learnt from the owner that they had 4 inches of rain a month ago. Nearby creek was running 300 m wide for a week! Then it dried out but the benefits of the rain were still obvious. In places it was greener than Tasmania I just left.

The next stop was Coober Pedy, opal mining town where people of some 80 nationalities are trying their luck. A very interesting place with shops, restaurants and other forms of life living underground. But we had to keep going. Clouds were gathering around, lots of lightening and our leaders were concerned about possible rain which could cause some problems and stop us in our tracks. It was interesting to read some of the road signs on the way - "Nearest Licensed Restaurant 400 km" or Nearest Public Phone 91km"

At 10 pm we arrived at Oodnadatta (Blossoming Flower). Accommodation was of the luxury kind - in a unit with air conditioning, shower and all other facilities including TV though we never watched it. In the morning we had time to look around, visited local Aboriginal school and had chats with locals to learn about the life in the outback. The film crew was already busy collecting shots for the documentary. We were waiting for the 4th runner to arrive from Hungary and it was decided to postpone the start of the race by one day and stay put for another day. The Irish runner Ray and I decided to go for a run to keep our legs moving and to get the taste of running in temperature over 40 deg C. We did only about 6 k but it was enough to realise, that it was going to be tough and we have to drink a lot to stay hydrated.

In the morning we continued our journey to the start of the race. A very interesting stopover at Dalhousie Springs. In the middle of desert there is an oasis of a very different world. Huge camping area with toilets, showers and cooking facilities. And above all a large pool of water inviting everyone for a swim. But do not expect any refreshment - the water is 34 deg C hot!

After arriving at the Purni Bore we set our camp. One more sleep and all the waiting is over. We will be on the way. All the runners were anxious to take the first step.

The night was not going to let anyone to sleep too soundly. First it was the heat. Next was the howling of dingoes but the worst was to come. A herd of wild donkeys must have decided to drive those intruders from their territory and all night kept the noise level above any acceptable standards for sleeping. When they finally shut up it was time to get up to the loud sound of music from Jenny and Kevin's car - the time was 3.45am.

As always I have my Weetbix for breakfast, pack the tent while my G.A. organise the rest. Soon we are on the way to the starting line 6.5 km west to the the Alka Seltzer Bore.

There is a little but moving ceremony all captured by the cameras, the ladies are singing "Advance Australia Fair" proudly displaying Aussie flag. Each of the runners is being introduced and acknowledged. It is very emotional but then comes the whistle and we are on the way. It is a very imposing sight. 14 fully loaded 4wd vehicles, a helicopter and 42 support crew including the pilot, 2 film crews and 4 runners. It is a history creating event - the last race was here in 1986 with only two runners taking part. Never before there were 4 runners ready to tackle the desert.

It is 6.30 am and the sun is appearing on the horizon. The four of us are running together for about half an hour but then we have to split up to enable the support vehicles to follow each runner to offer drinks and food as required. I expected Mihaly Molnar from Hungary to be in front as he is young (27) and already well known ultrarunner. For the second and third position I expected a battle between Irish runner Ray McConnell and another well known Australian, Kelvin Marshall, while I was happy to settle in the forth position. My goal was to finish the race and the strategy I adopted was to achieve that result.

First 40 km are reasonably flat and we are moving pretty well. After the first hour I have covered 12 km, little more than I planned. I am slowing down a bit and apologising to my G.A. for being the slowest runner which means that they would be spending more time travelling than anyone else. I also warned them, that it could happen that I will "fall in a hole" but not to worry about it. I would dig myself out of it! Fortunately as the events unfolded over the next six days none of that happened.

The sun started to get hot, we were in the dunes and I was wondering after the first couple how I was going to get over another 1160 of them. In the early days they are smaller and close together at the later stage they become bigger but further apart which makes the running easier. During the cooler part of the day I am running most of the time, when it gets hot I run down the dunes and the flat and gentle up hills while walking the steeper parts of the dunes. My body was

overheating and running became very hard. I had to stop frequently and my G.A. had a job on their hands, spraying lots of water over my body to cool me down. I was suffering but still capable of continuing. My food consisted of sandwiches, soft baked bars, and as the day progressed and temperature increased to well over 40 deg. C I was more interested in soft juicy food like creamed rice, Noodles in cup, fruit and yoghurt.

Eventually there was the finishing line and with it a great relieve. I knew that surviving the first day was the most important thing. I finished third, better than expected.

Everyone was there to congratulate me, someone put over my shoulder wet towel a put a cold drink in my hand. The next thing was to check my weight which in condition like this and running for some 12 hours was very important to establish if the runner has not lost too much weight. I weighed exactly the same as before the start and that was going to be the same story all 6 days. A credit to my G.A! Barry and Graeme were waiting for me to take me to the special tent set up as a shower. Another privilege as we runners were the only ones afforded such a luxury in the desert. My G.A. meanwhile set up the tent for me, prepared some meals, washed the dishes etc. We runners did not have to do anything.

I have always been saying that we runners have a very simple job - just to run from A to B. The support crew have all the worries making sure that they do everything for us to get us across the line. And on the top of it, we runners are crazy but they are not! Pretty tough for them.

It is very hard again to get much sleep. It is very hot. Towards the morning it starts cooling off - the lowest temperature I measured before daylight was 24 deg C. Now one could get some sleep but it is 2.30 am and the music is on again. Get up, pack tent, have breakfast, take a shovel a go for a walk to the desert, get weighed and be ready on the starting line at 4 am. That is going to be the pattern for the rest of the race.

It is 4 am the whistle sounds and we are off again. Starting slowly this time to get our stiff muscles warmed up. I let Mihaly go after about half an hour of running together to enable our support vehicles to get behind each runner. He is moving very fast and soon I am losing sight of him. At least I can breathe fresh air with no vehicle in front of me. Kelvin and Ray are running behind me. They both pushed themselves too hard the first day and now are paying the penalty. I was actually wondering if I will see them still running by the end of the day. But they both displayed enormous amount of courage and determination and in my opinion were the real heroes of the race. I am feeling much better than the first day, getting used to the heat and know exactly what to do. My G.A. have got into the same routine and we are cruising and enjoying the scenery. They both have travelled the desert many times before and I am learning from them a lot about the desert and the life in it. Before I know there is the finishing line and the predictable routine of weighing, showering, eating (the importance of having good meal within 45 minutes of finishing has been emphasised to my GA and they are making sure that it happens).

Day 3 starts as any previous - wake up to music at 2.30am, breakfast, walk with the shovel, weighing of each of us and start at 4 am. But the scenario of Mihaly taking off and disappearing in distance is not being repeated. I thought that he is having an easy day because he is so much ahead of the rest of us that he can take it easy. I am catching up with him but the fumes from his support vehicle start to make me feel sick so I back off to increase the gap between us. I do not want to go in front of him as I am not interested in provoking a race at this stage - I know who would be the loser.

But every time I increase the gap and start running at my conservative pace I am catching up with him again. That went on for 4 hours until I started to worry about Kelvin and Ray behind me. They could start catching up with me if I do not get moving so I finally made the move to pass Mihaly. He looked tired. We were half way through the stage - about 35k. The possibility of winning the stage made me to start pushing myself harder than I really wanted. I soon realised that I was taking a risk and concluded that it is still more important to survive the whole race rather than trying to win a stage. Mihaly is a real champion and I do not think he would let me get away with it anyway. So I am slowing down and waiting for Mihaly to go to the front again. The rest of the day is very enjoyable, I find enough time to enjoy the surroundings, look at the maze of tiny footprints in the sand. It is amazing how much life is there in the desert. A flock of bright green budgies flies by. It is really enjoyable and I am more than happy to be a part of this fantastic adventure. And here is the finishing line again and another day is over. We are now half way through the race.

It is 2.30 am, the music starts playing again and it is time to get up. I had not slept at all and feel very tired. Start is at 4am as usually. Today Mihaly moves quickly and soon is out of my sight. There are 3 km of dunes followed by 18 km running around a salt lake from South Australia to Northern Territory and to Queensland. It is flat hard surface and I am wearing the same shoes as I did in the sand. They are very old with no cushioning left, good in sand but not on a hard surface. I have another good shoes in the car but could not be bothered to change them. Serve me right - I have to stop to attend to 4 blisters starting to develop on my feet, mainly toes. Few bandaids did the job well and I keep going. Too late to change the shoes, we are back on my beloved sand dunes. My mood is not the best so I am telling myself : "Pretend that you are enthusiastic and you will become enthusiastic!" It really works. We are cracking jokes with my G.A. and having a good time. I had just worked out why the previous day seemed to be easier than this one: "Of course, yesterday was easier because I was one day

younger!" We all laugh. Another day is coming to the end, there is the finishing line and I feel really good, ready for another day.

The fifth day, start at 4 am as usual and we are on the way. This time Mihaly is dropping back soon after the start and I have no choice but to take the lead. The dunes are still further apart and there are longer flats between them - much easier to run. I was expecting Mihaly to catch up with me soon but it took 5 hours before I saw him again. We are running together for a while even holding our hands for our crew who wanted to take a picture of us running together. We developed a good understanding and friendship amongst us runners.

The surface between the dunes is hard in some parts. I decided to stop and change my shoes with more cushioning. I am in no hurry, taking a short meal break at a dry river bed with some gums around which I have not seen for almost a week. 5 minutes later I am on my way again. Hazel is serving me with a real treat - cold sausages left over from the previous evening. Oh, how I enjoy them! Then I look back and what I see! Kelvin is right on my heels and I am pressing the panic button. Now I am racing. I am not looking back, just pushing ahead trying to remain in the second place. A couple of hours later after reaching the top of one of the dunes I look back with great relief. No one in sight. I think it was the sausages where that extra energy came from. With only 4 km left I can feel reasonably safe. The finishing line suddenly appears when I reach the top of another dune, with the mighty "Big Red" on the horizon - the last dune we will meet tomorrow. The race is coming to the end, only the Big Red and some 40km of flat running on a road is separating us from Birdsville. But I am still going to treat the last day with the same respect as I did all the previous stages. It is not over till we cross the finishing line in Birdsville. Anything can happen.

Black clouds appear above us in the evening and strong wind starting to create some concern. We do not want any rain, everyone is saying how muddy and slippery the road could become if wet. Fortunately the clouds produced only a few tiny drops. In a short time the sky was clear again, full of shining stars. We can try to get some sleep - the last night in the Desert. Because it is going to be a short day tomorrow, we can sleep a little longer.

I wake up several times during the night as always but have no idea about the time - the battery in my watch went flat. It is almost daybreak and still no music to wake us up - what is going on? Suddenly the silence is broken by shouting and whistling - we all jump up in a big panic- Kevin slept in and so did the rest of us. Now we have to get moving to make the start as planned - when the sun rises over the Big Red. The film crew wants to get the best possible scenario for filming the runners crossing the last dune.

After crossing the Big Red I changed my shoes ready for the hard road ahead. I am running last now and have to work hard to work my way into the second position. Mihaly is really flying and I do not see any sign of him in spite of the open spaces. I do not really enjoy running on the road. In the dunes you can measure your progress by conquering each dune. Here on the road without too many features one feels like running in the same spot. I wish I was the Creator - I would have placed a few more dunes between the Big Red and Birdsville. Nevertheless, a water tank and a communication tower appear on the horizon - Birdsville is getting really close. I have very mixed feelings. Stopping about 10 m short of the finishing line, I am telling the stunned crowd: "I don't want to finish yet, I have been enjoying the race so much". I wait for my GA to get out of the car and join me.

Only then we cross the line - all three together.

I wanted to emphasise the fact that it was not an individual achievement, it was the result of perfect teamwork with each of us having as important a role as the others.

The race is over, followed by the presentation and a barbecue in the evening. There is a big reason to celebrate but I do not feel enthusiastic. Yes, it will be nice to get home to my family, see my wife, sons, daughters-in-law and 6 grandchildren. But I am going to miss this place. My only hope is, that one day I will have the opportunity to do it again.

I have been very lucky. Firstly I had the opportunity to be in it, thanks to Bernie Farmer and the sponsors Quick Pages and Ultra Tune.. Secondly I had chosen the right strategy to run within my limits and that allowed me to enjoy every minute of the 6 day challenge. Thirdly I had the best possible support team in Hazel and Henry Antony- my real Guardian Angels. And thanks God I did not suffer any illness nor injury.

And not to forget all the other members of the support team, put together by Jenny and Kevin, the operators of the Musgrove tours. They were all very experienced in travelling through desert and the support of everyone of them was greatly appreciated.

The race is over, but the memories of the greatest adventure of my life will remain for ever. I will be dreaming of coming back again.

A history of the Simpson Desert runs

By Kevin Tiller

April 2002

A bold new race pioneered by Bernie Farmer. An invited group of 4 runners attempt and complete the run.

January 1998

The Simpson Desert Challenge - a private race between ultrarunning friends Dave Taylor and Pat Farmer. The run was in aid of the Children's Cancer Institute Australia, and was an endorsed event for Australia Day by the Australia Day Council of NSW. Dave pulled out and Pat eventually went on to win.

December 1996

Pat Farmer was the second to complete the course, beating Ron's record with a time of 3 days, 17 hrs 31 mins 8 secs. GREAT reports of Pat Farmer's run in his book: "As Pat lay writhing on the ground, no one could recall seeing a human being in such agony. 'This is ridiculous. Call it off., he can't take anymore' demanded the cameraman. ... Pat came closer to dying in the desert than he would admit. The newspaper headline all around the country told the story. 'Ultra runner near death', 'On the road to hell', 'How Pat survived run of his life', they screamed."

Jan 1985

Ron Grant beats Tony Rafferty in the first ever race across Simpson Desert, nationally publicised - running 3 days, 17 hrs 52 mins. He faced temperatures of 65C. Upon completion, Grant said anyone who tried to break his record was "stupid".

Autumn 1981

Ron Grant was the first person to complete the Simpson Desert Run, when he ran the 379km in 4 days, 11 hrs 44 mins.

Dec 1974

Tony Rafferty runs from Maree to Birdsville, solo in temps up to 73C. Distance was 351 miles and took 6 days and 5 hours. "The first time man had run the Birdsville Track" (info from Tony's book "It's Not Only Running 1980")

ultimate test of limits

ULTRA runners came to Coburg from around Australia and overseas to test their physical and mental limits at a 24-hour carnival, hosted by the Coburg Harriers Athletics Club.

The annual event, now in its 19th year, was held over the weekend of April 13 and 14 at the Harold Stevens' Athletic Track and attracted 50 participants.

This year participants had the option of running or walking for six, 12 or 24 hours with those who walked 160km in 24 hours achieving 'centurion' status.

Past participants have included Cliff Young, who made a name for himself as an ultra runner in 1983 when he won the first ever Sydney to Mel-

bourne run aged 63, and Yiannis Kouros who holds the record of 294.504km for the 24-hour event.

This year the greatest distance covered came from West Australian runner Mick Francis who completed an impressive overall distance of 216.298km.

The fastest, and only, female competitor in the 24-hour category was Mikela Ward from Wheeler's Hill who completed 104.54km.

Jeff Smith completed a total of 316 laps to take out the 12-hour run category

The winner of the six-hour run was Trevor Marsh who completed 157 laps, with Blackburn grandmother Shirley Young not far behind in third place with a total of 152 laps.

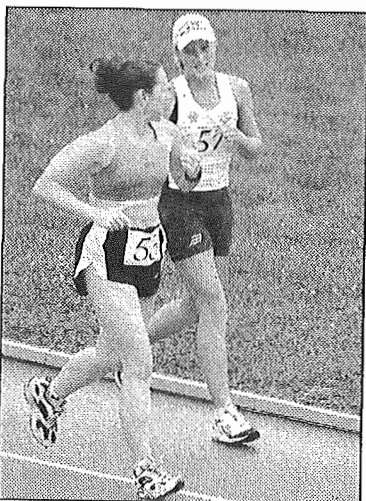
In the walking category, long time participant Carol Baird from NSW walked the greatest distance - 182.257km.

Ultra running generally attracts older participants, with physical fitness being only one of the factors that contributes to success.

According to event spokesman Mark Kelly, it's not how fit you are or what shape you're in that determines performances.

"It's the mind that really gets you through. Somehow they draw from something inside them. It's not just about speed, you can be just a very gutsy person," he said.

And once it's all over, the twenty-four hour runners literally collapse and have to be carried from the track.



On the run: participants in action.

Coburg Harriers 6, 12 & 24 Hours

Ultramarathon

Ultra Runners & Walkers Saturday 13th April -
Sunday 14th April 2002

Race Report by Mark Kelly - Coburg Harriers Media Liaison

It was a great event with a bit of rain at the start - however the weather came good, and the event was held in perfect conditions. This event consisted of one of the largest fields of runners and walkers ever seen for the 24 hour, it was also the first time the Coburg 24 hours run and Centurions walk events were combined - it was a win, win situation for both events. Extraordinary efforts by all involved including the 4 (walkers) participants who achieved the 24 HOUR WALK - CENTURION status 100 MILES (160 KLM) IN 24 HOURS.

In the 24 hour run Mick Francis led early and maintained a rapid pace, Jerry Zukowski pursued him relentlessly, followed by Rainer Neumann who finished in third place. Mick Francis was the overall winner with 216 kilometers and 298 metres. Mikela Ward came first in the women's category with 104.54 kilometres - her singing throughout the race got her home! Local Northcote boy Isak Ketsakidis retired after 12 hours with 90.40 kilometres, he is determined to train harder for next year's event! Peter Gray who has completed over 150 ultra marathons came in fifth with a gutsy effort.

Jeff Smith won the 12 hour run category with Phil Kenington finishing second and Warren Holst finishing third. Trevor Marsh won the 6 hour run, with Anthony Cosoleto and Shirley Young finishing second, and third, Shirley broke her own personal records, she is pure business out there on the track.

In the 24 hour Centurion walk, Carol Baird, Lyn Lewis, John Harris and Karyn Bollen finished 1,2, 3 and fourth respectively. All achieved Centurion Status having walked 160 kilometres in 24 hours.

Congratulations to all involved, especially to the volunteers and participants, the spirit of 24 hour running and walking lives on until next year's event.

