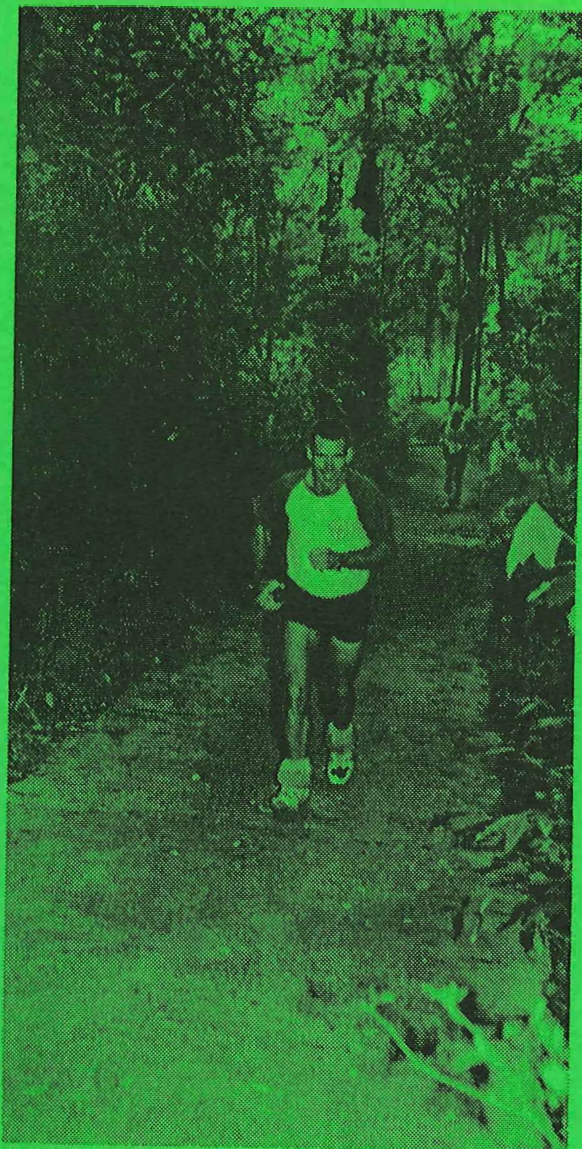


ULTRAMAG

March 2003

Volume 18, No. 1



Graham Medill, Two time
Winner of the
Glasshouse 100 miler



Bronwyn Hanns has made a welcome
return to Melbourne after a
number of years in
North Queensland

 **AURA**
MAGAZINE



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

Registered Office:
3 Sundew Ct
Knoxfield 3180

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HAVE YOU RENEWED YOUR MEMBERSHIP FOR 2003?

HURRY, RENEW, LAST MAG UNLESS YOU DO!



**A.U.R.A.
AUSTRALIAN ULTRA
RUNERS' ASSOCIATION
2003 RENEWAL FORM**

David Criniti
AURA Membership Secretary
14 Cambridge Ave
North Rocks
NSW 2151
Cheques payable to AURA

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

Enclosed is my year 2003 A.U.R.A. subscription of \$ _____ + donation \$ _____

Method of payment: ☐ Cheque / money order (Make cheques payable to A.U.R.A.)
☐ Bankcard
☐ Mastercard
☐ Visa

Expiry date: ____/____
Name on card: _____ Signature: _____

Card number:

Current rates: Australia \$30 N.Z. \$39 Asia \$43 U.S.A. \$46 Europe \$48

www.coolrunning.com.au/ultra/membership.doc

The second day of February is a day that will never go unnoticed. Is it really two years since we tragically lost the great Bryan Smith? Time sure does fly. Equally as sad was Peter Waddell's fight with cancer that came to an end in December last year and the recent loss of regular Geelong Ultrarunner, Ron Campbell. Peter was a regular at the 24 and 48 hour events and always competed with a quiet determination. It is only since his death that I have learnt of his long and devoted service to the sport of Racewalking. In this issue, Bruce Cook has put together a moving and informative tribute to Peter. Meanwhile, Ron was a popular and regular figure amongst the local ultra scene for many years and Andrew Hewatt pays tribute to Ron also in this issue.

