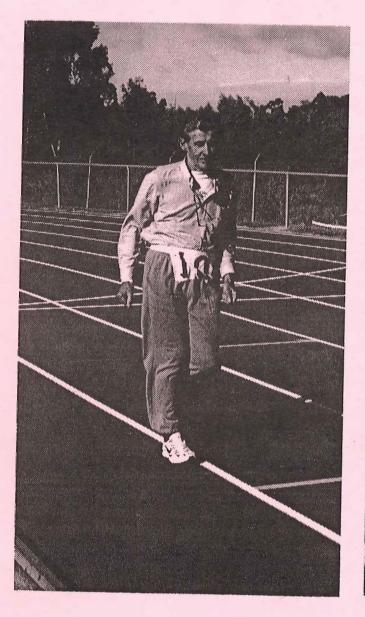
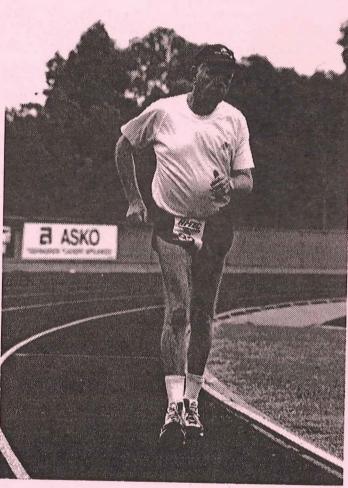
OGTRAMAG

December 2002

Volume 17 No.4



Peter Waddell



Brian Glover



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

Registered Office: 3 Sundew Ct Knoxfield 3180

| CONTENTS | page |
|---|----------|
| EDITORIAL | 2 |
| ULTRA CALENDAR | 3 4-8 |
| ACCOUNTS. Report by Treasurer, Graham Ives | 9 |
| A.U.R.A. COMMITTEE | 10 |
| A.U.R.A. Points Race and Ultramarathon Athlete of the Year | 11 |
| Points update from Stan Miskin | 12 |
| PROFILE FORM | 13 |
| A.U.R.A. CLOTHING FORM | .14 |
| RACE ADVERTISEMENTS AND ENTRY FORMS | |
| Gosford "Coastal Classic" 12 Hour Track Race [NSW] | 15-16 |
| Mansfield to Buller 50km Road Race [Vic] | 17-19 |
| Cradle Mountain Run [Tas] | 20-22 |
| Bunbury 6 Hour Track Challenge [WA] | 23 |
| Red Rock to Coff's Jetty Great Ocean Run 45km [NSW] | 24 |
| Melbourne Trailwalker 100km[Vic] | 25 |
| Canberra 50km Road Race [ACT] | 26 |
| Coburg 24 Hour Track Race and Centurion Walk [Vic] | 27-29 |
| National 48 Hour Track Championship, Runaway Bay [Qld] | 30 |
| PERSONAL PROFILE | |
| FeaturingGraham Ives | 31-32 |
| RACE RESULTS AND REPORTS | |
| Tamborine Trek 68km [Qld]. Results and report by Ian Cornelius | 33 |
| Katoomba to Mittagong 137km [NSW]. Results | 34 |
| Hobson's Bay Hobble 50km [Vic]. Results and report by Kevin Cassidy | 35-36 |
| "The Spartathlon" [Greece]. Report by David Sill | 37-39 |
| Glasshouse Mountains 100 miles [Qld]. Results and report by Sean Greenhill | 40-44 |
| London to Brighton 56 Mile Road Race [England]. Results and report by Gary Carlton | 45-48 |
| Sri Chinmoy 24 Hour National Championships [SA]. Results and report by Jerry Zukowski | 49-51 |
| Bribie Island Beach bash 46km [Qld]. Results and report by Kevin Cassidy | 51-53 |
| Adelaide Trailwalker 100km [SA]. Results | 54 |
| Moe 6 Hour and 50km Championships [Vic]. Results and report by Geoff Duffell | 55-56 |
| Brindabella Classic 46km Trail Race [ACT]. Results and report by Mick Corlis | 57 |
| Colac Australian Six Day Race [Vic]. Results and report by Tony Rafferty | 58-61 |
| ARTICLES | |
| "Message from the President"Ian Cornelius | 62 |
| New A.U.R.A. members and donations | 63 |
| "My Colac Experience" By Aki Inoue | 64 |
| Runner's World feature on Ultramarathon runners | 65-68 |
| Paul Crouch Chivers runs "Extreme Africa" | 69-70 |
| "The Tale of Two Trails". Leadville and Wasatch 100 milers by Bill Thompson | 71-74 |
| "Geelong to Swan Hill with the Killer" by Peter Armistead | 75-76 |
| An Australian Classic, The Sydney to Wollongong. History by Steve Cornelius | 77-79 |
| "The Universal Ultra" by Andy Milroy | 80-82 |
| "Never Say Die". By Tony Rafferty | 83 |
| TRAINING | 0.4 |
| "Finding the competitor within" by Ellen McCurtin [reprint from US Ultrarunning] | 84 |
| Training for timed ultras of 12 hours or more by Shawn McDonald | 85 |
| OVERSEAS NEWS | 04 07 |
| New 100 mile world record. Statistics, history and report by Andy Milroy | 86-87 |
| Yiannis Kouros at the US 24 Hour Championships. Report by Dan Brannen | 88 89 |
| New Women's World 24 Hour Record set by Edith Berces of Hungary | 09 |
| RANKINGS | 90-91 |
| A.U.R.A. Australian Open Records: Time and distance | 92 |
| A.U.R.A. MEMBERSHIP FORM | 76 |

EDITORIAL

DECEMBER 2002

I have to admit that the name Fred Brooks was not familiar to me at all just a year or so ago. The arrival of Fred onto the ultra scene, however, has been a God send. It is fair to say that AURA's records and rankings have been a little behind the times in recent years but Fred has taken on the task of being our records and rankings officer and has thrown himself into the time consuming task of bringing everything up to date with much aplomb. A list of his most recent updates are in this issue and if you feel that something is not correct then you are encouraged to contact Fred [details below].

The publicity we received in Runners World a couple of months ago was fantastic. Personally, I thought Julia Thorn did a fantastic job with her particular article. The successful and popular Trailwalker concept that has been in Sydney and Adelaide for a number of years will now come to Melbourne in April next year while the Queensland 48 and 24 hour event moves to a new venue at Ron Clarke's elite sports centre at Runaway Bay. The track at Runaway Bay is the best available and one of only three in this country.

I spoke with Ian Javes recently and he has some new ideas for the Glasshouse Mountains events that sound promising while President, Ian Cornelius, has been working towards affiliation with the AAF [Australian Athletics Federation]. Ian expands on this subject more on page 62

Finally, I have to make mention of a recent "training run" by Peter Armistead and Kevin Mansell. Peter and Kevin spent a week on the 450km of back roads between Geelong and Swan Hill as a lead up to the Colac Six Day event!!

Kevin Cassidy





Message from Fred Brooks

Here are details on how to claim an Open or Age Record this applies to both female and Male participants. If you are going to have a go at breaking a record let the Race director know in advance or you can E Mail me at lilfred@iprimus.com.au or phone on 03-97058649 and I will send you the claim forms also a copy of the current records. To claim a record you need a copy of your Birth Certificate along with your lap sheets and forms signed by the Timekeepers and the Race Director, then post the forms to me Fred Brooks, 21 Regent Close, Berwick 3806, Vic.

If after I peruse the forms and the criteria is right then I shall notify you that the record has been accepted. The onus is on the competitor to submit these claims as I cannot just accept records without facts and the necessary data. Here are the events both Male and Female that records can be set in:-

| TRACK | ROAD. | TRACK | ROAD |
|-----------|-----------|-----------------|----------|
| 50 KM | 50KM. | 6 HOURS | 6HOURS. |
| 100KM | 100KM. | 12 HOURS | 12HOURS. |
| 200KM | 200KM. | 24 HOURS | 24HOURS. |
| 500Km | 500KM | 48 HOURS | 48HOURS. |
| 1000KM | 1000KM | 6 DAYS | 6 DAYS |
| 50 MILES | 50 MILES, | | |
| 100 MILES | 100MILES | | |
| 500MILES | 500MILES. | | 15 |
| 1000MILES | 1000MILES | | . 3 |

Current Australian UltraMarathon Calendar

Notes:

- 1. Many "Ultras" in Australia are low key with few entrants. Therefore you should contact the race organiser to confirm the details listed here, as they are liable to change.
- 2. For races with a month listed but no day, generally listed as "??" this indicates that the run was on in that month LAST year, and THIS years date is not known.
 - 3. All updates and additions gratefully accepted by Kevin Tiller at email kevin@coolrunning.com.au or phone 0419-244-406.

December 2002

- 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 Pratten Park adjacent to north end of Kurrawa SLSC, Broadbeach, QLD. Contact: Eric Markham, Gold Coast Runners, PO Box 6529 GCMC, QLD 4217. Phone (07) 5545-0209 or 0417-647-279 or email eric markham@austarnet.com.au. A Gold Coast Runners Club event. Entry Fee: \$30 solo, \$40 relay. Download entry form in PDF format here ../calendar/2002/2002kurrawa.pdf
- ?? 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, Chiqwell TAS 7010, Phone (03) 6249-7960

January 2003

- 4 COASTAL CLASSIC 12 HOUR TRACK RUN & WALK
 - 7.30pm start. ADCOCK PARK, Pacific Highway West Gosford, NSW. Our track is grass and is 400 metres fully surveyed. The facility has men's & women's toilets and showers. Random lucky draw prizes. Trophies to Male & Female winners. Certificates & results sheets to every participant. All proceeds to go to Victor Chang Heart Institute & Gosford Athletics Inc. fostering athletics. Contact Frank Overton (02) 4323-1710 (ah) or Paul Thompson (02) 9686-9200 (ah) or mobile 0412-250-995 for further information. Email thomo@zeta.org.au. Entries close 31-Dec-2002. Entry form here_.../calendar/2003/coastalclassic2003.doc
- AURA BOGONG TO HOTHAM, VIC == BELIEVED TO BE CANCELLED FOR 2003 == 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, TAS6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southem end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at 87 Hall St Ridgeway TAS 7054 or email sue.drake@trump.net.au or phone (03) 6239-1468. More info at www.cradle.ultraoz.com

- AUSTRALIAN 100KM SELF TRANSCENDENCE 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. Course 1.4km loop on bitumen road and cycle path.
- ?? 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.
- ?? 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) 54966437. Starts 6pm. \$27.50 entry fee for QURC members, \$33 non-members, \$49.50 for relay team

March 2003

(08) 9721-7507.

- 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
- 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
- TE HOUTAEWA CHALLENGE, NZ
 The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz
- 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.
- ?? WY-WURRY 3 DAY WALK, QLD approx 29km a day, each walker must supply 1 crew person and a vehicle (4WD not necessary) start and finish at Nanango, South Burnett, daily prizes. Contact Ron & Dell Grant, Bellmere Convenience Store, Caboolture 4510 Ph. (07) 54 98 9965 (W) Closing date 15th Feb 2000, \$40 entry. There is a webpage at www.coolrunning.com.au/races/wy-wurry.
- 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@hot.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).

April 2003

4-6 OXFAM TRAILWALKER MELBOURNE 100km

The 100km trail will commence at 10am from Ferny Creek Primary School, Ferny Creek on Friday 4th April. The event concludes at Gallipoli Park in Marysville. All participants must complete the event within 48 hours. Teams of 4 only. Sponsorship required as part of entry criteria - organised by Oxfam. Contact Cameron Wiseman at the Oxfam Victoria Office at 156 George Street, Fitzroy, VIC 3065. Tel: (03) 9289-9486 or email trailwalker@melbourne.caa.org.au. More info from the webpage at www.coolrunning.com.au/races/trailwalker.

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.

12-13 COBURG 24 HOUR CARNIVAL, VIC

Incorporating the Australian Centurians 24Hour Walk. Harold Stevens Athletic Track, Coburg. 6 & 12 hour events also available. Entry \$50 for 24 hour; \$40 for 12 hour; \$30 for 6 hour. Starts 10am Saturday. Further information Bernie Goggin (03) 9850-4958 or email gogginb j@bigpond.com or Tim Erickson (03) 9379-2065 or email terick@melbpc.org.au or Download the entry form as a MS-WORD document here coburg2002.doc.

13 CANBERRA 50KM WITH MARATHON

Check race website at www.canberramarathon.com.au for contact details. Event is held as part of the Canberra Marathon but allows runners to continue for additional 8km to complete a properly measured, flat, fast, road 50km.

18-21 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.

26-27 WILSON'S PROMOTORY 100KM, VIC

100km, 80km, 60km, 43km or 20km options. The Wilsons Prom Ultra is planned as a totally self supported run, it is not a race. No participation fees are payable and runners are fully responsible for their own safetly and assume full liability for their participation. 6am start from Tidal River. For more details see webpage at www.coolrunning.com.au/ultra/wilsonsprom/index.shtml or contact Paul Ashton via email: mcsashton@bigpond.com or phone: (03) 9885-8415 (h) or 0418-136-070 (mobile).

?? LEST WE FORGET RUN, QLD

84.4km (double marathon). Starts Gold Coast and finishes at Southbank. For individual runners, teams of 2 or 4 runners (either 2 \times marathon or 4 \times 1/2 marathon). Cutoff 11 hours. Read the website at www.lestweforget.com.au.

May 2003

4 WALHALLA WOUND-UP

50Km, 37km, 19km. Starting and finishing behind the Star Hotel, Walhalla VICTORIA. Run over the historic bridges of Poverty Point and Bruntons on 16k of walking track and the rest on unsealed roads with some big undulations. \$10 entry and 8am start. Shower facilities are available after the run, courtesy of Walhalla's Star Hotel. For more details please ring Bruce Salisbury on (03) 5174-9869 or see the Traralgon Harriers website at www.traralgonharriers.org or email harriers@net.tech.com.au.

16-18 SYDNEY TRAILWALKER 100km

Starts 10am, Hunters Hill High School, Hunters Hill, Sydney. Teams of 4 only. Time Limit 48hrs. Finishes Brooklyn. Course follows the Great North Walk, an extremely arduous bush track. Sponsorship required as part of entry criteria - organised by Oxfam Community Aid Abroad. Contact Kevin Doye via email trailwalker@sydney.caa.org.au or Phone (02) 8204-3900. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

- ?? PERTH 40 MILER (64.4km)
 Will be held over a new course "in the hills". Contact John Pettersson (08) 9354-5720.
- ?? AURA AUSTRALIAN 50 MILE MEN AND WOMEN TRACK CHAMPIONSHIP PLUS 50KM at Bill Sewart Athletic Track, Burwood Highway, East Burwood, 400m track, 8am start, \$35 entry for one or both events (AURA members), non-members \$40. Entry form available for download as MS-WORD format (40kb) 50mile2002.docor from John Harper at harperj@ihug.com.au or (03) 9803-7560 (H) or (03) 9854-2629 (W)
- ?? GLASSHOUSE MOUNTAINS TRAIL RUNS
 50km, 30km, 12km. Starts at Glasshouse Mountains Lookout at 5:30am to 8:30am (depending on
 distance). Fee from \$20-\$30 (depending on distance). Contact Ian Javes for further information, 25
 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at
 the webpage www.coolrunning.com.au/ultra/glasshouse
- ?? BANANA COAST ULTRA MARATHON, NSW. 85KM
 From Grafton to Coff's Harbour via Glenreagh and Coramba (85 kilometres). Starts Grafton Post Office 6am and finishes at Coff's Harbour Hotel. Entry Fee \$15.00, payable to Woolgoolga Athletics Club (\$20 on day). Own support vehicle / driver required. 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@hot.net.au.

June 2003

13 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 Gosford Railway Station to the steps of the Sydney Opera House, along the old Pacific Highway and other backroads. 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.

?? 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

August 2003

22-24 NATIONAL 48hr CHAMPIONSHIPS and 24 hr Track Race (& RELAY)

Starts 09:00 Friday and finishes 09:00 Sunday. 24hr starts Saturday 09:00. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, QLD. The Mondo track is one of only 3 of its type in Australia, the other 2 being the Olympic stadium at Homebush and the AIS track at Canberra. The track features electronic timing, has toilets close to the track, a covered grandstand in which to house lap-scorers, suitable food and drink facilities. Tents can be erected in the track centre and plenty of accommodation is available nearby. Contact Ian Cornelius via Email ian@fuelstar.com or phone (07) 5537-8872 for further information. More info here national48hrs2003.doc

?? 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 Eric Markham@austarnet.com.au. Entry form at at www.ultraoz.com/tamborine.jpg

September 2003

?? HOBSON'S HOBBLE (Under new Management)

A trail and foot/bike path run along Hobson's Bay beautiful coastline and swampland nature reserve area. Perfect for bike back up. 60km, 39km or 21km options. Start and finish at Altona Boating & Angling Club CP, Victoria. 7.00am start for 60km, 8.30am for other distances. More information on webpage www.ultraoz.com/hobsons.shtml or contact Graham Ives (03) 9742-6308, email GrahamIves@Bigpond.com.

?? 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

?? 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

?? 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.gldcancer.com.au Website

?? 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



2001 Accounts - Graham Ives

Greetings from your new treasurer. This is a job I have done with my running club in the UK, The 100 Km Association, and for Collegians Harriers in South Africa which has me wondering whether anyone else has banked pounds, rands and Aussie dollars all in the cause of ultra running.

Just as background the 100 Km Ass functioned in pretty much the way Aura does, with its membership at a similar level, selling kit, publishing its own mag, holding the UK ultra cup competition and national championships. Collegians Harriers are the club which started Comrades way back in the 1920s before the race became so big that the Comrades Association was formed as an offshoot from Collegians. Some offshoot!!

I have seen the accounts for 2001 and, even though they cover a period before I joined Aura, (before I left South Africa even), I am going to put a condensed version before you with a few comments. Any member who would like to have a full copy of the accounts should send a stamped self addresses envelope to me at 13, Oriole Drive, Werribee, Vic 3030 The accounts were drawn up by Danny Cause, one of our members, - Thanks Danny for your excellent work.

| | Income & Expen | ses 1 Jan 01 to | o 31 Dec 01 | |
|---------------------------|-----------------|------------------|------------------|----------|
| | income 2001 | inc 2000 | expenditure 2001 | exp 2000 |
| Subscriptions | 6,154.50 | 6,823.00 | | · |
| Donations | 835.00 | 1,166.00 | | |
| Races | 805.00 | 0.00 | 460.00 | 0.00 |
| Aura race insurance | 0.00 | 400.00 | 716.00 | 1,797.63 |
| UltraMag inc postage | | | 6,803.77 | 6,268.09 |
| Stationery & office equip | | | 411.66 | 351.45 |
| Advertising | | | 313.50 | 0.00 |
| Clothing | 387.19 | 508.63 | 537.61 | 480.30 |
| Interest on Investments | 509.85 | 352.92 | | |
| Misc | <u></u> | | 271.16 | 183.50 |
| Profit or loss | -780.00 | 269. <u>00</u> | | |
| | Assets Statemer | nt at 31 Dec 200 | at 31 Dec 2000 | |
| Fixed Term Investments | 10,646 | | 10,136 | |
| Cheque accounts | 7,453 | | 8,744 | |
| Total Assets | 18.099 | | 18.880 | |

Problems The Association is in a very sound position with over \$18,000 in cash and investments, BUT the signs are not good. There was a loss of \$780 last year and it looks as though there will be an even greater loss this year.

Cures I am trying to tidy up our bank accounts and investments so that we run them more efficiently and get a greater return in interest. Your committee is looking at how it can cut back on our expenditure, but we do not want to cut back on the major item, the magazine, unless that is forced upon us. The other major item under examination is the public liability insurance which we pay for Aura races

What can you do? One particularly worrying feature is membership size. At the end of 2000 we had 226 members, the figure for 2001 was down to 202 and indications are that we will have less than 200 at the end this year. In other words, our major income source, which is membership subs, is starting to look decidedly sickly. There is a membership form at the back of the Ultramag - please try to sell Aura to your running buddies.

A.U.R.A. Contacts

Registered Office: AURA Inc, 14 Cambridge Ave, North Rocks, NSW 2151 Australia. (02) 9871-8753

This Web Site: Please send any relevant ultrarunning material to Kevin Tiller for posting to this site

as well as any general emails.

UltraMag: Please send any contributions for the AURA Magazine "UltraMag" to Kevin Cassidy. Address: PO Box 2786 Fitzroy VIC 3065. Phone 0425-733-336.

Committee:

President: Ian Cornelius fuelstarint@bigpond.com
Vice President: Nigel Aylott nigel aylott@mail.com
Secretary: Ian Clarke insian@hn.ozemail.com.au
Graham Ives grahamives@bigpond.com
David Criniti
Membership

Ian Cornelius fuelstarint@bigpond.com
nigel aylott@mail.com
insian@hn.ozemail.com.au
grahamives@bigpond.com
dcriniti@bigpond.net.au

Secretary/Subscriptions Membership Enquiries:

14 Cambridge Ave, North Rocks, NSW 2151 Australia.

(02) 9871-8753

State Representatives:

(VIC) Phil Essam ultraoz@iprimus.com.au Fred Brooks lilfred@iprimus.com.au

(NSW) Paul Every <u>peverydweaver@hotmail.com</u>

Sean Greenhill bigmig@tig.com.au
(QLD) Gary Parsons sonjulian@bigpond.com
(SA) Jerry Zukowski zuk@centralonline.com.au
(ACT) Trevor Jacobs trevor.jacobs@mdbc.gov.au

(WA) Charlie Spare Phone (08) 9530-1027

(TAS) Tim Sloan hobart@mountaindesigns.com

Other Positions:

Public Officer: Mike Grayling (03) 9738-2572

Publicity Officer: Phil Essam ultraoz@iprimus.com.au

Rankings & Records John Fotakis

Phone (03) 9569-2489

Fred Brooks Send all results here!

Age Records Officer: lilfred@iprimus.com.au

Magazine Editors: Kevin Cassidy kc130860@hotmail.com
IAU Rep & Organiser
of IAU 100km Teams: Tim Sloan hobart@mountaindesigns.com

Clothing Officer: Kevin Cassidy kc130860@hotmail.com

"Ultramag" welcomes all and any contributions. Results, reports, photos etc etc or anything you may think is of interest. If you wish to contribute, the mailing address is:

The Editor, P.O. Box 2786, Fitzroy, 3065 or e-mail kc130860@hotmail.com

AURA Points Race and Ultramarathon Athlete of the Year Awards

After a number of meetings etc etc. The points system shall operate as shown below.

All race results should be forwarded to :-

Stan Miskin 1 Brookfield Court Berwick, Vic. 3086 Ph. [03] 9705 8575

OR via Fred Brooks at e-mail lilfred@iprimus.com.au

Only financial AURA members are eligible for points

HOW THE POINTS SYSTEM WORKS

The points system has been revised to the following standards

| Category | Points | Awarded for | Explanation |
|-------------------------|--------|--------------------------------------|--|
| Category 1 Ultra Points | 1 | Starting Each 100km | Each competitor receives a point for each ultra in which they start as long as the 42.2km distance is passed Distances which exceed 42.2km in an event may be accumulated. One point shall be earned for each 100km completed within the calendar year. |
| Category 2 | 3 | 1 st place | |
| Placegette rs | 2 | 2 nd place | Irrespective of the number of starters |
| | 1 | 3 rd place | |
| 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 National Age Record | Breaking a National Age Record entitles a person to 5 points in addition to any points earned in Category 1, but category 2 points [placegetters] are excluded |
| | 7 | Breaking a World Age Record | Breaking a World Age Record entitles a person to 7 points in addition to any points earned in Category 1, but Category 2 points [placegetters] are excluded |

Report on AURA Points Race and Ultramarathon Athlete of the Year

Points have been credited only to members whose results have been published in "Ultramag" or where results have been kindly provided to either myself or Fred Brooks

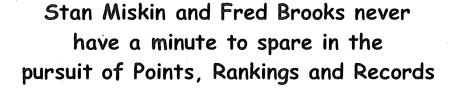
Provisional Progressive Points to the end of November

| MEN [top 10] | | WOMEN [top 4]] | |
|-----------------|----|------------------|----|
| Stan Miskin | 48 | Shirley Young | 26 |
| Mick Francis | 27 | Julie Schrag | 14 |
| Kelvin Marshall | 25 | Kerrie Hall | 13 |
| George Audley | 18 | Rosemary Johnson | 12 |
| John Harris | 15 | | |
| Geoff Hain | 12 | | |
| Peter Armistead | 11 | | |
| Tim Sloan | 10 | , | |
| Jerry Zukowski | 9 | , | |
| John Timms | 9 | | |

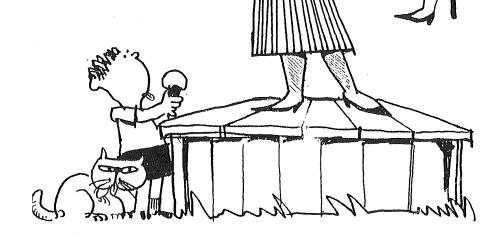
RACE DIRECTORS: You have a duty to your competitors to provide results and advice of any records directly to myself or Fred Brooks at e-mail.....

lilfred@iprimus.com.au

Stan Miskin 1 Brookfield Court BERWICK, VIC. 3806 Tel. [03] 9705 8575







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 auote....

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

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

POST TO: P.O. Box 2786, Fitzroy Mail Centre, 3065, Vic

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

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

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

| | | | AUF | RA (| CLO | THI | VG | ORDE | RS |
|----------------------------------|---|---------------|----------|--------------------------------------|----------------------------------|----------------------------------|----------|--|--|
| COSTS: | T-shirt L/S T- Single Fleecy | shirt t | cheater | \$8.00 \$12.0 \$ 8.0 \$18.0 | 00 0 | Posta Posta Posta Posta | ge ge | \$1.40 \$1.40 \$1.40 \$2.80 | |
| <u>co</u> l <u>ou</u> r <u>s</u> | RED | WHI | TE | GOLI | O | | | GREY | NAVY |
| SIZES: | 12 | 14 | 16 | 18 | 20 | 22 | 24 | | |
| | | AU | RA | AD | VER | TISI | NG | MATI | ERIAL |
| PRINTED CI | _ <u>ОТН</u> В | AD <u>G</u> E | ES | circul windo \$2.50 | lar, stan cheater: each, r | dard 3" s. 10 extra | size su | | kground overlocked, ewing on track suits or red. |
| COST: | S <u>C</u> RE <u>E</u> I | YSTIÇ | KERS | appro | x. 10cr | n (4") iı | ı diam | n white back eter long-la ge required. | asting. |
| Kindly fill in | details i | n BLO | CK LEI | TERS: | | ••••• | | •••• | |
| NAME: | | | | | • • • • • • • • | | | | |
| ADDRESS: | | | | | | | | | |
| TYPE: POST CODE: Runners. | | | | | | | | | |
| CHEQUE F | TYPE: SIZE: COLOUR: CHEQUE FOR ENCLOSED (Please include postage. Make cheque payable to A IRA) | | | | | | | | |
| (Please includ | de postaj | ge. M | ake cheq | ue paya | able to | ΛΨRA) | | 1 | H. C. |

6TH ANNUAL COASTAL CLASSIC

12 HOUR TRACK RUN / WALK

7.30 PM SATURDAY 4 JANUARY 2003



| | Iva are itumier | |
|------|------------------|------------|
| 2002 | Trevor Fairhurst | 114.912 km |
| 2001 | Bruce Renwick | 126.938 km |
| 2000 | Paul Every | 123.241 km |
| 1999 | David Criniti | 128 080 km |

2002 No Holder 2001 Bernadette Robards 104.036km 2000 Bernadette Robards 95.313 km 1999 Georgina McConnell 85.047 km 1998 Andre' Rayer 139.629 km 1998 Helen Stanger 118.077 km

Female Runner

| , , | | 140501 | • |
|-----|--------|--------|---|
| | Male V | Valker | |

| Male Walker | | <u>Female Walker</u> | |
|--------------------|-----------|----------------------|-----------|
| 2002 Alex Crawford | 97.023 km | 2002 Carol Baird | 96.065 km |
| 2001 Keith Knox | 93.101 km | 2001 Carol Baird | 97.290 km |
| 2000 Robin Whtye | 98.624 km | 2000 Carol Baird | 95.232 km |
| 1999 Frank Overton | 86.809 km | 1999 Judy Brown | 64.07 km |
| 1998 Caleb Maybir | 91.681 km | 1998 No Holder | |

Join the ultra athletes from Australia & the world, for the sensation, The Coastal Classic!!!!!!



Central Coast Leagues Club 02 43 233 131

COUNTRYLINK 132 232

Gosford Athletics Inc.













Randam lucky draw prizes.

Trophics to Meie & Female winners

Certificates & results sheets te every participant.

All preceeds te ge to Victor Chang Heart Institute & **Gesferd Athletics Inc. festering athletics.**











5

Date:



| 8 - | | | 8 - |
|--|---|---|---|
| Name: | | | |
| Address: | | | Post Code |
| Phone: | a.h | wk | Mob |
| Email: | D.O.B: | Age on Day: | _ Gender: |
| Entries close Friday | 31st December 2002 | . Late entries mayb | e accepted subject |
| to space availability | , • | | |
| Brief biography inc | luding previous ultra | performances: | |
| List any of your me | dical conditions that o | organisers need to b | e aware of: |
| Entry cost \$40.00 (i | 2 hour run or 12 houndles T-shirt for 12 | 2 hour postal entries | s) |
| - | circle Med Large | • | |
| | for entries on the day | | 1 |
| - | e out to Gosford Athle | | |
| | nc, Coastal Classic Po | | |
| Declaration: I the undersi Coastal Classic, for mysel or cause of action which t or loss of & description w my entry or participation not the loss, injury or dam | ssed envelope require gned, in consideration of and f, my heirs, executors and achey or I might otherwise have that so ever which I may suffin the said events. This waivage is attributed to action, in also agree that my name or | I in condition of acceptance dministrators hereby waive we or arising out of loss of fer or sustain in the course wer, release & discharge shaction or neglect of anyon | ce of my entry in the e all & any claim, a right my life or injury, damage of or consequence upon all operate whether or ne or more persons acting |
| Signed by entrant: | | | |





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

12 hour time limit. Local & Sydney based athletes must supply a lap scorer for the duration of the event. People may not run or walk more than two abreast, please show consideration to your fellow competitors. A general drink station providing Gosford Water will be assessable for the duration of the event. The running / walking direction will be changed every 2 & ½ hours. A timing clock & update board will be in operation.

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

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

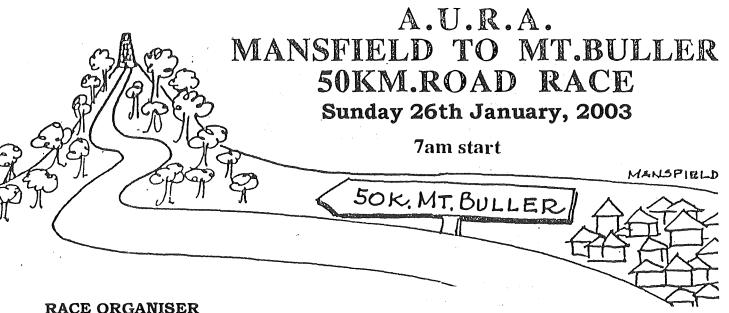
T-shirts are included in the entry fee for The Coastal Classic (postal entries only). On day entries, T-shirts may be available at a cost of \$15.00 each. All T-shirts will be available for collection on the day.

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

Meals: Central Coast Leagues Club has various food outlets of great value. A canteen will be in operation at the venue. Tea & Coffee making facilities will be available for the duration of the event. Supermarkets & Motels are only minutes away.

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

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



Peter Armistead, 29 Macorna Street, Frankston 3199 Vic., PH. (03) 97814212

RACE DIRECTOR ON RACE DAY

Dot Browne, 4 Victory Street, Mitcham 3132 Vic. Phone (03)9874 2501

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

First 32km.

Mansfield through Merrijig to Mirimbah

undulating farm-land. uphill climb.

32 - 48km

Mirimbah to the summit of Mt.Buller

downhill run, 800m

48 - 50km.

Summit of Mt. Buller to Alpine Village

on a rocky track.

PRIZES:

First Male

Second Male

Third Male

First Female

ENTRY FEE:

\$20:00 (Cheques payable to Peter Armistead)

ENTRY FORMS TO:

Peter Armistead, 29 Macorna Street, Frankston 3199 (03) 97814212

CLOSING DATE:

Friday 17th January 2003

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

DETERMINATION DISCIPLINE DEDICATION

Proudly sponsored by the Australian Ultra Runners' Association Inc. (AURA Inc.) 17

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

INFORMATION FOR RUNNERS

Race Date:

Sunday 26th January, 2003

Start Time:

7am (daylight savings time)

Report in:

6.30am sharp.

Entry fee:

\$20 payable to Peter Armistead

includes an AURA T-shirt

Entry to:

Peter Armistead, 29 Macorna Street, Frankston 3199 Vic.

Closing date:

Friday 17th January 2003

Race start

Location

Corner of Highton Lane & Malcolm Street, (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield,

400 metres on the Mansfield side of Pullins Ski Hire).

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

Support team:

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

this is a necessary precaution.

Safety

Precautions:

Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with

oncoming cars.

Clothing:

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

Finish:

Drinks and refreshments available at the Arlberg Hotel at the

finish, where the presentations will be held.

Results:

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

of the race.

Cut-off Time:

3 hours 15 min, for 30km. 7 hours 00min for 50km.