24 HOUR RUN FINAL PLACINGS -

1. MICK FRANCIS	216.298km
2. JERRY ZUKOWSKI	177.550km
3. RAINER NEUMANN	167.102km
4. PETER ARMISTEAD	154.597km
5. PETER GRAY	142.894km
6. ALAN STAPLES	132.927km
7. MAX CARSON	121.295km
8. JEVVAN MCPHEE	116.800km
9. WILLIE ERASMUS	114.975km
10. MIKELA WARD [f]	104.414km
11. ISAK KETSAKIDIS	90.400km

12. RAYMOND CARROLL 61.200km

CENTURION WALK 100 MILES * (160.9KLM) IN 24 HOURS

1. CAROL BAIRD [f]	182.257km
2. LYN LEWIS [f]	163.610km
3. JOHN HARRIS	163.277km
4. KARYN BOLLEN [f]	162.843km

5. GEOFF TRANTER	157.788km
6. STAN MISKIN	141.537km
7. STEEL BEVERIDGE	135.305km
8. JOHN BELFIO	112.198km
9. JOHN FENTON	110.137km
10. GRAHAM WATT	96.800km

12 HOUR RUN FINAL PLACINGS

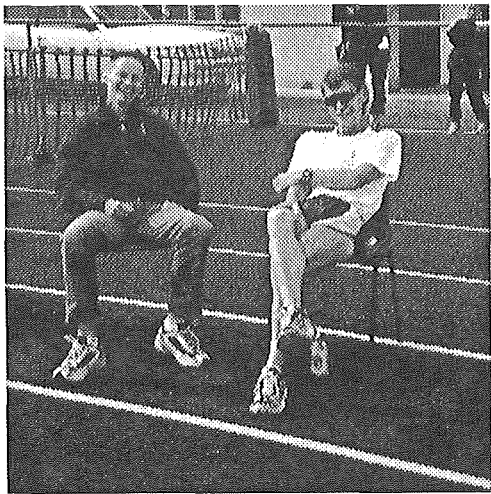
1. JEFF SMITH	126.566km
2. PHIL KENINGTON	105.362km
3. WARREN HOLST	100.400km
4. DAWN PARRIS [f]	93.641km
5. BILL BEAUCHAMP	55.972km

6 HOUR RUN FINAL PLACINGS

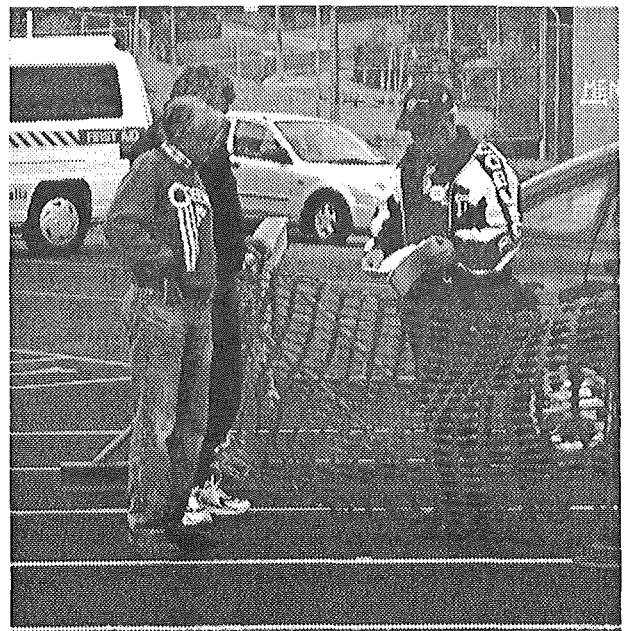
1. TREVOR MARSH	62.863km
2. ANTHONY COSOLETO	62.407km
3. SHIRLEY YOUNG [f]	60.992km
4. RON CAMPBELL	60.717km
5. JANE STURZAKER [f]	59.251km
6. JOHN ANDERSON	59.222km
6. ROSS MARTIN	59.222km
8. RON CLUTTERBUCK	58.838km
9. KERRY CAMPBELL [f]	58.009km
10. SANDRA DUNGLISON [f]	53.847km
11. JOANNE KRIEL [f]	52.988km
12. TROY PRINCE	50.990km
13. GWYNFOR BOWEN	50.400km
14. DANIEL DRUITT	50.245km
15. SANDRA HOWORTH [f]	49.122km
16. BRUCE OHLENROTT	47.685km
17. BARRY HIGGINS	47.663km
18. SHAYNE DEANE [f]	46.293km
19. SHIRLEY NASH [f]	43.246km
20. RONALD DUNGLISON	42.101km
21. PAUL MORRIS	41.939km
22. KEN CARTER	34.232km
23. IAN FROMHOLTZ	24.000km

6 HOUR WALK FINAL PLACINGS

1. BILL DYER	30.400km
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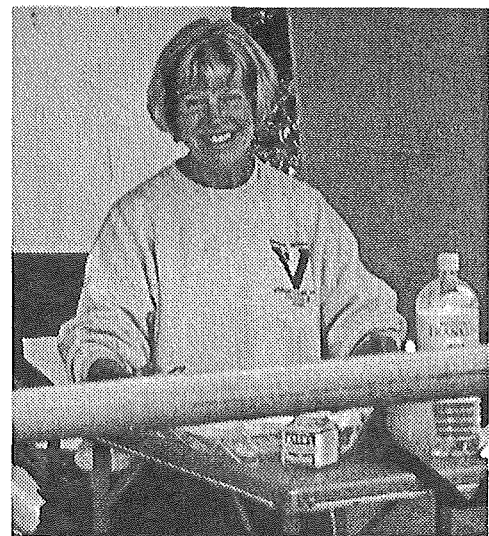
Ex Ultrarunners, Peter Logan and Mick Whiteoak relived former glories from the 70's and 80's



The technical crew of Gordon Proudfoot, Malcolm Matthews and Bernie Gaggin double check the computer print out.



Les Clark with his custom built score board



Judy Wines in the lapscoreing tent



Even the canteen crew survived for 24 hours



24 Hour Winner
Mick Francis

THE CONTRIBUTION OF COBURG HARRIERS TO 24 HOUR RUNNING

Many people think that ultra track running started in the mid eighties but Coburg Harriers can lay claim to perhaps hosting the first ever such run. In October 1954, they organised a 24 hour non-stop track run at McDonald Reserve in Coburg. The aim was for teams of runners to try to achieve a distance of 260 miles. The winning team covered 255 miles 1424 yards with an average speed of 5:37 per mile. Now that's quality relay running! The only night lighting was from kerosene lamps and street lights in the surrounding streets.

In **1983** the first ever 'Sydney to Melbourne' run was held. The event was won by a potato farmer from The Otways. Cliff Young, aged 63, covered the 850+ km in 5 days 15 hours and 4 minutes. This marked a great surge of interest in ultra running.

In **1984** Dot Browne organized a 24 hour race for Geoff Molloy who wanted to test himself before the next Sydney to Melbourne ultra race. Thrown together in a hurry at the Box Hill track, the event saw Geoff set a new Australian record of 216 km, and then go on to win the Sydney to Melbourne race. Margaret Smith achieved a women's record of 177 km in the same event.

The 24 hour event was so successful that it became an annual event. In **1985**, a field of 30 runners lined up and Geoff Molloy broke his own record with 232 km.

In **1986** the race became an official trial for the Sydney to Melbourne ultra run (200 km to qualify) and 44 runners started. Brian Bloomer set a new Australian Record of 242 km. Cynthia Cameron broke the women's record with 191 km.

The race left the Box Hill track and came to Coburg in **1988**. The Sydney to Melbourne race was enjoying huge publicity and popularity. The 24 hour run that year had over 70 entries!

1989 saw now deceased Mike March break the Australian record with 260 km.

The end of the Sydney to Melbourne came in **1991**. This precipitated a gradual decline in ultra running but the Coburg 24 Hour event has survived although its future looked shaky for a few years.

In **1993** only 8 runners took part and Dot Brown stepped down as race director. Coburg Harriers Athletic Club took over the event organisation (and are still doing the job today).

In **1994** Gordon Burrowes devised Relay Teams of ten runners. Each runner in the team was to run for 30 minutes before passing the baton onto the next member of the team. This was to continue in sequence for the duration of the event. This meant that each member would run 4 or 5 times over the 24 hours. The concept proved a huge success. 13 Ultra runners and 11 relay teams entered that year. Russian Igor Streltsov was the winner of the 24 hour covering 221 km. Yan Yean Road Runners won the relay event.

In **1995** Yiannis Kouros set an Australian record of 282.98 km (707 laps) in a field of 11 ultra runners. The relay competition had 15 teams and was won by Yan Yean covering 380.89 km (952 laps). A little athletics team was amongst the entries, (15 runners aged between 9 to 14) covering a distance of 647 laps.

A field of 9 in **1996** saw Yiannis Kouros break his own world record and achieve a remarkable 294.504 km despite running in strong wind and rain. Ten Relay teams competed with Yan Yean winning with 384.4 km. Carmella Carassi became the first lady in Australia to walk over 100 miles in 24 hours, covering 162.541 km.

The **1997** event went to Yiannis Kouros who, suffering injury, achieved a distance of 266.18 km. A field of 16 Ultra Runners competed, with Carmella Carassi breaking her own walking records and covering a distance of 166.6002 km or 416 laps. 9 relay teams competed and Traralgon Harriers achieved an impressive 386.49 km or 966 laps, which is still the course record.

1998 was the year that Helen Stanger, shattered three of her Australian Records with 150 km in 15hr.01min, 200 km in 20hr.56min and 228.680 km for the 24 hours. Andrew Lucas suffered burnt feet in a house fire a few days before yet recorded 168.405 km. Shirley Young broke the 100 miles as she approached her 70th birthday with 162.330 km. Cliff Young was the inaugural recipient of the "Gordon Burrowes Endurance Award".

1999 saw 15 starters and Yiannis Kouros won convincingly once again with a distance of 251.229 km.

2000 saw 25 ultra runners and 6 relay teams. The overall winner was Bryan Smith with 200.7 km but the women were the ones breaking the records with Shirley Young setting new records in the 70+ agegroup all along the way to a final distance of 176.8 km and Carol Baird breaking the Australian womens walking records with a final distance of 171.9 km.

2001 saw 33 ultra runners with Vlastic Skvaril winning with 193 km while Fred Brooks and Stan Miskin both broke AURA running age records in the 65+ and 75+ age groups even though they were walking.

THE CENTURIONS WORLDWIDE

The Centurion movement is a worldwide brotherhood of athletes and supporters. It has chapters in various countries and all the various member clubs are united around a common theme – the honouring of any walker who can achieve the 100 mile distance in under 24 hours. Most chapters hold one qualifying event annually.

The Centurions were formed in England in 1911 and remain the driving force and inspiration for all other Centurion Clubs. They have operated continuously since then and have 980 members. In their August 2001 race, 3 new British Centurion members qualified.

The Dutch Centurion League (CVN) was founded in 1966 and is a brotherhood of all the Continental European based walkers who are members of the Centurion League based in England. So far it has 272 members and is a very active club.

The American Centurions were formed in 1967 and flourished till the late 1980s. Their last event was held in 1993 and the books stood closed at 48 members. It was with great excitement that the Centurion world greeted the news that this group reformed in 2000 and their membership now stands at 58. In their November 2001 race, one new American Centurion qualified.

The Australian Centurions was formed in 1971 and have 41 members. Last year we welcomed 2 new members and hope to welcome some more today.

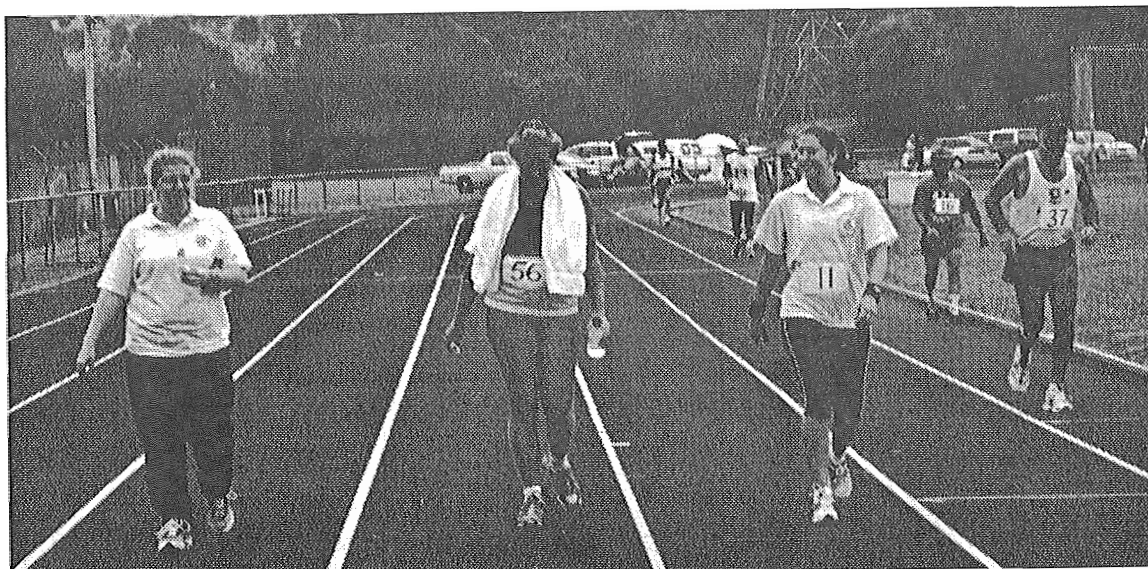
The Continental Centurions were formed in 1973 and hold their own event annually in Continental Europe. They have 303 members. 3 new members were added in their May 2001 event.

The New Zealand Centurions were formed in 1999 and have made a healthy start with 12 members so far. In their July 2001 event, 7 new members qualified.

The Asian Centurion Club was formed in Malaysia in 2001 and held their first 24 hour walk in August 2001. The inaugural race saw 11 new members. The next event will be held in August 2003.

Australian Centurion Roll Of Honour

1	Gordon Smith	1938	20:58:09
2	Jack Webber	1971	22:43:53
3	Jim Gleeson	1971	18:33:58
4	Clarrie Jack	1971	20:39:45
5	Stuart Cooper	1971	21:36:53
6	Tim Thompson	1972	23:48:08
7	Dudley Pilkington	1972	23:29:00
8	Fred Redman	1973	22:59:00
9	Mike Porter	1975	21:45:47
10	Stan Jones	1975	22:04:59
11	Chris Clegg	1975	22:34:14
12	John Harris	1975	23:18:15
13	Tim Erickson	1976	22:10:27
14	Claude Martin	1977	22:42:53
15	Bill Dyer	1977	22:50:33
16	John Smith	1978	18:49:20
17	Ian Jack	1979	17:59:30
18	Terry O'Neil	1979	21:13:08
19	Bill Dillon	1979	20:51:06
20	Buck Peters	1980	23:34:10
21	Jim Turnbull	1986	23:38:53
22	George Audley	1988	23:28:48
23	Stan Miskin	1988	22:59:48
24	Peter Bennett	1994	19:42:54
25	Andrew Ludwig	1994	22:26:09
26	Ken Walters	1994	22:28:31
27	Carmela Carrassi	1996	23:44:22
28	Caleb Maybir	1996	23:34:20
29	Robin Whyte	1996	20:37:12
30	Merv Lockyer	1996	23:45:51
31	Gerald Manderson	1998	21:37:31
32	Norm Morriss	1998	22:32:47
33	Yiannos Kouros	1998	22:55:23
34	Roger Le Moine	1998	23:04:51
35	Sue Clements	1998	23:58:40
36	Sandra Brown	1999	19:14:56
37	Herbert Neubacher	1999	21:03:07
38	Jill Green	1999	21:15:35
39	Carol Baird	1999	22:16:43
40	Jerrit de Jong	1999	22:51:24
41	Boyd Millen	2000	23:25:43
42	Fred Brooks	2001	22:31:15
43	Michael Harvey	2001	22:51:30



Sandra Howarth [centre] grabs a drink from her crew during the 6 hour event at Coburg

Canberra 50 km road race.

run in conjunction with the Canberra Marathon

14-4-2002

PLACE	NAME	SEX	STATE	AGE	MARATHON TIME	50K TIME
1	Magnus Michelsson	M	VIC	33	2:26:42	3:02:16
2	Michael McIntyre	M	VIC	43	2:36:46	3:07:29
3	Mal Grimmett	M	VIC	36	2:40:17	3:18:08
4	Trevor Jacobs	M	ACT	50	2:45:32	3:25:00
5	Jonathon Worswick	M	NSW	38	2:56:13	3:30:11
6	Stephen Bradford	M	ACT	47	2:51:38	3:33:32
7	Bruce Renwick	M	NSW	54	2:58:50	3:41:20
8	Peter Clarke	M	ACT	51	2:58:44	3:47:58
9	Robert Scoines	M	NSW	43	3:18:27	3:53:50
10	Ian Fedrick	M	QLD	47	3:20:02	3:58:41
11	Lawrie Edwards	M	NSW	40	3:18:38	4:01:57
12	Jan Fedrick	F	QLD	46	3:22:26	4:02:14
13	Pierre van Heerden	M	NSW	43	3:20:28	4:04:59
14	Mick Corlis	M	ACT	43	3:13:27	4:09:00
15	Richard Mallet	M	ACT	37	3:29:09	4:11:37
16	Stephen Bond	M	VIC	49	3:22:03	4:14:43
17	Peter Fuller	M	VIC	55	3:21:56	4:17:55
18	Teerayuth Namkanisorn M		NSW	35	3:35:59	4:23:27
19	Jon Patrick	M	NSW	54	3:42:42	4:25:29
20	Geoffrey Luscombe	M	NSW	43	3:32:54	4:28:29
21	Rebecca Jenner	F	NSW	35	3:43:04	4:30:48
22	Dale Huang	M	QLD	53	3:46:28	4:32:18
23	David Vlotman	M	NSW	33	3:43:03	4:32:45
24	Laurie Coleman	M	NSW	57	3:43:03	4:32:45
25	Harry Karlikoff	M	NSW	48	3:52:47	4:38:17
26	Dennis Nel	M	NSW	47	3:45:25	4:38:22
27	Philip Halkyard	M	NSW	44	3:55:05	4:50:34
28	Tony Collins	M	NSW	54	3:59:55	4:51:13
29	Chas Harcoan	M	VIC	62	3:54:35	4:51:31
30	Dick Bartlett	M	NSW	56	4:08:06	4:54:57
31	Wylie Breckenridge	M	NSW	33	4:13:51	4:58:28
32	Nick Thorvaldson	M	NSW	23	4:01:01	5:07:39
33	Duane Rek	M	ACT	38	4:22:39	5:08:35
34	Mike Elliott	M	NSW	41	4:16:50	5:13:34
35	Jeff Morunga	M	NSW	42	4:25:55	5:27:13
36	Lachlan Lewis	M	ACT	64	4:52:57	6:17:53

"Lest We Forget" Ultramarathon 84.4km

Loop course in Brisbane 28th April 2002

Run in conjunction with the Brisbane Marathon

1. STUART WAGNER	7:35:39	9. IAN READ	9:08:17
2. KELVIN MARSHALL	7:49:25	10. SANDY ALLAN	9:23:23
3. STEPHEN SMILES	7:58:31	11. GEOFFREY KOPITTK	9:27:33
4. PETER ANDERSON	8:17:31	12. MARK VICKERS	9:33:35
5. BRUCE HARGREAVES	8:24:03	13. FAITH ANDERSON	9:43:07
6. GARY PICKERING	8:43:17	14. DAVID MCKINNON	10:02:51
7. GEOFFREY LAST	8:48:50	15. JOHN DOBSON	10:26:53
8. DANIEL KLEINIG	9:06:32	16. JOAN DARLINGTON	10:28:08

The Thin Blue Line Fat Ass Run 88km/55Miles

May 4th 2002 -

88 km Option

=1. Lawrence Mead	11hrs 30mins
=1. Sean Greenhill	11hrs 30mins
50 Mile/80km split	10hrs 10mins

61 km Option

=1. Tim Turner	7hrs 30mins
=1. Nick Thorvaldson	7hrs 30mins

44.5 km Option

1. Kieron Thompson	4hrs 51mins
=2. Jan Herrmann	5hrs 13mins
=2. Adrian Spragg	5hrs 13mins
4. Bob Day	5hrs 19mins
5. Dave Flimpyhead	?

Report by Sean Greenhill

The course that Lawrence Mead devised for his Thin Blue Line run ("it's the ultramarathon the Sydney Olympics should have had") offered the grand tour of the city; the first 44.5km loop winding first through the gentrified, trendy inner suburbs of Drummoyne, Balmain and Pyrmont before crossing the Harbour Bridge and wending through the affluent lower Northern suburbs such as Longueville and Wollstonecraft on a mixture of backstreets and bushtracks before returning to Drummoyne via the Gladesville Bridge.

The second loop headed west on bush paths and cycleways, hugging the Parramatta River until crossing over at Rhodes; then taking the Parramatta bike path until Silverwater, where the course crossed the water again, passed through the Homebush Olympic site, crossed the Parramatta River at Rhodes again for the close on more back roads and bush, finishing back at Drummoyne after 88km.

A grand total of nine worthies fronted at the carpark to the Drummoyne Boat Ramp on the morning of Saturday May 4. Apart from myself, there were a few other old hands at Fat Ass- Lawrence himself, Jan Herrmann, Dave Flimpyhead, Kieron Thompson, Adrian Spragg from Striders making his Fat Ass debut; and three new guys in Bob, Tim and Nick. Most of those present were after a Trailwalker training fix, with the big race 20 days hence. It had been cool enough that morning when I got on eh bus to the start that I wore a polypro longsleeve and spray jacket over my coolmax t shirt; but the day was clear so at the start I just wore the t shirt, the other gear having been folded into my Camelbak HAWG for the night.