President, Ian Cornelius has put together a 4 page report that explains many of the advances that AURA has made in the last 12 months. You will notice a new look membership form on the back cover with the facility for credit cards. This is a welcome move into the modern world.

The race results and reports are a bit light on in this issue with a number of Fat Ass runs and the traditional Mansfield to Buller event having to be cancelled due to the raging bushfires in the Alpine regions during January and February. Given that lives were lost and numerous properties destroyed, missing a few races hardly seems to be of any significance

Kevin Cassidy

From Stan Miskin

Whilst allocating the points scored by AURA members in the first three events of 2003, I was concerned to find the AURA membership as follows:

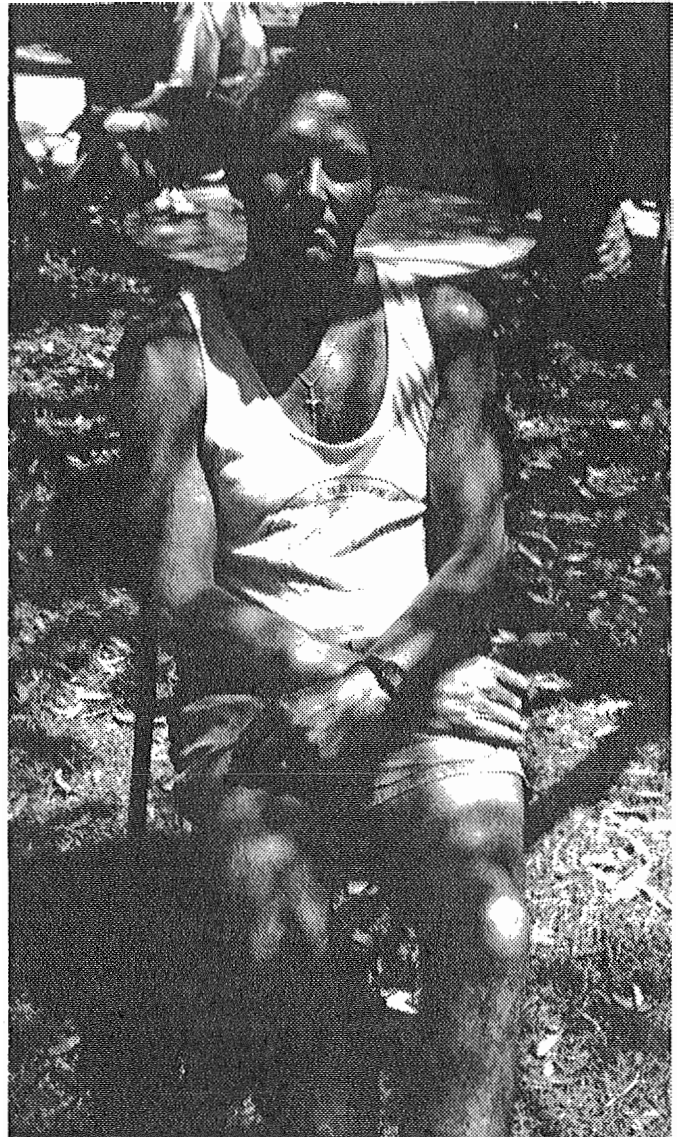
- a. Gosford 12 Hour event- 7 members from 22 starters
- b. Bogong to Hotham 9 of 23
- c. Cradle Mountain 2 of 46

A total of 18 from 91 runners [20%] are AURA members. 35% of mainlanders and 4.3% of Tasmanians.

Given that race directors and/or committees make use of Ultramag to publicise their events, I believe that all such people should be AURA members and promote AURA in pre race literature or packages, in pre race briefings, with lower entry fees for AURA members and at post race presentations.

Perhaps AURA could consider donating a membership renewal in a lucky draw for members at some events.

I believe that if we wish to compete in Ultramarathons, then we should join the umbrella organisation [AURA] which is now affiliated with the Australia Athletics Federation



Brian Gawne from Shepparton is the only person to have completed all 12 Mansfield to Buller events. He cast a forlorn figure when bushfires forced the cancellation of this years event.
Number 13 next year, Brian !