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

50KM ROAD RACE
Sunday 26th January, 2003

7am start

50K. MT. BULLER

ENTRY FORM

| IMPORTANT: PRINT CLEARLY! Please complete this BETWEEN WORDS/NUMBERS where | | VE ONE BLANK SPACE |
|--|-------------------------|--------------------|
| SURNAME | FIRST NAME | INITIALS SEX MORF |
| ADDRESS: number and street | | DATE OF BIRTH |
| suburb or town P | POSTCODE TELEPHONE HOME | WORK |
| Person to be notified in case of emerge | ency: | |
| SURNAME | FIRST NAME | |
| Relationship | TELEPHONE HOME WORK | |

WAIVER

I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes 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 or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this 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.

| · | |
|--------|------|
| Signed | Date |

DEDICATION DETERMINATION DISCIPLINE

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

SECTION C (Previous Run Entrants Only)

90

| I, | here | by declare that having | | | | | | |
|---|----------------|------------------------|--|--|--|--|--|--|
| completed this event previously in | | I have maintained the | | | | | | |
| necessary level of fitness to complet | e the event in | n the year 2003. | | | | | | |
| I further declare that I agree to abide by the rules of the event and the | | | | | | | | |
| directions of run officials. | | | | | | | | |

Date //2002.

Closing date for applications 6 December 2002

We aim to let you know if your request for an entry is accepted (or rejected) by mid December 2002. Please send the form to

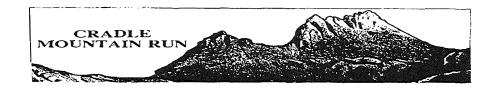
Cradle Mountain Run

PO Box 107

LEGANA TAS 7277

E-mail for information: sue.drake@trump.net.au

ENTRY FEES



23RD ANNIVERSARY SATURDAY 1ST FEBRUARY 2003 Information and Entry Form

The Cradle Mountain Run is a one day traverse of the famous Cradle Mt Lake St Clair Overland track. It starts where the road stop, at the far end of the Waldheim village and follows the track over Marions Lookout south to Cynthia Bay finishing at the boat jetty.

The beauty of this run is that it traverses wild alpine areas of Tasmania's Cradle Mt Lake St Clair National Park and World Heritage Area, an area of Tasmania exposed to the roaring forties. The altitude of the track in several areas of the plateau is greater than 1000 metres, which by world standards is not high, but here is well above the tree line. This low tree line illustrates the exposure and harshness of conditions that can prevail even in summer.

In 1998 the weather on the plateau was not particularly bad but was foggy and a runner, apparently alone, took the wrong track and was lost in the bush for the night. The weather was rainy and cold and a rescue helicopter was called which eventually located him on the next evening. This was a life threatening event. It appears several rules were flouted and there may have been a lack of bush sense shown. By contrast but posing different demands in 2000 the temperatures soared to the high 30s and dehydration was a major factor and with water scarce less than half the entrants completed this demanding course.

Unfortunately these incidents mean that the organisers must make sure that the participants can meet a minimum proficiency and have suitable experience. A runner must have sufficient speed to complete the run in 16 hours. A necessary condition is the speed to complete a marathon in less than 4:00 hours.

Enclosed is my cheque payable to the "Cradle Mountain Run"



| Cradle Mt Run entry fee (\$70.00) | \$: | Are you competent at map reading and simple navigation? |
|--|-------------------------------------|---|
| Accommodation at Waldheim (\$27.00) each Please refer to important notes on page 7 Bus Transport We recommend that inter-state travellers fly in to I Northern bus to Cradle Valley. | \$:: Launceston and travel via the | Yes / No Please nominate at least two people who are intimately acquainted with your abilities. People who have completed this event or similar will be considered most credible judges. Whoever you choose please give a reason for this choice and why they should be a good judge of your ability in a run such as this. REFEREES Name: |
| Depart Launceston (\$50.00) Depart Hobart (\$60:00) Late fee (\$20.00) | \$: \$: | Address: |
| TOTAL ENCLOSED. | \$: | Address: |
| N.B. Please don't forget to arrange accommodation Cradle Mountain (Due to the demands of the Event) and at Bronte Park Chalet otherwise disappointed. (Refer page 7) | Mountain Bike | If you wish you may attach copies of results of previous events. |
| As this is a wilderness run through remote and isolated some experience of bush, or alpine conditions. Please indicate some of your relevant experience below walking the Overland Track, orienteering, rogaining, be | v. E.g. you have experienced | |

ENTRY FORM

Cradle Mt Run PO Box 107 Legana TAS 7277

Information: (03) 6239 1468 E-mail sue.drake@trump.net.au

CLOSING DATE: Friday 6 December 2002

Late Fee of \$20 payable if field limit not exceeded Limit of 50 runners. If not accepted for the run the

entry and fee will be returned.

Withdrawals prior to Run date may be refunded.

DATE: SATURDAY FEBRUARY 1, 2003

Starting time: 6:00am at Waldheim

SECTION A

| Name: | | |
|----------------|----------------|--|
| Address | | |
| | | |
| | PC | |
| E-mail Address | | |
| Phone () | Birth Date | |
| Male or Female | Estimated time | |

SECTION B (Only to be completed by first time entrants) Please go to Section C if you have successfully completed this event previously.

SPEED OF MARATHON

| Name of marathon: | | Date: |
|---|--|--|
| Time: | Hours | Minutes |
| If no marathon give de to illustrate your pace: | | an be a reasonable comparison |
| Name: | | Distance: |
| Date: | | |
| Your time | | |
| Winning time: | | |
| run is 80k approximate your time will be in the 16 hours indicates that in parts rocky, muddy most people anticipate. | tely about 2 marath the vicinity of 4 x 2 x t you would have all and duckboarded. te, particularly as at levels in the rain | Factor 2 for this run. That is, the nons. If you run a marathon in 4 hours a 2 or 16 hours. Ilmost no hope of finishing. The track is This makes running more difficult than they tire. Slow runners then have to a forest in the evening as they near the |
| This can distress some | e runners unfamilia | r with these conditions. |
| Please give a list of r | ecent runs that illu | istrate your experience and ability. |

BUNBURY'S 6 HOUR TRACK CHALLENGE

1st March 2003-5.00pm INCORPORATING STATE 50KM TRACK CHAMPIONSHIPS 500m Certified Grass Track

E N T R Y F O R M

(Limited to first 35 entries)

| CLIDNIAME. | EID CT NAME. |
|---|---|
| ADDRESS: | FIRST NAME: |
| PHONE: | SEX: DATE OF BIRTH: |
| | ERS PROFILE INFORMATION |
| NUMBER OF MARATI | ONS: NUMBER OF ULTRAS: FORMANCE OVER EACH DISTANCE: |
| DETAILS OF BEST PE | PORVIANCE OVER EACH DISTANCE: |
| neirs, executors and administrators, he have for or arising out of loss of my li in the cause of or consequent upon my operate separately, in favour of all per event and the servants, agents, represe | DECLARATION and as a condition of entry in BUNBURY'S 6 HOUR TRACK RACE, for myself, my reby waive all and any claim, right or cause of action which I or they might otherwise e or injury, damage or loss of any description whatsoever, which I may suffer or sustain entry or participation in this event. The waiver, release and discharge shall be, and ons, corporations and bodies involved or otherwise engaged in promoting or staging the ntatives and officers of any of them. I undertake to withdraw from the race if I shall nedical complaint in the 36 hours prior to the start of the event, or are otherwise y of the race. |
| SIGNED: | DATE |
| ENTRY FEE: \$40.00 (Entri | includes free T-shirt (payable to 'Bunbury Runners Club") es received after 31st Jan 2003 \$40.00 & no race T-shirt) |
| Send entry forms & entry | fee to: Vikki Ellis 3/10 Wisbey Street BUNBURY WA 6230 |
| Further information from | |
| Race director: Vikki Elli | |
| | 9791836 |
| e-mail: th | etrickster@bigpond.com |

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

Sunday 23th March, 2003

RED ROCK / COFFS JETTY Water World Great Ocean Run

45 Kilometres

START: Northern End Red Rock Beach 5.00 a.m.

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club

(Carbo-reload included for all entrants and officials.)

T-shirts \$15.00

ENTRY FEE: \$10 payable to "Woolgoolga Fun Run"

(\$15 if entering on the day)

POST ENTRIES TO: Steel Beveridge

3B Surf St, Emerald Beach NSW 2456 (by 21 March)

ENQUIRIES: Phone 0266562735 (home), 0266541500 (work)

email steelyn@hot.net.au

COURSE SURVEY: Saturday 22 March

(meet at Arrawarra Headland 3 . 00 p.m.)

CARBO LOAD: Unofficial, at Pizza Place, Woolgoolga.

(from 6 .30 p.m. Saturday 22 March, 2002)

WAIVER

- 1) I, the undersigned, in consideration of and as a condition of my entry in the Red Rock/Coffs Jetty Water World Great Ocean Run for myself, my heirs, executors and administrators, hereby waive all and any claim, right or course of action which I, they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer of sustain in the course of or consequent upon my entry or participation in the said event.
- 2) I will abide by all the competition rules.

| SIGNED | | | DATE | |
|--|-------|-----------|------------------------------------|------|
| (If under 18 parent/ guardi Previous Ultra Marathon e | , | 'ARENT/GU | JARDIAN | |
| Best Marathon time | Event | | Year | |
| Name | | Address | | _ |
| | A | Age | Sex: M or F T-shirt size: Small Me | dium |
| Large Extra Large | | | - | |

Media Release _

Telephone: (03) 92899444 Facsimile: (03) 94195895 www.caa.org.au

100 kilometres – Teams of 4 - 48 hours Australia's bravest tackle Oxfam Trailwalker Melbourne 2003

April 4th 2003 will see Melbourne's very first Oxfam Trailwalker endurance event. Trailwalker has been running in Sydney and Adelaide for 4 years and in Hong Kong for over 20 years. Teams of four put themselves to the ultimate endurance test: all four must complete a 100km track within 48 hours.

Winding through some of Melbourne's most beautiful bushland, the trail starts in Ferny Creek at the base of the Dandenongs and works its way up through the Dandenong Ranges National Park to the Warburton Trail in Mt Evelyn. Participants will follow the Warburton Trail to Warburton at the base of the Great Dividing Range. After a steep climb to the Mt Donna Buang Summit the trail continues through the Yarra Ranges National Park to Dom Dom Saddle Reserve at the top of the Black Spur. The final 20 kilometres is through the Marysville State Forest to the finish line at Gallipoli Park in Marysville.

Teams can run or walk the 100km to help raise money for struggling communities around the world. Each team pledges a minimum of \$1000, with gold teams pledging \$5000 and platinum \$10,000. This year, Sydney Trailwalker raised over \$800,000. All funds raised through team sponsorship will go to Oxfam Community Aid Abroad, Australia's leading aid agency, working for social justice and the alleviation of poverty. The organisation funds development projects in over thirty countries around the world, including Indigenous Australia.

Oxfam Trailwalker has become one of Australia's most popular annual endurance events, described by ultra- marathon champion Pat Farmer as "the greatest event on the face of the earth".

Oxfam Trailwalker began in 1981 as a military training exercise in Hong Kong for the Queen's Gurkha Regiment, the Nepalese regiment of the British Army. It now takes place annually in Britain, Hong Kong and Australia. "Oxfam Trailwalker is an event anyone can do, an exercise in what is possible. At the same time it is also a serious physical event that attracts elite athletes worldwide", said event organiser Cameron Wiseman.

For individuals to register and for information call 03 9289 9486 or visit the website: www.caa.org.au/trailwalker

newbalance

Canberra. Marathon

Incorporating
the Australian Masters
Athletics Marathon Championships
Canberra 50k Ultra Marathon
Marathon Eve 5/10k Fun Run



Event manager: Cundy Sports Marketing PO Box 206 Ettalong Beach NSW 2257 Tel 02 4342 761 I Fax 02 4342 7648





Email: cundysm@ozemail.com.au · Web: www.canberramarathon.com.au

CAN YOU DO IT FOR 48 HOURS?

Oxfam Trailwalker
100kms Teams of 4 48 hours

"Trailwalker is the greatest race on the face of the earth. It is life changing."

Pat Farmer

Melbourne 2003 April 4 | 5 | 6

Melbourne to Marysville

ROXfam
Community Aid Abroad

A unique cross-country endurance event fostering both teamwork and personal endeavour. Money raised supports disadvantaged communities overseas and in Australia.

call 03 9289 9486 www.caa.org.au/trailwalker





AND THE AUSTRALIAN CENTURIONS PRESENT

20TH ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 19TH AUSTRALIAN CENTURIONS 24 HOUR WALK

NFORMATION

- @ AURA regulations apply.
- @ Computer lap scoring.
- Venue record is 294.504 km set by Yiannis Kouros in 1996.
- Trophies to male and female winners in both run and walk categories.
- © Entrants are required to have equipment set up by 8:30 a.m. on the Saturday.
- @ Run on the recently resurfaced Harold Stevens' Athletic Track.
- @ 24 Hour canteen will provide hot & cold snacks as well as main meals. MEAL TICKETS WILL BE AVAILABLE.
- @ Male and female hot showers in the clubrooms and large multiple toilets.
- @ Masseurs available.
- @ Hourly progress reports.
- Trackside camping (no electricity) allowed for vans and tents.
- @ Trackside portable toilet available for all ultra runners.
- 24 Hour St. John Ambulance Brigade support.
- Entries close on 4 April 2003 or earlier if our maximum field size of 40 concurrent competitors is reached. Late entries accepted only if places are still available.
- There are 2 heats in the 6 hour events with the winners being the overall best times.
 Organisers reserve the right to allocate later 6 hour entries to one or other heat as required to even out the fields. So enter early for the 6 hour event.

Please note: NO CARS ALLOWED ON THE TRACK!

WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2003, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

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

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

ENTRY FEES: 24 HOUR EVENTS: \$50.00

12 HOUR EVENTS: \$40.00 6 HOUR EVENTS: \$30.00

| Please find enclosed cheque/money order for \$ | made payable to Coburg Harriers Inc. |
|--|--------------------------------------|
| Signature | Date |
| Name (please print) | _ |



ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 19th AUSTRALIAN CENTURIONS 24 HOUR WALK

| • | 24 Hour Run/Walk | 10.00AM Saturday 12th April to 10.00AM Sunday 13th Apr | cil |
|---|------------------|--|-----|
| • | 12 Hour Run/Walk | 10.00AM to 10.00PM Saturday 12th April | |

6 Hour Run/Walk Heat A 10.00AM to 4.00PM Saturday 12th April

6 Hour Run/Walk Heat B 4.00PM to 10.00PM Saturday 12th April

10.00PM Saturday 12th April to 10.00AM Sunday 13th April 12 Hour Team Relay

10.30AM Sunday 13th April Presentations

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

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

ENTRY

| SUI | N S | AM | (F | | - | | | | | | | | | | | | | | F |] IRS | T N | JAI |] MF |] |] | | |] | Ĭ | | | | | NI | ГІА | | | | |
|---------------------------------------|-----|------|------|---------|------|----------|---|-----|------------|---------------------|-------------|----------|----|---|----------|----------|-----|--|-----|----------|------|-----|---------|-----------------|---|-----|------------|----------|-----|-------------|----------|----------|--------------------|-------------|----------|-----|-----|----------|-----|
| | | | | | | | | | | | | | | | HFATIAL. | | | ************ | | | | | | | | | - complete | | | - | | annichen | - | | | | | | |
| | | | Ī | | Ī | | | | Π | Τ | | | | | | | | Τ | T | | | Ţ | | | | | | | | L | | | | | | | | | |
| AD: | DR | ES | S (1 | No. | and | Str | eet) | | | | | | | Material Section 1 | | | | | | | 2000 | | | | | | | | | D. | AT: | ΕC | OF I | BII | RTE | [| | | • |
| · · · · · · · · · · · · · · · · · · · | | | | | | | | | | | Τ | | | | | <u> </u> | | | | Protect | Ι | | | | | | | | | | | | | | | | | | |
| SUI | 3U | RB | or | TO1 | NN | | | | | | | | | | | | | | | P | OS | ГС | OD | E | | | SE | X (| M | or F | ?) | | F | ١G | ΕC | N | RA(| CE I | DAY |
| | | | | | Ţ | | | | | I | | | | | | | | | I | I | I | Ī | | | | | Ī | Ī |] | | | | | | | | | | |
| PH(| NC | Ē (I | HO | ME |) | | | | | | | | | | | PH | ION | νE (| W | OR. | K) | | | | | | | | | | | | | | | | | | |
| Plea | ase | Tic | ek I | Evei | nt: | 6 I | Hou | r R | lun | Н | eat | A | | | | 6 H | łou | r R | un | He | at l | В | | | 1 | 2 F | Iou | r R | un | | | | 24 | Н | our | Ru | n | | |
| | | | | | | 6 I | Hou | r V | Val | k F | Ie a | ıt A | Ĺ | | | 6 H | Iou | r W | Val | k H | eat | В | L | | 1 | 2 F | Iou | r V | Val | k | L | _ | 24 | H | our | W | alk | L | |
| • | ΡI | ERS | ON | 1 TC | BI | ΞΝ | OT | FII | ED | IN | CA | ASI | ΞC | F E | M | ER | GE | NC | Y:_ | | | | | | | | | | | | | | | | | | _ | | |
| | | | | | | | 1 / / / / / / / / / / / / / / / / / / / | | Ī | | Ī | | | | SELVENTE | | Ī | | | | | ľ | | | ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | | | | | Т | | | Ĭ | (ALCOHOLDS) | | , | 1 | | |
| SUI | RN | AM | Œ | • | | | | | T Benedict | ma A ccessor | | • | | • | | | | ************************************** | - | | | F | ΊR | ST | ΝA | M | E | | | *E0114-240- | | | | , | | | • | | |
| Ī | | Ī | Ī | | | <u> </u> | | | Π | Τ | T | | | 2014-11-11-11-11-11-11-11-11-11-11-11-11-1 | -250 | | Ī | | | T | Τ | 1 | Ī | | - | T | | | T | Ī | Ī | T | I | | | | | <u> </u> | |
| | | | PI | IOF | VE (| HC | ME | Ξ) | | mattename | | | • | | | | ΡI | HOl | NE | (W | OR | K) | | are come Street | | | | Reserves | | |] | RE | LA | TI(| ONS | SHI | P | | |
| | | | | You | | | | | | tra | | | | anc | es | : | | | | | | SE | ND | El | NT] | RII | ES T | О | • | 1 P. | AV AS | O CO | RICI CA DE V | CF /A | ES LE | | | | |
| ı | | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | 1/ | IC | rn | DIA | | 04/ | | | | - 1 |

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

Entries close 4th April 2003 or earlier if maximum field size of 40 concurrent competitors is reached.

Conditions of Entry on Back.

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

COBURG 24 HOUR CARNIVAL

APRIL 12th & 13th 2003

COME AND BE PART OF THE 16th ANNUAL COBURG 24 HOUR CARNIVAL, INCORPORATING

THE 20th VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
 THE 19th AUSTRALIAN CENTURIONS 24 HOUR WALK
 THE 12 HOUR RELAY TEAM CHALLENGE

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

ENTRIES:

\$50 - 24 HOUR

\$40 - 12 HOUR \$30 - 6 HOUR

\$80 - 12 HOUR RELAY TEAM

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

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

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

P.S. Are you interested in a social get-together on the Friday Night before the event (12th) e.g. pasta meal in a café or restaurant? We are open to suggestions as some runners are keen to meet other competitors prior to the event.

Please tear off the bottom of this flyer and indicate by crossing off yes or no and include with your entry form.

YES / NO

Also include any suggestions or preferences!

www.ultraoz.com www.ultraoz.com



Australian Ultra Runners Association Inc

NATIONAL 48 HOURS TRACK CHAMPIONSHIPS

& COMBINED 24 HOURS SOLO & 24 HOURS RELAY

NEW VENUE - RUNAWAY BAY SPORTS SUPER CENTRE RUNAWAY BAY

48 HRS START 0900HRS FRIDAY 22 AUGUST 2003
24 HRS SOLO START 0900 HRS FRIDAY 22 AUGUST
24 HOURS RELAY START 0900 HRS SAT 23 AUGUST
(max 6 runners, min 2 hour legs)

WORLD - CLASS TRACK & FACILITIES

Lap scorers provided for interstate competitors

Qld runners please provide one lap scorer to do a total of 8 hours scoring

For entry forms or more info, contact the Race Organizer, lan Cornelius ian@fuelstar.com

PO Box 282 RUNAWAY BAY QLD 4216 Tel 07 5537 8872 Fax 07 5528 2314 Mobile 0408 527 391

Graham Ives......In Profile

Basic Bits__Graham Ives, born 9 October 1938, in Dinnington - a coal mining village near

Sheffield, England. Now retired and living in Werribee with wife Meg.

Children Children? Stephen and Andrew are 35 and 33

Height 173 cm Weight 73 kgm

Best <u>physical</u> feature Meg says its my bum. I think she means the shape not the noise. Educational background Chemist but pay too poor, then accountant but too honest to

make it pay well.

Favourite Author Recently discovered Bill Bryson - all Aussies should read his Notes from

Down Under

Favourite Book Notes from Down Under is the one of the few I have read twice.

Favourite Movie High Noon Do not forsake me Oh my darlin, on this our wedding day,

Favourite TV Show The too short Billy Connolly tours Favourite Actor Sean Connery is certainly up there

Favourite Music Traditional Jazz & skiffle

Book now being read The Unknown Warrior by James Leassor about the secret agents who

fooled Hitler that the D Day landings would be off Calais, not Normandy

Hobbies Antique clocks and watches, gardening and being treasurer to too many groups.

Collections Running trophies, certificates, medals and photos

Make of car Hyundai Elantra

Car I would like to drive Not fussed, quite happy with the Elantra

Greatest Adventure Moving to South Africa to live with Meg in 1998

Favourite spectator sport Soccer, plus England winning the Ashes.

Favourite holiday destination South Africa, but only for holiday, not to live

Favourite item of clothing My Spartathlon vest and T shirt

Most prized possession Meg Personal Hero Nelson Mandela

Favourite Quote There, but for the grace of God, go I

Personal Philosophy ditto

Short term goal & long term goals Now the same. To keep running through my cancer as long as I can and spread the message that it can be lived with and life can still be enjoyed.

Achievement of which most proud To have run Comrades whilst on chemotherapy,

spreading the message and raising 50,000 rand for SA Cancer Association

Pets None now, but I had a dog in UK who ran everywhere with me. 50 milers were no bother to Bert, who was loved by all the UK runners

Pet peeve Throbbing cars with the windows down to share the noise

Favourite non running activity Eating is the one I will mention

Greatest Fear Heights

Happiest Memory See greatest adventure above

Personal strengths Meg says its honesty

Personal weakness Too honest

Running Info

Pbs Half mara 1.27.57; Marathon 3.06.09; 50km 3hr 59.02; 50 miles 7hr 05.02; 100km

9hr17.51; 100 mile 19hr 20m; 24 hr 182.6 km; 48 hr 270.4 km

Years running ultras First in June 1986

Number of ultras finished 147

Best ultra performance Completed Spartathlon, (250 km including mountain), in 34hr 04m Most memorable ultra Has to be to Comrades on Chemo

Typical training week Used to run 130km per week, but taking it easier now on 70/80 km. Run most days and try to get at least one over 2hr 30m

Injuries Recurring achilles problems when I try to up the speed work. I keep saying "never again", but there is no fool like an old fool.

Favourite running shoes Currently Saucaony Jazz, but if a question was biggest running frustration, the answer would be trying to buy another pair of your favourite shoes before the stylists change them.

Favourite ultra food/drink Water as drink, all the commercial stuff makes me throw up. Cake, sweets, rice pudding as food - even fish and chips in 24 hours

Favourite Handler Meg after the race

Favourite place to train Off road trails and grassland

Ultrarunning idol Don Ritchie who still holds world bests for 100 miles, (11hr 30.51), set in 1977 and 100 km (6hr 10.20) set in 1978; these are the oldest still existing world records. What is more Don is still turning out 25 years later to run 100kms and 24 hrs events when his peformances now are but a pale shadow. That to me shows real mental toughness.

Why do I run ultras Enjoyment, relaxation, great friends - what more do you want?

Any advice to other ultra runners Yes, my running bible quote "Run gentle, run long" Easy to forget but it is the speed and the over exertion in shorter races that brings on the injuries and subsequent frustrating inactivity. Listen to the body and don't be scared to take a few days off.



Graham Ives

A new arrival to Australia this year, Graham has taken on the job of AURA Treasurer after much experience in this field in both England and South Africa

2002 Tambourine Trek

Held At Gold Coast, QLD 25th August 2002

Results

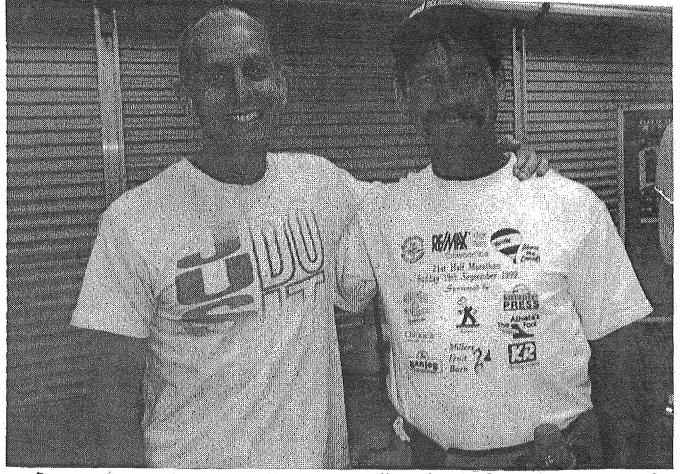
| Place | Name | Section 1 | Half Way | Section 2 | Section 3 | Total |
|-------|----------------|-----------|----------|-----------|-----------|----------|
| 1 | Peter Mckenzie | 02:26:25 | 03:53:00 | 02:39:05 | 03:03:59 | 08:09:29 |
| 2 | Ray Archer | 02:26:25 | 04:00:00 | 03:01:55 | 03:38:41 | 09:07:01 |

Report by Ian Cornelius

The race had been postponed from a previous occasion because of delays in gaining approvals and also had a new 13kms section through the Nerang State forest, rather than around it as previously. The change was welcomed by most and, although quite hilly, had a reasonable running surface, principally on 4WD tracks.

The event was contested by only 2 solo runners and 5×3 person teams. The weather on the day was fine to start becoming rainy. Much interest has been expressed by runners for the new course and it is expected that more runners will contest the event next year.

Thanks to the Gold Coast Runners Club who hosted the event and to race organiser, Eric Markham.

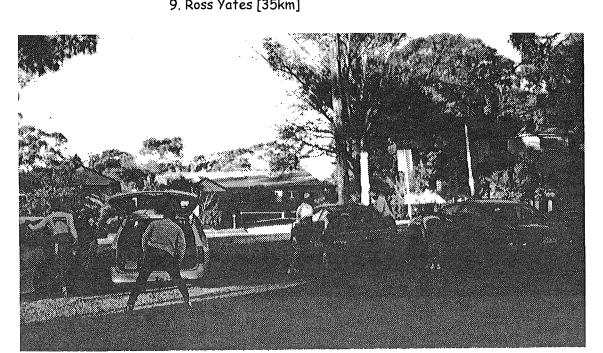


Ray Archer and Peter McKenzie are all smiles before the start

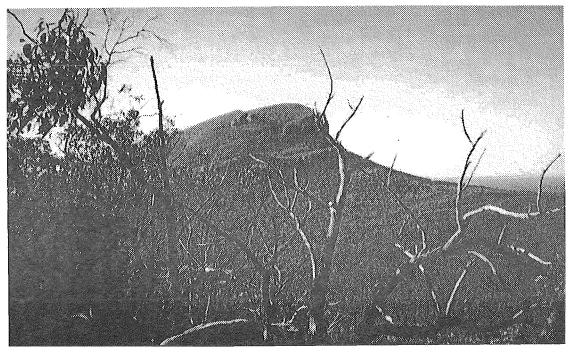
Katoomba to Mittagong 137km

31st August 2002

| 1. Kieron Thompson | 23:57 |
|-----------------------|--------------|
| 2. Jan Herrmann | 24:11 |
| 2. Lawrence Mead | 24:11 |
| 2. Sean Greenhill | 24:11 |
| 5. Ian Wright | 24.22 |
| 6. Martin Fryer | 24.45 |
| 7. Thomas Schattovits | 11:25 [70km] |
| 8. Kevin Tiller | 13:10 [70km] |
| 9 Ross Vates [35km] | |



Fat Ass runs always have 'Low Key" starts



Hobson's Bay Hobble "Fat Ass" Run [approx. 60km] Sunday 1-9-2002

| 1. Kevin Cassidy | 4:55 |
|--------------------|------|
| 2. Peter Armistead | 5:01 |
| 3. Tony Cosoleto | 5:03 |
| 4. Peter Grav | 5:25 |

DNF John Lindsay

30km approx

Report by Kevin Cassidy

The "Fat Ass" concept made its second appearance in Melbourne with the now familiar "No fees, no aid, no prizes" set of "rules." Graham Ives, a new arrival to Australia, had taken over the reins of the Hobson's Bay Gallop from Phil Essam. Graham's version had a new course and even a new name. Despite being in the same area, this run bore little resemblance to last year's edition.

A grand total of five runners set off from the Altona Yacht Club for the 60km run. One of the unique features of the Fat Ass concept is that distances are always "approximate", which was most appropriate in this case when we realised midway through the run that it was going to be a short 60km.......discussions later on seemed to find a consensus of closer to 54km, such are the ways of a Fat Ass run.

The first day of spring saw Melbourne awaken from its winter slumber by turning on a glorious day, in fact it had been warm and sunny all week, so much so that two days previous, I ran bare chested along the golden sands that make up the Portsea surf beach.

Graham Ives and his more attractive half, Meg, had performed with great aplomb the task of exploring Melbourne's inner western bayside area on their bicycles and developed a varied and interesting course. I thought I had a good knowledge of the Altona area that my ancestors founded many years ago, but we never stop learning. The development of parks and trails in the area has expanded beyond belief. I have no doubt that the sumptuous beauty of the western side of Melbourne's Port Phillip Bay is still somewhat of an unknown quantity to the inhabitants of the eastern suburbs....and all so close to the vibrant city centre.

With the run now underway, Peter Armistead, Tony Cosoleto and myself linked up and ventured west along the Altona foreshore, into the Truganina Swamp for a large loop out to the State Baseball Centre then back to the start-finish area where 5 others were starting out on the 18km option. Continuing on past the Altona wetlands before heading inland for a lap of the beautiful Cherry Lake with its waters glowing like glass in the still conditions, the large group of pelicans on the lake looked so peaceful while, in the distance, the local dog obedience school had a large turnout of dogs teaching their owners obedience! Coming off Cherry Lake and back to the Altona wetlands, we continued east towards the old and historical seaside town of Williamstown passing the angling clubs on Kororoit Creek and the new housing estate that was once a rifle range. With all due respect to the developers, the huge monolith type houses on this estate are plain ugly....row upon row of tasteless blocks of construction that look like a cross between the Pentagon and the Taj Mahal all squashed on to postage stamp sized blocks of land...but it's nothing that can't be rectified by a napalm bomb or two! In their eager pursuit of the dollar, these developers show no respect for the heritage of the area.

With the sun now rising high, we ran into the original areas of Williamstown and Point Gellibrand with their beautiful period homes and old bluestone structures that now have a rather strong devotion to the tourist dollar. Rounding the point also presented a lovely backdrop of the city skyline across the still blue waters of the bay. The earliest Melbourne history is right here and coupled with the warm sunny day, people were out and about like a swarm of tabloid reporters pestering the Royal Family. Tony spotted a 10 dollar note on the road near the Timeball Tower and promptly scooped it up and bought a Powerade for Peter and himself at the Nelson Place cafe precinct which suddenly left me running on my own. I stopped at a tap to consume some much needed water when I noticed a lone individual staring intently at a large container ship that was cruising up the bay.

"Big, isn't it?" was his statement of the obvious as he looked my way. "Yes, it is" was my equally mindless reply as I continued my journey, leaving him to express his wonderment at ship sizes to some other unfortunate passer by

The run around The Strand was like playing dodgem cars with the path full of people enjoying the day. Fat ladies with prams, kids on bikes and roller blades, loners feeding the ducks, old men in fishing boats, show offs on bikes and lots of powerwalkers who just love to swing those arms more furiously than Mike Tyson during a heavyweight bout. I took all this in as the Coastal Path left Hobson's Bay and started winding up the mouth of the Yarra River towards the most easterly turn around point of the course under the Westgate Bridge where you can't help but be moved by the sobering sight of the monument that commemorates the deaths of the bridge workers who lost their lives when a section of the bridge collapsed during construction on the 15th of October 1970

The return journey took us back through the Williamstown and Point Gellibrand areas and, although tiring, I could not help but soak up the beautiful day and the interesting course which had me wondering if their could be any better city in the world to live in other than Melbourne?......I think not.

A major benefit at this run was the presence of a roving drink station. Sandra Stewart, on her new bike, patrolled the course offering water bottles and still found time to visit the Altona Sunday Market and visit her sister in Yarraville, but her day was not without a few setbacks, one fall and at least five occasions when magpies swooped upon her helmet taking out several large chunks of polystyrene!

Winding back along the Coastal Path, the finish at the Altona Yacht Club finally loomed closer and organiser, Graham Ives, was pleased to have all four finishers arrive over the space of a few short minutes.