The start was meant to be 7am but it was 7.17 before we got underway, due in part to Flimpyhead's fashionably late arrival and everyone making last minute gear adjustments. For the first 5 minutes through the backstreets of Drummoyne we ran as a convivial chatting pack, before Kieron got his act together and took off; Jan also set up a gap which he would maintain for several kilometres. The other seven of us ran en masse around the "Bay

Run", one of the most popular jogging/walking paths in Sydney that describes a 7km loop around Iron Cove. It must have been an intimidating sight for hapless early morning joggers as all these fit men with backpacks and hydration systems bore down on them as one. The pace was sharp; we discussed the merits of the lightly clad women whom we saw out running; Dave and Lawrence spoke of their Katoomba-Mittagong exploits of recent times; I would discuss the young women we saw out running a little more ("goddesses" was the term I used several times I think).

Once into Balmain (Jan had rejoined us by this time) we all stuck to Lawrence like lampreys. The course directions, following every street and footpath possible to keep the water close to us, were insanely complex for this section, so running Lawrence seemed simpler, like a Sergeant Major leading his squad. Lawrence predicted that Kieron, normally a class above almost all other runners, would be slowed by doing the route finding solo ("I only need to print one set of instructions by the look of it- Kieron's!" he remarked); he also turned to me and said "what odds it's only you and me- and Kieron- doing the long option?" During the week I'd only figured I'd do the short option (first loop) having done the Australian Rogaine Championships at Mt Clear the weekend before; then I thought I'd do the first loop and run home rather than get the bus, making it a 52km training run; but by Friday night I'd convinced myself that I had to be in for it all the way, so the long option it would be. Lawrence would turn out to be a great soothsayer in his two comments.

Adrian led with Lawrence for pretty much the first loop; a class athlete and possessed of local knowledge, Adrian was pushing the pace the whole way. Passing the White Bay Hotel just before the Anzac Bridge we saw Kieron on the other side of the road; his route finding skills seemed to have failed him somewhat. Lawrence and I were leading with Adrian climbing up the cycleway of the Bridge when Kieron, a sheepish grin on his face, swept past once more. Jan was in some difficulty, having done little training lately while organising a move of house; but he perked up after taking a few of Karl's Caps.

By the time we made Pyrmont (23km or so) Bob and Dave had dropped off the back; the rest of us found ourselves having to negotiate a Saturday morning market on the waterfront, pushing our way through shoppers picking up bags of fresh produce. Once through that obstacle it was onto the Pyrmont Bridge; I considered stopping at the Starbuck's at Darling Harbour but figured that if I lost Lawrence and Adrian I'd never find my way again.

Down Hickson Rd, up a looong flight of stairs, then another flight of stairs to the Harbour Bridge and the best running terrain in Sydney- soaring high above the waters of Sydney Harbour. Jan stopped at the foot of the Bridge to scout out some of the local pubs in the Rocks (he was looking to emulate his Twelve Foot Track run where he partook of a few beers at halfway). Once over the Bridge (29km or so) we stopped at a milk bar and bakery in Milsons Point to replenish supplies.

Pizza pullaparts and iced coffee seemed the choice of most runners. We shuffled up towards Balls Head where Nick's parents were waiting for us for the second time that day, armed with jerry cans of water and plenty of good cheer. We negotiated the bushtracks of Balls Head and headed up towards Wollstonecraft where Dave was in wait for us, having skipped the Balls Head loop to keep with us. As I followed Lawrence and Adrian through the backstreets of the lower North Shore, I asked Lawrence why he hadn't included the bush trail from Wollstonecraft station to Berry Island and back; he hadn't heard of it or the other trail through the bush from Gas Works Rd to Berry Island. Combined with plenty of input from Adrian, the putative next Thin Blue Line can follow the harbour foreshore even more closely (but Lawrence had done a bloody good job on his own, I must say).

Another food stop at the BP servo on River Rd, and the weather was getting pretty warm for May in Sydney. I was feeling surprisingly good after doing the Rogaine the previous week; the other guys who looked in good form were Adrian and Lawrence, but we were still a pack including also Jan, Nick and Tim as we worked our way over the hills on River Rd then the bushtracks past St Ignatius College to Burns Bay Rd. From there it was a leisurely jaunt over three bridges (including the not so small climb over the Gladesville) before the pack (Lawrence, Jan, Adrian, Nick, Tim, myself) ran down to the boat ramp carpark once more, in a time of 5.13. Kieron was there having arrived after 4.51 and electing not to continue. Nick's parents refilled out bottles etc once more,

We had gone at quite a brisk pace and very little walking (even on the hills)... perhaps this was the reason that only Lawrence, Nick, Tim and I elected to continue on for the longer course. For Nick and Tim this would be uncharted territory as they had not previously broken 50km.

Aaaaaaarrrrrrgh.... after standing around eating and talking for 15 minutes, running again was seriously rough as we had all stiffened up. I was in a prolonged flat patch- didn't really feel good again until passing through Ermington at least 22km away. In between (it was getting hotter too) we ran along bike paths around Hen & Chicken Bay and (later on) Canada Bay, stopped at the shops at Cabarita for a high-grease meal (two big cartons of iced coffee and a steak sandwich went down like a house on fire... so much for 40/30/30 diets) and negotiated the bush tracks near Concord Hospital, before emerging at Kokoda Park, Rhodes (61km), where Nick's parents met us once more. Nick and Tim decided that this was the time to finish up, having gone further than they ever had before. Bloody good stuff.

Naturally enough, Lawrence and I debated what to call the 61km option as we ran over the Rhodes Bridge spanning Parramatta River. Seeing as it was in Kokoda Park I suggested the Anzac option, which would make the full 88km the Field Marshal's option. Lawrence countered that I was always looking for military metaphors, to which I could only shrug and blame my diet of war histories and biographies.

I was still feeling crappy, so going through Meadowbank out towards Ermington we walked a lot until I felt like eating again, Lawrence and I put away most of our remaining food bars and got going again up over Silverwater Bridge. We passed through industrial estates and Silverwater Gaol and down to Homebush and the Olympic site. Lawrence and I had been talking about mountaineering literature and some of his climbing exploits (he's done a traverse of Mt Cook), so we had to zip up to the top of the Pyramid for a couple of photos from the summit (water bottles raised in triumph like icepicks on top of Everest) then jogging onwards. A coke machine provided blessed relief, but not long afterwards Lawrence ran into trouble as a muscle in his groin popped, and after that he was forced to stop and stretch every few minutes; when that didn't entirely fix the situation he had to start running the uphill and walking the downs.

Out through Bicentennial Park along the pathways and the sun was setting now. We waved semi deliriously at a couple of park rangers who returned the gesture (no doubt wondering who the hell these two guys were who had all this hydration gear on and were moving very slowly) and ran up onto Rhodes bridge one last time. Noting that this run was 88km, I asked Lawrence where the 80km mark was; my previous 50 mile best time was 11.07 as a split at last year's Glasshouse 100. He estimated that it would come up at Kissing Point wharf, and wondered what his own best time would be for that distance. We reached Kissing Point after 10 hours, 10 minutes... breaking my best time by almost an hour. On the other hand, my previous attempts at 50 had mostly come as splits at Glasshouse or at technical events like Cradle Mountain or Trailwalker, so 10.10 was a better representation than 11.07, I felt. Not long after Kissing Point we re entered the bush with torches lit, darkness descending rapidly. I had a mini maglite; Lawrence chuckled at his choice of a three dollar el cheapo torch from K Mart.

Having no idea where we were, I followed Lawrence past the superbly named Bedlam Bay Park, an old home of Banjo Peterson's and through the grounds of the old Gladesville psych hospital (and their sports oval which resembled some Roman amphitheatre; it reminded me of one I'd seen on a Pink Floyd video, which sparked a long discussion on the merits of various bands and music videos). Up a hill, along a bike path almost adjacent to Victoria Rd, then down a hill to Huntleys Point and the lights of Gladesville Bridge were gleaming out of the night; just past them were the halogen lights of the Boat Ramp carpark and the end of the mission (to use another military analogy). But it had been a bloody long time since Kissing Point wharf before we ran up Gladesville Bridge (yes we both still felt pretty good after 50 odd miles... enough to run uphill anyway), down the other side, down a flight of steps and out along the waters edge to the carpark. I stopped my watch in 11 hours 30, 6.47pm.

Some triumphant photos were taken and Lawrence and I shuffled up to Victoria Rd and the 7-11 where we bought a lot of fairly non nutritious food. It got cool as we sat outside the shop eating, and talking about what we'd do for recovery- Lawrence planned to have a few beers and watch the FA cup final, I was going to buy a lot of junk food from Coles and collapse in front of whatever movie was on TV. We shuffled up the hill to Lyons Rd bus stop and went our separate ways.

My virgin Fat Ass by Nick Thorvaldson

Saturday 4th of May 02 marked my first fat ass run(The Thin Blue Line, by Lawrence Mead), which was a real experience. I had no idea what to expect as I have only been running long distance from the beginning of this year.

This race experience started for me with the meeting of the other runners, who all seemed to be very casual and friendly. A quick stretch, review of the course and explanation of the descriptions by Lawrence (with maps he had obviously been tracing with highlighter for a couple of hours), filled in time while we waited for Dave to arrive, who seemed to be fashionably late at 7:15am. Then we where off.

I wasn't sure what to expect as in the Mansfield to Mt Buller earlier this year I found myself running alone for the first 10km then with others for the 10-20km section then on my own all the way to the top of the Mountain. I was hoping that this wouldn't happen on Saturday; as I had tried to review the course through Balmain in my car and had found it quite complicated, and still wasn't sure of the route. But the pace was good (a little faster than what I was used to) but I was still able to keep up. My aim was to keep up with the others until after the section through Balmain and the rest of the course was reasonably easy to follow as I had prior knowledge of the area. We ran round the Iron Cove running track still all in good spirits with the sun beating down. Then it was off into Balmain. As we were all in a group still apart from Kieron (who had taken off ages ago) Lawrence decided to navigate us through an even more scenic route than was not marked on the map (this was worth doing to take in some of the fantastic architecture of Balmain, but I'm glad Lawrence didn't try to put these directions down for us to follow; I would have been lost for sure). We came out of Balmain and onto Victoria Rd where we could see Kieron on the other side of the road with a grin on his face (but he was obviously lost), it didn't seem to worry him as he ran past the rest of us before we even go half way up ANZAC bridge.

We then ran on through some markets at Pyrmount with people lined up 6 deep which was a navigational challenge in itself. Then over to Star City where we caught up with Dave who was waiting for us?? Then off over darling harbour over the Harbour Bridge and stopped for a bite at Millions point. This also gave everyone a chance to catch up. So we took off as a group again and the northern part of the course was very scenic indeed with most of the run through nature reserves and parkland tacks. Then it was down a really steep hill near Riverveiw high school before getting in the home straight over the Gladsville Bridge. I must say it did feel like the pace was being pushed somewhat here and I probably should have gone a bit slower.

We arrived back at the start finish and stopped for lunch. Then four of us took off again for the longer option (Lawrence Mead, Sean Greenhill, Tim Turner and myself). I was feeling good as we pulled into the start finish point but as we took off my legs felt quite stiff. Sean and Lawrence seemed to be pushing the pace, so in some sections I let them take off (not trying to keep up, as I knew I wouldn't make the distance). We stopped once again at some shops in Cabarita near Concord. I took this opportunity to get some advice from Lawrence on a shorter route back to Gladsville from Rhodes as I thought I would try to turn around at Rhodes rather than go all the way. But as we ran on I could feel that I would not be able to make the distance. So I decided to pull out at Rhodes which Tim did as well. I think we finished at about 2:50 which means we ran for about 7hrs 30min. This was a big step for me as it was my first run over 50km and I was happy to get as far as I did.

Thanks for a great run and excellent planning Lawrence, can't wait to run another Fat Ass.

John Forrest 40 Miler

Perth W.A. 5-5-02

1. Sandy Burt	4:54:19	9. Stephen Dunn	6:43:04
2. Mick Francis	4:55:26	10. Rob Macbeth	6:49:29
3. Bjorn Dybdhal	5:17:01	11. Jane Thompson [F]	7:02:53
4. Cary Carlton	5:52:24	12. Neville Scott	7:06:44
5. Graham Maier	6:01:09	DNF, s.....	
6. Daniel Hewitt	6:13:18	Phil Webb	
7. Steven Schalit	6:21:29	Mark O'Keefe	
8. Kathleen Burt [F]	6:27:24	R. Miller	

Walhalla 50 km Trail Race

Sunday 5th May 2002

Victoria

1. John Mackenzie	3:51:55	9. Bruce Salisbury	5:27:48
2. Robert Embleton	4:42:34	10. Barry Higgins	5:41:33
3. Kelvin Marshall	4:44:36	11. Ian Fromholtz	5:51:34
4. David Styles	4:47:01	12. Ernie Hartley	5:57:18
5. Garry Wilson	5:04:12	13. Peter Gray	6:37:07
6. Nigel Aylott	5:08:29	14. Stan Miskin	7:29:30
7. Kevin Cassidy	5:23:53	DNF. Ian Twite [got lost]	
8. Lee Graham [F]	5:25:33		

Report by Kevin Cassidy

Just a three hour drive east of Melbourne lies the beautiful and historic goldmining township of Walhalla with a history dating back to the mid 1800's. Nestled in the valleys at the south end of the Baw Baw national park, Walhalla has undergone a restoration over the last eight years that has recaptured its former glory. Even the old miners train has been restored and now runs over a short rail link to the Thompson River.

Bruce Salisbury and the Traralgon Harriers [along with Bruce's long suffering wife, Margaret] organised an excellent event. 15 runners lined up in the 50km with another 17 tackling the 37km or 19km options.

The course was as scenic as you could get. Running out of Walhalla past the old mines via the old tramway trail, across the historic Poverty Point Bridge to the imposing Thompson River. The old rail trail then takes you through some beautiful forests to the historic Coopers Creek Township before crossing the historic [again] Bruntons Bridge before a 10km climb to the summit of the ridge. The final kilometres are similar to the finish at the Six Foot Track event in that you drop steeply into the small township below before a very sharp turn in the final 100 metres. The warm sunny weather added to the day and the course was very well markedHowever, Ian Twite managed to get himself lost and his Traralgon Harriers "friends" have promised not to let him forget it!!

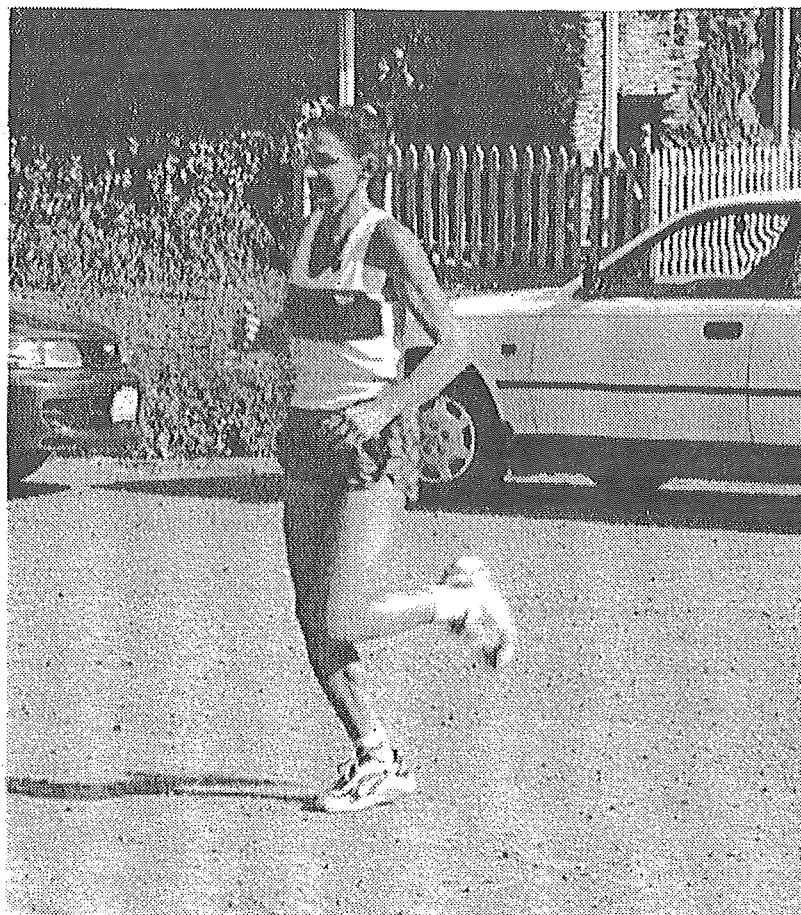
Nigel Aylott got the "Gong" award for turning up late and missing the start by 40 minutes....."I took a wrong turn on the way here" he said flatly as he ran past me at the 30km mark. Stan Miskin [76 years young] provided some entertainment when he toed the starting line with his hands and knees covered in bandages and scars. Stan finally admitted that he had had a fall during the week when he was walking in his local suburb and found a "Hopscotch" drawn on the footpath.....Stan just couldn't help himself..."I made it all the way to the final hop before I lost my balance".he laughed...."I should know better at my age!

The inaugural Walhalla 50 was as good as any event that I had been to in many years and is well worth the trip to Gippsland. Michael Leaney of the Star Hotel kindly provided showers and a variety of prizes as well as taking a number of photos that will appear in the next "Ultramag". If you are heading to Walhalla at any time, make sure you look up Michael or visit their website at www.starhotel.com.au

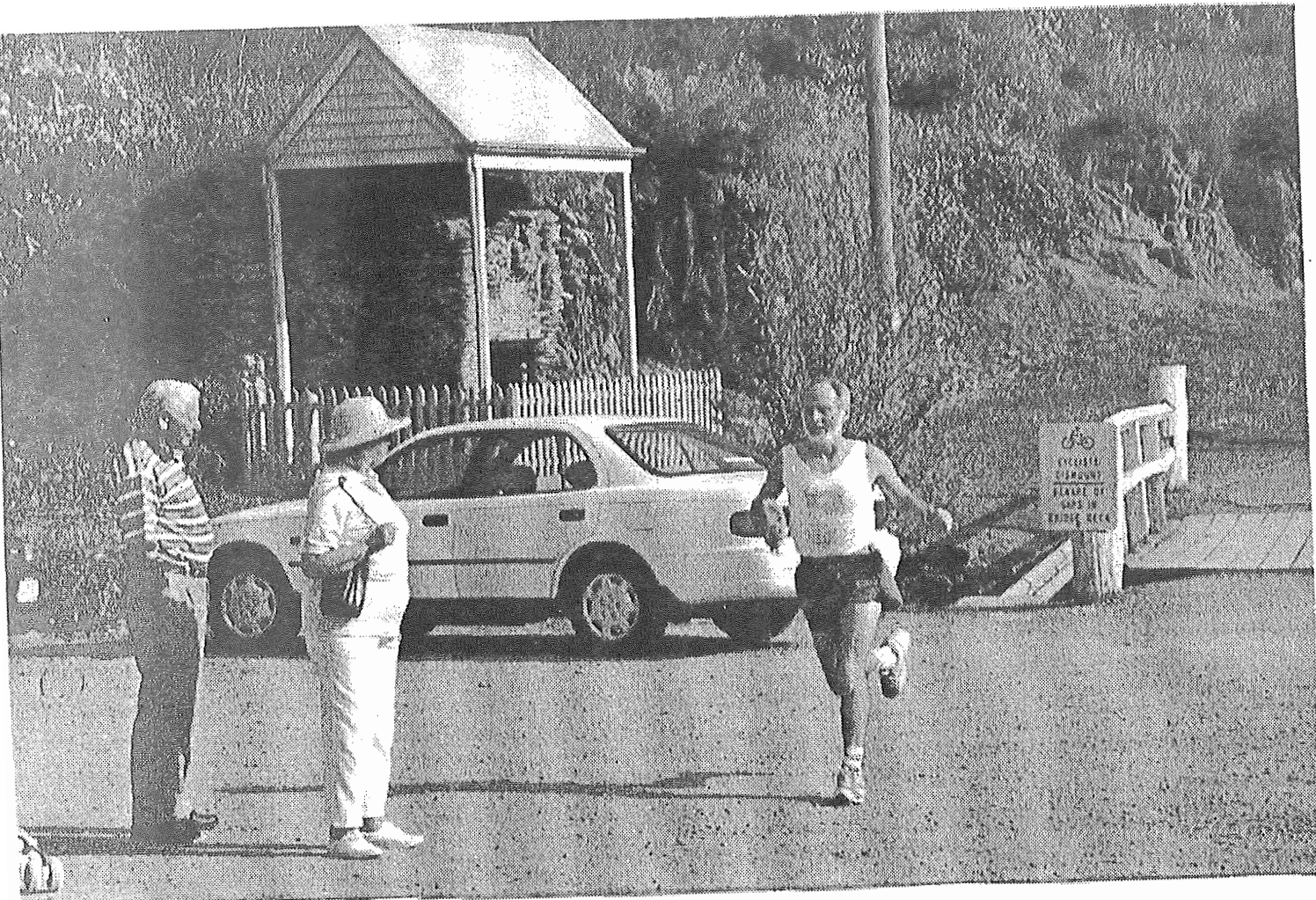
Photos from the Walhalla 50km Trail Race



From left to right, Kelvin Marshall, Robert Embleton and John Mackenzie all chewed up the scenic but very demanding Walhalla course to finish third, second and first respectively



Lee Graham put up a great effort in her first ultra



Barry Higgins charges into the finish



Bruce Salisbury not only organised the event but found the time and energy to run as well

Walhalla Woundup 5th May 2002.