Current Australian UltraMarathon Calendar

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

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

March 2003

23 AURA DAM TRAIL RUN 50KM & 30KM

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. 8am start (50km). 9:30am start [30km], Fernshaw Reserve, finish Maroondah Dam wall. \$15 entry for AURA members, \$20 for non-members. Closing date for entries 19th March 2003. For more information see the webpage at www.ultraoz.com/auradam or contact Nigel Aylott via email nigel_aylott@mail.com or at 14 Bayview Rd, Emerald VIC 3782 or telephone (03) 9634-2776.

23 WATER WORLD GREAT OCEAN RUN

Red Rock to Coff's Jetty Beach & Headland. 45 kms. 5:00am start at Northern end of Red Rock beach, finish at Coff's Harbour Jetty. Entry fees \$10.00 before the day (payable to "Woolgoolga Fun Run"), \$15.00 on the day. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hotmail.au. Course Survey: Saturday 22nd March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: at Woolgoolga Pizza Place (from 6.30pm. Saturday 22nd March). Download the entry form as a MS-WORD document here <<http://www.coolrunning.com.au/art/wordbutton.gif>> .

30 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

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.

5-6 RELAY FOR LIFE - TOOWOOMBA

Relay style event held over 18 hours. Starts 4pm Saturday, finishes 10am Sunday from Toowoomba Showgrounds, Toowoomba. Contact Sue Gower via email or website or phone 1300-656-585 or mail to PO Box 1054, Toowoomba, Qld, 4350.

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, 6 Hour race, 12 Hour race & Relays. Harold Stevens Athletic Track, Coburg. 6 & 12 hour events also available. Entry \$50 for 24 hour; \$40 for 12 hour; \$30 for 6 hour. Starts 10am Saturday. Further information Bernie Goggin (03) 9850-4958 or email gogginbj@bigpond.com or Download the entry form as a PDF document here <<http://www.coolrunning.com.au/art/pdfbutton.gif>> .

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 safety and assume full liability for their participation. 6am start from Tidal River. For more details see webpage at www.coolrunning.com.au/ultra/wilsonsprom/index.shtml or contact Paul Ashton via email: mcsashton@bigpond.com or phone: (03) 9885-8415 (h) or 0418-136-070 (mobile).

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.

18 GLASSHOUSE MOUNTAINS TRAIL RUNS - COOK'S TOUR

50mile, 50km, 30km, 11km. Starts from 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.glasshouse.ultraoz.com

?? 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) <<http://www.coolrunning.com.au/art/wordbutton.gif>> or from John Harper at harperj@ihug.com.au or (03) 9803-7560 (H) or (03) 9854-2629 (W)

25 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

14 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.

July 2003

12 GOLD COAST 100KM

100km course comprises 16 laps of a 6.33 kms loop, around the Runaway Bay/Coombabah environment Park which encompasses the Runaway Bay Sports Super Centre. Free of traffic, mostly on a bicycle track, without intersections, flat, and will finish with a lap of the sports centre athletic track. Contact Race Director, Ian Cornelius, Box 282 Runaway Bay Qld 4216. Tel (07) 5537-8872, fax (07) 5529-2314, email ian@fuelstar.com. Download more info here <<http://www.coolrunning.com.au/art/wordbutton.gif>>

26 GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR

50km, 25km, 8km 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.glasshouse.ultraoz.com

August 2003

22-24 NATIONAL 24hr & 48hr CHAMPIONSHIPS (& 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 <<http://www.coolrunning.com.au/art/wordbutton.gif>>

?? 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 www.ultraoz.com/tamborine.jpg

September 2003

7 HOBSON'S HOBBLE

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.

27-28 GLASSHOUSE MOUNTAINS TRAIL RUNS

160km, 80km, 55km, 30km, 13km 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.glasshouse.ultraoz.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.qldcancer.com.au Website

October 2003

18 FITZROY FALLS FIRE TRAIL MARATHON, NSW

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

?? FREYCINET LODGE CHALLENGE

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

?? SELF-TRANSCENDENCE 6/12/24 HOUR TRACK RACE, SA.