For no other reason than the fact that it was there, we adjourned to "The Pizza Cafe" in Altona's main street for lunch and the consumption of numerous drinks with the background being somewhat contaminated by a radio report from a Cricket game in Western Mongolia where the reporter announced enthusiastically that "With 1,345 balls to go, Kenya are 567 for 2 left handed googlies with England 12 for two ducks and hoping for bad light before the next meal break." I'm not exactly sure that my terminologies are correct but Cricket sure is a strange game, they named it after an insect and when or if a game actually finishes, the ice age has set in and your car insurance is well and truly overdue!

Look for this event next year. It is a great day out and will be heavily publicised via the various running calendars



A "happy" crew of runners await the start of the Hobson's Bay Hobble

SPARTATHLON 2002

By David Sill

Spartathlon is a race of 246 kilometres from Athens to Sparta in Greece.

The history

The battle of Marathon in 490 B.C. was one of the most famous battles in world history where the Greeks repelled the Persian barbarian invaders thus preserving their civilisation. Herodotus wrote an account of the battle of Marathon at the time where he described the battle in detail and mentioned the deeds of Pheidippides, an Athenian messenger, sent by his generals to Sparta to secure reinforcements. Spartathlon was born from this account of Pheidippides' epic journey. He arrived in Sparta "on the next day of his departure" from Athens, thus the time limit for the race is 36 hours. Spartathlon takes place on the last Friday of each September as the historic mission to Sparta was made at that time.

According to legend, Pheidippides later ran from the battle site in Marathon to Athens completing the run after which the marathon race is named. But that is another story.

The race route

The race follows the route as close as possible to that which Pheidippides took. It runs over roads, tracks and paths, crosses vineyards and olive groves, climbs steep hillsides and takes the runners on the ascent and descent of Mount Parthenio in the dead of night. This is the mountain, covered with rocks and brambles, on which Pheidippides met the god Pan. Two and a half thousand years have passed but there is still no pathway over the treacherous final 1200 metre ascent to the top of the mountain, which is swept by strong winds with night temperatures close to zero.

The major challenges for most runners are the time limits, the hills and the heat.

The start in Athens

It is Friday 27 September and 190 athletes are milling around at the foot of the Acropolis at dawn. There is nervous chatter, well-wishing and quick trips behind bushes. First timers are asking the old timers what is ahead. They will soon find out for themselves! It is hot in Greece at this time of year and it usually gets worse on the second day for those who get across the mountain and continue inland. I have attempted this race before and failed. My training has not gone very well and all I can do is simply hope for good luck!

The gun goes off at 7 am and we battle our way through the early morning traffic and down the historic Sacred Way. After a few hours we are out of the noise and pollution and can see the sea. The temperature is rising and we are working our way around the coast road in the direction of Corinth. The scenery is wonderful. My race plan here is to run conservatively and simply stay a few minutes within the cut-offs. It is quite hot and many runners make the mistake of tiring themselves trying to get to Corinth too quickly.

I always love to cross the canal and do this at 4 pm. I am feeling comfortable and have now built up a 20 minute margin under the cut-off. I am using my usual Leppin powder drink for fuel, but when I arrive at Ancient Corinth, I risk a few mouthfuls of pasta from the well-stocked drink station with no ill effects. I am feeling better than I have in previous races and move comfortably on for the next few hours. It is getting cooler now as sundown approaches.

The course gets tougher

I usually find it difficult from 110 to 140 kms as the narrow roads wind continuously and gradually uphill. One year I was eliminated at 139km. It is dark now and we are navigating the unlit roads with torches. I reach Ancient Nemea at 124 km feeling surprisingly good and now have 50 minutes to spare. I am starting to feel confident and very happy to leave the 139km mark behind me at midnight!

The next section is a welcome gradual downhill but it does not last. Shortly after 150 km we start the ascent of Mount Parthenio and I have no choice but to walk as it is quite steep. This goes on for about 10 km and gets steeper and steeper. I am still feeling inexplicably good and enjoying the continuous walking as a break from running. Near the top I overtake quite a few runners who are having trouble with the severity of the incline.

Top of the mountain

Eventually I reach the drink stop at the foot of the final climb. I look up at the mountain in the dark and move towards it. For the race there is a trail of battery-driven flashing lights that will guide me the 1200 metres to the top. There is no path and we just have to continuously zigzag over rocks and bits of vegetation, sometimes too steep to stand upright. I have to be careful not to over-balance, because a fall over the side could be fatal. I find it much harder than I remember last time but eventually stagger to the top at the 162 km mark just before 5 am.

At this point champion British trail runner, Mark Williams, shoots past me and flies down the other side of the mountain. He is almost out of sight before I make any impression on the down slope towards Sangas. I am no good at steep downhill trails and lose a lot of time as well as falling several times and cutting my hand. Where is Pan when you need him? Another runner goes past me on the downhill too.

Then I start to worry

The running is quite easy on the flat at the bottom but I am starting to feel weary and walking more. I am now an hour inside the cut but it is getting very cold just before dawn so I put on gloves and hat. I am starting to worry as I am having trouble maintaining my pace and the margin with those dreaded cut-offs! As the sun starts to rise I am struggling and deliberately walking up all the hills. There is a group of French runners ahead, also struggling. A support car arrives and someone starts shouting at them - they are obviously worried about the time situation too. The French guys start running up the hills but I am still holding to my plan of walking them so as to conserve some energy for the remaining 12 hours. I am oblivious of the fact that the race winner is already in Sparta having finished in 23 hours 48 minutes, while I plod on!

The sun is up now but it is still quite cold. This was actually wonderful news as it stayed relatively cool until midday instead of the energy sapping heat which usually builds up as the morning progresses. Within an hour I get past the French guys and, whilst I feel as if I am moving at snail's pace, I am managing to retain the one hour margin. What a relief! Now on to the next major hurdle, the big hill which starts after Tegea at about 200 km. It is nothing like the mountain but this hill finished me off last time I went up it! Thankfully it is still not very hot and I get to the top with my precious one hour margin in tact! I do not have much energy left in the tank now and will only be able to run the down hills from here.

Almost a marathon to go

The remaining section to the finish is undulating but the big hills are behind me. From here I need to just try to hold together as the hours pass. It is tough going and the temperature is really starting to rise. I still have almost a marathon to go so this race is not over yet. I slog on from drink stop to drink stop, every one of which seems to take a life-time, and desperately check the time at each. It is hard to believe but I am managing to hold on to that precious one hour. Now it's almost 3 o'clock as I work my way up the hill after the Monument of the Executed at 222km with the Greek afternoon sun beating down. I finally get to check point 70 at 230 km and am now confident that I can hang on to finish.

I can see Sparta

It is mostly down hill from here but my quads are so tight that I am no longer able to run down hills. Fit runners make up good time in this section and at least 20 runners overtake me, but I know I will finish from here and happily (well almost!) watch them go past. I can see Sparta down in the distance but my one hour margin is slipping away as I am unable to maintain even a moderate pace going down the steep slopes of the Evrotas Valley. At last I get to the bottom of the hill with only 3 km to go only to find that, on the flat, I am having real trouble just keeping moving. I am losing more time!

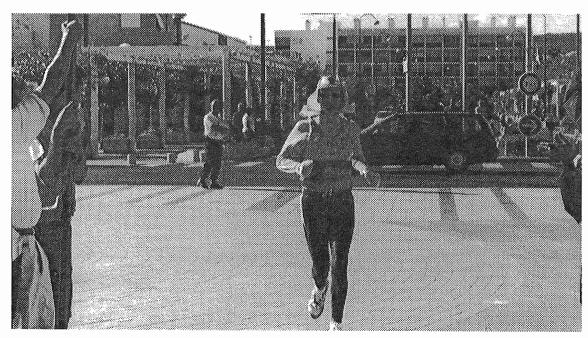
With 2 kms to go the local lad whose job it is to guide me into the centre of Sparta joins me. I am disappointed to be overtaken yet again, though I can't do anything about it. But the atmosphere of Sparta is building up.

People are hanging out of windows and lining the streets cheering each one of us as we near the finish. It is a humbling experience to acknowledge them as I stumble on. At last we turn the corner into the main street of Sparta and I am now protected from the traffic by an accompanying police car.

I recall the race director's words "Spartathlon has to be lived through. It is a very personal experience stirred by the thought of Pheidippides and running in the footsteps of this ancient messenger. The material awards are only an olive branch and a cup of water from the Evrotas River presented by young Spartan girls. The athletes know that Spartathlon does not involve prize money. Their reward is the feeling of incredible inner satisfaction. This race was born in the cradle of the Olympic spirit and deeply honours that spirit. Spartathlon is unique"

King Leonidas Statue

I continue on and, in the distance, can just see all the flags and the statue of King Leonidas, ancient leader of the Spartans. The streets are now packed with people and the cheering is getting louder. It is a very emotional experience for me as I make my way up the street and eventually come to the finish which occurs when the runner touches the foot of Leonidas statue. I eventually reach the statue with just 23 minutes and 35 seconds to spare! I kiss the foot and then the tradition is fulfilled as I am given a wreath made from an olive branch and a cup of water from the Evrotas River.





AURA member, David Sill, has not let the grass grow under his feet. A Spartathlon finish is an accomplishment for the select few.

Since transplanting himself in England, David has been frequenting the ultra scene all over Europe.

When are you coming back to Australia, Dave?

Glasshouse Trail Runs

Held 28-29th September 2002, Glasshouse Mtns, near Brisbane, QLD Saturday was particularly hot. Apparently 34 $\it C$ in Maroochydore on the coast, so it was probably 35 or 36 $\it C$ inland on the course. Ironically, a cool change came in around 4am Sunday morning bringing drizzle and steady winds with it.

Race Director Ian Javes hopes to change next year's race from the current two-loop format through the State Forests around the Glasshouse Mountains, to one loop around the mountains and then have the second 50 miles go through the bush to finish at Caloundra Beach. He's also aiming to have Mountain Bike and Multisport races on the same weekend or an adjoining one. Also moving the race to August to escape the heat that always affects the event

| • | ~ | | • | • | • | |
|---|-----|-----|----|---|---|-----|
| 1 | 1 H | 1 | A. | м | ш | es |
| | v | , , | 18 | w | | E.S |

| 21:53:28 |
|----------|
| 23:49:02 |
| 24:58:42 |
| 25:09:35 |
| 25:57:42 |
| 26:14:46 |
| 27:39:26 |
| 28:33:05 |
| 29:26:21 |
| 29:39:19 |
| DNF |
| |

50 Miles

| 1 WALTER BRUMNIACH | 7:43:07 |
|---------------------|----------|
| 2 STUART WAGNER | 8:14:35 |
| 3 STEVE APPLEBY | 9:00:52 |
| 4 BRUCE HARGREAVES | 9:32:04 |
| 5 LARRY LAWSON | 11:07:44 |
| 6 PHILLIPA BOLT [F] | 12:29:45 |
| 7 PHIL BROWN | 15:58:16 |
| NORMAN RHIND | DNF |
| DAVID KITCHEN | DNF |

53Km

| 1 MALCOLM BUCHANAN | 5:10:09 |
|--------------------|---------|
| 2 STEVE HAYES | 5:35:40 |
| 3 PETER McKENZIE | 5:40:23 |
| 4 JOHN LOURY | 5:44:02 |
| 5 JOHN PEARSON | 6:29:06 |
| 5 JEFF BACKEN | 6:29:06 |
| 7 EDWARD HABOLY | 6:38:44 |
| 8 DANNY KLEINIG | 6:39:42 |
| | |

| 9 ANGIE GRATTAN [F] | 6:42:28 |
|----------------------|----------|
| 10 STEPHEN GURR | 6:52:27 |
| 11 PETER GARDINER | 6:59:37 |
| 12 STEVE WINNER | 7:00:53 |
| 13 JULIE WINNER [F] | 7:35:12 |
| 14 GEOFFREY WILLIAMS | 7:46:22 |
| 15 LAURIE BAXTER | 8:19:19 |
| 16 JULIE SCHRAG [F] | 8:44:12 |
| 17 COLIN COLQUHOUN | 9:03:36 |
| 18 DAVE HENDERSON | 9:13:15 |
| 19 JUNE CANAVAN | 9:50:24 |
| 20 ANNE GRAPPER | 9:50:24 |
| 21 ART VAN WENSVEEN | 11:19:30 |
| 22 INGE THOR [F] | 11:19:30 |
| GEOFF KOPITTKE | DNF |
| ROSS HOPKINS | DNF |

Report by Sean Greenhill

"We are advancing constantly!" - General George S Patton (George C Scott), "Patton"

Flashback to September 2001. I was sitting at checkpoint 5, 110km into the Glasshouse Trail 100 Mile, and my race was over. I'd been nauseous and unable to eat since early that morning, and eventually unable to drink either, and my race had shut down here. That was my second DNF at this race, and I'd half jokingly started calling my efforts here "head butting a brick wall"....

This year I tried to adopt a very laid-back attitude. I'd done the training, I'd brought the equipment, I couldn't change the weather.... in short, there was nothing to worry about, it'd just work out however.

The 100 had the most starters ever.... 18, including a large number of Fat Assers. We assembled at the Cobb'n'Co before 5am Saturday for our medicals. I weighed in at 88kgs and lined up with Lawrence Mead - our plan, after two DNFs each, was to run together the whole way.

We took off and ran down bitumen road towards the looming bulk of Tibrogargan silhouetted against the twilight sky. It wasn't a cool morning- the forecast was for the temperature to reach the low 30s and I was dressed lightly in a Cannibal sleeveless cycling jersey, which I prefer in hot weather as the front zips open almost all the way to enable a lot of cooling. On my feet, a double pair of Ironman Coolmax socks and NB 1220 running shoes. I had agonised over whether to wear them, or NB 805 trail runners. I stashed these latter in my drop bag for checkpoint five, where I could access them frequently.

At the front were Kelvin Marshall, Kieron Thompson and Brian Evans with Ian Wright and Jan Herrmann bringing up the second pack. Lawrence and I strode out after that with Graham Medill, Roger Guard and Lyn Lewis not far behind. They passed us on the ascent of Mt Beerburrum. It was interesting to see Lyn running- she's one of the

strongest uphill movers I've seen, and out in the open country around checkpoints 3 and 4 we'd catch her on the flats only for her to motor past on the uphills, moving with excellent economy.

In the open country, on gravelly fire roads, distant peaks of Glasshouse visible through a haze, the heat was already making itself felt, and I was chugging bottle after bottle-I usually filled them with water only, sometimes with dilute sports drink, and at night also mixed up coke and water in my bottles in a 50/50 ratio. During the day I also popped a Succeed! electrolyte cap on the hour, and every two or three hours at night.

The section climbing from four to five we shared a little while with Dusan Hora, before he went ahead. I was wondering where all the 50 mile runners were-last year we'd met them coming down from Mt Beerburrum, but this year we saw no one except for relay runners! The first part of the four-five section is long and monotonous through interminable corridors of pines that just seem to go one and on before finally climbing towards the lookout, then describing a precipitous rollercoaster for 15 minutes with very sharp, short climbs and falls on eroded 4WD track. We ran into checkpoint 5 for the first time after 3.5 hours, the same pace as last year. Indeed, our pace for the first loop this year would never be a few minutes from what I did last year.

The medical elicited a surprise- my weight had gone from 88kgs to 93! The medical guy started laughing. I'd drunk 8 800ml bottles before getting here, so had established a weight "buffer" that might be important later on when it got seriously hot. I grabbed salt'n'vinegar ships and a tin of creamed rice from my drop bag, half an egg sandwich from the aid station, ate it down quickly, and we were off. I relied almost exclusively on the food in my drop bags during this race- I ate only two sandwiches the whole run, preferring the creamed rice, chips, muesli bars, cheese sticks and Sustagen I'd arranged myself.

The Goat Track down to six wasn't too bad compared to what I recalled from other years. More eroded gullies to negotiate, but they seemed nastier last year... then a steady slog up Hennessey's Hill, weaving in and out of fallen trees, before emerging onto dirt road and jogging into six. 6.5km of particularly gnarly terrain had taken us an hour, which wasn't bad going in our book.

More food from the aid station at six; then down a steep hill, following logging roads through State Forest until emerging at a Pineapple plantation, which we skirted for a while before re entering the forest. I recalled that last year Jonathan Worswick was already running back towards me when I arrived here; steaming through en route to his course record of 17 hours (after which he'd joked the course was too flat). I asked Lawrence when he supposed we'd see the leaders coming back this year; the conclusion was, if we didn't see them very soon after leaving the pineapples, it'd be a very poor show indeed.

Well, it must have been a poor show because we slogged for quite a while through the State Forests before we saw Kelvin and Kieron running back towards us. We laid into them with abuse, asking what sort of "victorious" pace this was, and reminding Kieron that we'd see him in 90km or so, just like at the Katoomba - Mittagong Fat Ass a month before where we'd caught him 15k from the end.

I was still feeling chirpy when we ran into seven and bantered with the staff there, including Bill Thompson's wife Jane. But the mood went away when we saw Jan reclining in a folding chair, with face flushed and suffering badly from the heat. Lawrence and I encouraged him to get up and walk with us for a while. He agreed, rose slowly, and started walking, while we dumped our packs- we'd come back here in 4.5km. Jan took about a dozen strides before slumping to his haunches and puking up a couple of mouthfuls of coke, then a second, heavier spray. That was it, he walked back and sat down again. We urged him not to drop, but to get up and walk with Ian, Tony or Bill, then set out on the pine forest loop that would bring us back to seven.

A few minutes later, jogging along, I thought about what I'd said, and mentioned to Lawrence, another cricket aficionado, that telling Jan to wait for Ian, Tony or Bill made it sound like I was talking about the Channel Nine commentary team. We did a succession of Billy Birmingham impersonations all the way back to seven, although I was starting to feel the heat badly myself.

We arrived back at seven to find that Jan had got up and left after us; we collected our packs and ran back to six, passing Carol La Plant's hysband Phil Brown en route- he was running the fifty mile himself. We'd seen a fifty mile runner at last! I really battled up the last uphill to the aid station. Lawrence urged me on, he wasn't feeling the conditions too badly. I skipped solid food and took a Sustagen from my drop bag, then we climbed a looooong uphill through the pines, reaching the top overlooking Mt Beerwah, and Lawrence started comparing the profile of Beerwah to other peaks he'd either climbed in NZ, or read about. He thought Makalu in the Himalaya, or Tasman in NZ, both bore a good likeness, and recalled a few of his climbs. I was monosyllabic; really stuffed from the heat, and jogged slowly along the undulating, exposed logging road back into five. Lawrence would run when I wanted to walk, he was doing a good job of dragging me along when I didn't feel good enough to drive myself into action.

About a mile before the aid station, we saw someone really moving towards the aid station. When we arrived, we found it was Kieron, who had already left (Kelvin was just arriving) after doing the section to Mt Beerwah and back. We calculated that Kieron might run not much more than eight hours for the first loop and wondered if he might have a go at Jonathan's course record. My weight was back to 91, still good, so we set off on the rough, crappy section to eight, on the far side of Beerwah.

Last year this had been a loop right round the mountainout to eight via the gullied section we were now on, then return via a good dirt road that made for pleasant running between several properties. This year it was an out'n'back amongst the gullies which we weren't happy about. It took us about an hour to negotiate the 5.5km, during which we'd seen a few 100 runners coming back to us- Brian Evans (who looked crap), the "Toowoomba Boys" Graham and Roger, and Lyn. Then, back to five along the same route.

I did a little foot care back at five- rubbing more hydropel into my feet (which felt fine, but I wanted to be proactive). There was a documentary crew there making a film of the race, and they insisted on filming my foot care work, including a few comments such as "that doesn't look good!" which had me biting back some furious retort. My weight was still 91, so after we split a bottle of Cascade, we headed off back to base, arriving there after 11.58 hours running.

It was still hot, so when I changed shirts I put on a Mountain Equipment coolmax t shirt which was almost as cool as the Cannibal jersey. As it happened, Lawrence was also wearing such a t shirt! We collected our lights as Carol came in not far behind us, and we all three set off together. My mother Gayl and sister Deborah had turned up at base to get ready for support duties at night, and I informed them that a pizza at three would be most appreciated. Then Lawrence, Carol and I set off together, although Carol was behind us when we reached one. We saw Jan en route, his shirt crusted white with salt, and told him we'd leave pizza at three for him.

Checkpoint two (Mt Beerburrum) isn't there on the second loop, so we headed right out towards three, along the gravelly fire roads. This rough surface started to affect my feet as a few hot spots flared up on the ball of my right foot. In the end I started powerwalking to minimise the possibility of kicking any more stones. Luckily I could powerwalk at a pace not too far off Lawrence's running. When we got to three my poor mood was not helped by the fact that there was no support crew. We had got there a bit earlier than I told them, so we figured we'd meet them at four and left a message for Jan to that effect. Lawrence produced from his pack an array of medical tape and bandages and strapped my feet up to insulate the hot spots (good thing he's a nurse by trade). Then we headed off on the sandy trail to four.

Our mood wasn't good on the three-four leg as bad memories came back for both of us- two years ago I'd death marched through here with badly blistered feet en route to a DNF at four. Last year Lawrence had similarly death marched through here with a bad ITB injury to also DNF at four. When we arrived there, there was still no sign of the support crew! After much cursing, we headed up into the pines with another message for Jan- surely the crew would be at five? Lawrence joked that he'd yet to see any pizza from the Greenhills- referring to the

finish of the Twelve Foot Track in August, as well as this event. At least we were able to get a final score from the AFL Grand final and an update on the NRL Preliminary Final from the radio at this checkpoint.

If the leg from four to five was a patience-tester by day, it was interminable at night. We'd just look at our watches, estimate how much longer we'd have to spend in the corridors of pines, and mutter under our breath. The gullies presented little trouble and we arrived at five at about 10pm (after Kieron had already come through en route to Mt Beerwah).

Weight was still okay, so Lawrence raided the medical stores here for some better quality tape and put together a "bombproof" taping job for my feet. I changed into wool Mountain Designs hiking socks (great cushioning but not a good sock to wear in the sun) and swapped my NB 1220s for NB 805 trail shoes. I hadn't done a long run in these shoes but it was only 54km to go- and I could switch back if needed.

The crew was here with pizza! Seemed they'd had some navigational issues... but all was forgiven as we washed the pizza down with another Cascade as Jan loomed out of the darkness, having come good once the sun set and caught us up. He also indulged in pizza and Cascade and the three of us set off together, although Jan was clearly in excellent form and we encouraged him to go ahead. Reluctantly he did so.

The goat track didn't present the problems at night we feared; and Lawrence's taping job held up superbly in the gullies and slogging up Hennessey's Hill. Little was said as we drifted into six sometime before midnight. Sitting down, eating, I did the maths, turned to Lawrence and committed a faux pas that I regularly seem to do in these things- estimate how much there was still to go. At the Katoomba- Mittagong we'd crossed the Wollondilly River and I started talking about how we still had eight or ten hours to go. Lawrence's response then had been to tell me to shut up; now I muttered that we had "eleven hours to run another Six Foot Track". Lawrence grimaced and groaned wearily "I wish you hadn't said that!"

Heading along the pineapple plantation, there was a procession coming back at us - Kelvin Marshall, then a couple of minutes later Ian Wright, and Lyn Lewis and her pacer five minutes after him. Looked like there could be a battle for second place, and we started getting ambitious as Graham Medill wasn't too far in front, apparently, as we entered seven and set off for the short loop. When he came in he'd asked for a shotgun; it was the only way he'd win this year! Out on the loop, I did the maths again and figured we were looking at a 28 hour finish. That had me worried because attrition, a fall or a really bad patch might put us close to the cutoffs, and I urged Lawrence onwards. He had been stronger during the day when the heat was at its worst, now I was moving better, so I'd trot ahead in the hope it'd drag Lawrence along like he'd run ahead and pulled me along during the day.

We were in and out of seven quickly and pushed hard back to six passing Carol and then Bill en route. Bill was dubious he'd finish; I doubted either of them would make the cut. We made up ten minutes in spite of Lawrence falling at one point. It seemed to affect him as his knees started to give him chronic pain from then on; between six and five I was able to keep ahead despite suffering a couple of bad hypoglycaemic episodes, where my vision blurred and balance suffered as blood sugar crashed. A couple of pulls on a condensed milk tube helped but we blew our ten minute buffer; we'd hoped to get back to five by 4am but didn't make it till 4.15. I'd mentioned to Lawrence that my feet needed another taping job; he barked "Sean, get your shoes off!" as he strapped up his knees to take some pressure off his joints. He was a bit downbeat and urged me to go ahead; he was very doubtful about his ability to finish.

So I set off alone at about 4.30am towards the crappiest section of trail on the course and with about 137km in my legs. Despite stumbling a few times when my LED light didn't pick up trail features adequately in the gathering twilight, I was able to do that section in about 45 minutes. I saw Jan and Graham coming back; Jan urged me to get a stick for support on the sharp downhills; I picked a couple up and it worked quite well. I jogged into eight to see a very happy crew. I handed my light back as it was bright enough not to need it. I turned to go and Lawrence came running in, newly resurrected. We headed back into the gullies together again and made reasonable time, although the last steep uphill took a fair bit out of both of us. I made it to the top ahead of Lawrence just as Bill came running down at pace; he was in brighter spirits now than three hours earlier. He looked at Lawrence and said "it's hard work this, isn't it?" Lawrence could do nothing but laugh and reply "funny you say that, Bill..."

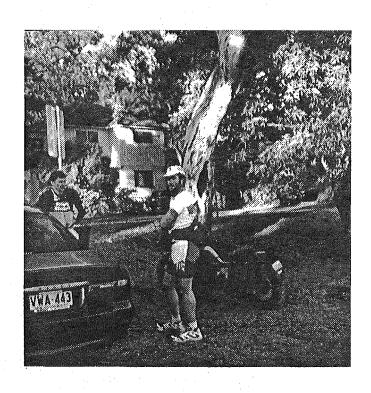
I passed Carol just before five, with Phil having assumed support duties after running the fifty mile the day before. I gave her my sticks as I knew her feet were a real mess.

Thirteen km to go! We set off together at 6.30am knowing it was in the bag. We jogged on bitumen for a little while, past the lookout, then headed onto a forestry road sloping steeply down. This downhill stuffed Lawrence's knees up again and he told me to run ahead while he walked it in. I was reluctant; we'd done this much together and had been a good team at Twelve Foot Track and Katoomba- Mittagong. But he pointed out that I needed to aim for my best possible performance in case I didn't return; so I ran ahead, up the nasty ridge that indicated halfway to one; and powerwalked into the last checkpoint at 8am. 4.5km to go; I could walk it in and break 28 hours if I wanted. A mix of jogging and walking saw me past Bill's farm, past the Log Cabin Caravan Park and past the Matilda Roadhouse. I chewed my lower lip to hold back tears as Ian Javes' voice boomed over the sportsground PA. He outlined my previous history here (two DNFs) and congratulated me as a crowd of runners

due to leave shortly for the 12km race lined the final approach to the finish line. I gave a few high fives and joyously crossed the line for my first 100 mile finish in 27 hours 39 minutes.

Jan Herrmann and Kelvin Marshall were first to shake my hand; before I could turn to my mum and sister the medical lady asked me to come over for a weight check. I joked this was one hell of an anticlimax, did the check and headed for the showers. Lawrence finished about an hour later. Bill came in after 29.26 and Carol not long after; her feet were a real mess and I just did not know how she finished the way they were. She certainly has as much mongrel as any runner I know.

Ian wants to change the format for next year; one loop around the Glasshouse Mountains and a second loop through the bush to finish at Caloundra Beach; also an earlier date, perhaps late August, to escape the hot spring weather. Very tempting- I'd definitely like to come back next year and improve my time- the fabled sub-24 barrier if possible.



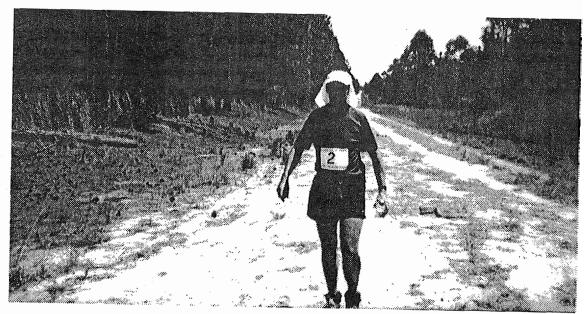
It was third time lucky for Sean Greenhill As he beat the heat, the course and the distance to earn a Glasshouse finish.

What's with the motorbike in the background, Sean?

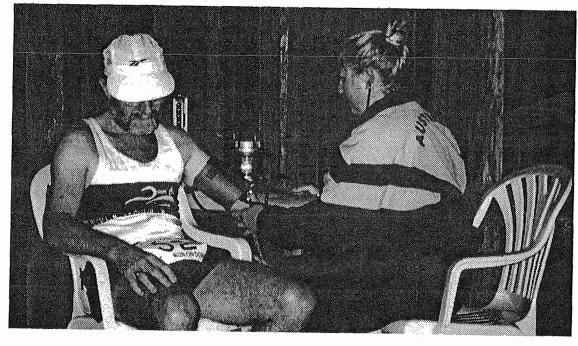
Action from the Glasshouse Trail events



only 99 miles of trails to go as the runners disappear up the road



John Lindsay negotiates a long lonely stretch



compulsory medical checks keep the volunteer staff busy

2002 London to Brighton Results RRC 56 mile Road Race, Sunday 6th October 2002

| 1 | Brian Hennessey | 6:00:57 | 46 | Allan Clarke | 8:38:52 |
|-----------|---------------------------|--------------------|----|---------------------|---------|
| 1 2 | · | 6:25:06 | 47 | Hanno Nickau | 8:40:37 |
| 3 | Greg Dell Ian Anderson | 6:25:36 | 48 | Terry Parkinson | 8:41:01 |
| 4 | Ian Bailey | 6:29:06 | 49 | George Kay | 8:42:52 |
| 5 | Kevin Harris | 7:07:04 | 50 | John Pledger | 8:45:19 |
| 6 | Walter Hill | 7:11:51 | 51 | John Mitchell | 8:45:19 |
| 7 | Luc English | 7:15:07 | 52 | Liza Hanson | 8:48:08 |
| 8 | Michelle Stewart | 7:25:07 | 53 | John Lucas | 8:48:15 |
| 9 | Stephen Suttle | 7:25:50 7:25:50 | 54 | Peter Johnstone | 8:48:18 |
| 10 | Simon Russell | 7:37:02 | 55 | Roy Barnes | 8:49:05 |
| 11 | Colin Gell | 7:40:35 | 56 | Martin Ilott | 8:53:43 |
| 11 | | | 57 | Timothy Rainey | 8:54:18 |
| | Gary Carlton Australia | | 58 | Dennis Harnett | 8:55:22 |
| 13 | Graham Tucker | 7:46:24 | 59 | John Turner | 8:57:11 |
| 14 | Stephen Preston | 7:47:20 | 60 | Michael Clarke | 8:58:55 |
| 15 | Kevin Murtagh | 7:51:21 | 61 | Colin Ayling | 8:59:17 |
| 16 | Jacques Mynhardt | 7:56:33 | 62 | Admas Belilgne | 9:02:12 |
| 17 | Nick Browning | 7:59:11 | 63 | Maurice Pressley | 9:04:32 |
| 18 | Michael Forshaw | 8:01:54 | 64 | Gina Borley | 9:05:26 |
| 19 | Tom Fallon | 8:02:54 | 65 | Peter Johnson | 9:05:26 |
| 20 | Jeremy Carmichael | 8:03:25 | 66 | Peter Rogers | 9:06:46 |
| 21 | Dawie Du Toit | 8:06:49 | 67 | Bob Gracie | 9:08:15 |
| 22 | Robin Blackburn | 8:10:22 | 68 | Roddy Fisher | 9:09:29 |
| 23 | Don Ritchie MBE | 8:12:20 | 69 | David Waterman | 9:09:34 |
| 24 | Margaret Swithenby | 8:12:21 | 70 | Mark Tannian | 9:10:20 |
| 25 | Paul Taylor | 8:13:40 | 71 | Fiona Hobbs | 9:13:07 |
| 26 | Richard Gurd Windle | 8:14:51 | 72 | Ian Spencer | 9:13:56 |
| 27 | Tiago Dionisto | 8:15:10 | 73 | Malcolm Knight | 9:15:38 |
| 28 | Sid Morrison | 8:17:02 | 74 | Annie Birch | 9:18:48 |
| 29 | Phil Adams | 8:17:10 | 75 | Rachel Bright | 9:20:07 |
| 30 | Kevin Moore | 8:17:16 | 76 | Paul Firmage | 9:22:17 |
| 31 | Ernest Jewson | 8:20:31 | 77 | Gilbert John | 9:23:42 |
| 32 | John Cooper | 8:20:45 | 78 | Alan Lucas | 9:26:21 |
| 33 | Geoff Oliver | 8:20:50 | 79 | Raymond Hill | 9:26:29 |
| 34 | Roy Grew | 8:21:07 | 80 | Tom Griffin | 9:27:05 |
| 35 | Marcellus Springer | 8:24:43 | 81 | Colin Gill | 9:28:51 |
| 36 | Mark Cockbain | 8:27:14 | 82 | Rod Palmer | 9:31:15 |
| 37 | Robert Cameron-Wood | 8:27:58 | 83 | Tony Evans | 9:32:13 |
| 38 | Barry Dabrowski | 8:28:08 | 84 | Dave Obelkevich | 9:37:50 |
| 39 | Nicholas Crutch | 8:28:58 | 85 | Francis Thomason | 9:38:37 |
| 40 | Bob Emmerson | 8:32:01 | 86 | Laurence Chownsmith | 9:39:10 |
| 41 | Richard Wiles | 8:32:49 | 87 | David Gough | 9:39:52 |
| 42 | Petrus Dippenaar | 8:35:29 | 88 | Paul Whitfield | 9:39:53 |
| 43 | Simon Van-Orden | 8:36:38 | 89 | Paul Moylett | 9:39:54 |
| 44 | Simon Bingham | 8:37:35 | 90 | Joe Quinn | 9:40:37 |
| 45 | John Poole | 8:38:28 | 91 | Tessa Bennett | 9:41:51 |
| | | | | | |

2002 London to Brighton 54 miles 198 yards (87.1 km) Ultra Marathon

7.00am, Sunday 6 October 2002

Running Reporter: Gary Carlton

The London to Brighton Road Race has a long and distinguished history. My presence this year won't leave any big impressions on that history but it did on me.