"How I got lost"...by Ian Twite

"You sick puppy" was all I could say to John as I picked him up at 6:20 A.M. Sunday morning to drive to Walhalla for Bruce's Walhalla Woundup. Why would you even contemplate running 50km after spending all Saturday down in Melbourne the day before racing the first Cross-Country of the A.V. winter season? Simple, we are loyal clubmen and we love bush running so the opportunity to have a Sunday run in the bush was not going to be passed up. Sure we could choose the lesser distances of 37km and 19km. The thought may have passed through our minds but it was never really going to be an issue. John and I both felt that it was important that, in its first year, we supported fellow club member, Bruce, by doing the long event. Everything went perfect the weather was brilliant, a good crowd of runners turned up, at the start everyone was chirpy and the atmosphere was great as we rolled along the trail above the sleepy town of Walhalla with its great views. It was very much this for the next 6km to 8km enjoying the views and having a good chat as we rolled along. John and several others had taken off ahead and I started to think about getting a move on. I picked up a bit to see how I felt. Yes, not bad, I will cruise along at this pace until the two hour mark and then if I still feel good I will give it a belting for the third hour then cruise for the last hour and a bit until I finish. Plan goes well as I pass another runner and at the two-hour mark I pick it up a bit more. Good running now though open bitumen road leading onto a wide soft dirt road with steady flat terrain. I pass Kelvin who is suffering from a sore ankle and running 84km the previous weekend. Only John in front of me now but I am used to that. Plan goes well as I approach the three-hour mark, I am well past the 33km mark and heading down towards Bruntons Bridge. I am feeling pretty good, enjoying the scenery and figure I will be in Walhalla just under the 4hr 30min mark. Then it all went wrong. Forgot to look at the map. Now Leanne Mullens will tell you it is useless me looking at a map because I cannot read one. I may have taken many a wrong turn when people have followed me on some endless circuits around the countryside looking for our running destinations. The likes of John & Tina, Rob & Leanne and Sandra & Al will tell you it is usually the road signs or maps we had used. This time I hadn't looked at the map so I made the wrong turn and got totally bushed. Being lost while running is different than driving because you get tired. so I was a tired soul when I made it back to the main road about an hour and half later. Fortunately Sandra and Al came from the opposite direction because I was not having much luck hitch hiking back to Walhalla. I wasn't disappointed about getting lost, it happens and it was my own fault I just wish I had been able to finish such a great race. Now I will still have to wait five years to be a Wally

ULTRA-MARATHON PASTOR BECOMES REVEREND

Ultra-marathon running President of the Colac 6 Day Race Committee, Bill Sutcliffe, who is Pastor of Colac Church of Christ, became a Reverend last Sunday.

Bill was ordained during the National Conference of Churches of Christ held at the Convention Centre at South Bank Melbourne.

He has been a Pastor for 36 years, but until being invited by Churches of Christ to assist with their work in Colac 4 years ago, had been working inter-denominationally. Firstly with the Melbourne City Mission, heading up their Alcoholic Rehabilitation work, then as Superintendent of the Ballarat City Mission, and then State Director of Prison Fellowship International.

Bill says he still prefers to be called 'Bill' because that is his name, or if anything else, still 'Pastor' because "that is a job description and not a title." Bill jokingly says that he "was once pasteurised, but is now a rev-head!"

Surgeres 48 Hours

Surgeres, France - 3-5 May 2002

1 Yiannis Kouros (AUS)	436,702 km	
(9,0979 km/h) (+45 World Record)		
2 Jean-Gilles Boussiquet (FRA)	374,575 km	
3 Edit Berces (HUN)	367,638 km	1F
4 Philippe Catinaud (FRA)	363,114 km	
5 Piotr Solnicka (CZE)	351,050 km	
6 Irina Reoutovitch (RUS)	344,114 km	2F
7 Mirosław Lasota (POL)	342,003 km	
8 Roy Pirrung (USA)	341,098 km	
9 Christiane Le Cerf (FRA)	336,876 km	3F
10 Christain Mainix (FRA)	333,558 km	(+60 WR)
11 Gilles Pallaruelo (FRA)	321,495 km	
12 Martina Hausman (GER)	317,875 km	
13 Achim Heukemes	305,812 km	
14 Seigi Arita (JAP)	286,812 km	
15 Irena Lasota (POL)	273,240 km	
16 Susan Olsen (USA)	268,716 km	
17 Jean-Marie Brechet (FRA)	263,891 km	
18 Guy Mallereau (FRA)	243,986 km	
19 Else Bayer (GER)	239,462 km	
20 Gisela Fricke (GER)	228,906 km	
21 Frédéric Vignon (Inde)	180,049 km	
22 Vlastimil Dvoracek (CZE)	170,398 km	
23 Paulette Fevre (FRA)	99,826 km	
24 Lucio Bazzana (ITA)	81.000 km	

Report by Jean-Benoît Jaouen

Yiannis Kouros and Edit Berces won the "48 Heures de Surgères" which ended May 5 at 4:00 p.m. Australian-Greek Yiannis Kouros, the 48-Hours world record holder, won with a final distance of with 473.797km. He ran 261km during the first 24 hours. In the first day of the race, Hungarian Edit Berces ran a new female world record for 200km in 19h30'55 and stayed for a long time at the second position before Frenchman Jean-Gilles Boussiquet, the 6 Days world record holder, passed her. Berces ran 10km less than the overall women's world record of 377.892km by American Sue Ellen Trapp. Frenchman Christian Mainix, 63, was 10th and ran a new world record for over 60 of 333,558km. The previous record was 322.701km by American Don Winkey).

Marathon Des Sables

My Saharan Adventure

John Lindsay, Australia

April 2002

This event first got its claws into me several years ago, when I read an article about it on the web. Initially I dismissed it due to the cost and other factors, but my interest in doing it did not abate.

So last year I applied the rocking chair test to this event, where you picture yourself in your rocking chair at the end of your life, reviewing the choices you made. I asked myself "would I regret not having done MDS?". Of course, the answer was "yes", so I decided that 2002 would be the year. My decision was reinforced when a work acquaintance around my age was diagnosed with cancer, and died within several months.

My wife Olga strongly supported my desire to compete in this event. She has done many marathons herself, and understands the attraction the MDS has for endurance runners. As it turned out, in 2002 the London Marathon was on at the same time as the MDS, and through Mari-Mar of Travelling Fit, we were able to get Olga an entry to this prestigious event. So she would be able to do the London Marathon while I was in the Sahara Desert.

Briefly, Marathon Des Sables (French for Marathon of the Sands and MDS for short) is a six stage foot race in the Sahara Desert in Morocco, held over 7 days, camping overnight between stages. Contestants must carry mandatory safety equipment, all food, clothing and sleeping gear in a back pack. The French organisers supply approximately 9 litres of water per day, and a space on the ground approximately one metre wide under a Berber tent made of hessian.

It is a tough event, but with fairly liberal cut-off times for each stage, one that can be completed by people of modest running speed and experience. Indeed, some of the runners had not previously completed a marathon, and some fast-walked the whole way.

This year's event was 224 kms long and had 594 starters from over 30 countries. Each year the event contains a long stage of around 80 kms and a "dune day", comprised mostly of an extended run in an area of large and continuous sand dunes. This year these two stages were combined into one stage of 71 kms, with the dune section for many runners being traversed at night (I personally found myself half way through the 23 km dune section as night fell).

Temperatures were milder than normal this year, with maximums normally in the low to mid 30s Celsius. The milder temperatures were largely the result of the sun being obliterated by major dust storms which raged across the desert for the first 5 days of the race. Due to the westerly direction of our course, we found ourselves running head on into these winds, which were usually in the 40-80 kph range.

My overall time for the event was 40:25:58. I improved my ranking throughout the race from 480 on Day 1 to 388 by Day 7. 565 finished the race.

I enjoyed the event immensely. It was an adventure in the true sense of the word. I quickly adapted to camp life, sharing a tent with 6 Brits and one other Aussie. We developed a great camaraderie which added considerably to my enjoyment of the event.

A lengthy and detailed report is at www.coolrunning.com.au/ultra/2002009.shtml.

The official race website is at www.darbaroud.com/indexuk.asp

What worked for me

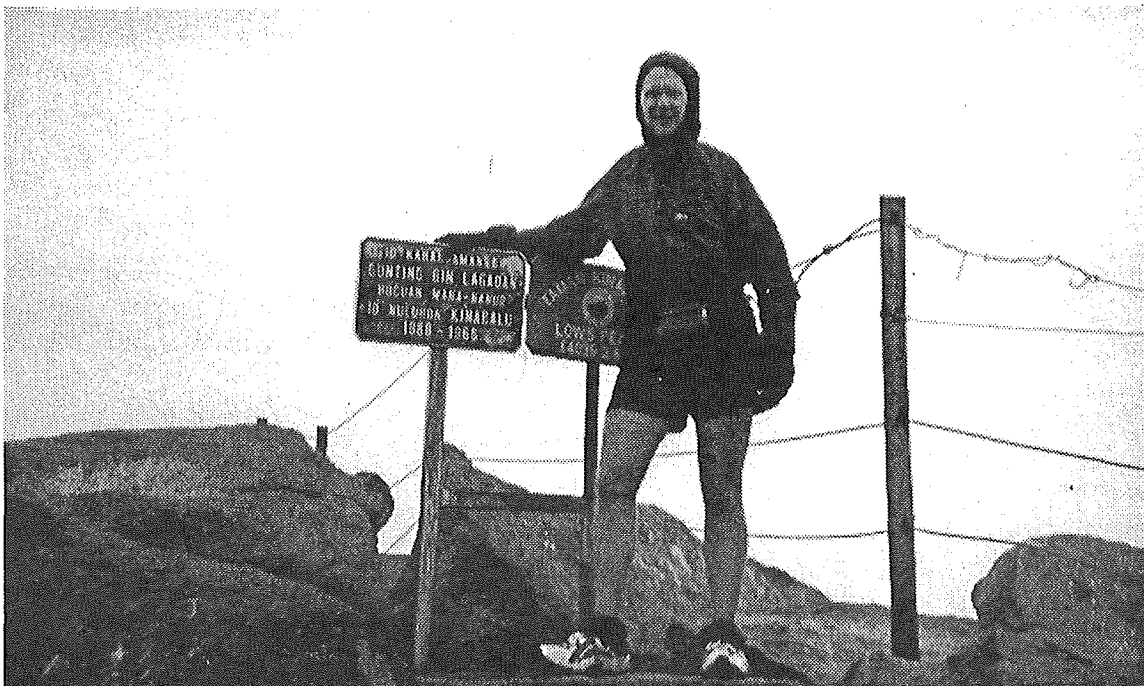
- | | |
|----------|---|
| Blisters | First I cleaned the area with an alcohol wipe. Then I applied tincture of benzoin (also known as friars balsam) to apply a sticky surface for the tape. Then Elastoplast stretch tape, and covered that with 3M Micropore to prevent the edges from rolling up. I dusted the feet with foot powder to remove the stickiness of exposed tincture of benzoin. Individual toes got the same treatment except I omitted the Elastoplast. I then smothered everything not taped with Hydropel, like Vaseline only lots better. |
| Clothes | Nike Dri-Fit running shorts, short sleeved Patagonia Capeline silk weight shirt covered by a long sleeved white (at least it started out white) Patagonia Capeline silk weight shirt. I read that the two layers helps prevent shoulders and back from chaffing caused by the back pack. I never experienced chaffing. The Capeline wicks moisture to the surface, which evaporates and cools you as you run. Nike Dri-fit hat with legionnaire's flap pinned on. Buff and sand goggles for eye, nose and mouth protection. |
| Gaiters | Olga made me gaiters for my shoes. They were made of fine weave breathable fabric glued all |

around the rim of the shoe, and held in place with a broad elastic band around the ankle. This in turn was covered by a workman's boot gaiter for extra protection.

Shoes	I used Montrail Vitesse trail shoes because of the hard insert in the sole to prevent stone bruising under my feet. One size larger than normal to cope with swelling feet.
Food	I did not take a stove as many did. Breakfast was cold One Minute Oats with condensed milk and water. I used Achieve (maltodextrin) and Succeed Clip as sports drinks along the way, supplemented by jelly babies and fruit bars. Dinner was noodles soaked in cold water with dehydrated peas and corn, sliced almonds and parmesan cheese. Special treats included crushed potato chips and custard made from powder. 2000 calories a day minimum. Succeed S!Caps for electrolyte replacement. Succeed Recovery Caps each night to aid muscle renewal. A product called Endurance (http://www.hchformulas.com/endurance.html) to assist the assimilation of energy from whatever sources are available to it ... I think it helped.
Sleeping Bag	I bought a PHD Minimus light weight sleeping bag from the UK. Weighed 495 grams and rated at +5 degrees Celsius. Just warm enough – wouldn't have wanted less.
Pillow	I took an inflatable pillow which worked well.
Pack	Salomon 30 litre adventure racing pack. Lighter than the Moletraks I did most of my training with, and very importantly places some load on the hips rather than all on the shoulders. Lots of mesh pockets. Can't speak highly enough of this pack.
Preparation	10 minute runs Monday to Friday, with 3-1/2 hours or longer on weekends, interspersed with a marathon or ultra about every month or 6 weeks. This got my endurance up while allowing my muscles and joints to adapt through adequate recovery. I did a 95 km run 5 weeks before the event, half with full kit and included night time running.
Acclimatisation	For the last 3 weeks I drove to and from work each day for a total of about 80 minutes with the heater on full blast. The temperature would have been over 50 degrees by the time I got home. I had the air conditioner running on the way to work to remove the humidity so I was not sweaty for work, but turned it off on the way home so it was like a sauna. 20 minutes in a very hot bath also makes you sweat big time as it raises your core temperature.

What didn't work for me

Sleeping Mat	I took a blue foam mat to save weight. Should have taken a three-quarter length ThermoRest inflatable as my hips and tailbone suffered throughout the long nights.
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John Lindsay is a great example of preparation and attention to detail in his ultra adventures that have taken him around the world

PETER PFISTER

Thrill-Seeking 'Ultra' Disciple

A few days after his return from
the Simpson Desert Challenge
TONY RAFFERTY met him on the
slopes of the Yarra at Southbank
for lunch

Pete. Talk about your recent desert experience.

He spread across the table a number of photographs. Then he pulled from his bag two samples of clothing worn by the four runners in the 379-kilometre race across 1,100 sand dunes from Alka Seltzer Bore to Birdsville.

"Before I answer your question. Have a look at this," he said with a certain pride. At arms length he held a cap signed by every runner in the 1985 Sydney to Melbourne race. From an ordered file he selected for me to read, letters from Ramon Zabalo and Anatoli Kruglikov.

Pfister, (63), born in Zurich, Switzerland - a crew member for the greats of ultra-distance - exudes confidence, zest and gusto... We moved away from the hiss of the cappuccino machine and clatter of plates to a quieter spot upstairs in the Southbank complex.

"The highlights of the Simpson Desert Challenge were many," he said. "The nature of the terrain, the temperature and the big group involved. The race in stages averaged about 70-k a day. Highest temperature was 54-degree Celsius. The lowest nineteen degrees. Every day at 9am it was forty or more. I had a special gadget to record the temperature.

"I helped Irishman, Ray McConnell. He arrived just a couple of days before the race. He suffered a severe nose-bleed early on. We don't know the cause. Blood flooded from his nostrils. I urgently called for his support crew. Monty, a pharmacist, nipped with his fingers the top of his nose. He stuck vaseline up his nostrils. Then cleaned the nose with alcohol. Five minutes later Ray ran as if nothing had happened."

What was your job during the race?

"My work initially was time-keeper. I started and finished the event. I also selected camp sites for 41 people, and vehicles. The desert was full of prickly bushes. You walked in bare feet at your peril."

How did the four athletes cope with the weather conditions?

"Hungarian, Mihaly Molnar handled conditions best. He won the race. He arrived Sunday. The race started the following Tuesday at 6am. He was rushed from Adelaide to Oodnadatta, then to Alka Seltzer Bore. He won every stage of the race. Admirable run. The other three runners suffered very badly in the heat."

How many support crew assisted each runner?

"Each runner had two people and a Toyoto Land Cruiser. Driving over the sand dunes was really very difficult. The vehicles contained long-range fuel and water tanks. And a good fridge. We celebrated the end of each day with a cold beer. It tastes good in the desert especially after the heat of the day.

"The last runner usually arrived after dark. Sleeping on the desert floor in tents was fantastic. It was comfortable but hot.

I felt good sleeping on the sand. The trouble was the race started at 4am. We rose at 2.30 and ate breakfast. We did very little washing. It's difficult in the desert."

Who promoted and sponsored the race?

"Bernie Farmer, in conjunction with Australian Outback 2002. They managed to gain adequate sponsorship from Quick Pages and Ultra Tune. The Australian Institute of Sport were represented. Television crews covered the run. At different times during the day a camera crew filmed from a helicopter. A documentary will be made."

You say three runners found the journey very tough. Expand on that point?

"Yes. Ray suffered a hell of a lot all of the time. Except perhaps for the last stage when all competitors seemed to acclimatise. He was a courageous man to finish. I take off my hat to him. Kelvin Marshall also found difficulty coping with the harsh conditions."

It seems the runners needed a week or two beforehand to prepare their bodies for high temperatures.

"Yes. But Molnar had no trouble. He's better trained. A professional athlete."

Describe the finish.

"A super welcome at Birdsville. The ranger. The police. The whole population in fact. Maybe two hundred people. Private aircraft flew in."

And you celebrated at the Birdsville Pub?

"It was super. I love that pub. I'll never forget my first visit with you in '86. And I'll always remember this venture."

I'd like to change tack. You've run in a number of ultras including the Sydney to Melbourne classic. And you've crewed for some of the greats of the sport. Drop a few names. What memories stand out? Eccentricities?