(Australian 24 Hours Championship) PO Box 6582, Halifax Street, Adelaide 5000 SA. Phone (08) 8332-5797 or Fiona Baird, Sri Chinmoy Marathon Team on 0412-591-695 or download entry forms here (page 1, page 2).

?? ADELAIDE TRAILWALKER 100km

The 100km trail will commence at Millbrook Primary School, Cudlee Creek, at 10.00am on Friday 26 October. The event concludes at Kuitpo Forest Information Centre. All participants must complete the event by 10.00am on Sunday 28 October. Teams of 4 only. Time Limit 48hrs. Sponsorship required as part of entry criteria - organised by Community Aid Abroad. Contact Sarah Lawson via email sarahlawson@sydney.caa.org.au. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

?? BRIBIE BEACH BASH, QLD

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

November 2003

?? TSB BANK AROUND THE MOUNTAIN RELAY

127km running team relay course / 58km walking team relay course. Solo runners encouraged! Start & finish at the Pukekura Raceway, New Plymouth. Starts 6am. Contact race website at www.coolrunning.co.nz/races/roundthemountain

?? BRINDABELLA CLASSIC, ACT

Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start at the summit of Mt. Ginnini, finish Cotter Reservoir, \$67.00 entry fee with pottery goblet, \$50 without, 7 hour time limit, halfway in 3hrs.20. Includes Relay Race and Balls Head 32km race. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.coolrunning.com.au/mountainrunning/events/bclassic/2002/index.shtml

?? VICTORIAN 6 HOUR & 50KM TRACK CHAMPIONSHIPS

Also, 6 hour relay race for teams of 5 runners. Starts 8am at Moe Athletics Centre (synthetic surface), Newborough. \$30 entry covers both events. Starting time 8am. More information and entry forms at www.traralgonharriers.org/6_50track.htm or from Geoff Duffell (03) 5122-2855 or email gduffell@net-tech.com.au.

?? 100KM ROAD CHAMPIONSHIPS, THAT DAM RUN

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

?? THE MOLESWORTH RUN

84km individual or team event. This unique event takes in part of historic Molesworth Station - NZ's largest farm, 180,000 hectares. Beginning at the original Molesworth Cob Cottage our run follows the old stock route connecting Marlborough and North Canterbury. Contact race website at www.coolrunning.co.nz/races/molesworth

?? COLAC 6 DAY RACE, VIC

Contact Six Day Race Committee, PO BOX 163, Colac, Vic, 3250 or or contact Phil Essam on via email ultraoz@iprimus.com.au. See web page at : www.colac.ultraoz.com

December 2003

6 KEPLER CHALLENGE MOUNTAIN RUN

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

6 BLUE LABYRINTH - FAT ASS RUN

14km, 45km, 54km, 90km. A circuit of firetrails and single track runs in the Blue Mountains. All off road. Crosses the awesome Mt Solitary. No Fees, No Awards, No Aid, No Wimps ! Beginners NOT encouraged. Check Fat Ass webpage www.fatassworld.com for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

7 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 <<http://www.coolrunning.com.au/art/pdfbutton.gif>>

?? BRUNY ISLAND JETTY TO LIGHTHOUSE, TASMANIA 64km

Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact John Thomas, 14 Apanie Crescent, Chigwell TAS 7010, Phone (03) 6249-7960