The first recorded race from London to Brighton was in 1837. The first amateur race took place in 1899, so the 1999 race celebrated a centenary of amateur races on the famous London to Brighton road. The modern London to Brighton was founded in 1951 and the Road Runners Club was founded to organize it. It has taken place every year since with 2002 being the 52^{nd} time.

Winners of the event have been some of the world's greatest Ultra Marathon runners. Many of those have been legendary Comrades winners also. Some of the winners were Arthur Newton, Wally Hayward, Jackie Mekler, Bruce Fordyce and Don Ritchie (who ran this year and won the over 55 year old category).

This year the race was 54 miles 198 yards (87.085 kms). It is often described as being similar to Comrades without the crowds and support, not as many big hills and running in the traffic. It has qualifying times similar to Comrades but the 9 hour 50 minutes cut-off finishing time is a little more severe than the Comrades 11-hour cut-off.

My first race this year was in early March. Over the next seven months I raced three Marathons and four Ultra Marathons, including the climax at the London to Brighton. One of my shorter preparation Ultras also included an official Marathon race in the first 42.2 kms. That works out to about one serious long distance race every five weeks. I raced these events but also had normal training runs over the Marathon distance or further most other weekends.

I topped up the longer events with a few shorter and faster races from 10 km to 32 km. If you only ever run or train long and slow, you will always race long and slow.

Apart from two 'minor' injuries (Two cracked ribs from a fall in the Ultra in March and a torn hamstring in a 10 km race in early September) my preparation and injury free time, over the previous seven months, gave me the opportunity to race a good London to Brighton. From my two injuries I only lost a handful of training days. I always tried to maintain my midweek and weekend long training runs.

Without going into too much detail about every weekly training schedule, it was important to allow some recovery time after the bigger races. When the opportunity presented, without the need for recovery from racing, I did manage some weeks similar to the following.

Day 1: 8.7 miles (14.0 km), steady paced fartlec with flat terrain, steep hills and undulations

Day 2: 8.1 miles (13.0 km), fast tempo on good flat running surface

Day 3:13.0 miles (21.0 km), group run with warm up, followed by some steady pace and tempo, sometimes included hills.

Day 4: 5.6 miles (9.0 km), 800 metre intervals with 400-metre recovery (All done on cycle paths in an out & back loop because I hate track work in a small circle)

Day 5: 7.5 miles (12.0 km), steady recovery run, at Ultra race pace, keeping equal km splits

Day 6: 31.1 miles (50.0 km), long and easy pace, sometimes with company, sometimes alone with flat terrain, steep hills and undulations. (Time on your feet)

Day 7: 10.0 miles (16.0 km) steady paced fartlec with flat terrain, steep hills and undulations

Total for this type of week was 135 km. One week my long training run was 60 kms but I had two rest days. I had to be flexible with training to fit into my business, community and family commitments. I also needed recovery from racing and I had to sleep.

Racing Ultras and Marathons at maximum race pace, as training, is a fine line to venture along. It works if you can remain relatively injury free. This year I was lucky. Next year might be different. Listen to your body even it is not what you want to hear.

My taper for the race started eight days before the event. The 'red eye', late flight after work, on Friday night, was the start. The journey, from Perth to Dubai, Dubai to London. London to Belfast and then a 45-minute drive to Downpatrick (to meet the rest of my wife Geraldine's family) was definitely about a 33 hour taper. I did manage to get about 4 hours sleep on the planes followed by a further 5 hours sleep on Saturday night after my arrival in Downpatrick, Ireland. (Thank God for good Australian red wine) This was just what I needed to take on a 20-mile (32.2 km) training run with Geraldine's brother Martin, on Sunday morning in Ardglas, a little rural community and fishing village. Martin was training for the Dublin Marathon.

My final week of tapering consisted of the following.

Sunday: 20.0 miles (32.2 km) in Ardglas, Ultra race pace, terrain flat and undulating

Monday: 5.2 miles (8.4 km) in Downpatrick, steady medium pace, sightseeing, terrain flat and undulating

Tuesday: 5.6 miles (9.0 km) in Downpatrick, steady medium pace, sightseeing, terrain flat and undulating

Wednesday: Rest day, drive to Belfast, fly to London, Tube on strike, £40 (Au\$120) 35 minute taxi ride to accommodation

Thursday: 6.2 miles (10.0 km) in London, Hyde Park and Kensington Gardens, steady medium pace, sightseeing, terrain flat, carbo loaded

Friday: 7.5 miles (12.0 km) in London, Hyde Park and Kensington Gardens, Kensington Palace, Buckingham Palace, waved to the Queen & Prince Philip, they waved back, slow pace with rests, therapy run, sightseeing, terrain flat, carbo loaded

Saturday: Walked around London sightseeing, ferry ride on the Thames, terrain flat, hydrated, carbo loaded

The 'night before' preparations always mean that it is late to bed and then up early, because Ultras and most Marathons start early. About three and a half hours sleep, after tossing and turning for two hours, and then up again at 4.00 am for preparation and taxi to registration. (Too early for the Tube)

Drink stations for the event were about every 5 miles (8.045 kms). We were able to provide our own drinks & supplies for the drink stations and officials placed them out.

Registration was a simple affair as we placed our drinks in the correct boxes and affixed our race numbers. We wore our West Australian Marathon Club clothing. I was the only person who registered as Australian. We jokingly referred to ourselves as "Team Australia" and if I were to finish I would be the first Australian. As we didn't have a support vehicle at that point, we then walked for about 15 minutes to the start line.

It is possible to run the event without personal support, but you have to plan it and make maximum use of the prearranged drink stations.

However, in typical runner's comradeship, John Davies heard of my latest challenge and eagerly offered advice and support. John is a respected member of the West Australian Marathon Club and a distinguished Australian Ultra Marathon runner. He had a running friend in London, Peter Edwards, who had lived in Perth for a year. Peter, before having his running restricted by health problems, was an elite Marathon runner who still runs for pleasure. He was only too keen to assist us. I felt embarrassed and humbled by his offer.

After nearly finding our way to the start, with about 10 minutes to go, I had to find a toilet to relieve my past 24 hours of hydration. It was nearly 7.00 am so the Tube station must be open by now. This was another waste of 5 minutes as the toilets were closed. In desperation I found a hidden corner on a construction site. I was surprised to find 10 other runners queuing behind me. 4 minutes to go and still not at the starting line. I ran up the stairs and quickly joined the hub at the starting area with only 3 minutes left.

At least I was warmed up. The sky was overcast and the temperature about $10^{\circ}C$. It later rose to about $20^{\circ}C$. It was perfect running weather.

At the start area Peter recognized our distinctive West Australian Marathon Club clothing. A few greetings and introductions were followed by good wishes from some English runners. One runner had lived in Australia and was also an Australian citizen but registered as English. As there were now two Australians racing I had another challenge.

We were handed over to the oldest race starter in the world, Big Ben. The race starts at the foot of the Big Ben Clock Tower, at the Houses of Parliament Westminster, on the first gong of the seventh hour. I deliberately placed myself a few rows back from the front. This was going to be a long race and the 5 metres at the start could not make any difference to my finishing position (or so I thought). I didn't need to get caught up with starting line hype.

After the introductory chimes there was a second or two of silence (it seemed longer) and then **GONG**. We quickly joined the road traffic. The race marshals guided us through roundabouts, traffic lights and intersections. The streets were not closed, as there were 137 registered entrants, including twenty international runners.

At times it was dangerous running amongst the cars. When the opportunity arose I ran on the footpath and dodged the pedestrians. It was 'up the kerb', 'down the kerb', 'on the road', 'on the footpath'. A few kilometres into the race I heard this strange hissing sound behind me. I glanced over my shoulder. There, two metres off my backside was a big bright red double decker bus. Size really does matter. I picked up the pace and jumped 'up the kerb', to be back 'on the footpath'.

My race plan was briefly put to the back of my mind as I ran along the footpath in Brixton. A female pedestrian wearing

a mini skirt, high heels and a low cut blouse bounced out in front of me. As I tried to stay on my feet and keep my mind and eyes focussed on the race she said, "Hey, do you want to buy some sex?" At 7.30 am, in my running gear, with a race number on my singlet the answer was obvious. I said "Good morning" and decided I was safer 'on the road' for a while.

At about 6.2 miles (10.0 kms) I felt a nagging ache in my left shin and ankle as I stepped over yet another kerb. I had never felt that ache before. I refocussed on my race.

The early stages of the course were undulating and flat. The race marshals directed traffic and guided us along the route. At 10 miles (16.1 kms) I was still running easy and trying to hold back. I was now running 38th. The next 10 miles saw me deliberately slow my kilometre rate a little. I had a long way to go and had to conserve my energy. The undulations were also starting to turn into big hills. The views of the countryside were very scenic as we occasionally branched off the main road into country lanes. Euphoria was short lived with some steep downhills. My leg pain was more uncomfortable going down hills. I was determined not to let it influence my performance. At 20 miles (32.2 kms) I had moved into 35th position.

The 20-30 mile section travelled through Redhill Town centre and also consisted of some uphills and downhills. I went through the standard Marathon distance in 3 hours 35 minutes. I was holding back but wanted to fly. The hardest part of the race was ahead. At 30 miles (48.3 kms) I was running 34th. I was feeling great. The second half of the course was definitely harder than the first, as the hills increased.

During the race Geraldine and Peter continually leapfrogged me in the car and provided me with encouragement and sustenance. At each drink station I exchanged my empty bottle with another of my pre-prepared sports drinks and placed them in my belt. My supporters provided me with soft jube sweets, a banana, a potato and Coca Cola when needed. From my belt I consumed three sachets of sports gel and also took water from the drink stations, drinking about 10 litres of fluid during the event.

The countryside was scenic, undulating and hilly. The narrow country lanes were congested with cars and spectators. The 30-40 miles (48.3-64.4 kms) section saw many runners start to falter. The hills and the distance started to take its toll. I was inspired by the faltering runners' determination to finish, even if they were slowing. Most of them walked the hills. I felt comfortable and offered encouragement as I ran past. I drew strength from their determination, but I also drew strength by passing them. The race marshals kept us informed of our placing at the checkpoints. They often called my name and encouraged me with phrases like "Go Australia" and "You are running better than the Australian

cricket team are playing at the moment". At 40 miles (64.4 kms) I was 23^{rd} . I took the opportunity to make up some time during the next 5 miles (8.045 kms), passing more runners. Geraldine and Peter offered support as they informed John Davies in Australia of my progress by mobile telephone.

THEN I SAW THEM, South Downs. This cannot be real, I thought. I knew there were big hills at the finish but not a mountain range. The grade increased, then the steep climb up Ditchling Beacon began. A rise of 137 metres over a mile (1.6 km) As I passed one runner I heard him say, " Is this someone's idea of a bad joke?" I remained positive and strong as I ran past and replied, "Look at that view." I reached the top, after weaving amongst the traffic jams on the narrow road. Brighton was in sight. By 50 miles (80.5 kms) I was in 12th position. I worked hard to put distance between myself and the last runner I had passed at the crest of the Ditchling Beacon, before the long steep downhill into Brighton.

Pleasure turned to pain as the steep downhill began. Every step on my left leg, going downhill and over kerbs, increased my pain. I was concerned that the runner behind me may come back, so I increased my pace. The run into Brighton was scenic with the ocean in the distance and the character buildings along the way. The run home should have been more pleasurable but it put my performance/pain ratio to the test. It was the toughest part of the race for me. I had the stamina but the faster I ran downhill the greater was the pain in my leg. It was a long 4 miles (6.4 kms). As Geraldine and Peter offered me encouragement, I hid my pain. I finally reached the bottom.

There was some confusion as I slowed looking for direction. I asked a race marshal "Where do I go now?" She politely turned around and said "Hello". I slowed for the cars as I crossed a busy intersection and then found my own way to 'The Level'. The finish was in sight.

Then, out of nowhere, the runner I passed on the crest of Ditchling Beacon passed me. I had not seen him in the traffic. He showed great courage to come back. I was not expecting a sprint finish in the last 100 metres of a 54.1 miles (87.1 kms) race. I wished for the extra 5 metres I had forfeited at the start. I dug in and pushed forward, to the joy of the small crowd. I went past him and accelerated away to finish about 7 metres ahead.

A lady rushed over, told me I was officially 12th in a time of 7 hours 46 minutes 22 seconds. She gave me a big kiss and placed a medal around my neck. I was also the first Australian and the third international. I congratulated the other runner and then limped off with Geraldine and Peter.

It was worth every bit of the physical and mental anguish. I had a ball.

Sri Chinmoy Marathon Team 19th Annual Self-Transcendence Ultra Running Festival 2002 October 19th & 20th, Adelaide, Australia. 24 Hour Run Australian Championship

| | Marathon | 50km | 50mile | 100km | 100miles | Final kms |
|-----------------------|----------|---------|----------|----------|----------|-----------|
| 1 David Standeven | 3:16:54 | 3:55:34 | 7:19:40 | 9:24:33 | 17:32:48 | 200.448 |
| 2 Carol Baird [f] | 5:05:05 | 6:09:36 | 10:11:01 | 12:48:40 | 21:13:27 | 179.811 |
| 3 Jerry Zukowski | 4:11:48 | 5:05:47 | 8:59:01 | 11:40:41 | 21:11:58 | 177.457 |
| 4 Matt Boulton | 4:37:03 | 5:51:54 | 10:43:07 | 14:16:57 | | 151.619 |
| 5 Ian Valentine | 4:23:02 | 5:15:47 | 8:59:58 | 11:50:19 | | 151.200 |
| 6 Tom Naylor | 5:22:58 | 6:28:41 | 11:14:28 | 14:07:42 | | 149.865 |
| 7 David Billett | 5:14:02 | 6:17:15 | 12:07:37 | 15:15:55 | | 144.501 |
| 8 Warren Green | 3:51:11 | 4:51:42 | 9:05:48 | 12:04:46 | | 140.536 |
| 9 Karina Ward [f] | 5:08:35 | 6:28:18 | 11:36:40 | 15:16:15 | | 136.057 |
| 10 Peter Gray | 5:04:01 | 6:34:05 | 11:48:20 | 16:27:59 | | 129.503 |
| 11 Stan Miskin | 6:07:38 | 7:23:15 | 12:56:01 | 18:03:38 | | 121.695 |
| 12 Dick Crotty | 6:15:01 | 8:04:54 | 14:54:00 | | | 116.478 |
| 13 John Timms | 5:16:58 | 6:42:34 | 12:49:13 | 19:45:33 | | 112.084 |
| 14 Anyce 'Kip' Melham | 4:49:06 | 5:45:25 | 10:17:54 | 13:20:01 | | 109.600 |
| 15 Carl Allars | 5:25:05 | 7:07:00 | 23:09:07 | | | 83.610 |
| 16 Mick Francis | 3:20:45 | 4:00:06 | | ٩ | | 74.000 |

12 Hour Event

| | Marathon | 50km | 50mile | 100km | Final kms |
|------------------------|----------|----------|----------|----------|-----------|
| 1 Dirk Thys | 4:09:07 | 4:57:22 | 8:42:00 | 11:10:27 | 107.750 |
| 2 *Shirley Young [f] | 4:21:38 | 5:13:57 | 9:00:40 | 11:36:17 | 103,368 |
| 3 John Twartz | 4:18:27 | 5:45:48 | 10:27:59 | | 90.755 |
| 4 Susan Bardy [f] | 6:29:38 | 7:55:40 | | | 72.363 |
| 5 Lorraine Billett [f] | 7:36:34 | 10:42:00 | | | 57,435 |

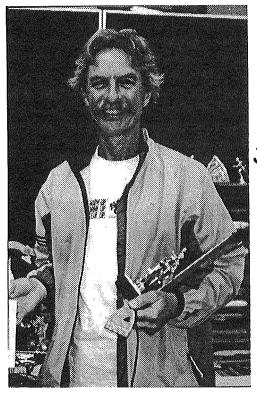
6 Hour Event

| | Marathon | 50km | Final kms |
|-------------------|----------|---------|-----------|
| 1 Rudi Kinshoffer | 3:40:00 | 4:28:28 | 65.067 |
| 2 Anthony Good | 3:49:27 | 4:45:52 | 61.010 |
| 3 Brett Molloy | | | 39.155 |

Don't miss the special 20th Annual 2003 Annual Self-Transcendence Ultra Running Festival

Enter the 6 Hour, 12 Hour, 24 Hour National Championship (scheduled for early October)

ph Fiona Baird 0421 591 695 or (08) 8272 5081 for more information & start your preparations early.



Jerry Zukowski is a regular at the Sri
Chinmoy 24 hour event. In fact,
Jerry seems to pop up at most 24 hour
events around Australia and always
performs well with his disciplined
and consistent approach to the
task of tackling the beast that is
the 24 hour run

Report by Jerry Zukowski

Hi there Folks,

Here for your enjoyment is this years race report of the SRI CHINMOY'S "SELF-TRANSCENDENCE ULTRA RUNNING FESTIVAL 2002" (quite a mouthful,that). The event(s) were held at the South Terrace Harriers track in Adelaide,on October 19-20. With the start off being the pasta dinner party being held at the track at 6pm Friday night with about 30 people being in attendance. A good night was had by all, with good food,good friends and good stories from previous runs.

Within a couple of blinks, it was soon 8 o'clock in the morn'and more than about 15(24hour) and 4(12hour) took off running and walking. Within minutes the fight was on with David Standeven showing a clean set of heels to Mick Francis who was running second, the rest of us were running/walking for third place and lower. Within a few hours Mick began to peg back David who had began slowing down a bit after really burning up the track for the first 3-4 hours.

Mick took over the lead after the first turn-around but soon started having problems with his knee and had to pull out for quite a while (and eventually finish with 74 k's to his name).

Kip Melham was running well until he too was facing problems(Kip was to finish with 109 k's)

The rest of us managed to keep going going with the help of our crews and the Sri Chinmoy Followers who just keep us runners motivated and feeling positive within ourselves. And pretty soon the 12 hour was finishing, the the re-lay starting.

The Great Shirley Young came second in her (I believe) first 12 hour event, finishing behind Dirk Thys. This was Dirks first 12 hour event and he ran like a true champion(with the help and guidance of Nathalie Rommel). Third place went to John Twartz, who transferred to the 12 from the 24 due to feeling off-colour.

The 6 hour (which started at 2pm)was won by Rudi Kinshoffer(a previous Sri Chin 24 hour winner)who had a really good fight with first timer Anthony Good.

And then the re-lay started with 12 hours to go, By that time most of the positions in the 24 hour had settled, with David well in the lead, Myself second and Carol Baird in third. Ian Valentine was looking good for 4th place until early next morning with Matt Boulton finally pegging him back and taking 4th by 400 metres.

With about 2 hours to go Carol also pegged me back and locked up 2nd place with me getting 3rd(yowza!).

The re-lay had about 24 runners,4 on the track at the same time, and who was doing what to whom and when, was beyond me, as they were going WAY to quick to figure out. The weather, by the way, was quit windy for the first 6-8 hours and then became quite perfect fo rthe rest of the events.

Next year is the 20th running of the 24 hour event, and the Sri Chinmoy Committee are hoping to hold a bigger and better event with invites going out to previous winners and place getters.

A NEW tradition was also created at the weekend, at the end of the presentation, my wife Ellen and I invited all the runners/walkers and crews(and anyone else passing by)to dinner at the BRECKNOCK HOTEL(about 400 metres from the track). It is an Irish Theme Pub, with flowingGuinness and traditional Irish band(Ragland Road), the food was great, the Guinness better, the company, THE BEST. About 14 of us went and it was fantastic. Just the fact that all the runners/walker and assorted wives/husbands were there and dressed in clothing other than trackies' was good and having conversations with fellow competitors without the 'puffing and panting and sweating' was a pleasant change, and we all decided that after every Sri Chinmoy 24 hour, 6pm Sunday night is BRECKNOCK NIGHT...... Keep running Jerry.

p.s.AURA welcomes new member DIRK THYS...

Bribie Island "Beach Bash" 46km

Queensland

27th October 2002

RESULTS

| Men | | | Women | |
|------------------|---------------------|-----|--------------------|--------------------|
| 1. Stuart Wagner | 3:53 | =1. | Bernadette Robards | |
| 2. Brian Evans | 4:20 | =1. | Joan Robards | timing malfunction |
| 3. Cullen Dean | 4:22 | 3. | Kerri Hall | no times recorded |
| 4. Nick Corby | 4:50 | 4. | Julie Schrag | |
| 5. Kevin Cassidy | 4:57 | | | |
| 6. Ray Archer | no times beyond | | | |
| 7. Ian Javes | this point due to | | | ı |
| 8. John Harris | a timing malfunctio | n | | |
| 9. Bill Thompson | | | | |

Report by Kevin Cassidy

Heading north to Queensland from Melbourne was always going to require a climatic adjustment from the cold snap that had me running a local 5km in long sleeves and tights just two days prior, to the humidity of a more tropical zone. It sure was a rushed trip with an internet booking on the Friday resulting in a Saturday morning flight for a Sunday event. I made my way to Melbourne's Tullamarine Airport and strode purposefully towards the Virgin Airlines check-in desk that is now housed in what was once the hollow remnants of the former Ansett terminal and collected my boarding pass from a very pleasant but less than attractive member of the Virgin staff. The flight to Brisbane was uneventful with the exception of one of the flight attendants fancying herself as a bit of a comedian behind the microphone. As a career choice, I think she should stick with her job at Virgin.

Its amazing the mindless things you do to fill in time. At the baggage carousel in Brisbane, I passed the time by putting the stop watch on one complete lap of the carousel.....I minute and 47 seconds is much quicker than any other baggage carousel I have ever encountered!!

51

I was very fortunate to be able to avail myself to the hospitality of Ian Cornelius and his more attractive half, Chris. The three of us were motoring up the freeway when Ian decided on a "Short-cut" which resulted in us doing multiple laps of the roundabout in the Morayfield Shopping Centre car park!! Chris was quick to put us on the right track with her superior navigational skills that saved us from the embarrassment of circling the roundabout for longer than it took the Chinese to build the Great Wall.

Saturday afternoon saw a quick visit to one of Bribie Island's newest residents in Gary Parsons, or should that be "Councillor Parsons". Gary has just been elected to the local council and had just returned from organising the removal of a beehive!! Gary now has to meet with all the various clubs and committees on the Island....all 172 of them!! Good luck, Gary. Such a task may well make your run around Australia seem easy! Better you then me, I reckon.

Sunday morning and Race Director, Geoff Williams, was pleased with a field of 13 Ultra competitors and a swag of other runners in a series of shorter events. The course was as basic to follow as you could hope for. Even with my reputation for getting somewhat lost from time to time, I could not possibly go wrong with a course that is 23km up the beach and 23km back. It was great to catch up with the regular Queensland ultra nuts as we made our way up the beach on the hard wide sandy surface with a strong tailwind at our backs. There are many ways in which to celebrate a 68th birthday, most would probably spend it at the local elderly citizens club in the confines of a comfortable armchair while very few, undoubtedly, would ever consider spending it alongside their daughter in a 46 kilometre run.............Joan Robards did exactly that. Take a bow, Joan. Yours truly was most impressed.

The most eventful incidents on the outward leg were seeing a small snake who seemed quite unimpressed at all the runners interrupting his morning nap while, a little further on, a large tortoise was far to engrossed in settling himself down in his bed of sand to give any runners a second glance.

The turn around point at 23km was impossible to miss with the evergreen and ever reliable Charlie Hall having planted his 4 Wheel Drive vehicle in the sand and operating an aid station from the tailgate.

The return journey was always going to be much tougher with the wind now in our faces, an incoming tide that was pushing you up into the softer sand and the proliferation of 4 Wheel Drive vehicles roaring up and down the beach......with some being less tolerant of sharing the beach with runners than others. Eventually, the tide came in so close that a number of runners at the rear of the field had the privilege of "wading" ankle deep to the finish. Fortunately, no one was washed out into the shipping channel but could you imagine the publicity this event would have got if someone did? Unfortunately, a less than co-operative timing mechanism decided to malfunction mid race and left us with an incomplete set of results but as Ned Kelly once said......."Such is life".

At the presentation, Geoff Williams was handing out trophies and spot prizes with his usual enthusiasm when I managed to meet Julie Schrag. Julie is an interesting individual to say the least; she has recently completed a 1,600 km walk from Longreach to Brisbane, covering some of Queenslands most remote and inhospitable terrain. Julie is on her way to the Colac Six Day Race where she will definitely impress all around her with her determination and consistency of pace. I took several photos of the presentation only to discover some seriously flat batteries in my camera.....so much for my photos. Along with the stop watch, they had gone to the great photo shop in the sky!

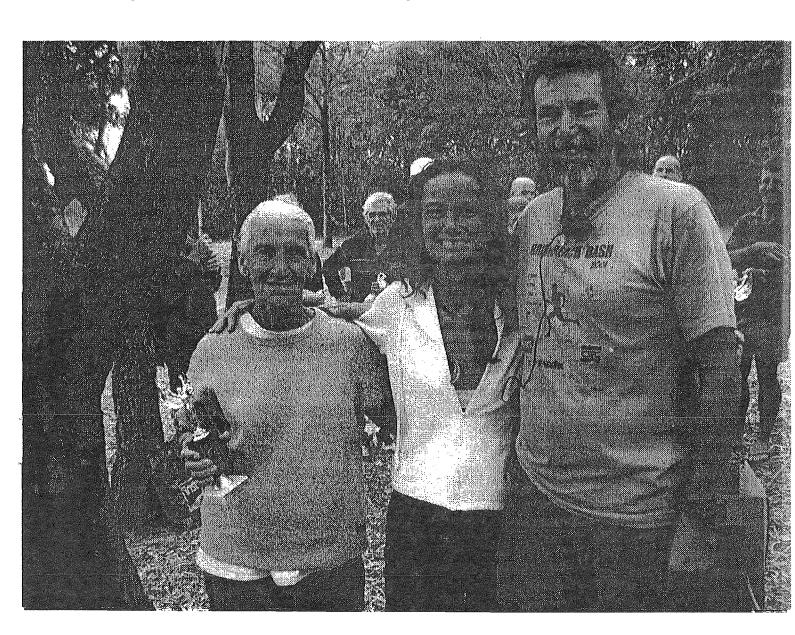
Climbing into a tiny silver car, I motored off in the direction of central Brisbane. Logic told me that following a sign that clearly said "Brisbane" would take me there......Wrong. After twisting and turning my way passed factories and open spaces in heavy rain, the road suddenly came to an abrupt end at the front gates of a sewer farm in an area that was known, rather oddly, as "Luggage Point". I mean no disrespect to the builders/operators of the sewer farm, in fact, I have no reason to doubt that as far as sewer farms go, this one is amongst the best sewer farms in the world.......It's just that I had hoped by this stage to be amongst the central city area enjoying a drink rather than at a sewer farm! After much back tracking, I finally found myself outside the Pelican Point Pub somewhere amongst Brisbane's waterside suburbs where I entered the bar, glad to escape the rain. I procured a

very large "Diet Coke", stood long enough to realise that no one was going to find me interesting enough to start a conversation, then propped myself at the bar where I stared out over the water towards Stradbroke Island with the rain still pelting down. I could not help but see the irony of the Queenslanders insistence on calling their home the "Sunshine State"

In Brisbane, they have some unusual suburban names. Try getting your tongue around "Bulimba" and "Capalaba". I heard a variety of pronunciations and I don't think I managed to master any of them.

Light switches operate upside down, car registration numbers are back to front, railway lines are narrower than a toy train set and Daylight Savings which has been so welcome across Australia for 30 years still hasn't managed to find any form of appeal amongst the local population. The Brisbane street directory has the rather confusing name of a "Refidex".......the exact origins of such a word seem to be as much of a mystery to locals as it is to me, with my inquiries resulting in blank looks and shrugged shoulders.

In Queensland, fuel is much cheaper......as is gaining admission to public swimming pools and those all-you-can-eat "Sizzler" restaurants are a gift from heaven. A relaxed pace of life and friendly people mean that there is never a reason to regret a visit to Queensland.......I can't wait to get back there...



The mother and daughter combination of Joan and Bernadette Robards are regulars amongst the Queensland Ultra events.

Race Director, Geoff Williams, was keen to congratulate them at the finish in his usual enthusiastic manner. Brian Evans, in the background, is enjoying a well earned beer

Oxfam Trailwalker Adelaide 25/27-10-2002

100km. Teams of Four

| 1 Trail Vets | Male | 13:34 | 54 | Townsville Road Runners | Mixed | 25:01 |
|--------------------------------|--------|----------------|-----|---------------------------------|----------|-------|
| 2 Power of Four | Mixed | 13:45 | 55 | AWOL: Away Walking On | Male | 25:15 |
| 3 Heysen Hunnies | Female | 13:47 | 56 | · · · | Mixed | 25:32 |
| 4 Fire & Rescue Australia | Male | 14:28 | 57 | Dedicated 5 & D | Male | 25:39 |
| 5 The Pacific National Trojan | Female | 14:42 | 58 | Good Vibe Tribe | Mixed | 25:40 |
| 6 Navigator | Mixed | 16:54 | 59 | One Callous Decision | Mixed | 25:49 |
| 7 Real Puma Kit Mix | Male | 17:33 | | 60 ME Aching Feet | Mixed | 26:10 |
| | Male | 17:33 17:41 | | The Six Pack Academy of Spor | | 26:26 |
| 8 Still Running With Squirrels | Male | 17:41 17:48 | | Organised Chaos | Mixed | 26:31 |
| 9 Grange Boat Crews | | | | Wearily Can | Mixed | 26:57 |
| 10 Heptics | Male | 17:53 | | Nirvana | Female | 27:11 |
| 11 The Smarty Pants | Male | 18:42 | | Shall Remain Nameless | Mixed | 27:14 |
| 12 Run DMC (Direct Mix Concret | - | 19:07 | | Foursticks | Mixed | 27:14 |
| 13 Giza Job | Male | 19:11 | | Cold Feet | | |
| 14 Granitians | Mixed | 19:14 | 68 | B Civil | Mixed | 27:24 |
| 15 The Koalas | Mixed | 19:19 | | | Mixed | 27:28 |
| 16 Savings & Loans | Mixed | 19:28 | 69 | 69 Team Zest | Male | 27:29 |
| 17 Walkie Talkie Chalkies | Female | 19:35 | | The Geriatrics | Male | 27:51 |
| 18 Bloom n Blondes | Female | 19:50 | | Tiganiclyn | Mixed | 27:55 |
| 19 Fab Four | Male | 20:04 | | 72 The Stile Council | Mixed | 28:04 |
| 20 SA Ambulance | Male | 20:11 | | The Swinging Bulls | Mixed | 28:04 |
| 21 Dude, Where's My Car? | Mixed | 20:12 | | Ken and the Barbies | Mixed | 28:15 |
| 22 BHP Billiton | Mixed | 20:16 | | Cat Herders | Male | 28:56 |
| 23 Left,Right,Repeat | Mixed | 20:24 | | Skywalkers | Male | 29:02 |
| 24 24 Footloose | Mixed | 20:43 | | Are We There Yet? | Mixed | 29:18 |
| 25 6 Green Bottles | Mixed | 21:12 | | Xtreme Limit | Mixed | 29:24 |
| 26 AaE Old Boys | Male | 21:30 | | SES Rescue: No Retreat No | Mixed | 29:27 |
| 27 AaE New Kids | Male | 21:34 | 80 | Colton Court Cuties | Female | 29:33 |
| 28 Walkandrunabit | Male | 21:44 | 81 | Femme Fatale | Female | 29:34 |
| 29 The CAKT-us Team | Mixed | 21:45 | 82 | JP Morgan | Male | 29:46 |
| 30 SPANK SQUAD | Mixed | 21:50 | 83 | Go West (Torrens) | Mixed | 29:57 |
| 31 Hot Shoe Shufflers | Male | 22:13 | 84 | Three Bedpans and a Compute | r Mixed | 30:18 |
| 32 Kingston Estate Wines | Mixed | 22:24 | 85 | JASA Trailwalkers | Mixed | 30:34 |
| 33 Fruit Tingles | Female | 22:32 | 86 | Mt Lofty Power Rangers | Mixed | 30:39 |
| 34 The Far SideRegurgitated | Mixed | 22:33 | 87 | The Quarries | Mixed | 30:42 |
| 35 www.iyam.rooted.com.ru? | Male | 22:40 | 88 | 100% Spirit | Female | 30:58 |
| 36 Yet Again | Male | 22:47 | 89 | The Wrong Cello | Mixed | 31:08 |
| 37 Roseworthy Ramblers | Mixed | 22:48 | 90 | Bottom Feeders | Male | 31:21 |
| 38 Backside Delta | Male | 22:55 | 91 | Vaseline and the Colt 45 | Mixed | 31:28 |
| 39 Navigator Too | Mixed | 22:56 | 92 | Sole Mates | Mixed | 31:32 |
| 40 Blista Sistas | Female | 23:09 | 93 | Vet Venturas | Female | 31:32 |
| 41 Life Personal Trainers | Mixed | 23:11 | | The Slims | Mixed | 31:47 |
| 42 Left Foot | Male | 23:37 | | Keeping Up With The Jones's | | 32:21 |
| 43 Fleet Foot | Mixed | 23:38 | | Bush Turkeys | Mixed | 33:01 |
| 44 JJ Bazal | Male | 23:40 | | The Nancies | Female | 33:33 |
| 45 R We There Yet? | | 23:43 | | Benevolent Gherkins | Male | 33:51 |
| 46 Y? | Mixed | | | Ladies and the Tramp | Mixed | 34:15 |
| | Mixed | 23:44 | | Too Long On The Track | Mixed | 34:27 |
| 47 River Rats | Male | 23:54 | | Dead On Arrival | Mixed | 34:28 |
| 48 Kumanara | Mixed | 23:57 | | ? Areeba | Mixed | 34:56 |
| 49 Bumpers Jumpers | Male | 24:04 | | Bridge Battlers | Mixed | 36:00 |
| 50 D N R | Mixed | 24:10 | | Oxplorers | Male | 36:02 |
| 51 HILLROSS | Male | 24:31 | | i Oxplorers i Jibber Walkies | Female | 36:40 |
| 52 EFM | Mixed | 24:41 | | Hot Flashes | Female | 37:59 |
| 53 Snow | Mixed | 24:58 | 100 | , HOLLINSHES | , cinuic | 37.37 |
| 54 | | | | | | |
| • | | | | | | |

VICTORIAN 6 hour and 50 Kilometre TRACK CHAMPIONSHIPS Moe, Victoria 10 November 2002

Matt Franke set a fast early pace with Jevvan McPhee and Roger Maximiw in pursuit. Despite it being the first ultra race for Franke and Maximiw, they ran with great confidence. In the first 3 hours there was never more than two laps between the Franke-McPhee-Maximiw trio.