"Cliff Young, during the Gold Coast Marathon, encouraged me to attempt longer distances. I qualified for the Westfield Run. I gained a number of good friends from that event. French policeman, Ramon Zabalo. An absolute gentleman. A gourmet eater during a race. He'll eat the best quality steak with a salad and wash it down with the best quality red wine. Joining him for a meal cooked by a good chef - not just slapped on a BBQ - was a real pleasure. We're still in contact. I hope to visit him in France this year. He seldom runs now. He race-walks. I understand he walked 242-ks in twenty-four hours. You'll remember him."

I certainly do. I won't forget the battles on the Colac track with Perdon, Bauer and Mravlje. Siggy Baurer never walked. Zabalo walked a lot, especially through the night. Long strides. Any other Zabalo memories?

"When I visited him in France he showed me around many of his favourite places. He is a very proud Frenchman."

"Helping Dusan Mravlje was another unforgettable experience. He won the 1986 Sydney to Melbourne race. When not running he calls himself a gentleman, during a race, an animal. Like Zabalo he eats well: green salads with lots of tomato, garlic and onion. On the road he's extremely focused, strong and always very positive."

You've also had close contact with Anatoli Kruglikov.

"Yes. And Siberian, Andrei Derxen. I helped both of them when they had no support crew."

Acting in this role with many of the greats gave you the

chance to observe their eating habits on the run. How do runners differ in this aspect?

"Unlike Mravlje and Zabalo the Russian runners don't eat anything as they run. They drink a lot. Only diluted Coke. Nothing else. I prepared it."

What about breakfast and evening meal?

"Cereal, porridge and loads of honey. Tea with honey before the start of a race. Pasta, vegetables, fruit at night. Every evening I mixed Coke and water in small bottles for the next day's stage. I placed them in a box full of ice. Ice cubes in the drink itself. Every kilometre they drank a small amount. But on the run absolutely nothing to eat. And I must mention, the Russians never walked. When I handed out drinks I had to run with them. They slowed down to 12-kilometre-an-hour pace. Fast for me. Most of the time they averaged about 15-k an hour. Kruglikov is in the Russian army. Derxen, a professional athlete, has run out of money. His career may be finished."

"I must mention Bryan Smith. I helped him in the last Westfield Run when he won the handicapped section. Bryan was a fine person. A quiet achiever. A top runner. He tried to achieve everything in the sport. I was deeply saddened by his death in the Perth to Canberra race on 2nd February last year. This year on that day I visited his wife Jan and gave her flowers in commemoration. Next month in May I'm going back into the Nullarbor Plain to the site where Bryan passed away. I'll leave something in his memory. I'm still very upset."

The race drew a number of detractors. What's your reaction to their criticisms.

"I don't like to be negative. I admire the two organisers, Bernie Farmer and Jesse Riley. They took a big risk. They had no money. Conditions were difficult. No outside help. Just a few helpers on the road. The race went ahead. The race finished. It was tragic what happened to Bryan. But I think it could have happened in any other race. There was no rescue. It was just instant death for him. So that's the black mark on the race. It was a great event. But this race won't happen soon again, if ever. It was a fantastic experience. The runners averaged incredible speeds every day and covered between 65 and 100 kilometres. On one 85-k stage along the back roads between Ballarat and Melton Andrei Derxen won the section in four hours 59 minutes. On a shorter stage next day he averaged 17 to 18 kilometres-an-hour. They repeated feats such as these not just one day, but every day. Sixty-five days... every day a marathon or more."

How did the runners cope when bush fires threatened to stop the Challenge?

"Three runners were ahead of the fires. Police closed the road and stopped the rest of the field. The situation was dangerous. The race was in disarray. No contact took place for six hours between the official with the lead athletes and those stopped by the fires. Eventually things were sorted out."

I understand turmoil at Melton may well have brought the sport into disreput?

"Yes. At that point the race was in a disorganised state. Confusion arose as to the finish point: the communal hall or the courthouse. Kruglikov had finished. He was upset at the confusion. I talked with the time-keepers, the Mayor and others. Everybody seemed happy with the decisions. We enjoyed a beer."

Then Peter Gray arrived upset at the untidy finish. High tension arose between us... He was sent home for two days.

"In Eden early one morning I approached him: 'Let's forget the whole thing,' I said. He apologised. We called it quits. Now he's my friend."

Your life is full of adventure. What's next?

"I'm retired. I enjoy life to the full. Every year I go to Europe, Asia. This year in July I go to Switzerland and Italy. I'll visit Molnar in Hungary and Zabalo in France. I plan to climb the 4,800-metre Matterhorn. Last year I was at the foot of it and because of a freak accident which happened in front of my eyes when two Japanese mountaineers fell and were killed, I decided not to do the climb. This year I hope to achieve that feat. I'll probably be one of the oldest up there."

You mentioned some time ago about your aspirations to reach Base Camp on Everest. Is this feat still one of your objectives?

"It's still on my mind. I want to go to Nepal. I have to do it soon. Of course it's a lot higher than the Swiss mountains - 6,300 metres. That's one of my last wishes to get to Base Camp on the world's highest mountain."

What training will you do to prepare yourself for high altitude and rough terrain?

"Not much in Australia. I'll walk through the mountains in Switzerland every day for hours. I have experience from my early army days in the mountain troops. However I'm not an irrational person."

What's beyond Everest? How do you see yourself in five years?

"I'll be in Australia and hoping to venture through the Simpson desert and who knows maybe involved in another Westfield Run - Sydney to Melbourne. I'm trying to make contact with the Westfield owners who I understand are Hungarian. Molnar desperately wants to compete in that race."

You'll need Charlie Lyn. I don't know of a better organisor for such an event anywhere in the world.

"I've lost contact with Charlie. John Dangar and Chris Bates may be interested."

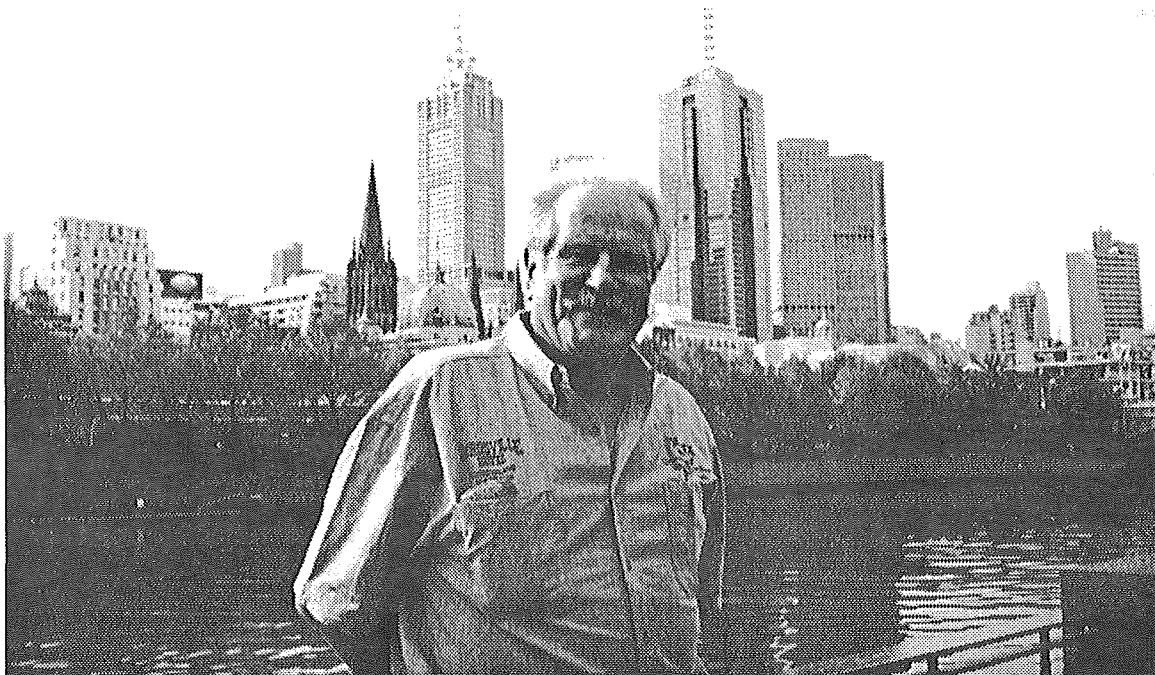
You have a fair knowledge of the Australian Six-Day Race at Colac. What are your feelings about this event which has so much potential but is no longer recognised as a race of significance?

"They must search for worthwhile sponsorship. The top runners compete for prize money. In the early days Kouros, Zabalo, Bauer, Chearns, Bloomer... There was good patronage the first four or five years. The committee were young and enthusiastic. It's time for a change. Put a professional guy in charge. Somebody to stir up the possum."

Many thanks for your time, Pete. And take care on the mountains.

TONY RAFFERTY - April 2002
tonyrafferty@bigpond.com.au

SIMPSON DESERT CHALLENGE
Mihaly Molnar 46h-28m; Vlastic Skvaril 54h-53m
Kelvin Marshall 62h-6m; Ray McConnell 72h-27m



Peter Pfister relaxing at Southbank in Melbourne



Depths of the absurd: Lloyd Scott finishes the London marathon.

Picture: AP

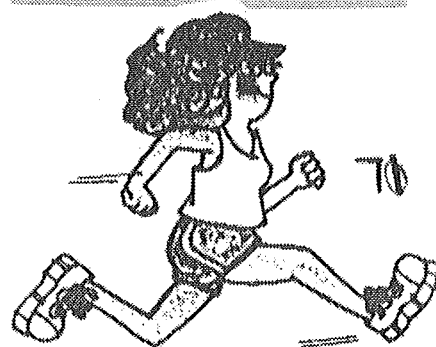
5:19:29.41

And he never reached the sea ...

> SLOW and steady does not win the race. Certainly not in the case of Lloyd Scott, who took more than five days to finish the London marathon.

The reason for Scott's leader-footed performance was because he was wearing an antique diving suit, complete with weight boots and bell helmet.

Scott was raising money for a leukemia charity. After clocking five days, eight hours, 29 minutes and 46 seconds, if he can reach his target of \$270,000, it will have been worthwhile.



Couple's marathon love story by Grant McArthur

The road to true love is often twisted, but few people have to travel half way around the world and run for six days to find it. Such was the case for South African six-day runner Willie Erasmus, who returned to Colac on Monday with much more than a race in mind. After falling in love with Colac's Jennifer Stephens during last year's Six day Race, Willie returned to Australia with a secret agenda.

"As I walked through the gate at the airport I went down on a bent knee, whipped a ring out of my pocket and proposed in front of everyone, much to Jennifer's embarrassment" he said.

Jennifer accepted the offer and the couple are now planning to wed as soon as possible.

The engagement is the end of a truly whirlwind romance between the two, who first met just day's before November's race while attending Colac's Apostolic Church.

"It was a friendship at first sight - I was totally amazed by this lovely little blonde lady," Willie said.

"Then I fell in love with the race and everything else here".

Willie returned to South Africa after the race but the distance between the couple did nothing to deter their affection.

"Our relationship seemed to develop much more through ringing each other via the phone after he left. We called each other at least once every day and it was becoming very expensive", Jennifer said.

Willie and Jennifer have both decided to give back to the race which brought them together and have already joined the Six Day Race Committee and started plans to implement a youth sporting club.

The two plan to perform and record their duets of gospel music, which Willie hopes will also tie in with his other long term dream to become a pastor in the region.

Willie Erasmus was the only runner in the world last year to complete 4 six day races around the world. These were New York, Colac and two of the South African 6 day races.

Note to all single multi day runners around the globe. We can't guarantee you romance - but why not come to Colac anyway and see what happens!!!!



Willie and Jenny have now since married

profile

Of ice and men



A six-time Olympian, round-the-world yachtsman and world-class cyclist...

but most importantly, a larrikin with a penchant for annoying the wrong people. It's an understatement to say Colin Coates has had a colourful life,

writes **Ron Reed**

► Pictures: **Bruce Magilton**

HOLLYWOOD is thinking of making a movie of that great tale about the Olympic ice-skater from Australia who never knew when to say die — literally.

When and if they do, there will no doubt be room for a cameo appearance by Brisbane's Steven Bradbury, who more or less accidentally won Australia's first winter Games gold medal in Salt Lake City last month, crossing the finish line in wide-eyed triumph after his four opponents fell over.

But Bradbury won't be the star of this story. He's the guy who ended up with the gold, but a 35-year-old knockabout larrikin from Melbourne with ice in his blood and adventure in his heart is the one who has really captured the imagination of the scriptwriters. And that's no surprise to anyone familiar with Colin Coates' colourful life.

American filmmaker Bud Greenspan, perhaps the world's foremost Olympic historian, has already completed a documentary about the careers of Coates and four other winter athletes, including the great East German skater Katerina Witt.

Greenspan's people recently told Coates and his long-time mentor and supporter, Australian Olympic Committee vice-president Geoff Henke, to expect a call from a major studio interested in focusing on him alone.

The phone has yet to ring, but with Bradbury having dragged one of Australia's least-known sports into the spotlight, the time is right for Coates to take a bow here in his sports-loving home town, where most people still don't know who he is or what he's done.

His Olympic record is notable more for its longevity — he competed in an Australian record six Games between

1968 and 1988 — than for his results, the best of which was a sixth placing.

But when you consider he has also been a champion yachtsman, a highly competitive racing cyclist who once rode around the world, a competent ice hockey player and that there are at least two reasons why he should be long dead, it's amazing he isn't better-known.

One reason for this is that he has spent much of his life living in Europe and America, pursuing his love of anything and everything representing a challenge, and has been back in Melbourne for only three years, working quietly as a plumber and coaching young skaters on the side.

Originally from Elwood, he has settled back here after spending much of his post-Olympics career delivering yachts from one side of the world to the other, sometimes single-handedly.

He still sails competitively at Brighton Yacht Club and is contemplating cycling in



ON COATES' TAIL: An Olympic record

1968 Grenoble, France
500m, 41st; 1500m, 49th

1972 Sapporo, Japan
500m, 36th; 1500m 24th,
5000m 23rd, 10,000m, 18th

1976 Innsbruck, Austria
500m, 25th; 1000m, 11th;
1500m, 8th; 5000m, 10th;
10,000m, 6th

1980 Lake Placid, US
1000m, 29th; 5000m, 19th;
10,000m, 18th

1984 Sarajevo, Yugoslavia
1500m, 37th; 5000m, 25th;
10,000m, 22nd

1988 Calgary, Canada
10,000m, 26th

the Master's Games in Melbourne this year. He has a son, Mark, 30, who gave up a career in the navy to become a computer specialist in a Melbourne bank. But Coates' marriage ended many years ago "because I just wanted to travel the world and see how I would go as a sportsman".

He has lived the devil-may-care life many men would love to emulate — if only they were game.

Sitting in the sun in Albert Park last week, dressed in his work gear, old shorts, T-shirt and boots, and sipping a cappuccino, his abundant curly hair streaked by only a certain amount of grey, you wouldn't pick him as the great survivor. But consider these samples of his many misadventures...

GOODBYE CRUEL WORLD

IN 1980 he was skiing with Dutch friend Rudy Deleeuw and his colleague and 12-year-old son on a glacier in northern Italy when he went on ahead only to suddenly feel his skis sinking into the snow.

"I thought it would stop at my ankles, but it didn't. I went down to my knees, then my waist and finally my neck and I knew what was happening — I was falling into a crevasse," he says.

"Oh well, goodbye cruel world... that's it, I'm dead. In circumstances like that, it's unbelievable how fast your mind can work. Things were rushing through my head at a million miles an hour, everything I'd done, what I hadn't done, what I'd

regretted doing, my whole life. I even realised I was going to miss the date I had with a girl that night for coffee.

"Then I blacked out."

He woke up wondering whether he was in heaven or hell "because I knew it had to be one or the other".

But after a few seconds he realised he was alive — just. He had broken both arms, his jaw, his left shoulder, his nose and his face was a mess. He had landed on a ledge 30 metres down but, amazingly, it was off to one side from his entry point. If he had fallen straight down, there was a drop of several hundred metres.

"I still have no idea how I finished up

pointed out, his son had given Coates his skis to carry and there was no way he would have taken them home with the boy still on the mountain.

So they searched until they heard a faint cry, located the crevasse and sent for a rescue team. The rescuers told them there was no way their friend would come out alive. Only a month earlier, a Swedish skier had been pulled out of a much shallower hole after a shorter ordeal and had died in hospital from shock.

"But when they pulled me out, I had a normal pulse of 75 and no shock. The German doctor on hand couldn't believe it," Coates says.

► I thought it would stop at my ankles, but it didn't. I went down to my knees, then my waist and finally my neck, and I knew what was happening...

where I did," he says. "But I was alive and I knew I had to stay that way for as long as I could. The bones of my arms were protruding through the flesh so I pushed them back in the best I could and then packed snow around my legs and sat there crying for help."

Above, Deleeuw naturally wondered where he was.

His mate suggested it was just like Coates to disappear on a whim and they'd surely catch up with him later. But Deleeuw

A military helicopter flew him to hospital where the first doctor who saw him recognised him.

"I skated against you at the '70 and '72 Olympics," he said.

The repair work took 10 months, with Coates having 10 metal pins inserted into his body.

With his arms immobilised, he hitchhiked back to his base in Holland. He was told never to skate again because there would be no putting him back together if

he smashed himself up a second time. But to a man who still had two Olympics in him, that was like telling a dog not to wag its tail.

BREATHING EASY

WHEN he was a teenager, Coates developed a stomach pain after rolling on something hard in his sleep while sailing yachts. The pain subsided, but years later he noticed a bulge in his stomach. It was causing no pain so a doctor told him not to worry about it.

Later still, he fell off a bike in Europe, the handlebars jabbing him in the stomach again. He spent three days in intensive care until another doctor told him he couldn't locate his left kidney because there was a cyst present.

But the happy-go-lucky Australian had other things to do — like taking part in an 80-day world bike ride, as well as keeping his hand in at skating — so months went by before he submitted to surgery.

When he did, they removed a growth that weighed 5kg and five litres of fluid, telling him: "If that had burst at any point, you would have been gone in minutes."

"Apparently the incident on the yacht caused a blockage and the bike accident re-activated it," he says.

"All my insides were pushed over to one side and my breathing was affected without me realising it."

► continued page 6

▲ Smooth: six-time Olympian Colin Coates shows his style on the ice at Oakleigh and (inset) at the 1988 Calgary Winter Olympics.

◀ Life on the edge: knockabout larrikin Colin Coates may be the subject of a Hollywood movie.

Of ice and men

◀ from page 5

"I'd skated through five Olympics and ridden around the world with that thing inside me and the doctors couldn't understand how I'd done it. But if you don't know any better ...

"When it was gone, man, I could breathe much easier which is maybe why, at my last Olympics in Calgary in 1988, I skated the 10,000m 30 seconds faster than I ever had before. Not only could I breathe properly, but I was five kilograms lighter. It was like having a kid."

Another time, he sliced his skate blade 85 per cent of the way through his achilles tendon but finished a race with blood pouring from his boot — and then walked to the doctor's surgery 500m away to ask: "Just sew it up, will you?" He was back skating in a matter of weeks.

LAST HURRAH

COATES' final Olympic race wasn't a matter of life or death, except that he could have been officially hung, drawn and quartered for doing it.

Coates, then 41, was in the team as the manager and coach of the three skaters, Danny Kah, Michael Richmond and Phillip Tahmindjis, but was technically listed as a competitor so more support staff could be named and so he could share ice time with his charges doing training.

But the skating federation at home insisted he not be allowed to compete, officially because they felt it was more important to develop young talent, but in reality, because they felt he had got up to too many tricks in his time.

"They didn't appreciate or understand him," says Henke, the veteran chef de mission, who nonetheless agreed to enforce the edict and rejected several approaches by Coates to be allowed to skate the 10,000m.