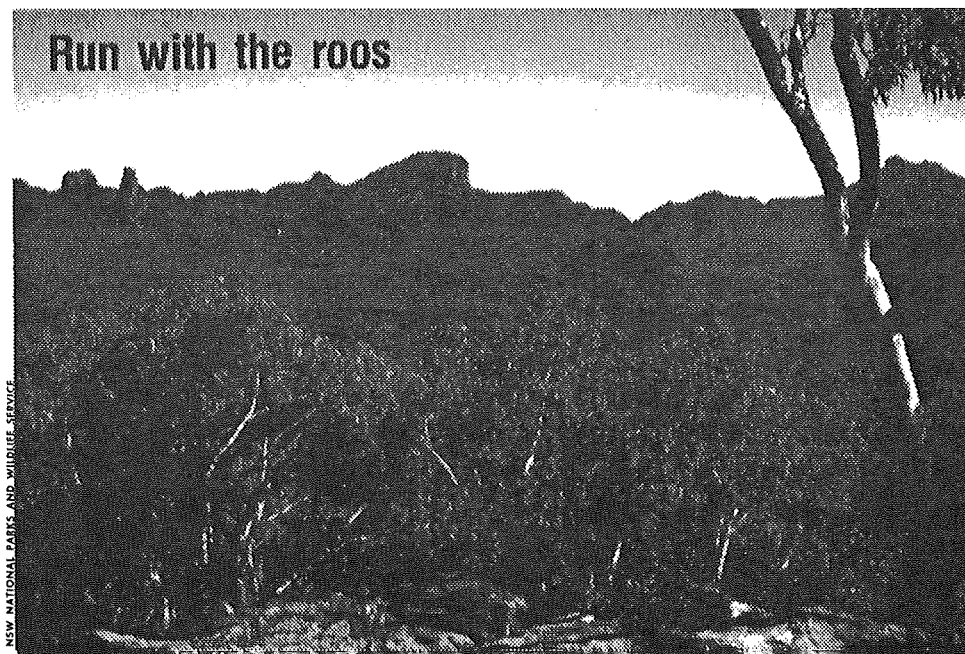
January 2004

10-11 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-2003. Entry form here <<http://www.coolrunning.com.au/art/wordbutton.gif>> . Results from 2003 are here

?? AURA BOGONG TO HOTHAM, VIC

32km, 60km mountain trail run, a tough event with 3,000m of climb, 6:15am start at Mountain Creek Picnic Ground. 3000m climb! Phone Michael Grayling (03) 9738-2572 (H) or (03) 9429-1299 (W). Address is 14 Banksia Court, Heathmont, VIC 3135. Entry for AURA members is \$45, non members \$50, transport shuttle back to the start is \$10. Entries on the day will be allowed. More info including results and reports on the webpage at www.bogong.ultraoz.com.



Awards for all events will be locally prepared volcanic rock and petrified wood dating back to over 2.5 million years. Each finisher of the marathon and ultra will receive a smaller version of the award as a memento, mounted with the event logo.

There are also categories for walkers in the longer events so no matter what your ability, come and run with the roos in outback Australia.

Where: Warrumbungle National Park, about 30km west of Coonabarabran. The park has powered camp sites and hot showers. Caravan, cabin and hotel accommodation are available in Coonabarabran and race organisers will provide shuttle buses on race day. The races start and finish at the park's visitor information centre.

When: 18 October, 4pm – 5km

Twilight Jubilee Fun Run; 19 October 7am – Warrumbungle National Park Marathon (42.2km), 50km Ultra Marathon; 8:30am – 10km Kangaroo Hop Fun Run

Entry fees: Marathon \$44, ultra \$55, 10km \$11, 5km \$5.50

Contact: Derek Foley (02) 9738 8638

Website: www.funrun.au.nu

Park information: www.npws.nsw.gov.au/parks/central/cen012.html

A new marathon on the Australian calendar, Warrumbungle National Park Marathon, will be run through some of the most spectacular areas of Australian bush and home to abundant wildlife. This is your opportunity to see kangaroos, emus, koalas and native birds in their natural setting.

The event, which includes a 50km ultra, 5km and 10km, celebrates the 50th anniversary of the park, situated in central New South Wales.

The longer events will cover the site of some of the most violent volcanic activity in the continent's history and should prove very challenging for distance runners.

The 10km and 5km are a little easier, run on tracks and trails in and around the camp sites in the park. The marathon, 50km ultra and 10km Kangaroo Hop Fun Run will be held on Sunday, 19 October, 2003 and the 5km Twilight Jubilee Fun Run will be on the Saturday evening.