Franke was the first to weaken and the other two runners swept ahead. Maximiw kept up strong pressure and reached the 50 km mark first. He then took some easier laps, and the more experienced McPhee resumed the lead and, despite Maximiw pulling some laps back, McPhee cruised through to win the 6 hour event.

Up to 50 km, the women's race was dominated by Peta Mullens, a triathlete and state junior mountain running champion. Second placed in the 50 km, Lee Graham continued on strongly to record a creditable 60+ km performance and win the 6 hour event. Shirley Young was third in the 50 km and second in 6 hour race.

Around Shirley Young, the mid-field competition was particularly intense with a lot of positional changes during the race. Barry Higgins, Ernie Hartley, David Jones, Peter Gray, Graham Ives, and Barry Summersgill were involved, but it was David Jones, running very strongly over the last two hours, who headed this group home.

Visiting US runner Alan Steggles has completed a marathon in all 50 US states, and rounded off every Australian state with this event. He completed his final marathon laps shortly after 6 hours.

6 HOUR RESULTS

| | age | 1 hr laps | 2 hr laps | 3 hr laps | 4 hr laps | 5 hr laps | final laps | final km |
|----------------------|-----|-----------|-----------|-----------|-----------|-----------|------------|----------|
| 1 Jevvan McPhee | 37 | 32 | 65 | 98 | 126 | 154 | 178 | 71.440 |
| 2 Roger Maximiw | 40 | 31 | 64 | 97 | 127 | 149 | 176 | 70.464 |
| 3 Bruce Salisbury | 50 | 31 | 59 | 82 | 108 | 130 | 153 | 61.257 |
| 1F Lee Graham | 41 | 27 | 53 | 79 | 102 | 126 | 151 | 60.495 |
| 4 David Jones | 61 | 25 | 49 | 73 | 97 | 122 | 146 | 58.466 |
| 2F Shirley Young | 72 | 26 | 51 | 76 | 100 | 120 | 138 | 55.469 |
| 5 Barry Higgins | 64 | 24 | 50 | 72 | 95 | 116 | 137 | 54.858 |
| 6 Ernie Hartley | 52 | 27 | 54 | 75 | 97 | 116 | 136 | 54.585 |
| 7 Peter Gray | 36 | 27 | 54 | 78 | 98 | 117 | 135 | 54.361 |
| 8 Graham Ives | 64 | 26 | 50 | 72 | 91 | 111 | 131 | 52.627 |
| 9 Matt Franke | 25 | 32 | 66 | 98 | 116 | 131 | 131 | 52.400 |
| 3F Peta Mullens | 14 | 29 | 58 | 84 | 108 | 127 | 127 | 50.800 |
| 10 Nick Schilling | 23 | 23 | 45 | 68 | 89 | 108 | 126 | 50.467 |
| 11 Barry Summersgill | 60 | 29 | 53 | 76 | 96 | 116 | 120 | 48.000 |
| 12 Brian Glover | 60 | 20 | 40 | 61 | 81 | 100 | 118 | 47.367 |
| 13 Alan Steggles | 63 | 19 | 35 | 52 | 67 | 82 | 98 | 39.257 |
| 14 Ian Twite | 47 | 30 | 59 | 70 | 70 | 70 | 70 | 28.000 |

50 km RESULTS

| | 0.00 | |
|-------------------|------|---------|
| | age | |
| 1 Roger Maximiw | 40 | 3:55:16 |
| 2 Jevvan McPhee | 37 | 3:56:33 |
| 3 Matt Franke | 25 | 4:21:37 |
| 1F Peta Mullens | 14 | 4:40:42 |
| 4 Bruce Salisbury | 50 | 4:43:44 |
| 2F Lee Graham | 41 | 4:57:10 |
| 5 David Jones | 61 | 5:10:02 |
| 3F Shirley Young | 72 | 5:15:34 |
| 6 Ernie Hartley | 52 | 5:24:54 |
| 7 Peter Gray | 36 | 5:26:03 |
| 8 Barry Higgins | 64 | 5:27:20 |
| 9 Graham Ives | 64 | 5:42:41 |
| 10 Nick Schilling | 23 | 5:56:39 |



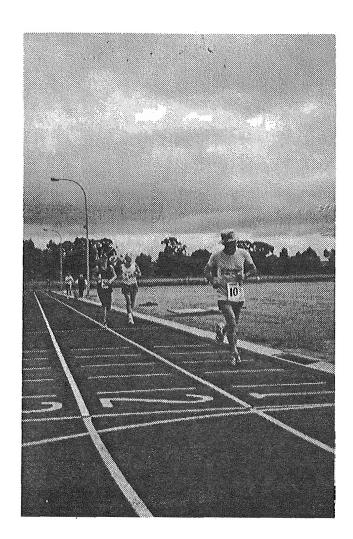
Early leader, Matt Franke



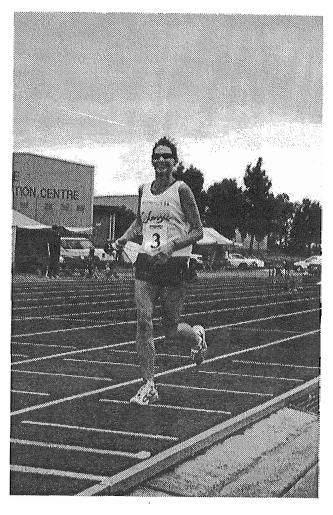
VICTORIAN 6 hour and 50 km championships



Awaiting the starters gun



Bruce "The Hat" Salisbury



Lee Graham is all smiles

Brindabella Classic 46k (revised course) A.C.T.Sunday, 10 November 2002

| | Name | ۸۵۵ | Time a |
|-----|----------------------------------|----------|---------|
| 4 | | Age | Time |
| | Glenn Paterson | 35 | 3:13:44 |
| | Trevor Jacobs | 50 48 | 3:23:18 |
| | Stephen Bradford | 48 32 | 3:25:58 |
| | Trevor Fairhurst Frank Zeller | | 3:35:14 |
| | Kelvin Marshall | 41 | 3:47:28 |
| | | 38 | 3:47:46 |
| | Warwick Selby | 52 | 3:49:25 |
| | Martin Boyd | 32 | 3:51:13 |
| | Martin Short | 38 | 4:06:49 |
| | lan Wright | 48 | 4:11:00 |
| 11. | Xandra Dunn [F] | 43 | 4:12:00 |
| 12. | Trevor Marsh | 41 | 4:25:29 |
| | Bill Rookyard | 44 | 4:25:36 |
| | Steve Appleby | 49 | 4:26:06 |
| | Michael Corlis | 43 | 4:29:57 |
| | Ruth Dover [F] | 32 | 4:30:31 |
| | Dave Hromow | 34 | 4:40:38 |
| | Tom Silk | 37 | 4:40:54 |
| | Joanne Barton [F] | 35 | 4:44:02 |
| | Dave Gilbert | 42 | 4:59:42 |
| | lan Green | 57 | 5:01:50 |
| | Graham Butler | 54 | 5:02:43 |
| | Ludwig Herpich | 67 | 5:04:08 |
| | Nathanael Smith | 27 | 5:05:17 |
| | Bronwyn Hanns [F] | 39 | 5:05:17 |
| | Chris Gamble | 51 | 5:08:38 |
| | Philip Clarke | 50 | 5:10:47 |
| 28. | , , , , | 34 | 5:18:10 |
| 29. | Phil Coggins | 37 | 5:20:22 |
| 30. | | 49 | 5:33:56 |
| 31. | Stephen White | 38 | 5:36:56 |
| 32. | Bill Rannard | 49 | 5:42:26 |
| 33. | Carl Simpson | 48 | 5:48:00 |
| 34. | Christine Lee [F] | 44 | 5:58:21 |
| 35. | Kevin Cunningham | 31 | 6:10:49 |
| | Guy Broadbent | 40 | 6:20:09 |
| 37. | Warren Hughes | 47 | 6:28:33 |
| 38. | | 63 | 6:35:23 |

Race Report by Race Directors, Robbie Costmeyer and Mick Corlis

The total fire ban declared at midnight on Friday 8th November 2002, covering Namadgi National Park, meant that a new course had to be found and race approval obtained at very short notice for the 16th annual Brindabella Classic, which was run on Sunday 10th November. This race normally starts at Mt Ginini, in the Brindabella mountain range, and runners make their way through the bush for 54km until they reach the Cotter Reserve.

ACT Forest staffs were very helpful late on Friday and a course was mapped out and approved, starting and finishing at the Cotter Reserve Hotel. Next followed many telephone calls to competitors and helpers to advise them of the new course and earlier starting time (to try and beat the forecasted heat). A large number of competitors travelled from Sydney on Saturday and they had to make a lengthy detour because of the fires around Mittagong.

Some 200 Runners lined up at 7:00 am on Sunday 10th for the running of three events; the Brindabella Classic (two loops of 23.0km), the Bulls Head Challenge (one loop of 23.0km) and various relay teams who also ran two loops. It turned out to be a very hot day and for those relay runners running the fourth leg of 13.0km it was particularly hot. The fact that all but a few runners completed the race is testament to the general fitness levels of the participants.

While the race was a little shorter it was tougher this year due to the fact that runners started and finished at the same elevation and had to work hard all along the route. The high temperature of 30 degrees was also energy-sapping.

The Race Director, Robbie Costmeyer, paid tribute to the many volunteers who had helped on the day and in the weeks leading up to the event. He also paid tribute to all the hardy competitors who had made the journey despite the fire bans in place elsewhere and the high temperature forecast for the day. He congratulated the race winners and all 'completers'.

Robbie presented a Brindabella pottery wine cooler to Trevor Jacobs, Bill Rannard and Grahame Kerruish for completing 15 Brindabella Classic runs; a Brindabella pottery platter to Chris Gamble for completing 10 runs, and a Brindabella pottery wine carafe to Carl Simpson and Warren Hughes for completing 6 runs. He congratulated them all for their endurance.

Pheidippides had it easy — he didn't have to run in Colac

THE GOOD LIFE SHARON MASCALL

t sounds about as comfortable as inhaling beef pie. Six days of running, round and round a track. No proper sleep. But, this Sunday, that's exactly what 30 runners will be letting themselves in for in Colac. Since 1983, this quiet Victorian country town has made its name worldwide for hosting the Ultramarathon.

For six days and nights, runners from across the globe will trudge around Colac's athletics track. When exhausted, they'll stop, fall into deck-chairs at the side of the track and sleep for an hour or two. Then they'll wake and rejoin the race. Hour after hour, day after day, running until, literally, they drop.

The place getters will cover some 800 to 900 kilometres over the six days — the equivalent of running from Phillip Island to Adelaide via Melbourne.

"In the last couple of days of the race, they'll be lucky to get more than three or four hours sleep," says Bill Sutcliffe, who is competing in and organising this year's event.

"To stay in the race, they're allowed a maximum of six hours sleep in each 24 hours."

Sutcliffe claims to be no Pheidippides — he made the hike from Marathon to Athens in 490BC to break the news of a Greek victory over the Persians. "I'm just a baby on the track," he says, playing down the fact that this is his fourth year as a Colac competitor. Pheidippides ran from Marathon once. Bill and his companions run marathons every day — in a pursuit of a goal that's hard to quantify.

In the case of Australian runners — and the majority this year are home-grown — Bill believes it has much to do with national psyche: "It's the Anzac spirit, the have-a-go mentality."

But other runners have described the pain, psychological challenge and what most people consider to be beyond the realms of commonsense as a kind of enlightenment.

"Perhaps the genius of ultra-running is its supreme lack of utility. It makes so sense in a world of space ships and super-computers to run vast distances on foot," says David Blaikie, a Canadian runner.

On the second day, your body screams back at you, but, on the third day, it stops . . . you feel at one with the cosmos.

"They (ultra-runners) understand, perhaps better than anyone, that the doors to the spirit will swing open with physical effort. In running such long and taxing distances, they answer a call from the deepest realms of their being — a call that asks who they are."

Most athletes who train regularly are familiar with moments of unexpected mental clarity. As endorphins kick in, the mind seems to clear and provide a legal "high", which can make thinking clearer. But why continue for hours or, indeed, days? Pain from long-standing injuries can become excruciating. Sutcliffe says he expects to feel pain from an old knee injury some 80 kilometres into the race, with well over 400 still to go.

Pain is par for the course and can be overcome according to Andrew Lovy, a United States sports doctor and psychiatrist who is competing in this year's race.

"Pain is neither friend nor foe. It is something that occurs. Something that you try to avoid. Train for and learn how to deal with. Same in life, .right?"

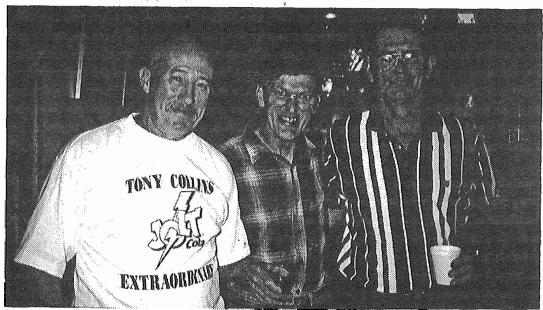
He has the same approach to tedium. The endless trudge, through day and night is not mind-numbing monotony.

"I have frequently put together some of my best lectures by working out the situations and all its contingencies during a race," Lovy says.

Some runners swear by long multiplication or writing their autobiography. But not everyone needs distraction. Tony Collins — a dentist from New South Wales running his sixth Colac — says his mind simply enters a new realm.

his mind simply enters a new realm.

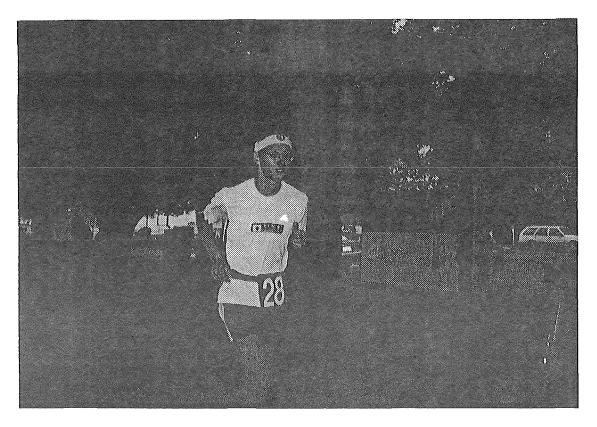
"On the second day, your body screams back at you, but, on the third day, it stops. You get into this rhythm where the sun comes up on one side and goes down on the other; you feel at one with the cosmos. You become aware of the world turning. There's spirituality about it. It doesn't come easy but when you've got it no money can buy it," Collins says.



Australian Six Day Race Colac 17th/23rd November 2002

Final Results

| Pos. | Name | Country | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | FINAL KMS |
|------|-------------------|-------------|-------|-------|-------|-------|-------|-------|-----------|
| 1. | Ikihiro Inoue | Japan | 154.0 | 133.6 | 148.4 | 140.0 | 116.0 | 117.5 | 809.5km |
| 2. | David Standeven | Australia | 169.2 | 138.8 | 120.8 | 103.2 | 100.8 | 89.1 | 721.9km |
| 3. | Peter Armistead | Australia | 163.6 | 115.2 | 106.8 | 115.6 | 107.2 | 100.8 | 709.2km |
| 4. | John Timms | Australia | 126.0 | 97.6 | 96.8 | 114.8 | 101.6 | 119.7 | 656.5km |
| 5. | Aldo Maranzina | Italy | 147.2 | 122.8 | 108.0 | 96.8 | 99.6 | 78.8 | 653.2km |
| 6. | David LaPierre | Canada | 149.6 | 116.4 | 111.6 | 105.6 | 73.2 | 86.3 | 642.7km |
| 7. | Elvira Janosi [F] | Hungary | 130.4 | 99.6 | 103.6 | 96.4 | 100.0 | 91.0 | 621.0km |
| 8. | George Audley | Australia | 150.8 | 117.2 | 100.4 | 113.2 | 94.0 | 18.1 | 593.7km |
| 9. | Thomas Andrews | USA | 144.0 | 98.4 | 78.8 | 80.4 | 80.4 | 90.0 | 572.0km |
| 10. | Dawn Parris [F] | Australia | 121.6 | 79.2 | 93.6 | 95.6 | 94.4 | 79.2 | 563.6km |
| 11. | Peter Gray | Australia | 121.2 | 94.4 | 80.8 | 73.2 | 77.6 | 81.2 | 528.4km |
| 12. | Howard Neville | Australia | 120.4 | 92.4 | 78.0 | 81.2 | 68.4 | 76.4 | 516.8km |
| 13. | Brock McKinlay | Australia | 139.6 | 71.2 | 92.8 | 66.0 | 66.8 | 69.5 | 505.9km |
| 14. | David Jones | Australia | 102.4 | 78.0 | 82.8 | 79.2 | 66.4 | 95.0 | 503.8km |
| 15. | Arun Bhardwaj | India | 93.2 | 77.2 | 84.8 | 72.0 | 74.8 | 90.1 | 492.1km |
| 16. | Willy Erasmus | Australia | 94.0 | 70.4 | 76.0 | 71.6 | 67.2 | 75.3 | 454.5km |
| 17. | Andrew Lovy | USA | 100.4 | 68.4 | 70.4 | 67.2 | 66.4 | 68.8 | 441.6km |
| 18. | Julie Schrag | Australia | 84.8 | 70.4 | 67.6 | 66.0 | 66.4 | 71.3 | 426.5km |
| 19. | Shaun Scanlon | Australia | 128.8 | 65.6 | 67.2 | 75.2 | 66.8 | 20.8 | 424.4km |
| 20. | Gerald Manderson | New Zealand | 120.0 | 79.2 | 83.2 | 83.2 | 44.4 | 0.0 | 410.0km |
| 21. | Jevvan McPhee | Australia | 157.6 | 88.8 | 71.6 | 26.0 | 0.0 | 0.0 | 344.0km |
| 22. | Robyn Davis [F] | Australia | 80.4 | 68.4 | 66.8 | 66.8 | 2.8 | 0.0 | 285.2km |
| 23. | Peter Hoskinson | Australia | 150.4 | 30.4 | 0.0 | 0.0 | 0.0 | 0.0 | 180.8km |
| 24. | Stan Miskin | Australia | 119.6 | 18.4 | 0.0 | 0.0 | 0.0 | 0.0 | 138.0km |
| 25. | Tony Collins | Australia | 108.4 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 108.4km |
| 26. | Drew Kettle | Australia | 42.8 | 37.6 | 0.0 | 0.0 | 0.0 | 0.0 | 80.4km |



Japan's Ikihiro Inoue powers to victory

A JAPANESE BLITZ IN SIX-DAY RACE

BY TONY RAFFERTY

Imagine a grass, tree-lined, 400-metre track in the centre of a country town in Victoria in which a constellation of eight international, and 18 Australian runners including three women, gathered to compete over a period of 144 hours for a \$3000 first prize and an attractive trophy.

Picture - Akihiro Inoue, the first Japanese runner to compete in the race, Arun Bhardwat, India's best-known ultrarunner, Chicago psychiatrist Andrew Lovy, who refutes the notion that the ultramarathon is a sport where being a little mad helps, walkers Julie Schrag and Gerald Manderson, and Peter Armistead who trundled with 'super-coach' Kevin Mansell on a six-day Geelong to Swan Hill training stint - clustered around a small room in Colac's Tourist Information Centre the evening before the race drinking coffee, gnawing sandwiches and relating nostalgic stories about the event's 19-year history.

During the previous six months the president of the Australian Six-Day Race committee, Rev. Bill Sutcliffe, mustered a dedicated group who relished the challenge to work as lap counters and support crew and to approach the local community for sponsorship.

He told the assembly 'the endurance event is here to stay' and promised 'bigger and better races in the years to come', and good prize money to lure the strongest male and female fields.

A brooding silence settled over Memorial Square the following morning until two members of Colac's Pipes And Drums escorted the runners to the starting line. Town Crier, Gavin Barker issued the town's greeting and sent them off on their six-day odyssey.

Race favourite, Inoue, set out at a modest pace. In sixth place after 19 hours running and a three-hour sleep in the army-supplied tent, he gradually increased his pace. By the third day he wore down race-leader David Standeven. Inoue's 576km and 44km advantage at the finish of day four prompted the South Australian to acknowledge a winning lead for the Tokyo runner. Jan Smith, wife of three-times winner of the event the late Bryan Smith, inspired Standeven to endure to the finish.

Runner-up two years ago, Tony Collins, shocked everyone after 18 hours and 108km when he withdrew and promptly announced his retirement from ultramarathon running. 'I've nothing to prove,' said the reigning Australian 48-hour Champion.

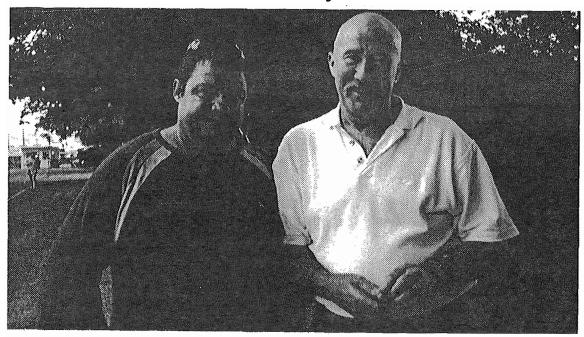
A stoic Peter Armistead under instruction from Kevin Mansell secured third place after 36 hours despite firm challenges from Italian, Aldo Maranzina and steadfast Canadian David LaPierre.

Sixty-seven year-old George Audley, dubbed 'The Flying Fossil', determined to break a number of personal records, persisted in sixth place and at one stage issued a challenge for third position. Audley's 268km at the 48-hour mark smashed the world age-group (65-69 year) record by 13 kilometres.

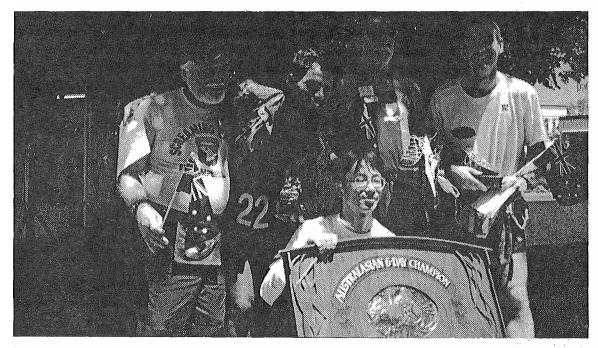
The confident, relaxed Hungarian, Elvira Janosi won the women's race with 621km, 58km ahead of a resolute Dawn Parris (10th), to place seventh overall. Julie Schrag walked 426km. Peter Armstead won the 'Bryan Smith Award' and Andrew Lovy the 'Cliff Young Trophy'

TONY RAFFERTY - November 2002

Action from The Six Day event at Colac



Tony Collins [right], with a member of his crew, announced his retirement after a long and illustrious career



L-R, Andrew Lovy, Arun Bhardwat, Aldo Maranzina and Tom Andrews stand behind winner, Ikihiro Inoue



Peter Armistead slogging it out

From the President -----

Dear Fellow Runners

BELIEVE IT. ACHIEVE IT.

This is the new slogan of the Australian Athletic Federation and its constituent bodies, headed by Australian Athletics.

Thursday 28 November 2002 is an historic date. It is the date on which AURA was inducted into the AAF. We now join Athletics Australia, Australian Masters Athletics, Australian Track & Field Coaches Association, Australian Athletic Confederation, School Sport and the Australian Racewalkers Federation.

AA has a goal for Australia to regain its status as the number 1 Track & Field nation in the world. Obviously, this will take a great deal of planning, organisation and effort. However, this is now well under way. At a full day of meetings and show and tells on 28 November, I witnessed a huge level of professionalism and enthusiasm. I have no doubt that, with the ability of Australians to succeed at whatever they take on, they (now we) will achieve their objective.

The benefit to us joining together is one of unification. Interest in athletics will be revived at all levels. This will assist with sponsorship opportunities, media attention, marketing, participation and finally, achievement.

The benefit to AURA is the generation of awareness, availability of administration facilities, printing, publications, marketing, cheaper airfares, accommodation and public liability insurance. We would also hope to gain some financial support in sending elite teams to the 100 kms world challenge.

I hope to be in a position to report more details in due course. I see this as a very exciting development for our particular branch of athletics.

Have a very enjoyable and safe festive period. Best in running

Ian Cornelius

President

From George Audley

I returned home from Colac on Sunday the 24th of November and was reasonably successful.

I broke one World age record (65-69) and four Australian records but during the 5th day picked up a back injury and some sort of bug that drained me of energy and meant I had no chance of the 6 Day record. It also caused me to fall from 4th to 8th positions.

World record [65-69] 200 kilometre improved to 1 day 11 hrs 56 mins a 2 hour 11 minute improvement.

Australian Records [65-69]

12 hour 90.47 Kilometres, was 87.8 k's
48 hour Improved by 12.90 kilometres to 268.3 k's
500 kilometres ran in 4 days 3 hours 45 mins an improvement of 1 hr 59 mins
I finished 8th with a distance of 593.7 k's

Make sure you check the web sites below

www.ultraoz.com www.ultramarathonworld.com

AURA would like to welcome the following members, who joined throughout the 2002 calendar year.

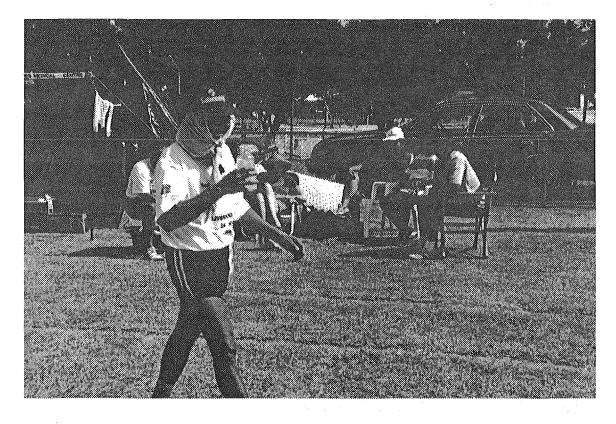
Peter Anderson
Gary Carlton
Willie Erasmus
Peter Gardiner
Bronwyn Hanns
Laurie Hennessey
Sandra Howorth
Graham Ives
Robert Mason
John Morgan
Neil Ryan

Greg Spain
Tracey-Ann Strain
Jane Sturzaker
Nenet Susa
Nicholas Thorvaldson
Dirk Thys
Julie Winner
Stephen Winner
Debbie Woodhead
Kay Worrall

Also, a big thank you to the following people for their recent, generous donations:

Stan Miskin [\$100 Fred Brooks (\$20) John Connellan (\$20) Bob Fickel (\$20) Frank Overton (\$20) Shaun Scanlon (\$20) George Audley (\$10) Peter Sinfield (\$10) Alistair Wallace (\$10) Mike Grayling (\$5) Andrew Hewat (\$5) Sandra Kerr (\$5) Howard Neville (\$5) Tony Rafferty (\$5) Barry Stewart (\$5) Craig Waters (\$5) Simahin Pierce (\$0.50)

In these times of rising insurance costs, every cent donated is much appreciated. Thank you again.



A blast from the past.....Eduardo Vega from Peru was an ultra regular and always had a crew of his countrymen supporting him at every race

My Colac Experience By 2002 Winner, Aki Inoue, PhD. from Japan

17th/23rd November 2002

I came back from "down under" COLAC, VICTORIA, AUS, last night.

As you might know, I have run 430 miles at the end of 120 hours in the race. In the last day, I ran 73 miles reaching the total covering distance of 503 miles in the 144 hours (6 days). This breaks the former Asian record of 481 miles/774km set by Nobuaki Koyago (living in New York) in Sri Chinmoy 6 Day Race in Jamaica, NY, USA in 2000.

The track was originally covered with grass at the start, but after few days, it was worn, and became somewhat dusty. Also, the surface was uneven and a little rolled in some places, which was almost negligible in the early days, but significantly felt later stages. I thought it would be like a flat hiking trail (circular, though). Most people including myself were suffering from blisters due to steamed feet/heal inside the shoes on the uneven footing.

Temperature changes from under 40F with breeze early morning to over 90F in mid-afternoon with strong sunshine through the 6 days.

I experienced most kinds of ultrarunning-related physical pain as well as mental challenge and brain storming (calculating the moving pace and setting currently-possible short-term and final goals). I was NEVER bored during the 144 hours in the 400m track!

I met great ultrarunners/handlers/volunteers from all around the world, Hungary, Italy, Canada, New Zealand, USA (24Hr-48Hr-6Day veteran, Thomas Andrews from Minneapolis and Chicago's Dr. Andrew Lovy) and, of course, Australia.

There is a great deal of media coverage of the race in local and regional newspapers, radio and TV.

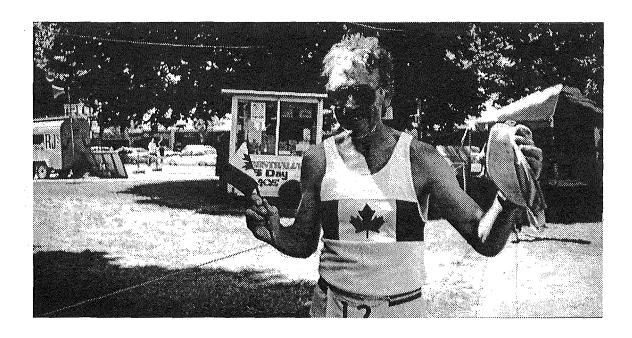
The race is well-organized and all the necessary facilities are located near the track (the Memorial Square), such as motels, grocery stores, 24hour convenience stores, fast food shops (SUBWAY, KFC and McDonalds), free internet access in the library. And, do not forget about trying Colac's original "Regal Ice Cream" during the race.

Every runners should enjoy cheerful local crowds (many kids running along with the runners asking autographs) from early morning to midnight and music play by the track.

Professor Andrew Lovy (also one of our runner) conducted a biochemical study on body metabolisms of the 6-Day Race runners. I gave my urine to the research team 30-40 times, and am interested in hearing the results and discussions.

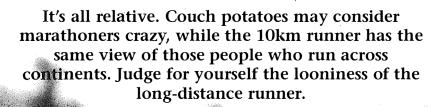
Next year, the race committee are planning to invite Yiannis Kouros (former Colac champion and world best ultrarunner) and Boussiquet (world record holder) to the race. I also hope to form "Team Japan" to send a few top Japanese ultrarunners to the race (much stronger than me).

I showed up Colac in the day before the race starts, and the race finished last Saturday 1pm, and I arrived at my home in Tokyo, Sunday 11pm, then came back to work in Monday morning. However, some participants and their support crews from northern hemisphere are taking total of at least two weeks vacation to enjoy beautiful early summer season in southern Australia. A very nice idea.



Ultra running

The looniness of the long-distance runner



Iulia Thorn

Phil Essam, 40, Melbourne

Why ultras? Did the 1987 Melbourne Marathon, and wanted something more. Also was thoroughly awed by the Sydney to Melbourne runners in the years of the Westfield races (late 1980s to 90s).

Achievements Has completed five 24-hour races, favourite was managing 123km at Coburg 24-hour race. Organises ultra races.

Memories Best experiences were being congratulated by Kevin Mansell (Westfield Sydney to Melbourne runner) on reaching 100km at the 24-hour mark in his first ultra, and running on the same track with Yiannis Kouros in 1997. "What other sport puts the champs in with the novices?"

Worst time was fainting twice in the massage area at the 12-hour break in first ultra, and then taking 15 minutes to run a lap of the track (400 metres). "I had painful blisters. My wife didn't want me to go back out."