▼ **Death-defying:** Colin Coates is rescued after his accident on a glacier in northern Italy in 1980.



The way Coates tells it, Kah decided not to take up his option to race the gruelling event in order to save himself for the imminent world championships. So with encouragement from the others, as well as psychologist Jeff Bond, he decided to do it himself.

When Henke spotted other team members watching Coates go around on TV in the village, he thought it was an old replay until he realised he was wearing the current uniform.

Furious, he ran to the rink, arriving in an arm-waving flurry while the race was still going.

"People thought he was some crazy fan of mine," Coates laughs.

That was sort of true. Henke has said many times that Coates was "a lovable villain who would have been a world champion if he had been born a European", but on this night, he was just plain angry.

"I told him in no uncertain terms what I thought of him," Henke later told Olympic historian Harry Gordon.

"I used words I'd never normally use. As far as I was concerned, he'd skated illegally."

"I'd helped him a lot in his own sport and he'd let me down."

The drama escaped the notice of the tiny Australian media contingent and, according to Henke, Coates wept in the face of his verbal onslaught.

BUT then, writes Gordon in *Australia and the Olympic Games*, congratulations began to flow in for the man who had set a record for his country by competing at six Olympics.

One came from Prime Minister Bob Hawke, who told Coates how proud he had made all Australians.

"At that point," Henke said, "I settled for discretion rather than valour. I stopped going crook. The man was a

public hero. He did the wrong thing by me but his was an incredible performance and nobody could ever take that away from him."

Sadly, not everyone agreed. Coates says now that when he got home the skating officials were still furious at his disobedience and told him he would never have anything to do with the sport again.

It sounds an incredible reaction, but amateur sport in Australia was once infamous for such petty-mindedness.

Says Coates: "To this day, it's proven pretty true. I had been doing a lot of coaching, but stopped that the next year, and apart from helping a few kids in Melbourne I haven't really returned."

He was also recently passed over for induction into the Sport Australia Hall of Fame after being nominated by former Olympic silver medallist Peter Norman, famous for his part in the Black Power 200m in Mexico City in 1968.

► I knocked back an offer to compete for Sweden, where I would have been paid, given a car and a coach and had everything I needed to become a champion

No reason was given, but it is likely just a matter of waiting his turn.

Certainly, he would seem to have strong claims given his longevity was almost matched by his versatility.

As a sailor he won three Australian and 10 Victorian championships in 14ft dinghies and as a cyclist he won numerous races as a professional in the US and Canada, finished sixth in the road race at a world championships and — after providing a false ID to gain entry to the trials — once qualified to contest the time trial in the American championships.

And he completed a ride around the world, conducted for medical research, in 80 days with five other cyclists.

His skating career was conducted with

little of the back-up Olympic athletes take for granted these days.

"I was often told that I was about 7 per cent off being a world champion — I just needed my own coach and a bit of support," he says.

"But I was my own coach, doctor and manager for most of the time."

"The first time I went to the Olympics, in 1968, I'd never seen an outdoor track and I didn't even own a pair of skates. I had to spend about \$100, a fortune to me then, to buy some."

"I often used to live in change-rooms because I couldn't afford hotels. The national teams from other countries would arrive with their cut lunches and give me the scraps of bread or eggs, whatever they didn't want."

"That way, I'd only have to buy one warm meal a day. Often, rival teams would let me sleep in their rooms."

"There was a lot of dedication and sacrifice, but I'd do it all again. I had a ball."

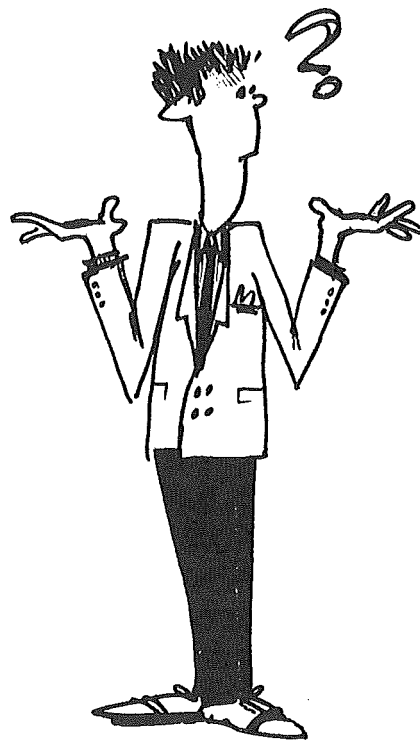
That said, he does not try to disguise his disappointment at the lack of recognition.

"I always tried to do my best for Australia and, in 1972, I knocked back an offer to compete for Sweden, where I would have been paid, given a car and a coach and had everything I needed to become a champion."

"Maybe if I'd accepted, I'd be a gold medallist now."

"I'm well-known in Europe but here, even though I've put in as much work as any Olympic athlete, I'm just Joe Blow down the street."

"It's a bit sad. It would be nice to have a bit of acknowledgment."



Konstantin Santalov - an historical perspective

Only now is the great Russian runner being fully appreciated

By Andy Milroy

Konstantin Santalov

DoB: 3 January 1966

Born: Dnepropetrovsk region of the Ukraine, south east of Kharkov.

Started running: 1978.

Personal's bests:

10,000m - 29:55

Marathon - 2:14:56 (Belaya Tserkov 6th Sep 1987*)

100km 6:22:28 Barcelona 3 May 92

24 Hours - 260.750km (1) Madrid 16/17 Oct 93

*Course thought to be short.....22-23 runners under 2:15.....30 set personal bests in that race.

Santalov's sub 6:30 100km performances:

6:22:28 Barcelona 3 May 92

6:23:15 Amiens 25 Sep 93

6:23:25 Palamos 16 Feb 92

6:24:24 Amiens 19 Oct 91

6:24:55 Amiens 24 Oct 92

6:25:24 Cubatao 8 Aug 98

6:25:52 Winschoten 18 Sep 93

6:26:20 Winschoten 7 Sep 91

6:26:26 Torhout 8 Aug 93

6:28:45 Winschoten 2 Sep 92*

6:28:52 Torhout 16 Jun 95

6:29:14 S.C.de Bezana 7 Oct 95

* The only occasion when Santalov ran under 6:30 and finished second. Jean Paul Praet ran 6:16:41, a new world road best, to win.

Swiss Alpine Marathon 5:44:46 4th '96

"A career at the very highest level is short."

Often it is very difficult during a runner's career to get a true idea of their worth. It takes time for a career to be viewed in historical perspective, to come to the runner's achievements with fresh eyes. During a career it is often too easy to take the runner's accomplishments for granted; it is not until they leave the scene that a true appreciation can be made.

In 2001, for the first time for 20 years or more, no runner ran under 6:30 for the 100km. When looking back over those who have done so in recent years, it is apparent that such marks are few and far between; most of the runners have only one such mark to their names.

Most of the major 100km runners over the last twenty years have perhaps just three, four or at most five such marks. There is one exception: Konstantin Santalov.

Santalov broke 6:30 barrier 12 times in his career. Although only 36 now, which, for most ultrarunners, is when they reach their prime, he has apparently retired for competitive 100km running. It is worth looking again at the career of this remarkable performer, who achieved with seeming ease that which has eluded so many.

April 7, 1991

April 7, 1991, was a particularly significant date in the history of the modern 100km event. The race was not a major international championships. Its importance was that it brought to Western Europe for the first time two runners who were to come to dominate the world 100km scene in the first half of the 1990s.

The race was won by a Brazilian runner, whose previous personal best had been 7:15. His time of 6:35:41, in what I believe was only his second ever 100km, showed the quality of this young runner. His name was Valmir Nunes. Almost unnoticed in seventh place, was a Russian runner who ran 7:02:32 in making his 100km debut. The Russian was Konstantin Santalov.

Konstantin Santalov was a 2:14 marathon runner, and thus obviously had great potential at the 100km distance. There were many marathon runners in Russia capable of running such a time, and Santalov, then a lieutenant in the Russian army, had decided to try the ultras. There were incentives in moving up to the 100km. Considerable prize money was on offer in the Spanish 100kms in the early 1990s.

Santalov had not entered the Madrid race as a complete novice. He had made his first experiment in Ultrarunning in a 12 hour race in Odessa in the Ukraine

After the Madrid race, he was advised to run the Rodenbach 100 km in Germany on the 20th of April. Obviously the Madrid race had not taken much out of Santalov because he won at Rodenbach in 6:35:49, well clear of opposition. He had arrived on the world scene as a major player. The short gap between the two races was to become typical of his racing pattern.

6:26:20 at Winschoten

The World Challenge that year was at Faenza on May 25. Santalov entered but was forced to retire, the race being won by the young Brazilian. Nunes then returned to Brazil, but Santalov continued to race. He was beaten at Torhout in Belgium in June by the Belgian Jean-Paul Praet, despite running 6:48; in August he tackled a 24 Hour run and won with 226km, and then in September began to show his true potential, running the fastest time of the year, 6:26:20 at Winschoten.

His first year of running 100kms was not yet over. He returned to Spain in October to the tough Santander course. There he once again faced Valmir Nunes. After a great struggle, the Brazilian won by a mere 27 seconds, 6:35:53 to 6:36:20. At the end of his first year of 100km racing, Konstantin Santalov had shown his great potential, but had been beaten three times by Nunes and once by Praet. His apprenticeship was over; he was now ready to show his mastery of the event.

His first year of competition was to set the pattern for Konstantin Santalov's racing programme - frequent racing, occasionally retiring, often producing marks of real quality, but seldom really extending himself. (He had raced in five different countries and contested at least seven ultra races in his first year.)

Santalov's racing strategy was to rely on his superior speed, and he would cruise for 80, 90km before accelerating away. The next World 100km Challenge, held at Palamos in Spain in February 1992, was a classic example of this tactic. For much of race he and Nunes loped behind the race leaders like a pair of predatory wolves. At 77km they made their move. Unfortunately this clash of the titans was not to materialise. A tight hamstring forced Nunes to stop; Santalov ran a devastating 38 minutes for each of the last two 10kms, to finish with an excellent 6:23:35.

Born in Kharkov

Konstantin Santalov was born in a small village southeast of Kharkov in the Ukraine on January 3, 1966. The success of Russian ultrarunning, in the opinion of some observers, is rooted in the toughness of its people and their hardy lifestyles.

However Konstantin Santalov also had talent. He had personal bests of 29:55 for 10km and 2:14:56 for the marathon. He was to use this speed to great effect. During his 100km career he ran under 6:30 for 100km twelve times on certified courses, with a further two other marks of 6:15 and 6:16 which could not be verified. He ran sub 6:30 more often than any other runner in the world, substantially more than his two great rivals, Jean-Paul Praet (5) and Valmir Nunes (4). He also had a number of 24 hour races to his credit, with a best of 260.750km/162.02 miles set in Madrid, but we have yet to see his true potential in the event.

He trained about 200km/220km a week, with a long run of 40 to 60km on a Sunday. Before a major event he prepared at altitude in Kirghizstan, and used marathons to test his fitness.

For many people the most remarkable facet of Santalov's talent was his ability to churn out quality performances at frequent intervals. The most remarkable instance of this was in 1993. He won at Winschoten in the Netherlands in 6:26:20, with several of his top rivals avoiding the race in order to be fresh for the Amiens race in France the following weekend. Santalov then ran the Amiens race as well, winning in an even faster time, 6:23:15, in fact his second fastest time ever!

Defeated Praet

Santalov retained his title at the 1993 Torhout World 100km Challenge, defeating Jean-Paul Praet on home territory, but in 1994 injury was to strike. He won Rognonas 100km in 6:36 in April 1994, five seconds ahead of Praet, then a week later he faced a tough battle from Alexey Volgin, a world class 50km walker making his 100km running debut.

Apparently pushed for once, he won with 6:16:21 to Volgin's 6:18:49. But perhaps the two hard races had cost him dear. At the Madrid 100km in May he developed shin splints, and was subsequently forced to retire in first the Comrades and later in the Lake Saroma World Challenge.

The year 1995 was to be one of mixed fortunes for the Russian. He won at Torhout with 6:28:52, and at De Bezana in Spain with 6:29:14, but was again forced to retire from the World Challenge at Winschoten. Thus when he lined up for the Moscow World Challenge in May 1996, he was not the obvious favourite. But as the race developed, the classic Santalov tactics emerged. By five hours into the race he was running slightly behind the European Champion, Jaroslav Janicki of Poland, looking easy. It looked to be a foregone conclusion that Santalov would become the first runner to win the World Challenge three times, and it was.

The year 1997 was not one of the Russian's good years; his best performance was 6:40:23 in the De Bezana 100km in Spain. In the Winschoten World Challenge he again failed to finish. The following year was a better; he ran 6:33:46 to finish joint first in the Russian Championships and then he broke 6:30 again, for the first time for three years, running 6:25:24 at Cubatao in Brazil.

Paid a price

This performance apparently had its price. In the Shimanto World Challenge he was forced to retire from the race, apparently affected by asthma he had developed when competing in Cubatao. In 1999, he won at Aunis in 6:46:05. Originally selected for the 1999 Chavagnes World Challenge he was not to compete.

Konstantin Santalov was held in great respect by international ultrarunners. As with other all-time great ultra performers, like Wally Hayward and Don Ritchie, it was his attention to detail that marked him out as different from other runners. When eating out, he would ask for a clean plate and transfer the precise amount of food he needed onto that plate, and left the rest. He would always sit down when he could, and never stood in the sun.

Perhaps it was in his relationships with his two greatest rivals that one could see the true measure of the man. When Jean-Paul Praet retired, it was Santalov who won the first Torhout race for many years that Praet had not contested. It was Praet who was the first to congratulate the Russian. Santalov also travelled to Brazil to stay with Nunes.

Konstantin Santalov was the greatest 100km racer of modern times. He was often content to do just enough to win and seldom extended himself. (He believed his limits were 6 hours for 100km and 300km for 24 hours.) The fact that the Russian did not extend himself was perhaps the secret to his ability to race 100km events weekly on occasion. How much would a 2:25 marathon take out of a 2:09 performer?

Faster runners

However, far faster runners have moved up to the 100km and not had the success of Santalov.

Takahiro Sunada has run 2:10 for the marathon, and has shown enormous talent. His ultra exploits have been restricted by the requirements of the Japanese company team that dictates his racing schedule of course.

Russian Ravil Kashapov has a best for the marathon of 2:11:07, Johnny Halberstadt of South Africa 2:11:46, Russians Eduard Tukhbatullin and Anatoliy Korepanov 2:12:07 and 2:13:20, Radames Gonzalez of Cuba 2:13:08, Yuri Kazmin of Belorussia 2:13:47 and Sergiy Yanenko [Ukraine] 2:14:32.

All these runners have faster marathon bests than Santlov, yet only one has matched him by winning the World Challenge, and that was to be Yanenko's one great performance. None has been able to match the frequency and the quantity of Santalov's 100km marks.

The world ultra scene has changed. The focus now is on championships; the era of international 100 km races competing with each other in prize money, creating a circuit for the top ultrarunners has gone. The opportunities for racing frequently against elite runners is much more limited.

However the fact that racing opportunities are now far less should surely improve the quality of times, rather than depress them. Why are the elite 100km runners of the 21st century not breaking 6:30 in World and European events with regularity?

Speed, endurance, resilience

The answer is perhaps that Konstantin Santalov's combination of speed, endurance and resilience was special and unusual; that the fast marathon runners do find the strains and demands of the 100km exact a toll from their bodies that is hard to withstand; that speed is just one component of the best 100km runners, and that they also need a shrewd racing brain, the ability to train and prepare well, and the determination and drive to overcome the demands of the event.

Perhaps the important lesson us to learn from Kontantin Santalov is that a career at the very highest level is short; that we should enjoy and appreciate the performances of those runners who dominate the sport; that we should treasure such performances, so that in later years we can truly appreciate their greatness.

35 years and counting for streaker Bob Ray Retired letter carrier runs for 12,786th consecutive day

Bob Ray, a 64-year old Baltimore resident, became the first U.S. streak runner to complete 35 straight years of daily running this week. A retired U.S. letter carrier, Ray ran for the 12,786th day on April 4, 2002. During his current streak he has amassed 92,442 miles. His total career mileage now totals 114,442 miles. Ray marked his 35th anniversary on the roads with a four-mile solo run in the morning, then ran another four miles in the afternoon with longtime friend Ray Lorden.

"Thirty-five years! What a remarkable accomplishment!" says streak statistician George Hancock of Winber, Pennsylvania. "And Bob Ray did this all for free. He sought no million dollar contracts. This is another Great American story." Ray turns 65 on Sunday, April 7, 2002.

The longest known running streak in the world belongs to Ron Hill of England, dating back to 21 Dec. 1964 (although it is controversial because of minimal runs undertaken during periods of injury and illness).

DON'T SHOOT THE MESSENGER

BY

TONY RAFFERTY

Jim drives a semi-trailer. Every year since the 1983 McEwens 1000-mile event, about four o'clock in the morning on his journey to Melbourne, he parked his vehicle parallel to the running track in Murray Street, Colac. For two hours during each visit as he sipped hot coffee and ate a sandwich he stood before the leader-board, studied the runners' performances, and at such an early hour encouraged the few athletes who graced the track.

'One year I stood freezing cold and nobody appeared,' he said. 'Kouros was always good to watch. He never tired. And Tony Collins, usually wired up, sometimes talking to himself, maybe recording his feelings. He plodded on and on.'

I met Jim when I took a nostalgic walk round the circuit during a break from driving after a speaking engagement in Warrnambool. He walked across Memorial Square and introduced himself.

'I bet you know every blade of grass in this square,' he said.

We walked round and round, hands in pockets and talked about the Australian Six-Day Race: how the people of the district and further afield supported the event during the '80's and why they lacked interest in recent times.

'Years ago it had character. Personalities. We need Siggy Bauer, Ramon Zabalo and Joe Record back. Or runners like them. They had an air about them. George Perdon. Bryan Smith.'

As we talked I realised Jim was well-informed about the event. 'For years Radio 3 CS gave regular up-dates of runners' progress throughout the day. Now it's spasmodic,' he said. 'You remember the times when stories appeared not only in the local press, but in the *Sun* and *Age*. And television news covered it.'

'Yes, I do. And hundreds lined the track at lunch-time. And in the evening bands played. The race drew people from everywhere.'

Jim recalled a time when his truck broke down forcing him to spend a full day in Colac. He wandered the track, spoke to organisers, support crew and a few runners. 'The place was a hive of activity. Television cameras. Journalists. It was an Event. I'd reason to come through one afternoon last year. The place was dead. Kouros kept my interest a couple of years ago because of his injury and his incredible will to win.'

'Can the race regain the public's interest?' I asked.

'It needs a spark. Last year I spoke to one of the locals. She didn't know the race was on and she was just shopping across the road. Some of the shopkeepers don't care about it anymore.'

'What a perfect setting. A park in the centre of the town. They should do a survey among the runners.' He said. 'Get new ideas. Invite past committee members on board. Seek advice from experienced people. Sometimes you'd think they were influenced by other agendas than purely the interest of the runners and the race.'

TONY RAFFERTY - March 2002

George Audley at it again

66 year old Australian multi day champion ultra runner, George Audley started on a new challenge last week [mid march] when he started walking the 963.1km Bibbulman Track in West Australia. It stretches from Perth to Albany and is a bushwalking trail with magnificent views. George is expecting the walk to take about six weeks and will be doing it with good friend and fellow walking Centurion, Jim Turnbull, (who by the way are Centurion number 22 and 23 respectively).

George is best known in the last few years for his exploits at the Australian 6 Day Race(Colac) especially last year when he ran 704.4km over the 6 Days and was close to claiming at least one world age group record in the process. George also last year was one of three Australians to complete the gruelling Trans Australia race from Perth to Canberra in the middle of summer. George is looking forward to competing in the Australian 6 day race again this year and is aiming to break the world 48hr age group mark and perhaps getting close to the 816km that he ran 5 years ago at Colac.