INTERNATIONAL SPORTING AND CULTURAL EVENT COMING TO CHINA'S GOBI DESERT

Gobi March 250-kilometer trail run to take place September 2003

HONG KONG, China (February 12, 2003) - RacingThePlanet® has announced it will stage a major international trail running race -- the Gobi March -- in the great Gobi Desert of China, September 7 - 13, 2003. Taking place in the same geographical region where Oscar-nominated "Hero," Zhang Yimou's martial-arts epic was filmed, this international sporting event will showcase one of China's most beautiful and culturally rich regions by giving individuals from around the world the opportunity to experience select parts of the former Silk Road and Gobi Desert on foot.

Traversing Gansu and Xinjiang Provinces, 100 individuals and teams from the Americas, Asia, Australia, New Zealand, Europe, Africa and the Middle East will run and walk nearly 250 kilometers (150 miles) through China's Gobi Desert over seven days while carrying all their food and gear. Only a ration of nine liters of water and a local tent will be provided daily to competitors.

"Trail running is one of the fastest growing sports in the West," says RacingThePlanet, CEO, Mary Gadams, "And having this race in China is exciting because it's a way for people to experience the stunning beauty of ancient China before it fully modernizes and for people to explore the many ethnic cultures of China. It will be like a mini-United Nations with individuals from Taiwan, Hong Kong, Shanghai, London, Vancouver, the United States, Ireland, Korea and Singapore already registered for this soon-to-become classic desert expedition. Through this arduous sporting event, people will come together and gain a better understanding of each other, particularly learning about the Han, Hui, Tibetan, Mongol and other ethnic groups in the region. This will give Gansu and Xinjiang Provinces a chance to showcase their region to the world, to emerge from the shadow of China's rich coastal cities. The individuals who compete in this world class event will no doubt always feel a special affection for the area, and we hope the relationship will continue to grow in the years to come."

Based on other enormously popular desert races, the Gobi March has already attracted a variety of international competitors from a wide range of countries and socioeconomic backgrounds including a Taiwanese ultramarathoner, a Western expatriate in Shanghai, an investment banker from Hong Kong, a female lawyer from Bermuda, a 71-year-old Briton and several American executives.

Says Gadams, "The race itself will require sheer guts and determination to finish, but the competitors will be supported by the best technology available including sport utility vehicles, satellite phones, laptop computers, digital cameras and GPS units, as well as mobile medical facilities. And of course water will keep both the staff and competitors functioning throughout the potentially brutal heat, massive sand dunes, rocky terrain and sandstorms. We've been preparing for this event for two years and we want to see this race continue for the next 100 years -- safety will be paramount."

These runners won't be the first intrepid adventurers to cross the Gobi Desert, the third largest desert in the world. Three great female explorers -- Mildred Cable and Eva and Francesca French -- crossed the Gobi Desert five times roughly 100 years ago. Mildred Cable once wrote: "Only a fool crosses the great Gobi without misgivings." The Gobi March will be held annually in their honor.

Straddling the boundaries of China and Mongolia, spanning 1,300,000 square kilometers (500,000 square miles), the Gobi Desert gets less than three inches of rainfall per year. Aptly given the Mongolian name for "waterless place," most of this cold winter desert is comprised of mountains and not sand, though severe sandstorms do occur and runners will be required carry safety gear so as to be prepared to face these harsh conditions.

"We are proud to play a part in bringing this enormously popular sport to one of the world's fastest growing markets," says Peter Wong, Chairman of North West Development Ltd. and owner of the Silk Road Dunhuang Hotel, the race headquarters in Dunhuang, China. "The Gobi Desert and The Silk Road are some of China's greatest treasures. We are encouraged not only by the cross-cultural opportunity this race provides, but also by the economic impact it can have on our region."

Race registration is limited to 100 competitors with eligibility based on country of origin. Event details can be found on the RacingThePlanet® website, www.racingtheplanet.com.

RacingThePlanet® is an international sports, media and lifestyle company with offices in Hong Kong and the United States. It also has representative offices in Seoul, London, Singapore, Shanghai and Mexico City. To learn more about RacingThePlanet®, the Gobi March and other race events, please visit the company's web site at www.racingtheplanet.com.