Typical training 100 to 160km per week. Runs to and from work daily plus long runs on Friday night and Sunday morning.

John Lindsay, 54, Melbourne

Why ultras? The outdoors, the challenge, doing something that others think is hard: "But not as hard as most people think."

Achievements Marathon des Sables (224km in 7 days), Comrades (90km), Bogong to Hotham (first half), Adelaide Trailwalker (100km), Cradle Mountain (first 65km). Does a marathon or ultra every six weeks or so.

Memories "Hated all of my ultras while doing them, at least towards the end. Couldn't wait to do all of them again once I recovered." Of the Marathon des Sables, he says: "This event is like no other. It is not the hardest ultra run, but combines adventure with a heavy dose of challenge."

Typical training Ten-minute runs on weekday mornings, then a 2 to 4-hour run at the weekend if not racing.

Kelvin Marshall, 38, Melbourne

Why ultras? Having just run a sub 3-hour marathon, he ran the Bogong to Mount Hotham Ultra, and was told it was the bardest in Australia. If all ultras after this were going to be easy... "I

suppose now I'm just nooked. I love the fresh air and the racing."

Achievements Too numerous to list. Has done over 100 ultras and close to 100 marathons. Favourites include Tamborine Trek in Queensland, which he won six years in a row.

Memories "An early ultra I ran was the Mansfield to Mount Buller. The day I got the results was the day my father died, and these were the last results he saw; though as an ex-cricketer he could never work out why anyone would run without a ball to chase or a score to make."

Marshall had a bad experience at Shepparton: "In 1994 there was a 50km from Violet Town and back and I led all the way till the 48km mark, then turned left instead of right until the marshal, who should have directed me, turned me back just in time to see the second-place runner going the right way. Very frustrating. Even more so when I had to drive back to Sydney and my car broke down 160km south and I had to walk 3km to phone, and walt till the next day to get the car lack."



Typical training Runs 80 to 100km a week, including running to and from work with a back-pack. This works out to around an hour and a half a day. Plus racing at the weekend.

Vlastik Skvaril, 63, Burnie, Tasmania Why ultras? "I started with the Cradle Mountain Run. After that I decided to do it again but train for it so it would not be such an ordeal." Then he moved down to cross-country races and worked his way back up to ultras. Achievements Include 8 Cradle Mountain runs, Spartathlon (246km from Athens to Sparta with a 36-hour time limit), Simpson Desert Race (380km in 6 days), Victorian 24-hour championships track race (winner).

Memories A highlight was running alongside Yiannis Kouros at the Victorian 24-hour championships, when Kouros ran in the 6-hour race because he was recovering from injury. "I ran a few laps with him having a good chat. In what other sport would you have the chance to run on the same track at the same time with the greatest runner in the world? That's ultra running at its best!

"Another very enjoyable experience was a run for Make A Wish Foundation, a charity that fulfils wishes for children with a life threatening illness. It was a non-stop solo run from Hobart to Burnie of 349-km. I completed it in 52 hours raising over \$10,000. One of the wishes after the race was a cubby house with a lighthouse attached for a five year old boy. He passed away recently but I was glad that we had made him really happy before he departed."

Typical training Runs 15km daily with his dog, increasing this to 30km if a big race is approaching, and then tapering off before the race.

Tony Collins, 55, Central Coast, New South Wales

Why ultras? A sprinter as a child, then a fun-runner in his 30s, followed by a couple of marathons, ultras, and the "addiction" grew.

Achievements Four Westfield Sydney to Melbourne, numerous 24-hour, 48-hour and 6-day runs, Spartathlon, Sydney to Melbourne and back (record-holder), Sydney to Albury and back (record-holder).

Memories "I have no favourite races. Each is a separate beast to be tackled. I

Starry, starry nights

Itra runners wax lyrical about the joys of running at night. To hear them talk you'd wonder why anyone sleeps at night.

It must be in the stars and the silence. Tony Collins says it is a very private time to run. Paul Ashton, an experienced trail runner, says: "Night running adds a new dimension. You want to look at the stars, but you've got to watch where you're putting your feet. Kangaroos and wombats operating just outside your peripheral vision can add to the adrenalin rush."

Kevin Cassidy is a veteran of many track and trail ultras, and has fond memories of running in darkness. "I often ran the 100km from my Preston (Melbourne) home to Blairgowrie beach as training, going solo all night before arriving in Blairgowrie for breakfast at around 9am. I would be alone in my own world with only the street lights and the occasional car to keep me company. I got to know the 24-hour convenience stores en route and the staff would give me some odd looks when I wandered in all sweaty at 3am looking for a Coke and Mars bar."

Night brings some distinct advantages. Vlastik Skvaril finds the cooler temperatures after dark can help when he's running in a hot climate.

But night running has its dangers too. Cars, if you run on the open road. Tony Collins, participating in four Sydney to Melbourne races, ran in the same direction as the traffic on the highway at night to avoid headlight glare.

You might go off the trail in the dark. Kelvin Marshall has run the Glasshouse Mountains 100-mile race twice and had problems holding a torch while running. Kevin Cassidy found that: "On trail events, you would be picking off the trail as you go by torchlight and wondering what obstacles lay ahead, while always listening for the drone of the generators that powered the aid stations."

A headlamp is a good investment. But Jay Layman points out: "You learn how to run with a headlamp without running off the trail when you mistakenly follow the light beam when you point your head off the trail."



And what about feeling sleepy? John Lindsay admits to sleepiness after midnight. Having run the Six Foot Track in a forward direction for the 2002 race, he then returned to Katoomba along the track at night. "I had several cat naps on the way. Just the other side of Mini Saddle near the saleyards, I stretched out between the pats of dry cow dung." How romantic! But then he noticed a bull not too far away.

Skvaril practised taking micro sleeps in his lead up to Spartathlon, but never needed them. On the first night of his Hobart to Burnie run he didn't get sleepy either. On the second night, he says, "I started to lose concentration and was having hallucinations. But I was aware all the time about what was real and what was not and strangely enough found it very amusing."

On a running track it's an entirely different matter. You're unlikely to get lost or trip, there's no traffic, and you can easily take a break to catnap. Cassidy finds the night hours pass as he calculates his splits and projections for each lap. "It is a great source of satisfaction to operate all night and watch the sunrise as you run."

And in a 24-hour race, as Stan Miskin notes, "I always look forward to the dawn. I know that the event will soon be over."

- Julia Thorn

hate every race: the track is too wet, too dry, too hard underfoot, too dusty, too bumpy. Every road race is too hilly, or too flat, the road too straight or too cambered, too rough or too windy, too hot or too cold and always too long! Every race is my last, I give my solemn promise to my wife. I have yet to keep that promise."

Typical training Runs around 400 kilometres a month, made up of runs of under 20 kilometres, with one or two 100km runs in the lead up to a major ultra.

Phillipa Bolt, 46, north of Brisbane

Why ultras? For someone who'd always gone for the endurance end of the spectrum, rather than the speedy end, Bolt felt if she was going to run then it would have to be ultras. And she feels doing ultras enables her to enjoy the good things in life, guilt-free. "Over the years people have asked why I run and I say to them: to eat, drink and be merry!" Achievements Numerous 24-hour and 48-hour races (furthest distance 200km), and 50/80/100km ultras. Regular entrant at Glasshouse Mountains trail races. Also Ironman Triathlon and endurance horse rides. Memories Her positive attitude is typical of ultra runners. She says, "As for favourites - they're all favourites, bad or good." And as to the negatives: "No unpleasant happening except the usual crying, tantrums, swearing and soreness that usually goes on when one is 100km into a run."

Typical training Varies considerably. Some weeks she hardly runs, while other weeks she will do a couple of 8km runs in the week and a 20 or 30km run on Saturday and Sunday.

Sandra Howorth, 39, Cranbourne, Victoria

Why ultras? While helping out as a masseuse at a 6-hour race in 2001 she was awed by the runners, and decided to get in shape to enter such an event herself. Previous longest races had been a couple of half marathons.

Achievements Completed 49km in the 2002 Coburg 6-hour race.

Memories After finishing the 6-hour race, her first ultra, Howorth was ecstatic. "I could have done anything over the next few weeks. The feeling I had was indescribable.

"Running can be a lonely sport if you choose it to be. Having someone there for you, especially at the end of a run, is a huge boost to the system."

Typical training Runs 3 days a week, with multiple 5km laps of a local park on Sunday. "I got my body used to taking in foods, mainly fruit, sultanas and lollies. Always plenty of fluids too. Avoiding dehydration is a lesson I learnt from my Dad."

Donald Maclurcan, 19, Sydney

Why ultras? Had run from Sydney to Goulburn in 72 hours on a whim as a confused teenager. Why the See Australia Run? "Initially an impulsive decision. The critics grew and so did the appeal."

Achievements Best known for his See Australia Run from Cottesloe Beach (Perth) to Bondi Beach (Sydney) in early 2002 completed in 66 days – some 3978 kilometres which means a daily average of just under 60. This was run as a fundraiser for the Fred Hollows Foundation. Had previously crewed for the 2001 Trans Australia race (the Race of Fire), and has participated in 24-hour track races and 6-day races.

Maclurcan believes nothing is impossible, once you become aware of your strengths and weaknesses. "I'd be the first to admit that running across the Nullarbor in the height of summer is stupid, but so was Columbus sailing off to the edge of the earth."

Memories "The eye-opening trips down the Hume and Princes Highway as a teenager, with a 20kg metal frame backpack. They included waking up in snow, bursting my water container before a 45km section, running in 1°C, having mates drive by to the snow, completing the toughest 62km of my life, running head on into a kangaroo at night and meeting extraordinary people in the breakdown lane."

About his run across Australia, Maclurcan says: "From the limestone Bunda cliffs in South Australia, to the picturesque towns like Crystal Brook, this has been one hell of an experience. I wouldn't change anything if asked to do it again."

Typical training "Before the run I had very little time to train, with all that preparation. I was clocking 20km a week in the six months prior to the run, and in the last two weeks ran 5km in total."



It's not just running...

alking across the road can be dangerous. So think of what awaits you in the course of an ultra marathon. There's a whole lot of stress for body and mind. And then on top of that, the unexpected happens.

Proper training and planning should cover you for the obvious dangers of physical exhaustion and mental trauma. You'll know that blisters, sunburn, muscle strains, ligament and tendon problems, and so on will be so much harder to cope with during a long race. It's not only your legs, heart and lungs that will be taxed heavily; there's your endocrine system to consider, your digestive system and your mental preparedness. And much else can go wrong.

Falls Slipping, tripping, and twisting your ankle happens easily, especially if you're fatigued. Many ultras cover some extremely rough ground. Stan Miskin, holder of several over-75 Australian records, has bad memories of falling six times in 20km during the Maroondah Dam 50km Trail Race. He opted to finish the route on the road. During his first run on Mount Kinabalu in Borneo, John Lindsay took a nasty fall on the way back down the moun-

www.ultraoz.com

Ultra running

tain, after over six hours of running. "I saw a big rock coming up, and decided to land on it. But my leg folded under me, and before I knew it I was tumbling down the mountainside. My guide heard me yelling and swearing, and he lunged towards me, catching me half way through what I reckon was my second full 360°roll.

"My gloves were shredded but had saved my hands except for one deep gouge in the palm. My legs were bare and I was bruised and lacerated down a large area of one thigh, and my backside had been clobbered. Surprisingly my head only got a couple of scratches, and I ended up with a sprained finger."

Although it doesn't take much to make you fall. A runner in his first Comrades tripped on a catseye in the centre of the road; he was in pain but kept going until the 21km mark when he had to withdraw. He has since completed the event eight times.

Unforeseen encounters Like snakes. Jay Layman, an American runner who has done ultras in remote parts of Indonesia, has become adept at avoiding them: "You get very good at vertical acceleration when you see a snake beneath your feet at the last second."

Here's Tony Collins' experience: "Pat Farmer saved my life one day when we were running and chatting away on a very hot day. I was doing the talking when suddenly Pat grabbed my arm and threw me violently to one side. As I fell to the side I saw that he had stopped me treading on the fattest red-bellied blacksnake I have ever seen. It reared up but we were past it, safely. As it slithered towards the hedge, we saw that it was at least two metres long."

Don Maclurcan had a collision with a kangaroo one night as he ran down the Princes Highway to Melbourne. A surprise for both of them.

Or there can be worse. During the 1986 Sydney to Melbourne ultra (held on the Hume Highway) a South Australian runner, Geoff Kirkman, was involved in an accident. Kevin Cassidy, who was crewing for another runner, tells the story: "A large truck tried to overtake Geoff's slow-moving crew van as it crested a hill and hit an oncoming car. The car

spun out of control and hit Geoff. The truckie was taken to hospital, the car driver was killed and Geoff was found over an embankment. He suffered a badly smashed pelvis."

Hypothermia A real risk with an ultrain an alpine area, or when you have to run at night and the temperature drops. Layman has experienced both: "I have fallen through ice on rivers and almost froze to death in Montana. I have miscalculated times and distances on point-to-point excursions and spend several dark nights huddled in a space blanket I keep in my pack, waiting for daylight,

Dehydration Once you get dehydrated in an ultra it can be difficult to recover. Collins, says: "If I have not urinated for four hours I drink a litre of water straight down. Now that takes training. And if have not gone in the next half hour I drink another litre. That usually gets me going pretty soon. I drink 10 to 15 litres per day in most ultras and more if the weather is hot."

Kelvin Marshall has suffered from dehydration. "It was a 100km race starting and finishing at Shepparton and further than I had ever run before. On my way back at the 65km drink stop there was no water and I ran too far without a drink, then probably had too much when I got some, I just lay down in the gutter at around 85km and couldn't go on, so I got my only ever DNF."

Hyponatraemia The sodium in your blood becomes too diluted if you drink too much. If you've based your drinking schedule on that of an elite athlete who completes a certain ultra in five hours, while you are out on the road for 10, you'll drink twice as much as the elite runner, which could have consequences as severe as dehydration.

Getting lost A temporary lapse of concentration, a missed turn, failing light. Marshall has had problems several times with the Maroondah Dam 50km Trail Race, in the 2002 event he lost the track near the start while passing around some fallen logs. Having come off the trail he then had an unscheduled meeting with a deer and wasted half an hour. "This is a race I enjoy but it has been one of my worst in terms of getting lost, having lost the track at least four times in seven races."

Julia Thom

WARNING: What you are about to read could offend those with sensitive stomachs.

ltra marathon runners agree that some solid food is needed in the course of an ultra, whereas in races up to marathon distance liquids are good enough. But the nature of the foods they go for can be bizarre. Porridge made up with Coca Cola. Mashed potato mixed into chicken soup. Unlikely but true.

At many ultra races the runners are left to their own devices in the food department. Sometimes basics like jam sandwiches, jelly beans, cake, fruit are provided. Bananas are popular with runners, as are the boiled potatoes with salt served up during the Comrades Marathon. High in carbohydrate is the rule. For more unusual requirements you're on your own.

Kevin Cassidy has seen many weird and wonderful items being consumed in his years on the roads and trails. At the expense of embarrassing some runners, who probably have quite normal tastes in the privacy of their own kitchen, here are some examples: "I used to love raw pasta mixed with stewed apple and cheese sandwiches. Brian Bloomer would eat small and regular serves of cold tinned spaghetti or baked beans, and he would also enjoy a mixture of cream and custard. Randall Hughes would have his own mixture of cereals that resembled a hardened plaster mix. I have seen bananas soaked in honey and a weird variety of vegetable juices. Keith Fisher loved beetroot and he would purée it with other veggies in a blender and the end result was a dark purple pulp.

"At mile 93 of the Glasshouse 100miler last year, Bill Thompson sat down to a meal of bacon and eggs that his wife had cooked on the portable gas cooker, then powered home over the last 11km to the finish line."

Vlastik Skvaril's tastes tend to the savoury: "I once had some cold barbecued sausages and found them very nice even in the heat of the desert. I also like a vegetable soup my wife makes for me - very thick, which I eat cold." Phil Essam also goes savoury, liking mashed potato and peas during a track race.

Baby food is another popular item. Paul Ashton and Stan Miskin favour baby desserts - in fact, don't we all, but here is a legitimate excuse. Similar in taste and ease of consumption is the condensed milk which John Lindsay enjoys out on the trails.

Having strange cravings? It might

not be pregnancy, this time.

RUNNER'S WORLD SEPTEMBER/OCTOBER 2002

RUNNER'S WORLD SEPTEMBER/OCTOBER 2002

AUSTRALIAN RUNNER COMPLETES "EXTREME AFRICA"

Far North Queensland runner **Paul Crouch-Chivers** returned to Australia recently following a gruelling two-week ultra event in East Africa. The event, entitled **Extreme Africa**, comprised climbs up Mounts Longido, Meru and Kilimanjaro, an ultra distance race of 67 Km, a marathon and a half marathon. Set in northern Tanzania, the event was organized by Charity Challenges, UK and Paul entered along with 12 competitors from UK.

'I trained for this event for the past 18 months. Although conditions in north Queensland are similar to those in Africa at low altitudes, nothing can prepare one for the extremes of climate at higher altitudes. The runs were over bush tracks, sometimes rocks and gravel, sometimes dust and sand and sometimes the track was flooded. There was not one metre of sealed road in any foot Blistering sun, fierce head winds and the ever-present threat from animals meant that we had to think in dimensions other than running. It was impossible to actually run the foot races and a combination of jogging and fast walking was as much as could be expected. Some team members became disoriented with dehydration, some got lost and one was attacked by a mad man. It was an effort to remain focussed on the track, keep up fluid intake and overall, try to remain good humoured. Performance times seemed unimportant and survival was the most important strategy. With running partner David Marsden from UK we pooled our energies, supported each other when one was witling, encouraged and bullied each other over difficult sections and swapped all manner of stories and tales to pass the time.

Different strategies were required for the mountains. From freezing cold nights to blistering midday sun we persevered by remaining focussed on the days climb, our fluid intake and all the time keeping an eye out for others who were struggling with the effects of altitude. Assaults on the peaks of Mounts Meru and Kilimanjaro were started at night. High altitude night climbing is not a pastime I enjoy. My mind wandered, I became disoriented and had to continually suppress the overwhelming urge to lie down and go to sleep. Some team members became very distressed at high altitude and, although all members summited the three peaks, some were in bad condition and needed assistance both up and then down the mountains. Everyone was dogged by headaches, some vomited above 4000 metres and everyone struggled to eat and drink sufficient for the arduous climbs.

Success in Extreme Africa results not so much from achieving good times in the foot races or getting to the top of the mountains but in maintaining a positive outlook in the face of overwhelming environmental extremes. It would have been easy to lie down and cry, but you'd still be in the middle of the desert or only half way up a scree slope. Knowing that each segment would come to an end and trying to reach that end looking and feeling reasonable human seemed a reasonable goal.

Extreme Africa will be an annual event and we hope that the lessons learned this year will improve the event for subsequent years. For me it would be ridiculous to go to Africa with any expectation of winning the event. Just participating was challenge enough, surviving was a definite bonus and completing all segments was my gold medal.

For next year Charity Challenges is hoping to organise a similar event in New Zealand. A combination of ultra running, mountain climbs, canoeing and mountain bike riding will set this event at the fore of extreme events in the region and should not be missed by extreme eventers.

Further information at www.extremeafrica.co.uk, with links to other extreme sites.



Paul Crouch-Chivers [right] tackles the harsh African conditions

THE TALE OF TWO TRAILS

By Bill Thompson

Leadville and Wasatch 100 mile runs [USA]

I have always wanted to do a long walk unconstrained by slower walkers. My son Simon, who considers holidays much more preferable to work, agreed to join me from Germany in a walk through New Mexico and Colorado. My original plan was to run Hardrock on the way but I missed the cut, so I thought I would have a go at Leadville instead and then go to Utah and try Wasatch three weeks later.

Before heading for Colorado I stayed with Phil Brown and Carol La Plant in California. They live at the world centre of ultra running and we had a great time exploring the numerous trails right at their doorstep. We went out to the Western States 100-mile run and did some crewing. I signed up as a pacer but both runners I was assigned to, flaked out. The course looks pretty interesting and I wouldn't mind having a go at it one day.

Leaving California, Greyhound dumped us at a high pass south of Leadville. Because of the bad bush fires Hardrock was cancelled and we had to change our plans to a more mountain climbing orientated holiday in central Colorado. We gradually worked our way north, camping high, doing a lot of cross-country hiking and running in to towns for fresh food every ten days or so. There are some 54 mountains over 14,000 feet in Colorado and for five weeks before Leadville we climbed 14 of these peaks. Colorado is a great spot for camping, and this is actively encouraged by the forest service. A couple of encounters with bears and a mountain lion jumping Simon's tent kept our adrenaline high. After five weeks we were as fit as Mallee bulls and carrying our heavy packs over the high peaks was a breeze. I felt well prepared for Leadville.

The Leadville Trail 100 "The Race Across the Sky"

As I am basically a walker, I knew that the 30-hour time limit would be tough. Most of the course is between 10,000 and 11,000 feet. The crux of the run for most people is the 12,600 feet Hope Pass at half way, which you have to do twice as it is an out and back course. The aid stations at Leadville are at least two to three hours apart.

Simon was going to pace me from the half way turn around and my other son Jim and his wife Amy had come up from Houston to do some crewing. After no sleep I assembled with the other 464 people for the 4am start in the main street of Leadville. The first leg, mostly done in the dark, would be fairly critical for me as you have to average 6.7km per hour just to make the cut off. About half this section is on a wide dusty road. The crew were worried on my slow progress at half way but I managed to pick up the pace around Turquoise Lake and come in with 30 minutes to spare. There were considerable queuing problems at times and we would come to a complete standstill. On a couple of the rougher sections I went bush to overtake. Some of the runners seemed to have no idea on how to keep up the pace on rough ground - they would speed off on the good track so you couldn't pass, then they literally hit a brick wall on the rocky sections.

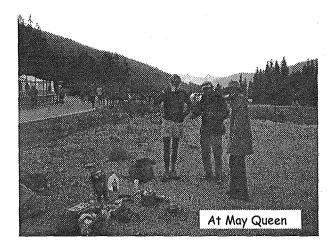
Jim is a gadgets man and he had supplied me with a small two-way radio. This proved to be great fun and very helpful. As soon as I had the aid station in site I would ring them up and put in an order - "Coffee with cream please followed by a bacon and egg sandwich" I remember was my first request.

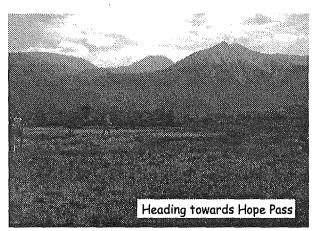
The next section was over Sugarloaf, a steady climb mostly on roads and then a steeper descent to the Fish Hatchery aid station. Here, I somehow put my back out and the next boring section on roads was pretty painful. I rang the crew to make sure Simon would be there to do some manipulation. Luckily he managed to thump me back into shape (no pun intended) and I took off to the Half Moon aid station with renewed optimism.

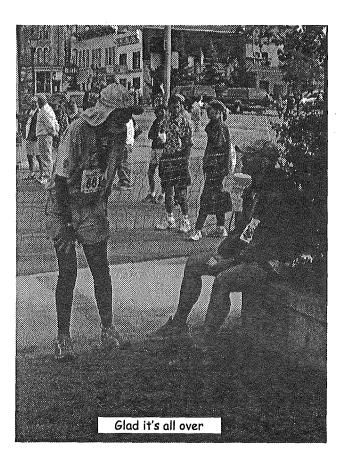
Half Moon to Twin Lakes is a pretty section mostly along the Colorado Trail, which is a 470-mile walking track across Colorado. I got a great reception from the crowd at Twin Lakes where they assemble to watch you come down a very steep section into the aid station, probably in the hope of seeing a few spills. I did a couple of parallel turns that amused the mob. Then comes Hope Pass with a 3,400 feet ascent to 12,600 feet followed by a steep 3,200 feet descent. I chatted with a young bloke on the approach to the climb and then apologised that I would have to stop talking and get my breathing going properly. This I did and bombed up to the pass without a stop, passing about 50 people on the way. Obviously the climbing with heavy packs and perfect acclimatisation were paying dividends. We had actually come **down** to run Leadville and I think this was a distinct advantage. On the way up to the pass, the leaders came flying past on their return journey. Once over the pass, I rang the crew to say I had topped out so that Simon could get up to Winfield, the turnaround point. The race organisers had asked crew not to drive up to Winfield but not many seemed to take much notice. After the steep descent passing numerous people on the return journey, it was a very hot and dusty two miles up to the half way point. I hope that they ban cars on this section in future or get some tankers in to lay the dust.

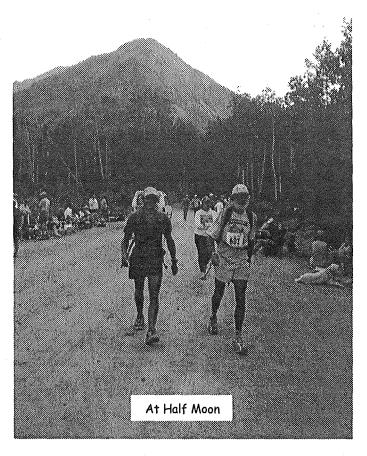
I returned to the bottom of Hope Pass with my pacer for a bit of a scheduled break. The large glass of champagne did not have its usual effect of restoring my appetite but I forced down a couple of bacon sandwiches. With Simon yelling "Get your breathing going Fogey" we began the steep climb to Hope Pass. We both knew that the secret of going uphill successfully hinged on rhythmic breathing. I was about 20 minutes ahead of the cut so this section would be crucial. I managed to keep up a good pace without stopping and Simon counted 31 people we passed. After a short stop for soup at Hope Pass aid station (complete with llamas), we bombed down to Twin Lakes, turning the torches on about half way down. We passed several people without lights - they were

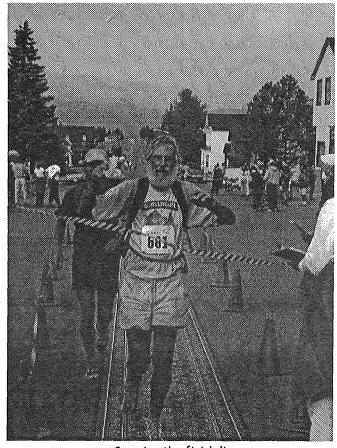
Action from Leadville











Crossing the finish line

obviously behind their schedule. After what I thought was such a good effort I found that I had not gained on the clock. I think that most of the people we had passed would not make the cut at Twin Lakes.

After weighing in at 143 pounds, my lowest weight for 42 years, we took off to Half Moon. People in the know were suggesting that if you could get through the next section on time then you had a very good chance of finishing. This is an interesting part of the course with plenty of ups and downs on a good track. The track was marked with red and black tape that is invisible at night. Luckily they had plenty of glow sticks at strategic points and we never looked like getting lost. We managed to gain 10 minutes but I was finding it hard to drink water. Luckily hot liquids went down OK so I had a few cocoas and potato soup before the long boring road section to the Fish Hatchery. The climb back over Sugarloaf seemed to take ages and one person likened the final section up to Leadville, to the German retreat from Moscow. We were all encouraging each other along at this stage and we were worried about a bloke in a red jacket who was having difficulties. He did finish OK and I found out later that he had a broken foot!

I was the 160th to cross the finishing line in 29 hours 28 minutes to an enthusiastic reception. 189 finished out of 465. People were complaining about the heat and the dust but I reckon conditions were better than in many previous years where runners had to battle thunderstorms over Hope Pass. After the award ceremony we went back to camp and had a cold swim followed by 11 hours sleep, my best for many years. For people interested in such things, my average heartbeat for the event, including rest stops, was 119 per minute.

After a couple of days rest, it was back into the mountains getting ready for Wasatch. We spent a week or so south of Aspen. Here there are big chunky mountains, good walking tracks, one hot spring and very few people once you have traveled a few miles. A bit of hitch hiking got us to a Greyhound bus terminal where we managed to survive the trip to Salt Lake City. A couple of years ago we helped a couple out at Glasshouse who had had their car broken into. We have kept in contact and their mother Linda very kindly provided us with a base in Salt Lake City and as luck would have it she lives right next to the Wasatch 100 pre-race venue. On arrival in Salt Lake City we had our first hot shower in 49 days. After two days being pampered by Linda we spent three days in the Wasatch mountains, knocking off the highest peaks and camping with Mrs Moose and her calf. Then back to town where I put on six pounds in three days.

The Wasatch Front 100 Mile Endurance Run - "100 miles of Heaven and Hell"

This run is conducted on a point to point course across the Wasatch mountains, the venue of the last winter Olympics. There is nearly 27,000 feet of ascent and descent on the course most of which is on trails. I had only investigated about 1 mile of the course so didn't know what was in store. Simon was going to pace me from about mile 40. We attended the pre-race meeting in Salt Lake City on the Friday. I had a drop bag for each aid station containing just one small bottle of cream. I am a great believer in fat for energy.

At 5am on Saturday, 208 people of dubious mental status enthusiastically took off from Kaysville. The weather forecast was bad. The remains of a hurricane were approaching with storms with hail forecast. The first five miles is along a very good well-benched walking track. This allowed the field to spread out nicely. This first aid station is 18 miles away with 6,300 feet of ascent and 3,700 feet of descent. We now started the long climb onto the range. Several people were soon having difficulties breathing properly. This course is lower than Leadville, the average being around 7,500 feet, the highest point about 10,600 feet, so you still need to be acclimatised. There were a few queuing problems on the climb but once on top of the range there were no more difficulties passing. The views of Salt Lake City at night were pretty amazing. It was mild at the start of the race but a very strong wind on top made most of us hall on our anoraks. I arrived at the Francis Peak aid station in exactly five hours, 45 minutes ahead of my not too optimistic schedule. I had run some of the downhill section and that may have contributed to later problems.

After a 10-minute break I was on my way to Big Mountain aid station where I could pick up my pacer. This section was on jeep roads and good trails with plenty of ups and downs. The route basically follows the top of the range with great views in all directions. You could often see other runners many miles ahead. We were lashed by a couple of heavy showers and I was amazed to see that some people had no wet weather gear. The rain at this stage was more a blessing as it laid the thick dust. I came in to Big Mountain in a downpour - the usual raucous reception afforded runners was somewhat subdued. They put me on the scales and with all my saturated gear I was well over weight. Although I was nearly two hours ahead of my projected time, Simon was expecting me. Each major aid station has computer terminals and they could predict a runner's arrival by their previous splits that are radioed ahead. Simon was going to pace me for the last 60 miles.

After consuming quite a lot of hot drinks and letting the storm pass, we set off along the range to the Alexander Ridge aid station. There are good views of the rugged terrain ahead after Lambs Canyon. The sound from the I-80 freeway becomes louder as you descend steeply to the aid station. The route then follows a buried gas pipeline and the mud here was particularly sticky. Our shoes were soon weighing kilograms and we were forced to travel in the long grass beside the track. In hindsight, I believe this is the section where I did some damage to my leg, trying to kick off the thick mud. After a couple of miles we turned off this track and things improved for a while. Then we were warned by some spectators of some very slippery bits ahead and they were not exaggerating. We heard later that people had actually broken bones on this section. The approach to Lambs Canyon Checkpoint on the I-80 freeway, basically the half-way point, is very frustrating. Although it appears quite close, we were floundering around in the mud for a fair while before actually getting there. What appeared to be an easy section on the map was a little bit of "Hell". I was pretty stuffed on arrival and warned Simon that this might be as far as we go if things didn't improve. Quite a few runners dropped out here, I expect a few of them because of the weather and their inadequate gear.

After 45 minutes of rest, food and drink, I didn't feel too bad so we ventured out into the night. I had put on all my warm gear, four layers on top, and although I sweated a bit at times, I kept this on all the way to the finish. After a mile or so up the bitumen there is a long 2,200 feet climb onto the range on an excellent track and we bombed up without a stop. This is followed by a fairly steep descent and I found this quite difficult as the lower left leg was getting painful. I had to shorten my stride a little going up the three miles of road to Upper Big Water but basically up hill was OK. 3.1 miles of bitumen road at night seems much further than it really is and we kept looking at our watches to verify we hadn't gone past the aid station.

After a short refuel we were off up another long gentle climb which again was no problem. We were passing quite a lot of people on the uphill sections and I wished it were up, up, up, all the way to the end. This is probably the most remote part of the course. After 3,000 feet of uphill on good walking tracks we arrived at Desolation Lake at around 3am. There is then a short climb to the top of the range on our way to Brighton via Scotts Peak aid station. We stopped here for 10 minutes while I had a cocoa and Simon managed to get half frozen. A long descent to Brighton, most of it on roads, is further than it looks. This did nothing at all for my leg. We had scheduled a half-hour stop here but stayed an hour as Simon took that long to thaw out. I meanwhile ate four hash browns, three fried eggs, plenty of toast and several cups of coffee.

After getting weighed, we set off on the 1,700 feet climb to the highest part of the course. Apart from my leg, I was feeling great. As luck would have it, the moment we arrived at the highest point it got very dark, hail started belting down and some extremely close lightning sent six of us tearing down the steep rough descent like startled rabbits. I simply had to ignore my leg and it was not feeling too good when we arrived at Ant Knolls aid station. Here, three people were being fitted with garbage bags, as they had no wet weather gear!