George has been running for 21 years and is a pensioner. He sights the 1987 Westfield 6th place as his best ultra result. He doesn't have any races over 6 hours in West Australia, hence the reason that he likes travelling to Colac each year and competing in Australia's multi day race.

Excerpts from the Interview held shortly before George's departure on his latest adventure

Name.

George Audley

Age

66 born 8-21-35 so soon be 67

How long have you been running for?

21 years

How long have you been running ultras for?

16 years

Briefly summarise your ultra career.

First 24 hr came 3rd with just over 170 k's -2nd 24 hr ran 219 k's which is still most ran in WA and I believe still in top 20 in Australia. Found out that I have the ability to keep going even though I am not fast. How many ultra's I just do not know.

Your best ultra result?

1987 won WA 48hr run and set Australian record of 335 k's. The record only lasted a month when it was beaten by Joe Record at Colac in which I ran 806 k's in the 6 Days

My best could also have been the 1987 Sydney to Melbourne in which I finished 6th overall and 2nd Australian

What attracts you about multi day races?

I have found something I do well at so I owe it to myself to do it

What is attracting you about Colac?

I have very limited funds and am a pensioner. There are no races over about 6 hours in WA and it is a long way to travel to the Easter states. So I save my pennies and get good value for my money by

having about 12 days in Colac most years. I would run more if my sport attracted sponsors willing to pay for the travel to other events.

Any other hobbies?

I play Duplicate Bridge at my local club 4 times a week and with one of my partners have twice won the right to represent Country WA in The Grand National Open Teams event held each year in Sydney. I have also raced Mirror Dinghies and played Competitive Croquet.

Any other interesting stories?

Well not many can say they have been in the Army, Navy and Airforce. I was in the Army Cadets, then I joined the Merchant Navy as a Marine Engineer. I left the Merchant Navy before I was 26 so was called up for National Service so I signed on as a regular in the Royal Air Force where I was a Motor Fitter.

Your favourite ultra runner?

I guess it was Bryan Smith, he was good to me in several races we were in together. Now I must say even though he is not considered a runner my favourite is Drew Kettle.

Your hero in life?

My Wife Christine.....She puts up with me.

Your ambition if you come to Colac this year?

To beat the 48hr Age World record which I believe is half a lap more than I did last year and of course beat the 816 k's I did in about 1997

What do you think about whilst running?

My mind wanders all over the place solves some of my problems thinks up new ideas Like for my next venture I have designed and made a collapsible bowl for washing self and clothes along the trail and also a Walking Staff that doubles as a camera tripod with only one leg, I wanted to take photo's of my mate and I together and in the wilderness you do not find many people passing by to take the photo's for you

2001 would have to be your best year in ultra running (Trans Aust and Colac) - what's your secret?

My secret is all in the mind. You have to tell yourself you can do whatever is needed and never get drawn into a competition that might tire you out. I always do my own thing. In ultra's it is yourself you are competing with your body says it is tired so deciding just how much rest you give it is important Too little and the body packs up Too much and you have lost the mental battle

I believe your going on a 6 week - 900km trail walk shortly. More info?

There are only about four people in Australia who have both run 100 miles and also walked 100 miles in 24 hrs I was the 3rd. The person who beat me for second spot ran in the same race that I walked and beat me to 2nd place by half an hour. That was Jim Turnbull - Walkers Centurion no 22. Jim said he had an offer that was too good for me to refuse. Walk the 963 Kilometre Bibbulmun Track with him. I put him off while I did the Colac 6 Day and had a Prostate Operation in January but we are set to leave Kalamunda near Perth on Friday March 15 for the journey to Albany. A journey that winds its way through the countryside taking 963 k's to get to Albany that is only 415 k's by road. It sounds a wonderful trek and I am really looking forward to it, some people complete it in sections over several years so I think it will be great for two over 65's to do it in one go. To see what it is all about visit the website www.bibbulmuntrack.org.au

Run 700 K's at Colac

By George Audley (The Flying Fossil)

At 66 years of age I did it, so there is no reason most of you reading this could not do the same -if you put your mind to it. After all most Ultra's are achieved mainly through the mental effort of the runner.

How I ran the Colac 6 Day Race in November 2001

After I had a bad first day (133 K's). I got to thinking and I worked out that 15 laps per hour (400 metre lap) was 6 k's per hour or 144 k's per 24 hours, for 18 hours this was 108 K's. 110 k's was what I needed, so I decided to try doing 15 laps/hour for 3 hours then have an hour off. I was pretty tired and could not keep running so I walked most of the bend and ran the straights so I had 2 walking rests each lap. I was able to manage this and hang in knowing I had a good rest coming at the end of the 3 hours. I then lay down and had a rest.

Dave my crew would wake me up and have everything ready for me so I could have a drink and a bite to eat. Then shoes and socks on (first dusting my feet with cornflour). Dave is a great crew so keeping an eye on the time he would set me off again walking and running as before.

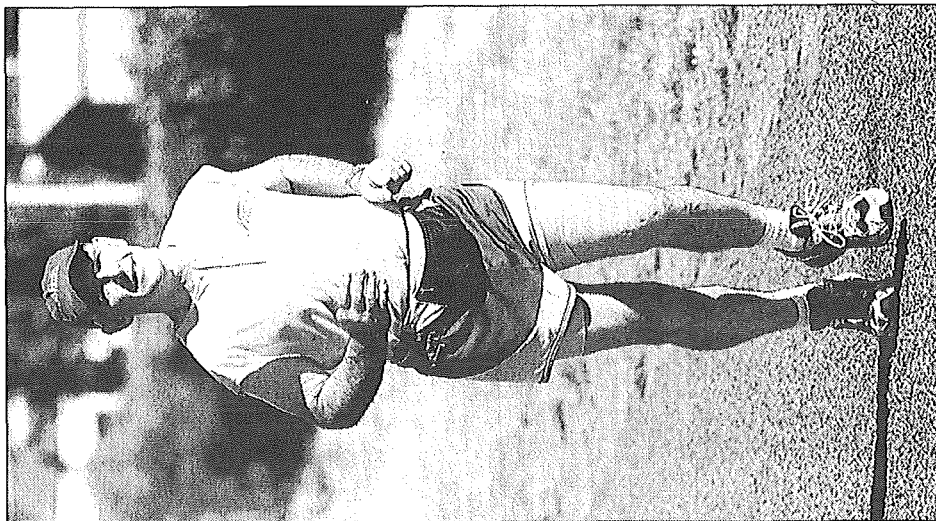
It was good to see that I was keeping up with the top internationals and was in the top few for daily distance. After the first day my distance for the day was about an average of 115 k's. I ignored the other runners and just concentrated on my 15 laps per hour with the break every 4th hour to look forward to, and of course, finishing the run.

My original plan was 160 k's for the 1st day and 110 k per day for the other 5 days or 710 k's for the 6 days. As I said I had a bad first day but finding another way gave me 704.4 K's which was only 5.6 k's short. This was a big plus for me and of course 2 world records for my age group.

Sounds easy and it is if you can ignore the other runners and just run YOUR race. Do not get sucked in to competing with anyone else as it is you who has to finish and they may not. Of course you also need a good crew who understands you.

As an extra reward this method gave me such a lift for the final few hours that I was running almost as fast at the finish as I did at the start and managed to accumulate the most laps run for Day 6.

There was one funny thing that I had to laugh about. In the Trans Australian Race there were prizes for the first 10 finishers and I came 11th, and in the Colac 6 Day, prizes for the first three. Yes you guessed it, I came 4th, but let me tell you that like most of the runners I was in the events to see what I could achieve and not for any rewards.



Blooming: the Begonia Festival has Pastor Sutcliffe on the road. Picture: BILL McAULEY

board of other attractions to visit if you are in town for the festival."

Pastor Bill, a keen athlete, will use the trip not only to promote the festival, but as his first real training session for the year for the six-day

marathon coming up in Colac in November. "God willing, if I'm around for the 75th anniversary I'll do this again," he said.

The Ballarat Begonia Festival, held in Ballarat's Botanical Gardens, runs from March 1 to 11.

Festival 50th a reason to run

By SALLY NORRIS

WHEN Ballarat's Begonia Festival turned 25, local pastor Bill Sutcliffe celebrated by running from Melbourne with a message from the Lord Mayor.

Now that the festival is turning 50 it makes sense that he should run back.

Having started yesterday morning, Pastor Bill is due to complete his 115km trek to Melbourne town hall today.

In his hand he will have an invitation for Lord Mayor John So inviting Melburnians to this year's Begonia Festival.

Pastor Bill was 33 years old when he completed the journey on the 25th anniversary of the festival, and this year at 58, he is fighting fit and ready to go.

"A 115km run might sound like a long way for an old ultra-marathoner like myself, but it should be little more than a training run," he said.

"This is a very, very exciting time of the year, and a great event to be associated with.

"Ballarat is a historical centre of Victoria and there is a smorgas-

DON MACLURCAN COMPLETES TRANS AUSTRALIA RUN

Sunday, March 13, 2002

With drizzle forecast, not even the odd drop could dampen Wednesday March 13th which served as the conclusion of a journey. This journey had seen a total of nine individuals support a young man's dream, and a cosmopolitan team witness the beauty and harsh nature of a countryside that deserves more patrons.

Upon final tally I find that we ran 50km further than planned, with a total of 3978km from Cottesloe to Bondi Beach. The 3956km from Perth to Sydney was covered in 66.985 days at an average of 59.988km per day.



Perth to Sydney... on foot. That was 20-year-old Don MacLurcan's goal when he set out from Cottesloe on 5 February. It had him running an ultra marathon a day to arrive in Sydney on 17 March, and left the Fred Hollows Eye Foundation close to \$30,000 in the bank to perform sight-saving surgery around the world.

With a support team of 8 working in relays, Don covered the 3978km from Cottesloe to Bondi Beach in 67 days, an average of 60km per day, and rotating through 7 pairs of shoes.

At the finish of his run, Don said: "The more I read about The Fred Hollows Foundation the more I am amazed at the ability of a relatively small organisation to touch such a large group."

And in prompting awareness for the cause throughout his run, Don seems to have accomplished just the same.

Some of the more surreal moments came on his encounters with other travellers across the Nullabor Plain. After staring at a white line for hours, he thought he'd have something to say when he finally did have company. "After 3928km I still didn't know what to say to people who pulled over. I didn't know if they had pulled over for us, or they were broken down. I'd say 'G'day', but it just didn't seem appropriate so I settled on, 'Are you alright?' People would return an incredulous stare at this lone person running between somewhere and nowhere and, turn to Don to ask: "Are *you* alright?"

The run may be over, but the lessons of the journey stay with him. A mugging a few days after his epic run finished, dented Don's confidence temporarily, but could not erase the lessons those hours of solitary running instilled: "The road teaches you many lessons. You nourish and appreciate links with family and friends. You value every second more highly than ever. The development of confidence and focus through such a challenge invigorates your strength and confirms that our only limitations exist in the confines of the mind."

You can still make a donation to the Fred Hollows Foundation in support of Don's run. Call 1800 352 352 or go to the website at <http://seeaustraliarun.com>.

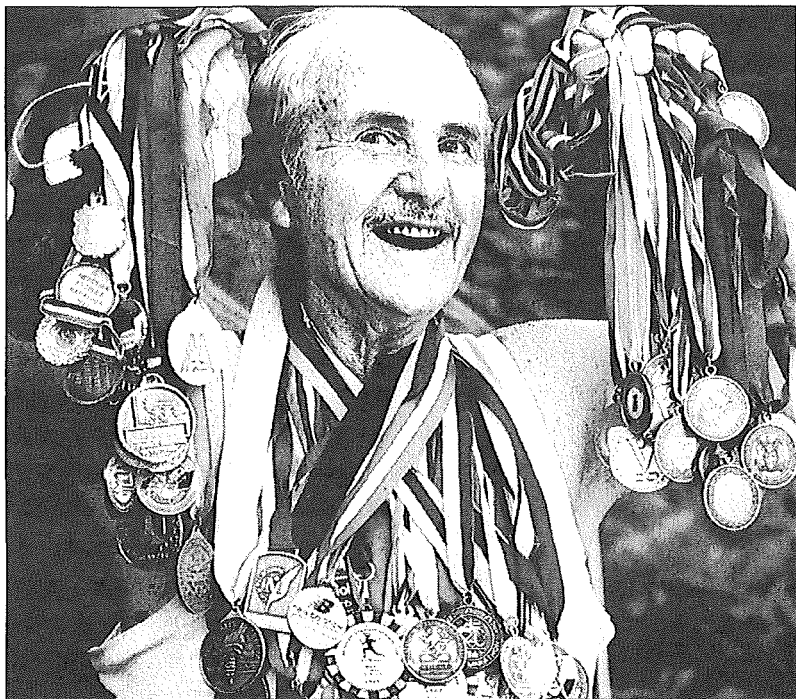
AURA would like to welcome the following new members.

Gary Carlton
Robert Mason
Gregory Spain
Debbie Woodhead

Laurie Hennessey
John Morgan
Tracey Ann Strain

Sandra Howorth
Neil Ryan
Nicholas Thorvaldson

Still ripe for marathons



For real: Ken Matchett shows his marathon medals. Pictures: DAVID CAIRD

HUNDREDS of medals and trophies are proof that Ken Matchett is a marathon runner — at 80 years old.

At least once a week he runs from Croydon station into Flinders St.

If he's feeling good, he turns around and runs back to Surrey Hills station before hopping on the train back to Croydon.

But Croydon-to-the-city is just a training run for what really matters — marathons and ultra-marathons.

Mr Matchett has averaged five marathons each year for the past 24 years and, in between, as many ultra-marathons, fun-runs and six-hour runs as he can manage.

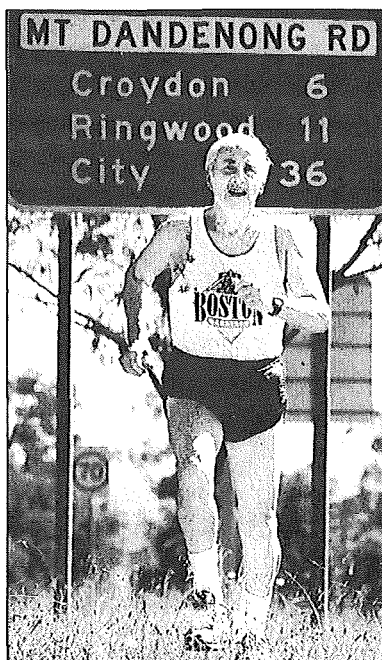
Melbourne's own marathon man has held six world records in veterans' or masters' running.

"I used to regularly do 90km a week when I was young and 60, now I do one long run a week and a lot of shorter ones," he said.

Mr Matchett said he was not a health food fanatic and enjoyed a glass of wine with his evening meal.

And his advice to senior citizens who want to keep fit: "You don't have to run a marathon, regular walking will do."

— MIKE EDMONDS

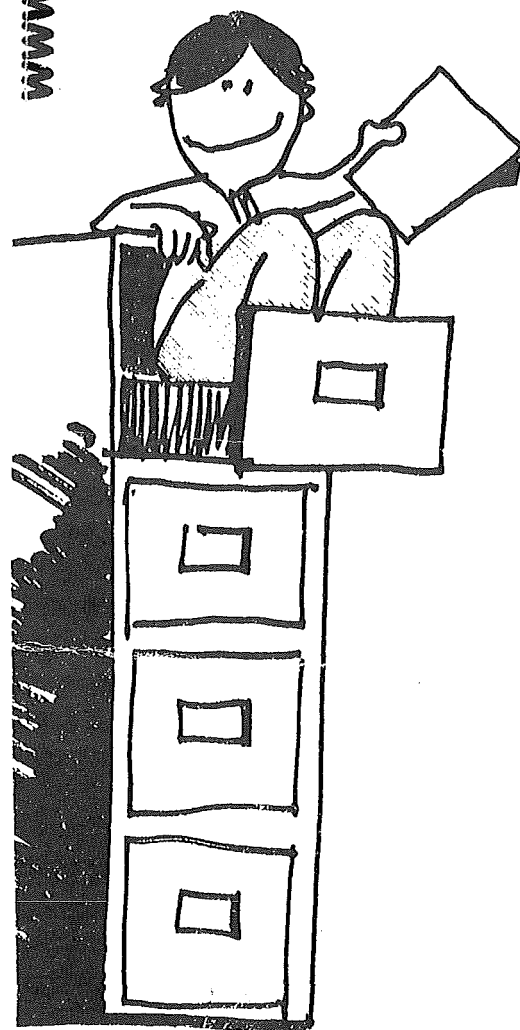


Easy: Ken jogs to the city.

www.coolrunning.com.au/trailrunningvic/index.shtml

www.fatassworld.com

www.ultraoz.com



Since the March issue went to print, AURA has been fortunate enough to receive some more generous donations. For these, we would like to thank:

Fred Brooks - \$20

Bob Fickel - \$20

Warren Costello - \$10

Craig Waters - \$10

Howard Neville - \$5

George Christodoulou - \$20

Frank Overton - \$20

Peter Sinfield - \$10

Andrew Hewat - \$5

Tony Rafferty - \$5

John Connellan - \$20

George Audley - \$10

Alistair Wallace - \$10

Sandra Kerr - \$5

MAKING TRACKS



ULTRA TOUGH: COPE ENTERED THE HARDROCK HUNDRED MILE ENDURANCE RUN FIVE TIMES BEFORE FINISHING IN 1997. MARRIED THREE TIMES, SHE JOKES THAT SHE IS THE ONLY PERSON TO FINISH FOUR 100-MILE RUNS WITH FOUR DIFFERENT LEGAL NAMES.

ultra queen

SUZI CAN COPE
WITH TRIALS
ON THE TRAILS

by Brian Metzler

For someone who was told two decades ago that she'd never be able to run again, Suzi Cope has come quite a long way.

The trail running veteran from Southlake, Texas, earned the crown jewel of a 20-year running career when she crossed the finish line of the Catalina Island 100k on February 20. It wasn't necessarily one of her better races, but it hardly mattered because it made her the first woman on the planet to complete 100 ultra-marathons (races longer than 26.2 miles).

"It kind of snuck up on me," said the happy-go-lucky Cope, whose ultra list includes 26 100-milers. "I hadn't really been counting."

Ultra-running guru Stan Jensen, who has finished over 100 ultras himself, prompted her to add up her accomplishments and helped her track down old race results.

That the 52-year-old Cope is able to run at all is an accomplishment in itself, considering she's still pulling shards of glass out of her left knee from a nasty 1969 motorcycle accident. Her knee rammed through an oncoming car's headlight during that spill and doctors told her she'd have trouble walking for the rest of her life and would certainly never run again.

Yeah, right. Living in Sacramento, California, in the late 1970s, she got involved

in triathlons and found she had a knack for endurance events. She became a proficient mountain runner and in 1981 helped pace Sally Edwards to a win in the Western States 100. Her life has been a pursuit of ultra-running passion ever since.

She's run at least one 100-miler each of the last 15 years. Now that she's reached the century mark, Cope plans on running ultras she hasn't done before, including the rigorous Massanutten Mountain 100-miler on May 13 in Front Royal, Virginia.

"She's got a real joy for running and for life," said Dale Garland, race director of the Hardrock Hundred Mile Endurance Run in Silverton, Colorado. "She'll always be one of those that I'll have a lasting memory of. I'll never forget her smile, that's for sure. You know when she's in the room because she kind of lights it up."

Cope has had more than her share of injuries and setbacks on the way to No. 100. Most recently, at the halfway mark of her 99th race, the Red Rocks 50k on January 8 in Las Vegas, she stepped on a prickly pear cactus and had one of its spines knife through her shoe and orthotic insole and into her foot.