Obituary.....Peter Waddell

By Bruce Cook

Peter Waddell appeared on the front cover of the last magazine. Peter passed away in December last year. He was a very special person who put so much energy into athletics. His whole life revolved around this passion, particularly Race Walking. Peter was President of the Australian Race Walking Association for nearly 30 years, State representative for N.S.W. then A.C.T. over many distances and managed to attend both Olympic Games held in Australia. More recently, Peter was a national track and field selector.

Peter's friendship will always be remembered by Susan and Myself. Upon our arrival in Canberra as total strangers in the early years of the A.I.S., Peter helped us form many friendships and bind well with our new local community. Many thanks to Peter Waddell

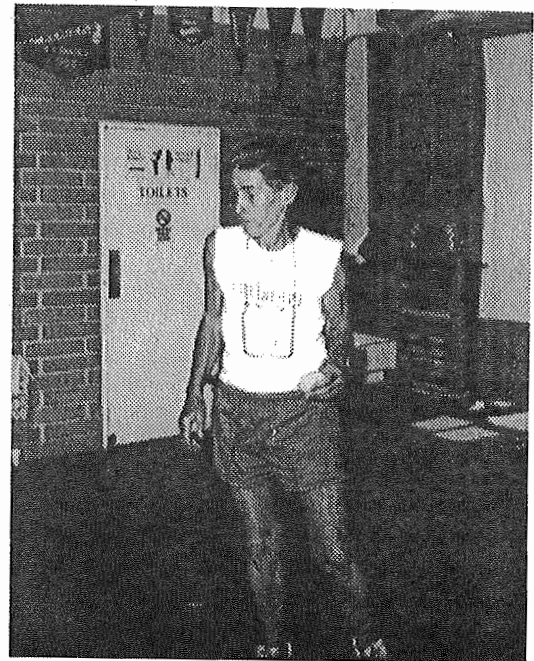
OBITUARY.....Ron Campbell

By Andrew Hewat

The Ultra Running community has lost one of its stalwarts. Ron Campbell of Geelong died at home on January 13, 2003, aged 59. Ron lost a short battle with gall bladder cancer. Those who knew or ran with Ron will remember him for his seemingly inexhaustible stamina and energy. He never gave up. He trained as he raced, tenaciously, always giving his all. He had only one pace: flat-out. He was a formidable Vets competitor and still holds the Australian AURA age group record for 50 km on the Track, for Male 45 years of 3:44:08 on 16 June 1990 at Box Hill. Ron is survived by his wife of 35 years, Janene, and their 4 children. He will be sadly missed.



Ron Campbell in action



Peter accepting his award after the 1997 Coburg 24 hour event



Peter congratulates Carol Baird at the completion of the 2000 Coburg 24 hour event



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REPORT OF COMMITTEE

Dear Members

Your committee is pleased to report on the activities of your Association for the year ended 31 December 2002.

Australian Athletics Federation

On 28 November 2002, your Association was admitted as a member of the Australian Athletics Federation. Other members comprise Athletics Australia, Australian Track & Field Coaches Association, Australian Masters Athletics Inc., Australian Athletic Confederation (pro runners), School Sport Australia, and Australian Federation of Race Walking Clubs.

This is seen as a very significant development. There are significant direct benefits available to AURA such as no or low cost public liability insurance, assistance with marketing and promotion and subsidised travel and accommodation costs for our members. There are also indirect benefits available, such as assistance with printing and the use of the Athletics Australia office and Boardroom in St Kilda Road, Melbourne. Also, the more direct affiliation, through AA, with IAAF should prove useful in relation to members competing in world challenges and championships conducted under the auspices of the IAAF.

Public liability insurance

The cost of this insurance is becoming prohibitive, especially for race directors with one race only and without access to an organization to provide such insurance. Fortunately AURA, through its affiliation with Athletics Australia, is now able to offer PL insurance to the Directors of all ultra races authorised by us. This insurance is made available by AURA at no charge for AURA members and one-day membership is being accepted for non-AURA members, at a charge of \$10 per runner.

As a direct result of this initiative, we have been able to save several races that were at risk of becoming extinct.

National road championships

100 kms

The national 100 kms road championship has graciously been provided by the Sri Chinmoy organisation at its Ultra triathlon held in Canberra each February.