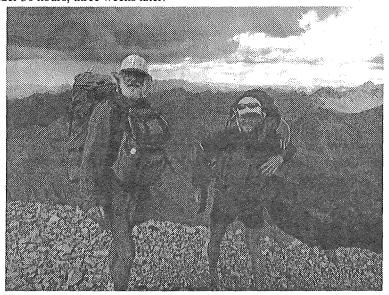
After a head count to make sure we had all made it safely, we took off in the heavy rain. The hail was thick on the ground and the track started to get very boggy and slippery. We made it to Pole Line Pass aid station but after this the going became extremely difficult. We had to negotiate about four miles of mud and expended a great deal of energy in doing so. We got the feeling that Wasatch didn't want us to finish. Every step was slippery and while uphill was almost impossible, the downhill sections had to attacked like a skiing black run. Somehow we got to Rock Springs at mile 87, a small aid station to verify numbers and provide water. "100 miles of heaven and hell" was living up to its name.

I now had to make the decision of either stopping or taking pain killers. After coming through so much, we decided on the latter, and I took the maximum daily dosage. Luckily the track improved for a while and by the time we came to some very steep downhill, probably the most difficult section of the course, the painkillers had kicked in, and we made good time to Pot Bottom. Here I caught up with my old mate Hans Dieter Weisshaar from Germany who I had met at Hardrock and Leadville. Hans said "Bill, this time I will let you beat me" but it was not to be. The pain started coming back, the track deteriorated towards the end into a mud slide, so I spent a miserable few hours getting down the 2,700 feet of descent to the finish. Simon was getting pretty annoyed with me towards the end as people kept streaming past us but I just wanted to get there in one piece. This we did in 34 hours 27 minutes with one and a half hours to spare. 123 finished the race and I was the 101st across the line. I spent a total of four hours 20 minutes at aid stations. I lost three toenails on my right foot, the result of trying to hop on one leg for 20 miles.

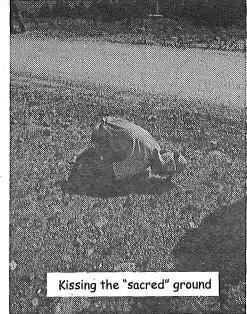
It is interesting to note that the leaders had near perfect conditions, just enough rain to harden the trails and lay the dust. Nate McDowell's winning time was 19 hours 52 minutes, a course record. This is one run I would really like to do again. Without injury or mud, I reckon I'd have a chance at 30 hours. Something to dream about anyway. Simon reckons he should be OK for a 100 now that he has paced for 60 miles.

On the flight back to Australia, my leg was about double its normal size, but I recovered enough to finish the Glasshouse 100 in

under 30 hours, three weeks later.



Training at 14,000 feet



Geelong to Swan Hill with "The Killer"

By Peter Armistead

I spoke to The Killer [Kevin Mansell] a couple of months ago about running from Geelong to Beverford [a small town 16km passed Swan Hill where my sister lives] as a training run for the Colac Six Day race. We planned to take a week to cover the approximate 450km to the top corner of the state. The big challenge, of course, was to arrive by Saturday to take on my father in a one on one challenge at lawn bowls! A starting date of Monday, September 16th was set.

We slept the night before at my daughter's house in Geelong. Well that was the idea except that no sleep took place and at 12.45am we decided to have breakfast and head off. 1.20am was the starting time and little did I realise that this was to be the norm for the week.

The morning was mild with a strong wind. I had arranged to meet an old friend in Clive Davies for breakfast at the house of his Welsh friends in Anakie at approximately 10am. After battling gale force winds and rain, we arrived to give them a wake up call at 6am!! Just a few hours early!! Toasted muffins, toast and a hot drink went down a treat. We set off again for Ballan for our first overnight stop with 70km under our belts. Wet, tired and wind blown, we were disappointed that no accommodation was available in Ballan. The woman who owned the local Hotel was closed on Mondays but I doubt if she would have taken in two rough heads, anyhow. She would have been terrified if she had seen "The Killer". Ringing a taxi and a \$50 fare to Daylesford seemed to be the best option and, in hindsight, even better as the extra kilometres the next day would have been a struggle

Day 2 sees a 1.40am start on a cold clear and frosty morning. We enjoyed the morning sun as we approached Castlemaine. Kevin had a small stop to chat with his sister-in-law who spotted us passing by on the highway. A hearty cooked breakfast in Castlemaine then on to Maldon for a day two finish. "The Killer" was suffering badly with a sore foot but you would have to cut his legs off to stop him, I don't think a tougher man ever drew breathe!

Day 3 and Kevin insists on another early morning start, so we set off at 1.20am....No wonder they call him "The Killer". About 15km out of Maldon, a police car pulled up beside us looking for two women escapees from the local prison that we had run passed a little earlier. I don't think you could mistake "The Killer" for a woman so I don't know where that leaves me! I was struggling with my feet and glad to reach Bridgewater for a lunch break. The remaining kilometres to our bed for the night at Inglewood was into another strong headwind, the weather certainly wasn't being kind to us. Another great country pub meal restored our energies for the next day.

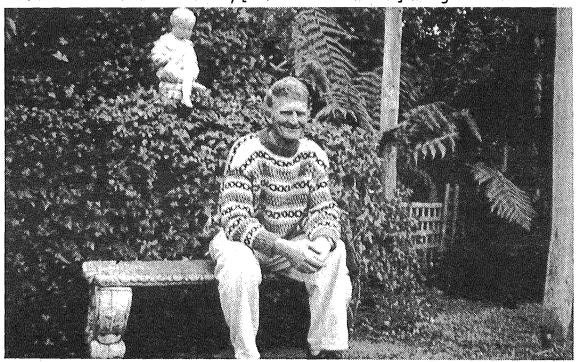
Day 4 was another 1.20am start with the destination being the town of Boort and after a few extra kilometres searching for the correct turn off to Korong Vale, the scenic country road did little to brighten "The Killers" mood. His foot was giving him hell and he was seriously thinking of giving it away, but true to form, he was back on track by the time we strode into Boort. The meal at the Boort Hotel was as good as you could ever get. I must go back there one day. It sure is a small world, I discovered that the Publican and his wife used to live next door to my old mate, Ross Shilston, back in Frankston!! I gave them my condolences!!

Day 5 started at 1.10am. I used to think I was an early riser but "The Killer" was taking it to a whole new level.

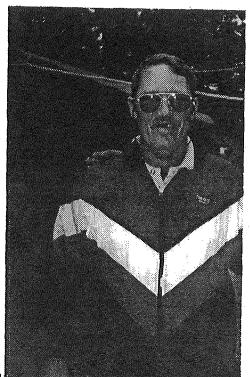
On reaching Lake Charm, our last overnight stop before finishing, we found that the Caravan Park we had pre booked was a few kilometres off the highway but well worth the effort to put the feet in the cool lake water.

Another 1.10am start for the last 55km to our destination saw us hit Swan Hill in time for a cooked breakfast before the final 16km to my sister's farm on the Murray River. An elderly gentleman offered us a lift just 5km from the finish but we kept plodding. Shortly after, a car with lights flashing approached from the opposite direction, the same gent had returned with oranges and mandarins for us. I think we must have looked a bit worse for wear. This was typical of the country hospitality we received all week.

"The Killer" wimped on a swim in The Murray, while 2 seconds was about all I lasted. Sadly, I must admit to being soundly beaten on the bowling green by my father who is well into his eighties. All in all, it was a fun week and Laurel and Hardy [as Kevin had named us] managed to survive



Peter Armistead in a reflective mood



"The Killer", Kevin Mansell [left] looks satisfied at the completion of the run. Gee, Kevin, how on earth did you manage to put up with Peter for an entire week? That would be worth a Gold Medal in itself!

The 'Gong - A Classic Road Race of Australia

by Steve Cornelius

For some Striders' old-timers, the recent demise of Harbord Diggers' much-loved Palm Beach to Manly 30k race triggered a shiver of nostalgia for another late great Australian road race — the Sydney-Wollongong 50-miler, commonly known in the 1980s as the "Gong".

Point-to-point races, for me, always generated a special feeling of accomplishment which more than compensated for the inevitable logistical inconvenience. Manly always looked more attractive for being somewhere other than Palm Beach, those first Saturdays of January. And similarly, finishing the Gong brought with it the satisfaction of having gone somewhere for a day out instead of just running around pointlessly in circles or out-somewhere-and-back.

Although billed, grandiosely, as the New South Wales Road Runners' Club (NSWRRC) 50-mile Road Running Championship, the reality of the Gong's profile and organisation was much more prosaic. The NSWRRC, one was eventually forced to conclude in view of undeniable evidence, was a virtual entity, a shadowy, make-believe "club". Its only "member", the equally tenebrous race "organiser" Tom Gillis, surfaced annually for the sole purpose of staging the Gong, after which he would again vanish into the depths of obscurity whence he came.

Notoriously difficult to contact owing to the fact that "his" phone was in someone else's flat, where he conveniently didn't happen to live, Tommy Gillis' approach to the complexities of race organisation was that of Alfred E. Neumann – not to worry about them at all. Everything about the Gong, not excluding Tom himself, redefined "low-key". Race instructions to runners and helpers were usually verbal and delivered in 30 seconds, maps non-existent, the winner's trophy an avant-garde but dilapidated wooden affair seemingly cobbled together from objets trouvés by a prentice carpentry class.

BYO everything

It was BYO food, BYO drink, BYO car driven by a long-suffering "second" (read: spouse, generally). Raggy old chest numbers recycled from a bygone age were chaotically, analphabetically distributed from a shop doorway in the dark just before the 5am (in later years, 4am) start. Race marshals were deemed unnecessary – everyone, went the reasoning, knew how to get to Wollongong, you just had to keep putting one foot in front of the other until you were there. The starting "gun" was Tommy shouting out "Ready, GO", usually before you were ready, but it didn't matter. For all its faults and frustrations the race had an unequalled atmosphere about it which

brought its hard-core aficionados trundling back year after year.

Australian 'first' by Sue Hill

In the late 1970s, this 50-mile race had been born in a vaguely out-and-back format. Punters circled Centennial Park a few times until moderately confused, then went spinning down to Sutherland and back before completing the distance with vet more laps of the park. It was during this pre-Gong period just prior to Sydney Striders' foundation that the immortal Sue Hill, who in 1980 would become the first female Strider, ran the event. Intending only to pace a friend for the first 42k or so then drop out, Sue continued running back from Sutherland only because her promised bale-out lift didn't materialise. Finishing the race, Sue achieved, with characteristic modesty and entirely by accident, the distinction of becoming the first Australian woman ever to complete a 50-miler. What she later said to her unreliable lift-promiser was, perhaps fortunately, not recorded for posterity.

Around 1980, however, the race morphed into its more inspiring inter-city format, and the legend of the Gong began. Like South Africa's Comrades, the direction alternated, southbound one year, northbound the next. However, apart from its distance (about 83km) there were precious few other similarities with the South African classic, or even with the UK equivalent, the London-to-Brighton.

Abducted by aliens?

Rarely patronised by more than 60 or 70 starters, and on at least one occasion attracting fewer than 40, to run the Gong was to know intimately that infamous long-distance loneliness. In the later stages, more often than not, the nearest runner ahead of you or behind could be out of your sight. You could run the entire second half without seeing another runner, an experience which raised irrational but nagging doubts, not only about whether the race had been mysteriously abandoned, but sometimes (southbound) even whether the entire population of New South Wales apart from yourself had been abducted by aliens. If it were not for the regular contact with your support crew every few kilometres, you might have gradually surrendered to insanity, even in the unlikely event that your mental health wasn't a problem before you started.

1980, of course, marked the foundation of Sydney Striders, and the beginning of the so-called "Marathon Boom". There was very little interest in the Gong from Striders in the early years, as the club was seriously focussed on the 42.2k event. You may recall that these were the days before Striders decided

77

to delete the words "Marathon and" from the club's name, and stick with simply "Road Runners' Club".

Many of the early South African exile Striders, including founder Charles Coville, had run numerous Comrades, sometimes (curiously, it seemed to me at the time) to the exclusion of the standard marathon. I remember Charles commenting once that he felt his marathon performance had been adversely affected by overly concentrating on the longer distance, and that he wouldn't be bothering with the Gong, or anything like it, in the foreseeable future. He was as good as his word. As a result, those few Striders whose fancy turned to a longer challenge after several marathons were regarded as somewhat eccentric, perhaps to be approached with caution and addressed in gentle, soothing tones. Quite what the 1982 Striders would have thought of their 2002 counterparts, some of whom reportedly fly annually to Africa for their 90k ultra fix, is difficult to imagine.

Triumph over adversity

I joined Striders in February 1982, but several months earlier, I had stood on George Street outside Sydney Town Hall and watched the frontrunning finishers in the 1981 Gong, northbound that year. It was a day when the supernatural Hughie, whoever or wherever He is, had "Sent Her Down" like rarely before. From the start in the dark at Wollongong Town Hall, all the way to the finish where I stood at lunchtime minimally protected by a disintegrating umbrella, the runners had been mercilessly lashed by relentless near-horizontal rain of barely describable intensity. It was one of those days when the NRMA asks radio stations to announce their current waiting time for road service is 8 hours and counting.

The runners' fortitude in such conditions made quite an impression on me, as they had clearly triumphed over some considerable adversity, both physical and psychological. Masochistically, I looked forward to giving this race a try in a subsequent year, although reasoning that the distance alone couldn't possibly present a comparably difficult challenge, as long as it didn't rain as hard again, a prospect which seemed unlikely in the next 400 years.

First Strider ultra

When the 1982 race came around, as it happened, I wasn't yet ready to take it on, and the general mood of Strider indifference to the event didn't help, but one diehard Strider trailblazer did decide to give it a bash regardless. He was Derek White, who chronicled his monumental "Super-Stagger" in Blister #12. Whatever organisational qualities Tommy Gillis lacked, he more than made up for in unequivocal goodwill, waiting at the finishing line in Wollongong more than three hours beyond the official time-limit to clock Derek at 13 hours 35 minutes 40 seconds, thereby writing him into the

record book as the first Strider to complete an ultramarathon of any description while a member. This was one of the early, but largely unrecognised, turning-points of our club's history.

With the Gong Northbound again in October 1983, I finally rustled up the courage to take it on, accompanied by two other Strider trendsetters, Dave Williams and Laurie King. Frankly, our training was haphazard by modern standards, more for lack of information than lack of motivation.



Steve Cornelius receives the baton from Steve Nordish for the Striders 'E' team at the final change-over point (top of Bulli Pass) in the 1987 Sydney-Wollongong relay.

We simply had very little idea how to tackle it, but did manage a couple of marathon-plus training jaunts including a long slow 66km jog from Sydney's northernmost beach to its southernmost – Palm Beach to Cronulla.

Career peak

On the day, Dave's "stop and look at the flowers" approach, which at one stage saw him trailing almost 5k behind me, proved the most efficient, but I just managed to shade him by a negligible 63 seconds in 8:21:19. "Hitting the wall" hardly described my feeling as I dodged buses and pedestrians to stagger up George Street to the finish, but the euphoria on crossing the line was indescribable. Few moments in my running career could come close to rivalling this one. Arriving at Town Hall only a minute later, Dave looked as if he had been relaxing in an armchair all morning, and Laurie rolled in around 20 minutes later, also in good condition. I claimed the unlikely and highly contrived honour of being first-ever Strider to finish any ultra within the official timelimit, and the rest of my glorious running career was largely downhill from then on.

However, inspired by the great Derek White the year before, we three musketeers had started something. What exactly it was, and whether it was good for Sydney Striders, we weren't entirely sure, but the club would never be the same again. What we had started turned out to be called "diversity". Never again would the entire club focus on races of a uniform distance. Sub-groups within the club started orienteering and track-racing, others took up half-marathoning in earnest, some whackos endowed with lots more money than sense bought bicycles, earplugs and gaudy lycra gear, and threw themselves at (shudder!) triathlons. And increasingly, others began to look at distances Beyond The Big Forty-Two.

The 'Southbound'

Those of us who backed up for a second shot in 1984 found out, slowly and painfully, that the Southbound run, although equidistant, was harder. This was counter-intuitive, as it would seem natural that the 5-kilometre northbound climb up Mount Ousley is a tough start to a 50-miler. Well it is, but not nearly as tough as dealing with hamstrings on the way DOWN Ousley after 75km on the road! Ah, the Gong – challenging one year, an absolute bastard the next. The more we ran, the more we learned, in that great but unforgiving classroom for runners, The Road.

The Gong's course followed the old Princes Highway through Newtown, Rockdale and Blakehurst, across Tom Ugly's to Sutherland, Engadine and Waterfall, then onto the narrow and winding Old Highway all the way until it rejoined the freeway just north of the Bulli turn-off. The road then did a roller-coaster imitation until the bitter-sweet, exhilarating but exhausting, descent of Ousley a few kilometres before the finish.

Terry McIver record

As the 1980s progressed, there were moments to treasure on the road to and from the Gong. Bryce Courtenay was stoked to complete his "50 at the age of 50" in the 1984 run. The same year, Brenda Hamill became the only female Strider ever to complete the race. Graham Firkin started a four-year finishing sequence in 1985, an early preparatory step on what was to become his monumental journey to the Westfield Sydney-to-Melbourne. Cedric Sidebottom led the Striders' attack and was first to finish in 1986, Nobby Young set a Striders' record just over 7 hours the year before, and Terry McIver, with myself as his support crew, crashed over the line in exactly 7:00:00 in the 1988 swansong of the Gong.

As for me, I ran four consecutive Gongs, including what I still regard as my best-ever run at any distance – my 7:29:02 in the 1985 northbound. That same year, TV cameras filmed the finish of the race for probably the only time in its history, but their interest was reserved for the man who finished eighth – ultramarathon hero Cliff Young, then in his sixties. Predictably, the media hacks failed to notice the lower-profile, but equally noteworthy, 63-year-old legend Gentleman George McGrath, who quietly and unobtrusively finished third.

After my barely-fit 1986 southbound stroll in just under 10 hours, I discovered that the race winner, New Zealander Dick Tout, had bludged a lift back to Mascot straight after the finish, caught his flight, and hit the tarmac at Auckland airport before my arrival at Wollongong Town Hall. This unwanted distinction caused me to retire from ultramarathoning on the spot rather than risk further embarrassment.

Striders relay win

I had no regrets about this, because there was still plenty to do on Gong day even for those not doing the 50-miler – you could join a support crew or a relay team. In an inspired attempt to broaden the event's appeal in 1985, Tom Gillis had introduced a relay option for five-person teams, in which each participant had to cover, give or take a little, 10 miles, starting an hour after the ultra. The popularity of this option exceeded even Tom's wildest dreams, and the relay was fiercely contested for the four years of its existence from 1985 to 1988.

Overcoming some initial reluctance with considerable cajoling, we put together a Striders team of Gun-Runners for the inaugural relay in 1985. Bernie "Exocet" Corden ran the hard and hilly first leg from Wollongong Town Hall, up Mount Ousley to the top of Bulli, Scott Lawrence (by preference an 800 metre runner!) took the baton to the Helensburg turn-off, and Derek Liebenberg blasted the central sector from there to Engadine. Phil Garvin sprinted the fourth leg to Blakehurst, and anchor-man Wayne Stanton squeaked into the finish at Sydney Town Hall only 51 seconds ahead of Eastern Suburbs AAC in one of Striders' most famous victories.

Although numerous Striders teams performed well over the following three years, there was no repetition of this win, but the 5x10-mile relay provided a lot of fun, and no small logistical challenge, to more club members than ever ran the ultra.

Demise of the 'Gong'

Regrettably the relay, which had given the Gong a new lease of life in 1985, was a significant contributor to its total downfall after 1988. Police had been monitoring the erratic, and sometimes frankly dangerous, behaviour of support crews for a while, but generally turned a benevolent blind eye to 50 or 60 ultra freaks, most of whom made a genuine effort to remain inconspicuous and cause no trouble. However, the 13 teams which contested the inaugural relay had exploded to 38 by 1987 and 51 by 1988. 205 relay runners, strewn along a 50-mile stretch of road, with countless intersections, cars all over the place, supporters straying onto the road – it was a disaster waiting to happen, and the authorities could no longer ignore it.

The Universal Ultra

by Andy Milroy

Although any race beyond 26m385 yards/42.195km is reckoned to be an ultra, across the world there is one particular distance which has become universally popular - the 100km/62.1 miles. 100km races have been held as far north as Hartola in Finland, and as far south as Puerto Varas in Chile; as far west as Honolulu in Hawaii, and as far east as Lake Saroma in Japan. The races are held on tracks, on trails, on road loops and from point to point; through towns, villages and over mountains. Some cater for a mere handful of enthusiasts, others feature a cast of thousands. This year there will probably be over two hundred such races around the world.

The mile has been around since Roman times, but the kilometre is a relative newcomer. Following the French Revolution of 1789, a new scientific basis for measurement was devised. A new measure for length was proclaimed - the metre which was to be one ten millionth of the distance from the pole to the equator. The kilometre, a multiple of the metre, took a century to gain acceptance on the Continent as the recognised unit of long distance. (As late as 1881 the Germans, for instance, were still using German miles.) Thus, competition over the 100km distance did not really begin until the end of the nineteenth century.

There are, however, accounts of walkers and runners tackling distances that approximated the 100km for many years before 1900. In the tenth century, Alswith, a walker in the Isle of Man, an island between England and Ireland, reputedly covered 70 miles/112km in a day. Some two hundred years later, an English shoemaker named Gilbert walked the 66 miles /106.2km from Canterbury to London in a day. Coming into more modern times, in 1709, a Russian, Vronov, walked a 100 vestes [about 107km] between daybreak and sunset. In Britain the great pedestrian of the early nineteenth century, Captain Barclay, twice walked 64 miles/102.9km in ten hours - once from Charing Cross to Newmarket [1802], and on the second occasion, from Charing Cross to Seaford in Sussex [1805]. Perhaps the most precise mark from this period was achieved by a Mr Hooper who covered 101.3km/63 miles in 11:38:45.

The best mark for the approximate 100km distance came in the 6 Day Era of the 1870s and 80s. In a shorter event, the British pedestrian, George Cartwright, produced an eight hour record of 62m1584y/101.2km in 1884. Thus when French ultra long distance racing flowered in the 1890s, there were already well established marks at 60 miles and beyond. It was from this `Belle Epoque' in France that the 100km at last emerged as a recognised distance in its own right. In 1902 one of the top French walkers and runners, Emil Anthoine, produced a startling 7:25 for the distance on the road, en route to a longer performance. How accurate the distance was measured is hard to say after all this time.

After this brief flourish, Ultrarunning went into temperary decline, and the 100km distance was left to the walkers. 100km road races were held in Germany, Italy and France, and walkers like Carl Brockmann, Harold Ross and Donato Pavesi gradually reduced the walking best to under ten hours. The last of these performances came in 1922.

Four years later, one of the most intriguing episodes in the history of the 100km event took place. A 100km race was held as part of the Central American Games held in Mexico in 1926, and two Tarahumara Indians, Tomas Zafiro and Leonicio San Miguel ran from Puchuca to Mexico City in a time of 9h37:00 Newspaper reporters at the finished recorded that they were not even panting. Their run created so much interest in Mexico that Government officials and sportsmen petitioned the International Athletics authorities to accept the record as official, and moreover, to include the 100km event in the 1928 Olympic Games at Amsterdam. Nothing came from these efforts. The leading Ultrarunners of the `20s and `30s, Arthur Newton and Hardy Ballington, surpassed the Tarahumaras' time for the approximate 100km distance, if we look at their splits for 65 miles in their Bath 100km mile runs. Newton running 8:51 in 1928 and Ballington running 8:17:30 in 1937

These marks were to be improved in the 1950s when the South African Wally Hayward clocked 7:41:36 for 62 $\frac{1}{4}$ miles on the track en route to his 24 hour world best, and Britain's Ron Hopcroft, 7:33:29 for 64 miles on the Bath road. Hopcroft's mark was set in 1958, just before the 100km road event was to begin its remergence on to the world stage.

French walkers like Florimond Cornet and Henri Caron had gradually edged closer to the absolute 100km best of the Mexican Zafiro, and in 1953 Caron had recorded 9:32:52. It was in fact as a walking race that the Biel 100km event in Switzerland began in 1959, but it rapidly became a go as you please event, and by 1961 the winning time was down to 8:43. The Swiss race was joined by the Liberec [Reicheneau] race in the then Czechoslovakia in 1965., the Czech race being won in 11:54 that year, with walkers leading the way once more. Four years later the Unna race in West Germany began, and was won by Helmut Urbach. [Urbach subsequently won the race four more times - as compared with his seven wins at Biel] The now defunct Jeugdtehuis 100km in Belgium began in the same year.

1972 seems to have been a watershed in the development of the event. Serge Cottereau won the inaugural Millau race in France, and the first Italian 100km at Turin went to the Italian Bonini. The Finns had their first race at Jarvenpaa, switching to Hartola in later years. Also in Scandinavia, the Danish event at Aarhus, Copenhagen joined the rapidly growing list of 100kms.

Two years later the world's two Super Powers, not wishing to be outdone, introduced their own 100km events. Lake Waramaug was to be the first such race in the United States, and Odessa the first in the then Soviet Union. By 1977 there was a 100km Club organising track races in South Africa, and a track 100km had taken place in San Sebastian in northern Spain. During the seventies and early eighties the spread of the road 100km event in Europe proceeded steadily. Winschoten (Netherlands), Hirtenberg and Bruckendorf (Austria), Santander (Spain), Lincoln (Britain) and Varazdin (Yugoslavia) were added to the calendar of 100km events.

The first such race in Australasia /Oceania was probably a track 100km was held in Canterbury, New Zealand in 1980, although Australian George Perdon had clocked 7:26:14 en route to his 100 mile track run in 1970. In the mid eighties 100km running began in South America with races in Brazil and Chile, and in 1987 the Saroma 100km began in Japan. At the last count there were 100km events in at least fifty countries around the globe. Many countries are content with just two or three a year, but two nationalities seem particularly addicted. The French put on well over twenty such races each year. The Japanese go in for numbers in 100km races, as opposed to numbers of 100km races. There are currently three Japanese 100km races with a thousand or more starters each year, and they also have several smaller 100kms with only 150 or so runners as well..

The largest 100km race is not held in Japan, however, but is in fact, the grandfather of them all - Biel in Switzerland, with 2813 starters and 1,849 finishers in 1996. Another large field also tackled the Italian Faenza race which had around 2500 starters that year. However the time limits on 100km in Continental Europe are often generous - sometimes 24 hours, which thus throws the event open to much wider spectrum of walkers and joggers.

In the early 80s the 100km event developed a stage further and national championships at this distance began to be recognised first in France and the United States, then in Germany and Spain. From that it was short step to international competition, and in 1984 a Three Countries Cup was developed by Harry Arndt, who was later to join the IAU Executive. This was an individual and team competition based on the results of Vogelgrun [France], Winschoten [Netherlands] and Rodenbach [then West Germany]. From this competition in 1986 emerged the 100km Europa Cup circuit competition which was enlarged to include Torhout [Belgium], Hartola [Finland], Hirtenberg [Austria], Geneva [Switzerland and Santander [Spain]. The IAU had come in to existence in 1984, and in 1987 the first IAU 100km Championships was held, at Torhout in Belgium. This was just a competition for individuals. The following year, at Santander, came the first IAU 100km with IAAF recognition. In 1990 the event went out of Europe for the first time, when it was held in Duluth in the United States. In 1994 the race went to Asia, hosted by the Japanese Lake Saroma event. The Duluth event had seen the first international team competition, which by 1997 had grown to 23 men national men's team and 13 national women's teams.

1990 was a very significant year in the development of the event. At an IAAF Council meeting at Athens in September the 100km was added to this list of officially recognised road distances. Also in that year the IAU introduced the Inter-Continental 100km Cup replaced the Europa Cup competition, enabling runners around the world to compete internationally, in races which were reasonably close to them.

18

Also in the early 1990s the IAU began to endorse continental championships, first the European 100km, which was under the patronage of the EAA, then came the Australasian, the African and the North American, though the latter has not been held regularly. The latest of these is the IAU Asian/Pacific 100km Championships to be held in 1998 in August. Over the years, several runners have made a major impact upon the 100km event. The original `Mr 100km' was Helmut Urbach of the then West Germany. Since the 1960s he won some twenty-two races in five different countries. The Swiss Biel race was a particular favourite of his, winning it seven times from 1967 onwards. He was also the first man to duck under seven hours for the track 100km. In 1975 he ran 6:59:57 to hold the world best for a week.[The following weekend Cavin Woodward won the Tipton 100 miler in a new world best, passing the 100km point in a world 100km best of 6:25:28.]

The most prolific 100km runner of alltime is Henri Girault of France who has currently run some 375 100km thus far.[as of May 10th 1998] His 100km total changes almost weekly. He has run a 100km in every continent except Antarctica, and at the last count had run 100kms in some 26 countries.

The most remarkable 100km performance belongs to a runner who ran 6:18 in his first ever 100km. In his second he ran 6:10:20. After close to twenty years, Don Ritchie's great track record is still in a class of its own. On the road the world loop best is 6:16:41 by Jean Paul Praet of Belgium, and the point to point best is 6:13:33 by Takahiro Sunada set in 1998. Apart the marks set by the now retired Praet, sub 6:20 marks are very rare, and even performances under 6:30 are uncommon. The greatest 100km competitor of recent times has been Konstantin Santalov of Russia, who has won the World 100km Challenge three times. He was famed for running high class 100km races very close to one another. The most remarkable example of this was when he won the IAU European 100km at Winschoten in 1993 in 6:26:20 one weekend and then next ran 6:23:15 at Amiens.

For women, the 100km was opened up internationally by two of the runners who also set world marathon bests, Christa Vahlensieck [then West Germany] and Chantal Langlace of France. In 1976 the German woman ran 7:50:37 at Unna.; four years later Langlace ran 7:27:22 at Amiens and in 1984 at Migennes 7:26:01. On courses measured by calibrated bicycle it was to be the Americans Sandra Kiddy [7:49:16] and Marcy Schwam [7:47:28] who led the way.

It was at the IAU 100km Championships at Santander that Ann Trason [USA] first came to international prominence. She won the world title in a new world best of 7:30:49. Germany's Birgit Lennartz improved this first to 7:26:52 a year later, and then the following year reduced it still further to 7:18:57.

In 1993 Ann Trason took the world best once more, with 7:09:44 at Amiens, but her greatest 100km was to come in the 1995 World 100km Challenge at Winschoten when she ran 7:00:48 to set a new world best. With a sub-7 hour 100km so close, June 27th 2000 was to see one of the ultra worlds most incredible runs when Tomoe Abe of Japan ran an astonishing 6:33:11 at Lake Saroma

In the late 90s the Japanese have emerged as a force to be reckoned with, as first Noriko Kawaguchi became the second best female performer of alltime with 7:11:42, and then Yashfumi Mikami produced the best male mark seen for three years in 1997, followed by the fastest road time yet on a calibrated bicycle measured course, 6:13:33 by Takahiro Sunada set in 1998. These are the best ever debuts made at the 100km distance.

As to the future, Don Ritchie's 6:10 will take a few years to surpass, and the first sub-6 hour 100km will almost certainly have to wait until the new millennium. The increased pressure of the international competition has made runners more cautious, and less willing to go for all out assaults on records. With perhaps just two or three opportunities to excel in a season, and positions in national teams and international championships at stake, runners are reluctant to push through 50km in under three hours and take the risk crashing or not finishing, when a more conservative strategy will bring them success.

Classic races like the London to Brighton, the Comrades, the Spartathlon and trail 100 milers like the Western States will always be a major attraction for many runners, but to thousands of others around the world, Ultrarunning means the 100km - the Universal Ultra.

NEVER SAY DIE

BY

TONY RAFFERTY

During a rest break at a recent soccer coach's clinic we discussed examples in sporting contests of competitors, when all seemed lost, coming back to win in what seemed to most an impossible task.

We talked about an individual's determination, concentration and belief; the importance of teamwork within a group - communication, insight, technique. I told the story about the team I coach and how with just 14 minutes to go and trailing 3-0 - with a grand display of confidence - drew 3-3. Others mentioned Brazil's World Cup win and the shock defeat of France in the first round. We discussed Muhammad Ali's 'never-say-die' approach against the great George Foreman as he withered the blows until Foreman tired, Ali winning the fight. Minutes later he said he'd never been so close to death.

The four-minute mile considered a physiological impossibility until Roger Bannister broke the elusive barrier produced spirited conversation about the mindset of a champion: is it genetic? can anyone acquire it? is it transferable to other vocations?

I talked about the Australian Six-Day Race at Colac two years ago when Yiannis Kouros suffered on the second day a severe groin injury which forced him to walk. He showed everyone if you don't risk failure you don't succeed. He stepped out of his comfort zone and showed superior purpose and commitment when he walked day and night with little rest to total 801 kilometres and win the event.

After 50 minutes we placed aside our coffee cups and walked to the playing area where 300 eager soccer juniors awaited our instruction. A coach reminded me of the classic 1953 F.A. Cup Final when, with a superb demonstration of teamwork and patience, Blackpool came from 3-1 down with 20 minutes left to win 4-3 after exquisite ball control from the 'wizard of dribble' Stanley Matthews to earn his Cup Winners' Medal - the only major soccer award he hadn't achieved.

'If you want an inspiring individual sports performance, something you won't ever forget,' I said, 'look for a video of Round 16 of the 1992 Australian Open at Melbourne Park.' This epic match of courage and endurance between John McEnroe and Emilio Sanchez is forever cemented in my mind. On the Sunday afternoon in 52 degree oncourt heat McEnroe looked like an ageing rock star as he faced the determined Spaniard. Without a tantrum McEnroe's spellbinding tennis expressed to everyone who witnessed the five-set match (7-5 7-6 4-6 2-6 8-6) the importance of tenacity, fire-in-the-belly and strength-of-mind in whatever physical or mental challenge we face.