"I pulled out my pocket knife and dug that thing out," she said with a laugh.

Yet her biggest challenge was trying to finish the demanding Hardrock race. Started in 1992, 101.7-mile Hardrock includes more than 33,000 feet of elevation gain and reaches 14,048 feet above sea level at one point.

During Hardrock's first three years, Cope was stopped short of finishing by the race's strict 48-hour cutoff — she had amassed 92, 75 and 92 miles, respectively. Hardrock was canceled in 1995 because of snow, but she finally finished the race in 1996. Only it didn't officially count because she crossed the line about five minutes after the deadline.

Finally in 1997, the sixth time she signed up and trained for the race, Cope completed the grueling course in 46 hours, 47 minutes.

"That's a race that you've got to sacrifice everything else to do it, and I did," Cope said. "People would talk about how frustrating it must have been, but it really wasn't. You've got to be able to laugh at yourself in this life. If you can't do that, you're in trouble."

SWEET TALK

'Good morning. I understand Mr. Sigfried Bauer is staying at your hotel.'

'He is sir.'

'May I speak with him please.'

'One moment sir. I'll put you through.'

'Hello. Bauer speaking.'

'Siggy! How are you? Tony Rafferty here.'

'Tony...Tony...Yes, Tony.'

'I've just heard your interview on radio. I'd recognise that accent anywhere. I never knew you were in the chocolate business.'

'Many years, Tony...Yes...Many years...Actually, most of my life.'

'God Siggy. You've kept that quiet. Look, you're obviously very busy. We must get together for a beer.'

'Tony, I'm just packing this moment. I fly out this evening. It's been a whistle-stop trip.'

'Aw. That's a pity...Have you heard from Joe, lately?'

'...Joe?...Joe who?'

'Joe Record!'

'Joe Record?...I don't know Joe Record...Who's Joe Record?'

'Am I speaking with Siggy Bauer the runner?'

'No. I'm no runner.'

'My goodness. What an embarrassment. Forgive me for using up your time. When I heard you on radio. Your name. Your voice. I rang the Hilton immediately. I'm really sorry Mr. Bauer.'

'Don't mention it. I wondered who you were. Anyway, eat some chocolate.'

'I will. Have a good trip.'

'Thank you. Bye now.'

TONY RAFFERTY - March 2002

North and South Pole marathon man

Richard Donovan first to run a marathon at both poles

North Pole. - Richard Donovan battled "temperatures of -60 degrees and winds of up to 60km" to do it, but the Galway, Ireland, man has become the first person in history to run a marathon at both the North and South Pole, the Irish Examiner reports. "Running across ice which in parts was only 6ft thick, Richard achieved his record breaking run, even battling through a "white out", to finish the 26.2 mile slog in just 3 hours 48 minutes," the newspaper said in an article by Sean O'Riordan.

"His weekend achievement is made all the more extraordinary as it's just 10 weeks since he won the inaugural South Pole marathon." For his next challenge Donovan plans to run seven extreme ultramarathons on seven continents during 2002, another event he says will be the first for anyone if he achieves it.

The newspaper says Donovan did not announce his North Pole run in advance: "He embarked on his trip to the North Pole under a veil of secrecy to avoid any attempt of the "prize" being robbed from him by another solo competitor. Running with a rescue rope, whistle and flotation device, he was careful to look out for sudden cracks and pressure ridges that could expose the ocean at any time. "His experiences from the South Pole marathon stood to him in this event as he discarded the snowshoes that hindered him previously and this was reflected in a much-improved time."

South Pole on January 22 Richard's South Pole marathon success was achieved against huge odds. "Only a week before the race, he injured his right knee and required the use of snowshoes to assist in stabilising it. He was given little chance of even completing the event. However, he finished some 1.5 miles ahead of professional athlete Dean Karnazes, of San Francisco, but suffered hypothermia, snow blindness and frostbite. "Speaking on satellite phone from the North Pole, he paid tribute to Curtis Lieber and Sergei Insarov, of Global Expeditions, for making his marathon bid possible. He also gave special thanks to Brent Weigner, of Wyoming, USA, for his advice and expertise."

Mechanical Low Back Pain

by Jason Hodde, MS, ATC/L

During the last few months we have addressed most of the common causes of low back pain in runners. However, the onset of a new running season means that new aches and pains will emerge as you increase your running mileage while training for your first ultra, your first 100-miler, or your first multi-day event. Before we leave the topic of the low back, let's summarize the columns of the last five months and concentrate one last time on the most common causes of mechanical low back pain in runners—and in the general population.

Mechanical low back pain is one of the most common patient complaints seen in the doctor's office. Approximately 20 percent of the adult population is affected, making it the fourth most common complaint in medicine and the third most expensive disorder in terms of health care dollars expended, surpassed only by cancer and heart disease. Low back pain occurs at least once in 85 percent of adults younger than 50 years of age. Ultrarunners are not immune!

Causes

Many causes of mechanical low back pain exist. Sciatica, degenerative disk disease, and low back stress fractures are common in runners. Additionally, the low back contains numerous small ligaments and tendons, any of which can lead to pain following a strain or sprain—either at the site of injury, or in a distant area (this type of pain is called “referred” pain).

Nerve-related Pain

Nerve pain often occurs from irritation due to a herniated disk. It is characterized by a burning or tingling sensation that often radiates down the leg to the foot. It is a diffuse, non-localized type of pain. Similar symptoms can be produced by inflammation of soft tissues around the nerve where it leaves the spinal column; these structures press on the nerve and irritate it. Many people respond well to pain medication and anti-inflammatories, coupled with a reduction in physical activity for two to three weeks.

Nerve impingement can also occur in the low back. This type of pain tends to be sharp, well localized, and associated with paresthesia (altered sense of sensation). Causes of impingement syndrome can include herniated disks, spinal stenosis (loss of disc space), or spinal degeneration. A physician should evaluate this type of pain immediately.

Musculoskeletal Pain

Musculoskeletal problems that produce low back pain include myofascial pain syndrome and a ligament or tendon strain. Myofascial pain is characterized by pain and tenderness over localized areas (trigger points), loss of range of motion in the involved muscle groups, and pain radiating down a single nerve. Often the pain occurs in the buttocks and can be mistaken for piriformis syndrome. Stretching the involved muscle often results in relief of pain.

Self-Treatment of Low Back Pain

Most causes of mechanical low back pain are not life-threatening, but chronic problems can affect your exercise program as well as your career and your basic skills of daily living. Overall, 70 percent of people feel better within a week, 80 percent within two weeks, and 90 percent within a month. If the pain doesn't resolve in two to three weeks, a visit to your physician is advised.

Generally, conservative therapy will be recommended, as even those patients with severe sciatica generally respond well. Ultimately, only two percent of patients with sciatica and four to six percent of patients with disc herniation require surgery. Conservative therapy includes the following types of interventions:

1. Reduction in your level of activity. This may include work restrictions, but for ultrarunners, a reduction in your running mileage may suffice. Try to avoid hard surfaces, and make sure your shoes are not worn out. Whatever you do, don't spend your day in bed.
2. Over the counter anti-inflammatory medication and muscle relaxants may help control pain and reduce inflammation. If you don't get relief with over-the-counter doses, your problem is likely severe enough to be seen by a physician who might prescribe oral steroids.
3. The use of heat and/or cold therapy is often recommended. Either of these approaches may reduce pain temporarily, although scientific literature has never shown any benefit in terms of overall symptom resolution.
4. Flexion/extension exercises for the low back are often helpful in the resolution of pain and disability. Be sure to consult a physical therapist for proper technique.

Prevention

The keys to staying free of low back pain are important, especially in ultrarunners who run high mileage in training or race at distances they are not adequately trained to complete. Staying pain-free requires paying attention to back strengthening exercises, maintaining a healthy weight, and lifting properly.

Additionally, remaining free of back pain means that you should only compete at distances you've adequately trained to complete and that you practice the well-known (but often neglected) principle of gradually increasing your training mileage and taking it easy when training on new or unfamiliar surfaces.

Summary

Low back pain is a debilitating condition experienced by most active individuals at least once in their lifetime. Most of these cases resolve in a month without surgical intervention. Diagnoses can range from mechanical strains or sprains, to degenerative disk disease or sciatica, or in the more extreme cases, malignancies that require hospital intervention. Most cases of low back pain in runners can be prevented by following sensible training guidelines and racing within the level of your training.

How Much Should You Train?

by Kevin Setnes

It seems like an age-old question, one that certainly has been discussed not only in this column, but by all ultrarunners. How much should you train? Training volume among ultrarunners varies greatly, from as little as 20 miles per week to well over 100 miles per week. Training mileage is often misstated or misinterpreted by runners, however. The number of miles an ultrarunner covers in preparation for an event is largely determined by the availability of time and the event they are preparing for. One's ability to commit or invest in training varies almost in direct proportion to the number of miles runners accumulate in training. Is the time available to train sufficient to meet the runner's ultimate goals?

Substituting other forms of cross-training for running can help those runners that are prone to overuse injuries or are in some way mechanically impaired, but nothing—I repeat nothing—means more than repetitive miles run on roads or trails. It sounds pretty fundamental, doesn't it?

Invest more in training miles

Investing more miles in training will generally result in improved performance. What happens to many American ultrarunners however, is that they often live in areas cluttered with events that are too tempting to resist. As the number of events grows, so does the general decline in performance. This is true for not only the frontrunners, but for or middle of the pack runners as well.

To get more performance out of your running, try investing ten miles for every mile of the ultra distance racing planned. For every 100-mile race that would mean 1,000 miles of training. Over the course of year, keep that ten-to-one ratio and you will derive more out of your training mileage. I would venture a very safe guess that the vast majority of ultrarunners fail to meet this kind of training investment.

Should you question whether or not miles are important, keep in mind the distances we all prepare for are almost all measured in miles. The only exceptions are the 24, 48, 72-hour and six-day events. The problem with low mileage training plans is that they fail to adequately prepare the runner for many of the obstacles encountered in ultrarunning. Aerobic capacity is often inadequate, and foot and lower leg strength is underdeveloped as well.

So how much training should I do?

It is a tough question, but again, it largely comes down to how much time is available to train. With no absolute minimum requirement, it would be in the best interest of any ultrarunner to average at least 40 miles per week in the months leading up to any ultra. Running ultra distance events on very low mileage weeks seems like a masochistic exercise to me. The top finishers in most ultras usually run more than 70 miles per week, sometimes 100 or more. Middle of the pack runners often average between 40 and 70 miles weekly, on average.

Don't lump all your miles into one long run per week. It may be the most important training session you can do all week, but doing nothing but long training runs will make you a slower runner over time. Combine that longer effort with shorter, faster runs, in which the tempo is quicker and you should be able to arrest the slowdown effect that often results from long training runs. A good basic rule for breaking up your mileage can be done by dividing your training up into the following types:

- 60 percent base miles
- 30 percent long run miles
- 10 percent fast paced miles

Base miles are those that dominate the weekly routine. It may be your every day run, where the effort is approximately 75-percent effort (of max heart rate). Most individuals should run these miles in a "how they feel" mode. Let the pace determine itself based on how you feel that day, being careful not to get too fast with the pace, or too slow.

Long run miles are those that are accumulated during the long training effort of the week. Over the course of time, this should average out to about 30 percent of your weekly mileage. For example, a 70 mile-per-week runner will want to average a long run of about 21 miles on a weekly basis. It is better yet, if the runner varies his or her long run week to week, alternating between 26 and 16 miles in distance.

Fast paced miles are run at over 90-percent effort, of maximum heart rate. These miles can be intervals on the track or faster tempo runs on the roads or trails. It may even be the occasional (and very beneficial) local five-km or eight-km race.

Make no mistake about it, the average number of miles run these days is fewer than those of ten and twenty years ago. Perhaps it is a sign of the times we live in, with too many other activities bidding for our time. It may also be a sign that we would rather participate in events, rather than train properly for them.

AUSTRALIAN RANKINGS FOR 50ML TRACK [Women]

Name	State	PB for 50ML	Place	Date	at Age
MEADOWS, Linda	VIC	06:07:58	EAST BURWOOD	18/06/94	35
PETRIE, Lavinia	VIC	06:23:53	EAST BURWOOD	19/06/93	49
FRANCIS, Mary	WA	06:38:30	BUNBURY	01/03/97	39
HERBERT, Cynthia	VIC	06:52:42	BOX HILL	28/06/86	44
BEAMES, Adrienne	VIC	07:04:34	MELB UNI	23/03/80	0
PARRIS, Dawn	VIC	07:21:16	MINNESOTA US	12/10/90	37
YOUNG, Shirley	VIC	07:32:44	BURWOOD	21/06/92	62
STANGER, Helen	NSW	07:37:40	WOLLONGONG	01/04/95	44
KERR, Sandra	VIC	07:49:20	EAST BURWOOD	19/06/93	47
McCONNELL, Georgina	NSW	07:51:05	NSW	18/09/88	45
WOODS, Sally	QLD	07:52:52	COBURG	28/08/88	0
KENNEDY, Gloria	NSW	07:57:27	MELB UNI	25/06/83	0
CALLAGHAN, Anne	VIC	08:09:02	BOX HILL	23/06/84	46
SPAIN, Trisha	WA	08:10:30	OLYMPIC P	19/08/89	47
VAUGHAN, Caroline	NSW	08:28:28	BOX HILL	03/02/84	45
SMITH, Margaret	VIC	08:28:49	ABERFELDIE	10/03/85	49
GRANT, Dell	QLD	08:29:30	QLD UNI	05/09/87	33
WORLEY, Sue	SA	08:36:45	BOX HILL	23/06/84	36
O'CONNOR(MORRIS, Helen	SA	08:47:45	ADELAIDE	03/11/84	33
SALTER, Bronwyn	WA	09:00:28	PERTH	28/05/88	40
STANDEVEN, Cheryl	SA	09:00:57	ADELAIDE	29/10/88	32
HAARSMA, Kay	SA	09:05:56	ADELAIDE	13/11/82	0
BISHOP, Lorrie	VIC	09:13:18	BOX HILL	15/06/91	44
BRUNER, Patty	VIC	09:14:03	MELB. UNI	11/07/81	44
BAIRD, Fiona	SA	9:0:6	ADELAIDE	23/10/99	26
BARNES, Helen	SA	09:27:35		27/10/90	40
MILBOURNE, Colleen	WA	09:34:55	PERTH	27/05/89	0
RILEY, Geraldine	VIC	09:39:09	BOX HILL	15/02/86	22
TAIT, Merrilyn	VIC	09:39:24	OLYMPIC PK	08/04/90	40
FOLEY, Wanda	QLD	09:49:37	CAMPBELLTOWN	08/10/88	42
TALBOT, Kim	VIC	09:52:54	COBURG	10/11/90	22
SOMMERS, Corinne		10:05:23	CABOOLTURE	23/06/90	29
SKROBOLAC, Sharon	VIC	10:27:28	ROSEBUD	04/05/91	34
GORDON, Leonie	SA	10:34:08	ADELAIDE	03/11/84	0
WISHART, Lois	VIC	10:34:58	TOOTGAROOK	02/05/92	46
GLADWELL, Lucille	NSW	10:52:55	CAMPBELLTOWN	28/10/89	0
CASE, Valerie	QLD	11:01:17	HENSLEY	28/05/88	51
WARREN, Val	NSW	11:02:10	CAMPBLETOWN	28/10/89	55
LEAHY, Marcia		11:14:34	CAMPBELLTOWN	13/10/90	0
FILE, Dianne	SA	11:21:50	ADELAIDE	23/10/99	0
TAYLOR, Jacqueline	VIC	11:25:10	COBURG	27/02/93	0
METCALF, Karen	SA	11:26:29	ADELAIDE	04/10/97	24
McCARTHEY, Marilyn	SA	11:30:50	ADELAIDE	02/11/86	37
CURRAN, Michelle	QLD	11:33:08	WOLLONGONG	01/04/95	0
LUSH, Eileen	SA	12:00:49	ADELAIDE	01/11/86	39
TANNER, Vicki		12:09:02	MARYBOROUGH	21/08/99	0
BARDY, Sue	SA	12:33:02	ADELAIDE	27/10/96	63
YOUNG, Mary	VIC	12:52:43	BOX HILL	02/02/85	24
BENSON, Carolyn	SA	13:22:03	ADELAIDE	28/10/89	42
HALL, Kerrie	QLD	14:01:12	MARYBOROUGH	21/08/99	38
PHILLIPS, Naomi	SA	14:09:31	ADELAIDE	24/10/99	0
JONKER, Melanie	QLD	14:13:26	MARYBOROUGH	22/08/99	0
MIDDIS, Cheryl	QLD	14:44:38	MARYBOROUGH	22/08/99	0
BECK, Carol	SA	14:52:21	ADELAIDE	24/10/92	0
GUTERES, Elaine	SA	15:53:20	ADELAIDE	09/10/85	0

AUSTRALIAN RANKINGS FOR 50ML ROAD [Women]

Name	PB for 50mlRD	Place	Date	at Age
FRANCIS, Mary WA	06:07:26	HARRIERS CANADA	31/08/94	36
SMITH, Margaret VIC	06:59:02	PRINCES PARK,MELB	21/06/87	51
HERBERT, Cynthia VIC	07:07:23	BALLARAT	10/08/87	0
GRANT, Dell QLD	07:21:01	CABOOLTURE	02/09/89	0
WALLACE, Robyn QLD	07:28:12	QLD UNI	02/10/88	30
VAUGHAN, Caroline NSW	07:52:40	SYD-WOLL	19/10/80	0
ONDIEKI, Lisa	7:55:00	COMRADES 87 KM	16/06/98	0
PETRIE, Lavinia VIC	8:06:58	COMRADES 87 KM	16/06/98	0
STANGER, Helen NSW	08:11:51	TAS RUN 90K	06/08/94	44
ELLIS-SMITH, Margaret VIC	08:16:45	PRINCES PARK	19/06/88	0
YOUNG, Shirley VIC	08:16:56	SHEPPARTON	15/09/96	66
STRUNGS, Inara QLD	08:20:52	TOOWOOMBA	/ /	0
COLLINS, Jan QLD	08:47:04	QLD UNI	02/10/88	49
COTTRELL, Angie QLD	8:55:52	BANANA COAST 85K	10/05/98	49
CLARKE, Angela QLD	08:57:19	CABOOLTURE	08/02/97	57
STREET, Carol QLD	09:03:38	CABOOLTURE	07/09/91	0
FOLEY, Wanda QLD	09:03:57	BATHURST	19/09/87	0
KERR, Sandra VIC	09:04:11	BALLARAT	10/12/89	44
KENNEDY, Gloria NSW	09:10:04	SYD-WOLL	19/10/80	0
BENNETT, Vidagdha VIC	09:12:03	NEW JERSEY US	27/08/81	27
McCONNELL, Georgina NSW	09:15:53	TASMANIA RUN 90K	06/08/94	51
TAIT, Merrilyn VIC	09:31:19	PRINCES PK	19/06/88	0
BRINSDEN, Carolyn WA	09:38:44	COMRADES MARA.	20/05/95	36
LEWIS, Lyn QLD	09:41:58	CABOOLTURE	08/02/97	41
CHRISP, Wendy QLD	10:25:03	QLD UNI	25/06/88	24
CATON, Kathy QLD	10:38:08	CABOOLTURE	08/02/97	33
BOLT, Phillipa QLD	13:52:44	CABOOLTURE	02/09/89	33
HALL, Kerrie QLD	14:11:18	GLASSHOUSE 100	26/09/98	37
CASE, Valerie QLD	15:28:00	CABOOLTURE	10/09/93	56

□

Rankings and ommissions

If your name is not amongst the ranking and you believe it should be, then you need to contact the race director of the particular race in which you recorded that performance

Results need to be sent to the AURA statistician in order to be ranked

John Fotakis is our statistician and his address is 6 El Nido Grove, Glenhuntly, Vic 3163



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.