After much passing and receiving, defensive and attacking headers, dribbling between cones and goalkeeping practice I drove home with a memory of a meeting in the early 60's with the undefeated Heavyweight Champion of the World, Rocky Marciano - just months before he died in a plane crash - when, before a group of young black boxers, he echoed the words of a former champion Gene Tunney: 'Success is rising from the canvas when you think you can't'.

TONY RAFFERTY - October 2002 email: tonyrafferty@bigpond.com.au

Finding the Competitor Within

by Ellen McCurtin

A couple of years back I had a conversation with my running partner, Barbara (during our daily morning run around Central Park in New York City), in which we compared notes on our experiences as high school cross-country runners. I told her I usually ran second or third on the team; I was comfortable with that. It was respectable enough to satisfy my standards for doing well. Her reaction surprised me. She was genuinely curious as to how I could feel content with my place and not be driven to be first on the team. No answer completely satisfied her.

It is probably obvious from her reaction that she did care—a lot about being the best on her team and winning races. For her, that was what motivated her to run. She summed it up well with the comment, "I like racing better than I like running." While I could certainly understand her point of view, I knew it was not me and probably never would be. Back then, I liked running much better than I liked racing. A sports psychologist could have had a field day moderating our discussion. I could speculate on the difference in our opinions, but can only really speak for myself. Am I truly content with my running as it is, or could it be construed as low tolerance for risk, fear of failure, or, conversely, fear of success? Probably all of the above-and more. But truly, I think it has to do with where I perceive the competition to be. At the risk of sounding disingenuous, I see the greatest challenge as being within myself, not with my fellow competitors. (Anyone want to be my teammate?) Essentially, I race against the watch.

Questions such as "am I tenacious enough," and "am I capable of pushing myself through a prolonged bad patch," and "will my willpower to keep going wither with physical exhaustion?" all go through my head at the start of an ultra. Friends who have never experienced an ultra have commented that I must be "so mentally strong" because I have completed what to them seemed like extraordinary distances. It is nearly impossible to convince them that this is not necessarily the case. If I were as mentally strong as they thought, I said to myself, I would have run the race much faster than I did.

My husband Joe sees things much the way Barbara does. He likes to race as much, or more, than he likes to train. And he likes winning more than anything. For him, as the saying goes, winning isn't everything—it's the only thing. I should qualify this by saying that his attitude has been tempered a bit by age and injuries and the affinity for optimism (or perhaps denial) so typical of athletes. But in his prime, winning a race was what it was all about. In fact, I sometimes think that for him, running is just a means to an end. It is something he can win. If he could perform another sport as well and compete at the highest level, I think he could leave running behind pretty easily. In some ways I might not be so different; I have often said I would run the mile if I thought I could be competitive at that distance. Joe once said if given the choice between a great time and not winning and a mediocre time and winning, he'd choose the latter. To him, winning is something tangible, something that people outside the sport can grasp. This recognition validates him as an athlete, and thus is important to him. Not me; I'd take the former almost any day. To me, the time is what I care about, what drives me in races. Winning a race often means less to me than running a personal best. Not to downplay the achievement of winning, but time is something you can dissect, analyze—and if you're like me— extrapolate out to other distances.

Similarly, I think ending a race in a tie for first place can be very appropriate. Donna Perkins and I tied in the Sunmart Texas Trail 50 Mile in 1996. We had run about 30 miles or more of the race side-by-side and nothing seemed more natural to me than finishing

together. I had gone out fast at the start and Donna had caught me. I had no illusions that I could stay with Donna if she was at her best, but that day she was struggling a bit and we were more evenly matched than we normally would have been. As we matched pace, I felt myself getting stronger and more positive than I had been at the beginning. As the race wore on, we established that if one could not hang with the other, the other would go ahead and there would be no hard feelings. This was, after all, still a race, and we respected that. As it turned out, we stayed together and almost certainly ran a better time—and to my way of thinking a better race—than I would have had I gone it alone. When I told this story to Joe, he reacted with friendly disdain for my lack of killer instinct. He would never intentionally tie with anyone. In fact, he couldn't recollect any race in which two men tied for first place.

Nor would he, under most circumstances, help a fallen fellow competitor. I was telling him about the New Year's Eve race in Central Park in which the two leaders were running neck and neck when one of them took a bad fall when a back-of-the-packer strayed into his path. Seeing his rival hit the ground, the other stopped, lent him a hand, and they resumed the race. Joe claims he would not have stopped his race to help someone off the ground. If anything, he said, he would run right over him. All kidding aside, I think this goes back to the idea that winning is all that matters and that it is every man (and woman) for him or herself. As foreign as this concept is to me, I appreciate—and even admire—it, because it is simple, not clouded over by too much thinking, or complicated by emotions.

In October of 2000, in the now-defunct Chancellor Challenge 100 Km held along the Charles River in Boston, I found myself struggling badly with hamstring problems and giving serious consideration to dropping out. As I weighed the pros and cons of this decision, I was caught by Nancy Drach. She looked comfortable and strong. She encouraged me to stay in the race and we fell into step with one another. I was glad to have her company and began to shake off the negativity and self doubt that had been running through my mind for the previous few hours. As we passed by an aid station in the middle of the loop, we saw Nancy's husband Dave, my husband Joe, and David Horton, watching the race together. We waved and David Horton called out to us, "Ladies, this is a race!" He was smiling as he said it and we just laughed and said "we know!" I'm not sure if he really disapproved (I sort of doubt it), but I think it serves to illustrate the sense that if you're not trying to beat the person running next you, your motivation and competitive instincts may he drawn into question.

In the past, when Joe has crewed for me in an ultra—Vermont comes to mind—he'd feed me bits of information, such as who was catching up to me and whether I was closing in on anyone. It took a while for me to convince him that that was not what motivated me. He was telling me because it was information that he would have wanted to know if the situation was reversed, so he naturally assumed I wanted to know these details too. I told him that I was always going as fast as I could, and that if I was feeling confident I wasn't worried about what the other women were doing. If I was falling apart, nothing was going to help me anyway, least of all the knowledge that I was about to be overtaken by another woman running a better race. In those situations, ignorance was bliss-or at least did not cause me undue stress. If I need to get motivated to move a bit faster through an aid station, or think twice about whether I can wait until later to change my socks or make a pit stop, all I need to do is look at my watch. It will always be my toughest competitor.

Training for a timed ultra of 12 hours or more

By Shawn McDonald

I thought I would discuss how one can train for timed events of varying duration held on a track or short road loop. The most common duration for these races are 12, 24, and 48 hours, and for the multi-day event, 6 days is the most common. Runners circle the track or road loop day and night, going as they please. Some stop to rest and sleep at regular intervals, while many have crew people to help them with food and fluid preparation, or clothing changes. How can one prepare for these types of events? Is the training different than for a trail ultra? To answer these

How can one prepare for these types of events? Is the training different than for a trail ultra? To answer these questions, you have to look at both your individual goals and the conditions likely at the upcoming race. It is best to train in a similar way as you will run the race. This means doing some of your long runs on flatter terrain on a surface similar to the race route (rubber track or pavement is most common for timed ultras). This will get your legs ready for the steady work of running mile after mile on flat ground, and prepare you mentally to keep going hour after hour. One thing to try is to run each mile at a similar pace, within a few seconds of each other. After a few hours on the track, you get into a rhythm with running and walking, eating and resting. Running part of these long training runs with friends can be fun and spice it up a little. Bring along a cooler with all your fluids and foods, as well as a towel and lawn chair. After a few hours you may be surprised at how the miles add up. It can be helpful to bring a paper and pen to record each lap you finish, and the total laps for each hour. Having this information down on paper from a training run can assist you in constructing a race plan. Again, for track ultras your long runs are the bread and butter of your training program, as they are for trail ultras.

Walking is also different in a track ultra compared to a trail ultra. There are no hills to regulate when you walk. Many runners will instead walk at regular intervals when on the track. This can either be in the form of "run 7 laps and walk 1" or be done by time, say run 20 minutes and then walk for 4 minutes. A very few runners can run the entire time, at a steady pace. Each runners is different. Great performances have been turned in by runners who mix in walking breaks. An example is Kevin Setnes, who won the U.S. 24 hour championship race in 1997 with a then U.S. record total of 160 miles. He followed a plan of running 25 minutes and walking 5 minutes for the duration of the 24 hours. An example of a runner who walks very little and runs steadily is Sue Ellen Trapp, the U.S. women's 24 hour record holder. She can run for many hours at a cruising pace of 10-11 minutes per mile, to ring up some impressive mileage totals. In your long training runs, you can discover what walking mix you like best. That way you will be comfortable on race day sticking with your race-walk plan.

Another difference in a track ultra is that you can get aid every quarter mile. Many runners will only stop to refill water bottles or drink fluids or eat every several laps, or by time every 10 to 20 minutes. To maximize the distance you cover, the runner can just get what they need from the aid table or their crew, and consume it while walking all or part of the next lap. You can practice this routine during your long training runs, if you do them on a track or short road loop.

For a 24 hour run, there are things you can try in training that will help you stay awake during the night portion of the run. One thing to try is to do a partial overnight run on a track, if you can find one that is open all the time. Experiment with various forms of caffeine (cola, coffee, or No-Doze) as well as self massage, and with wearing a walkman and listening to music. If you have run 100 mile trail races, then things that worked well at night with keeping you awake and alert will also work in a 24 hour track race. For a 48 hour track run, it is best for most runners to get a little sleep each of the two nights. To get comfortable with this, bring a sleeping bag with you on one of your night track training runs, and take a nap partway thru the night. Even a short nap of 30-60 minutes will refresh you so you can keep awake and moving forward at a good pace.

A good form of "training" for a 24 or 48 hour race is to do a shorter 6 or 12 hour race. Here the aim is to be on the course for the entire 6 or 12 hours, and to stay with your walk-run schedule as much as you can. Pace your running as if you were in the 24 or 48 hour event. Eat and drink as you plan to during the longer race and perhaps have your crew help you "as a trial run" for them. You might have to look around as there are not as many 6 or 12 hour races as 24 hour races. Or you can do your own "race" of 6 hours at a local track with your own aid and a few friends joining you for all or part of the run. Do this about 4-6 weeks before the 12 or 24 hour race you are preparing to do at your top level.

Well that about covers training for a timed ultra. In the next article I will discuss other topics regarding these events, such as clothing changes, crew preparation, and race strategy as well as goal determination. Good luck in your preparation.

Oleg Kharitanov breaks 100-mile World Record 11:28:03 smashes Don Ritchie's 25-year-old mark

By Andy Milroy

London - In a race to celebrate the 25th anniversary of Don Ritchie setting the world best for 100 miles, two Russians travelled to the Crystal Palace track in London.

The race was promoted by the British Road Runners Club, who had put on the original race at the same venue back in 1977. The bookmakers, William Hill, had put up a prize of £5000 if anyone broke Don Ritchie's world best of 11:30:51.

The race started at 8 a.m. on Sunday morning, October 20. Denis Jalybin, 22, took out the race, despite the cold and damp conditions, tracked by his better known compatriot, Oleg Kharitanov.

The two runners vied for the lead through much of the race, Jalybin running even pace whilst Kharitonov would come off to change clothing, toilet stops and the like, before speeding up and closing down on his younger rival.

:Legendary handler

The runners were handled by a legend in the sport, the great Konstantin Santalov, perhaps the greatest competitor in the history of the 100km.

The 150km mark was reached in 10:34:30 by Jalybin, breaking Don Ritchie's previous world mark of 10:36:42.

At this point the race began in earnest as both men strove for the prize on offer for any runner breaking Ritchie's 100 mile mark. Kharitonov was then some four laps behind Jalybin but began running 6-minute miles [after having run 93 miles/150km already!]

Meanwhile, Jalybin was struggling, pale and looking as if he would drop out.

Overtaken on final lap

Jalybin clung on to the lead until the end of the 402nd lap, a mere 135 metres from the finish. At that point Kharitonov went passed, pushing on to clock a new 100-mile world best of 11:28:03.

It was to take Denis Jalybin nearly two minutes to cover the last 135 metres whereupon he collapsed, looking very pale. Jalybin also broke Don Ritchie's mark, recording 11:29:32.

On the advice of the organisers, as a safety measure, Kharitonov ran an additional two laps. However the lap recording was by Championchip, with experienced manual lap recorders as back up.

William Sichel was a distant third in 15:17:47 with Walter Hill, the only other finisher within the 17 hour time limit, running 16:34:28.

2:24:24 marathoner

Oleg Kharitonov was born on the 13th April 1968. He is 1.70 metres tall and weighs 60kg. He is a relative newcomer to ultra running and has vast experience of cross country skiing. He had set his personal best at the marathon of 2:24:24 in 1998.

He made his debut at the 100km distance in April 2000 at the European 100km Championships in Belves in France where he clocked 6:47:00 for fourth place. In the World Challenge, held that year at Winschoten in the Netherlands, he finished third behind Pascal Fetizon of France, running 6:29:29. He is coached by Gregoriy Murzin, winner of the 1998 World 100km at Shimanto. Coming off of his 6:29 in his first year of 100km running, he looked set to become a major force in the sport.

After this very promising start to his ultra career, 2001 was to be a disappointment, his best performance was in running 7:05:45 for 18th place in the World 100km at Cleder in August. He was forced to retire in the European Championships later in the year. However at the shorter distances he was more successful, setting a personal best of 31:24 for 10 km.

2002 proved better. Kharitonov chose to run the Comrades and finished in 4th place in 5:34:43. In the European Championships at Winschoten he was third behind Denis Zhalybin [another version of Jaylbin!] 6:41:16 to the latter's 6:36:19.



Six weeks later came the opportunity to make good on his early promise, and to turn the tables of Zhalybin/Jalybin and he took it. A world best that had stood for 25 years and five days had been broken!

Evolution of the 100-mile track world best compiled by world ultra statistician Andy Milroy

Trowbridge, England - The 100-mile (160.935Km) race has a history which stretches close on two and a half centuries as a competitive event. The track event is a somewhat newer arrival on the scene and is perhaps a mere 130 years old. The list below gives the evolution of the best known track mark over that period.

| Time | Name | Date | Location |
|----------|---------------------|------------------|-------------------|
| 21h45:00 | Edward Weston US | 25. 5.1870 | New York City (i) |
| 21h01:00 | Edward Weston | 12/ 13.6.1871 | New York City (i) |
| 20h38:00 | Edward Weston | 11. 5.1874 | New York City (i) |
| 18h53:40 | Daniel O'Leary US | 16.10.1875 | Chicago |
| 18h51:35 | Harry Vaughan GB | 8/9. 5.1876 | London (i) |
| 18h48:40 | Charles Harriman US | 19. 2.1878 | Haverhill, Mass. |
| 18h08:20 | Billy Howes GB | 22/23.2.1878 | London (i) |
| 17h54:05 | Henry Brown GB | 28.10.1878 | London (i) |
| 17h03:06 | George Hazael GB | 4.11.1878 | London (i) |
| 15h35:31 | George Hazael | 21.4.1879 | London (i) |
| 13h57:13 | Charlie Rowell GB | 1.11.1880 | London (i) |
| 13h26:30 | Charlie Rowell | 27.2.1882 | New York |
| 12h46:34 | Wally Hayward RSA | 20.11.1953 | Motspur Park |
| 12h40:49 | Dave Box RSA | 11/ 12.10.1968 | Durban |
| 12h31:10 | John Tarrant GB | 26.10.1969 | Walton |
| 12h25:09 | George Perdon AUS | 23. 5.1970 | Melbourne |
| 12h15:09 | Dave Box | 31. 7/ 1. 8.1970 |) Durban |
| 11h56:56 | Derek Kay RSA | 6/7.10.1972 | Durban |
| 11h38:54 | Cavin Woodward GB | 25.10.1975 | Tipton |
| 11h30:51 | Don Ritchie GB | 15.10.1977 | London |
| 11h28:03 | Oleg Kharitonov RUS | 20.10.2002 | London |

Notes

The nineteenth century marks were made by professionals running indoors on small tracks. George Perdon was also a professional when he set his mark. (i) = indoor track

| Distance | Kharitonov | Ritchie | Wood | ward Kouros |
|-----------|------------|----------|----------|-------------|
| 10 miles | 1:07:41 | 1:02:24 | 56:27 | 1:03:11 |
| 20 miles | 2:15:02 | 2:05:29 | 1:54:26 | 2:07:43 |
| 30 miles | 3:21:07 | 3:08:17 | 2:53:51 | 3:13:05 |
| 40 miles | 4:28:04 | 4:10:57 | 3:56:18 | 4:19:31 |
| 50 miles | 5:37:22 | 5:15:58 | 4:58:53 | 5:27:44 |
| 60 miles | 6:45:38 | 6:24:37 | 6:09:45 | 6:38:39 |
| 100 km | 7:00:22 | 6:39:59 | 6:25:28 | 6:54:43 |
| 70 miles | 7:55:55 | 7:38:07 | 7:29:53 | 7:52:10 |
| 80 miles | 9:08:51 | 8:54:45 | 8:50:01 | 9:09:07 |
| 90 miles | 10:18:21 | 10:12:04 | 10:17:22 | 10:29:34 |
| 100 miles | 11:28:03 | 11:30:51 | 11:38:54 | 11:46:37 |

Notes

Yiannis Kouros' mark was set on the road.

Kharitonov is by far the most even paced effort. His 100km split was just over a half hour slower than his personal best for the distance. Although Kouros when he ran his world 24 hour best 303km/188 miles went for the fast start model - 100 miles in 11:57:59 - others like Tomoe Abe have used the even pace approach effectively to set new world standards.

Kouros runs away with U.S. 24-Hour Championships Best performance ever in a U.S. event - 172.37 miles [277.4km]

Sylvania, Ohio, September 14/15th - Yiannis Kouros, rated by many as the greatest ultrarunner ever, ran 172.37 [277.4km] miles to win the USA National 24-Hour Championships over the weekend - the best performance ever in an American race.

A Greek-born athlete who has lived for many years in Australia, Kouros took the lead at the start of the race (just after noon on Saturday) and ran unchallenged throughout the entire contest.

John Geesler placed second with 137.46 miles (the first man to claim three USA 24-hour titles) while Ann Heaslett ran 127.64 miles to win the women's championship.

Ray Piva set new 75-79 age group records for 100miles (23:01:56) and 24 Hours (104.73), placing 24th out of 167 starters. Jeff Hagen set a new American Men's 55-59 age-group record of 123.28 miles.

Report by Dan Brannen

John Geesler of St. Johnsville, New York made history today, becoming the first American man to win the USA 24-Hour Run Championship three times at the Olander Park 24-Hour in Sylvania, Ohio with 137.52 miles. Geesler outlasted a pair of brothers, Mark and Steve Godale, who took the silver and bronze medals, respectively.

Ann Heaslett of Madison, Wisconsin took her second national crown of the year, following her trail 50 mile national title in July with the women's win here in her first attempt beyond 100 miles. Heaslett, compiling 128.55 miles, bested Sandy Powell, silver medalist, and 7-time defending national champion Sue Ellen Trapp.

Conditions were difficult for the runners, as Saturday daytime temperatures in the mid-80's with oppressive humidity gave way to a night of sporadic showers and thunderstorms. Many of the pre-race favorites faltered in the physiologically taxing conditions.

Oblivious to all the Americans (the starting field of 167 was the largest ever for a 24-hour race) was special guest Yiannis Kouros of Athens, Greece. Kouros, virtually unchallenged as the world's best all-day ultrarunner for almost 20 years, ran alone immediately from the start, never stopping, never walking, never faltering from a relentless, metronomic pace. He constantly pulled away from the field, amassing a final total of 172.37 miles, bettering his own U.S. all-comers record (set in this event three years ago) by nearly 5 miles.

In the USA Masters championship division, a noteworthy performance was turned in by Ray Piva, age 75, of California. Piva set age-group world records of 23:01:56 for 100 miles and 105.02 miles for 24 hours.

EDITH BERCES of Hungary sets world women's 24 hour best of 250,106km

Lupatotissima 24-Hour Race. Verona, Italy - 21 22 September 2002

world women's record - previously 242.624Km by Irina Reutovich of Russia

World ultra statistician Andy Milroy of Trowbridge, England, was talking about 260km/160 miles as being perfectly feasible with Dr Lynn Fitzgerald twenty years ago. There has not been the competitive pressure nor single outstanding athletes - Edith is the latter - but it can go higher yet in the near future. Eleanor Adams-Robinson ran 240km in 1989!

Milroy says the previous verified world record was held by Irina Reutovich of Russia (242.624Km/150 miles, 1336 yards). Signid Lomsky of Germany has run 243.657Km on the roads. Yelena Siderenkova of Russia has a 248.901Km unverified mark indoors.

Off to beat blues

By EVONNE BARRY

THE drive from Brisbane to Melbourne is considered a long haul.

But Carrie Stoney, 24, is tackling the 2400km stretch on foot.

Next month the Melburnian will embark on a 64-day trek — "Walk Beyond the Blues" — to raise awareness about depression.

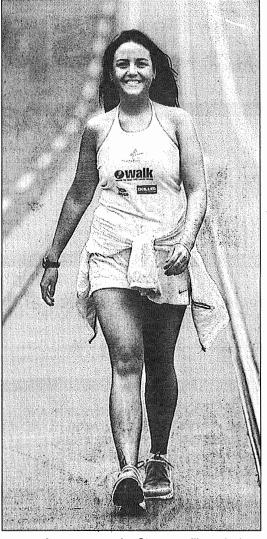
I am not an athlete by any means. I am not even that fit," Ms Stoney said. "I just wanted to do something with my life that wasn't selfish."

Walking up to 40km over seven hours a day, over seven nours a day,
Ms Stoney will stop at
towns all along the coast
promoting the cause.
Working with beyondblue, the National Depression Initiative, she

aims to help remove the stigma from depression.

The illness affects 800,000 Australians every year, and once hit

Ms Stoney as a secondary school student.
Cricket legend Allan
Border, who is now
walking from Sydney to Brisbane for various children's charities, will give Ms Stoney a sendoff at the Gabba on November 9.



Coastal stroll: Carrie Stoney will walk from Brisbane to Melbourne. Picture: JESSICA LEE

Herald Sun, Tuesday, October 29, 2002



'I just wanted to do something with my life that wasn't selfish'

Carrie Stoney on her 64-day walk from Brisbane to Melbourne to raise awareness about depression

Record shearer at a clip

AN Adelaide man has set a world endurance record after shearing 1001 sheep in 38.5 hours.

Joe Dodd, 37, broke his former record of 661 sheep in 34 hours at the Mt Gambier Show in South Australia.

He also set a new Australian 24-hour record by shearing 659 sheep, beating the previous record of 647 set in Victoria.

"I'm pretty tired," he said yesterday.

"I'm not as fast as those other boys but I have got good endurance.

"I actually could have gone longer and done more, so who knows what's up my sleeve?"

89

AURA Australian open records

For further information or omissions contact:

Fred Brooks 21 Regent Close, Berwick, VIC 3806 or phone (03) 9705-8649 or email lilfred@iprimus.com.au

Road Records

| | Men's | Distance Record | s (Km) | |
|--|---|--|---|--|
| 50 | Michael McIntyre | 2:54:57 | CANBERRA ACT | 08/04/01 |
| | | | | |
| 100 | Tim Sloan TAS | 6:29:26 | ROSS-RICHMOND TAS | 23/04/95 |
| 150 | Graham Medhill QLD | 15:57:34 | QRRC 24 HR QLD | 26/06 |
| 200 | John Breit VIC | 18:49:36 | LAUNCESTON TO | 16/10/88 |
| | | | HOBART | |
| 500 | Bryan Smith VIC | 2D:19:54:00 | ALBANY TO PERTH WA | 14/10/94 |
| 1000 | David Standeven | 5D:13:55:00 | SYDNEY TO | 24/05/89 |
| | | | MELBOURNE | , |
| | | | MEEDOOMAE | |
| | Men's | Distance Records | (Miles) | |
| 30 MILES | Goerge Perdon VIC | 2:53:48 | CARLTON VIC | 15/08/ |
| 40 MILES | Martin Thompson NSW | 4:04:36 | ISLE OF MAN (U.K.) | 05/05/ |
| | | | | |
| 50 MILES | George Perdon VIC | 5:22:55 | PORTSEA TO | 01/05/68 |
| 400 144 50 | | | MELBOURNE | |
| 100 MILES | Keith Swift NSW | 14:02:54 | MELBOURNE TO COLAC | 23/11/84 |
| 500 MILES | Tony Rafferty VIC | Less than 6 | MELBOURNE TO COLAC | NOV. 83 |
| | | DAYS | | |
| 1000 MILES | Tony Rafferty VIC | 14D:16:45:11 | MELBOURNE TO COLAC | 26/07/86 |
| | | | | |
| | | len's Time Record | ds. | |
| 6Hrs | Yiannis Kouros VIC | 84.856KM | GLENGARY VIC | 05/04/98 |
| 12Hrs | Peter Sullivan QLD | 138.652KM | CABOLTURE QLD | 15/04/89 |
| 24Hrs | Yiannis Kouros VIC | 290.221KM | BASLE SWITZERLAND | 98 |
| 48Hrs | Bryan Smith VIC | 371,200KM | ALBANY TO PERTH | 13/10/94 |
| 6DAYS | Kevin Mansell NSW | 902.500KM | CAMPBELLTOWN NSW | 12/11/88 |
| ODATO | Neviii Mariseli Novv | 302.300KW | CAMIFBELLIOWN NOW | 12/11/00 |
| | | | | |
| | | | | |
| the first terms of the | | | | |
| | | | | |
| FOKM | Linda Maadawa VIC | 2.27.22 | CANDEDDAACT | 00/04/05 |
| 50KM | Linda Meadows VIC | 3:27:22 | CANBERRA ACT | 09/04/95 |
| 100KM | Linda Meadows VIC | 7:40:58 | KUROW N.Z. | 18/11/95 |
| 100KM 150KM | Linda Meadows VIC Helen Stanger NSW | 7:40:58 16:45:21 | KUROW N.Z. BASEL SWITZERLAND | 18/11/95 03/05/92 |
| 100KM 150KM 200KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 |
| 100KM 150KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell | 7:40:58 16:45:21 | KUROW N.Z. BASEL SWITZERLAND | 18/11/95 03/05/92 |
| 100KM 150KM 200KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW | 7:40:58 16:45:21 23:21:04 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH | 18/11/95 03/05/92 03/05/92 |
| 100KM 150KM 200KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell | 7:40:58 16:45:21 23:21:04 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 |
| 100KM 150KM 200KM 500KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH | 18/11/95 03/05/92 03/05/92 16/10/93 |
| 100KM 150KM 200KM 500KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 |
| 100KM 150KM 200KM 500KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 |
| 100KM 150KM 200KM 500KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 |
| 100KM 150KM 200KM 500KM 1000KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 |
| 100KM 150KM 200KM 500KM 1000KM | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 s Distance Record | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 s Distance Record | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 500 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 500 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 500 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 |
| 100KM 150KM 200KM 500KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 |
| 100KM 150KM 200KM 500KM 1000KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 Men's Time Reco 72.229KM | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 |
| 100KM 150KM 200KM 500KM 1000KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES 1000 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC Wo Lavinia Petrie VIC Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 Men's Time Reco 72:229KM 112:225KM | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA ITCL BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 |
| 100KM 150KM 200KM 500KM 1000KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES 1000 MILES 1010 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC Wo Lavinia Petrie VIC Helen Stanger NSW Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 Imen's Time Reco 72:229KM 112:225KM 206.497KM | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA ITCL GLENGARRY VIC BASEL SWITZERLAND BASEL SWITZERLAND BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 |
| 100KM 150KM 200KM 500KM 1000KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES 1000 MILES 40 MI | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC Wo Lavinia Petrie VIC Helen Stanger NSW Helen Stanger NSW Cathrine Di Cunningham N | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 Imen's Time Reco 72:229KM 112:225KM 206.497KM //C 297.728KM | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA ITCL GLENGARRY VIC BASEL SWITZERLAND BASEL SWITZERLAND NEW YORK USA | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 30/05/92 03/05/92 03/05/92 27/10/96 |
| 100KM 150KM 200KM 500KM 1000KM 1000KM 30 MILES 40 MILES 50 MILES 100 MILES 1000 MILES 1000 MILES 1010 MILES | Linda Meadows VIC Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Cynthia Herbert VIC Women's Mary Morgan WA Helen Stanger NSW Cathrine Di Cunningham VIC Wo Lavinia Petrie VIC Helen Stanger NSW Helen Stanger NSW | 7:40:58 16:45:21 23:21:04 4D:02:27:00 8D:10:55:00 S Distance Record 6:07:26 18:13:11 15D:12:52:02 Imen's Time Reco 72:229KM 112:225KM 206.497KM //C 297.728KM | KUROW N.Z. BASEL SWITZERLAND BASEL SWITZERLAND ALBANY TO PERTH SYDNEY TO MELBOURNE IS (Miles) HARRIERS CANADA BASEL SWITZERLAND NEW YORK USA ITCL GLENGARRY VIC BASEL SWITZERLAND BASEL SWITZERLAND BASEL SWITZERLAND | 18/11/95 03/05/92 03/05/92 16/10/93 27/03/87 31/08/94 03/05/92 04/10/93 |

Track Records

| | | don neodic | 40 | |
|--|---|---|---|--|
| F1-4-515 | Men's | Distance Record | s (Km) | |
| 50 (#) 100 (#) 150 200 (#) 500 1000 | Bruce Cook ACT Yiannis Kouros VIC Yiannis Kouros VIC Yiannis Kouros VIC Bryan Smith VIC Bryan Smith VIC | 3:09:50 7:15:01 11:05:03 15:10:28 2D:19:00:21 11D:23:04:04 | PARRAMATTA NSW KENSINGTON SA KENSINGTON SA KENSINGTON SA COLAC VIC NANANGO QLD | 05/03/89 24/10/97 24/10/97 24/10/97 19/11/89 25/03/96 |
| E DE K | Men's C | Distance Records | (Miles) | |
| 30 40 50 (#) 100 (#) 500 1000 | lan Cornthwaite VIC Dragan Isailovic VIC Dragan Isailovic VIC Yiannis Kouros VIC Bryan Smith VIC Gary Parsons QLD | 3:01:22 4:07:33 5:15:00 11:58:00 4D:19:05:09 12D:19:44:35 | MOE VIC EAST BURWOOD VIC EAST BURWOOD VIC KENSINGTON SA COLAC VIC NANANGO QLD | 30/11/97 19/06/93 19/06/93 24/10/97 18/11/89 26/03/96 |
| | M | en's Time Record | ls | # 41-4 TA |
| 6Hrs (joint) (joint) (data) 12Hrs (#) 24Hrs (#) 48Hrs (#) 6 Days | Trevor Jacobs ACT Yiannis Kouros VIC Safet Badic VIC Yiannis Kouros VIC Yiannis Kouros VIC Yiannis Kouros VIC Bryan Smith VIC | 83.600KM 83.600KM 87.372KM 161.200KM 303.506KM 473.495KM 1001.410KM | EAST BURWOOD VIC COBURG VIC KNOX VIC KENSINGTON SA KENSINGTON SA SUGERES,FRANCE COLAC VIC | 21/06/92 08/04/95 30/10/94 24/10/97 24/10/97 08/05/96 19/11/89 |
| | Women' | s Distance Recor | rds (Km) | WASTING CO. |
| 50 100 (#) 150 200 (#) 500 1000 | Sandra Timmer Arends VIC Mary Frances WA Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW Georgina McConnell NSW | 3:38:18 8:23:00 15:23:14 21:40:52 3D:23:51:52 10D:19:50:58 | MOE VIC BUNBERRY WA COBURG VIC WOLLONGONG NSW COLAC VIC NANANGO QLD | 30/11/97 02/07/97 14/04/96 19/11/92 24/03/96 |
| | Women's | Distance Record | ds (Miles) | |
| 30 40 50 100 500 1000 | Sandra Timmer Arends VIC Linda Meadows VIC Linda Meadows VIC Margaret Smith VIC Georgina McConnell NSW | 3:31:06 4:51:52 6:07:58 16:01:43 8D:04:31:28 | MOE VIC EAST BURWOOD VIC EAST BURWOOD VIC MANLY NSW NANANGO QLD | 30/11/97 18/06/94 18/06/94 21/04/84 21/03/96 |
| | Wo | men's Time Reco | rds | TO THE |
| 6Hrs 12Hrs (#) 24Hrs (#) 48Hrs (#) 6 Days (#) | Linda Meadows VIC Mary Morgan WA Helen Stanger NSW Helen Stanger NSW Georgina McConnell NSW | 78.742KM 130.832KM 219.782KM 329.256KM 738.103KM | EAST BURWOOD VIC BUNBERRY WA WOLLONGONG NSW LOTA QLD CAMPBELLTOWN NSW | 18/06/94 03/04/94 02/04/95 02/06/95 24/11/90 |
| The second secon | | 4829 | | |

The amazing Yiannis Kouros



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:

| Sex: F |
|---|
| M 🗆 |
| |
| |
| Zip / Postcode: |
| one (w) () |
| ail: |
| |
| (full name of applicant), of the above |
| ralian Ultra Runners' Association Incorporated In |
| to be bound by the rules of the Association for the |
| to be bound by the rules of the Association for the |
| |
| |
| cant)(date) |
| |
| / SECONDER |
| nich we will happily provide for you): |
| 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 calander year. Subsequent renewals will coincide with the calendar year.