However, this is not entirely satisfactory, with the race being on a relatively small loop of 1.4 kms, part of another event and commencing at midnight.

Arrangements have now been made for a 100 kms race to be conducted annually on the Gold Coast, commencing on 12 July 2003. This will be 16 laps of a 6.33 kms loop and will be run during daylight hours, commencing at 6 am. This race is scheduled for the Saturday after the Gold Coast marathon in an effort to establish a week-long series of running and related events. The course is flat and on a bitumen surface. The race will finish with a lap of the Runaway Bay Sports Super Centre athletic track. The event has the strong support of the Runaway Bay Sports Super Centre, the Gold Coast City Council and the Gold Coast marathon organisers. There will be a 50 kms option and a relay section.

Should this event prove successful then consideration will be given to making it the venue for the national 100 kms championships from and including 2004.

Placegetters in the 2002 100 kms championship were

	Name	Time
Male 1	Ian Valentine	10:45:32
Male 2	Andrew Stanfield	11:21:43
Mal 3	Thomas Lezenhofer	11:50:12
Female 1	Shirley Young	11:19:35
Female 2	Gina Pipic	13:53:55
Female 3	Anne Staunton	15:11:21

50/100 miles

None in place at this time.

National track championships

6, 12 and 24 hours

These were again hosted by the Sri Chinmoy organization in Adelaide and were held on 19 – 20 October 2002.

Winners were

	6 hours	12 hours	24 hours
Male	Rudi Kinshoffer 65.067	Dirk Thys 107.750	D. Standeven 200.448
Female	No starters	Shirley Young 103.368 *	Carol Baird 179.811

* world age group record

48 hours

This was again hosted by the Queensland Ultra Runners Club, which has graciously conducted the event for the past 8 years or so. In 2002 it was held at Bribie Island on 19 –21 July 2003

Winners were

Male	Tony Collins	253.335 kms
Female	Kerrie Hall	230.307 kms

Arrangements have been made for this event to be held in 2003 at the Runaway Bay Sports Super Centre on the Gold Coast from 22 to 24 August. There will be a 24 hour option and a relay section. The surface is a Mondo track, of the type used in the Olympics and should be very fast. This is expected to be a vast improvement on the rough grass tracks used in past years. Discussions are being held with several current world record holders to attempt to establish new records. Race-walkers will be able to use the event to qualify for admission to the Centurions club.

6 days

The National 6 days race was again hosted by the Colac 6 day race committee at Colac in Victoria and was held from 17 – 23 November 2002. The race, always of a very high standard, attracted 7 overseas entrants.

Placegetters were

	Name	Country	Distance – kms
Male 1	Ikihiro INOUE	Japan	809.5
Male 2	David STANDEVEN	Australia	721.9
Male 3	Peter ARMISTEAD	Australia	709.2

Female 1	Elvira JANOSI	Hungary	621.0
Female 2	Dawn PARRIS	Australia	563.6
Female 3	Robyn DAVIS	Australia	285.2

100 Club

AURA is pleased to announce the formation of a new 'club' to recognise those who have run 100 miles in 24 hours. To qualify it is essential that the feat be achieved on a standard athletic track or, if on a road course, then one that has been properly measured by AURA. It will also need to be performed in a race (not a solo run) and verified by the Race Director. Those who achieve this feat will be presented with a certificate and will be included in the 100 Club listing which will appear from time to time in AURA's official publication, Ultramag. A commemorative polo shirt will be available for purchase. Runners who have achieved this feat in the past will be automatically recognised.

Trail races

Again many trail races were held during the year. These are too numerous to mention, other than for the 6 foot track race of 46.6 kms from Katoomba to Jenolan Caves conducted on 2 March 2002. This race is the most popular of the Australian trail races and attracted 575 starters.

Placegetters were

	Name	Time
Male 1	Tim SLOAN	3:28:17
Male 2	John MacKENZIE	3:40:59
Male 3	Adam JORDAN	3:41:01
Female 1	Dawn TILLER	4:29:05
Female 2	Xandra DUNN	4:36:51
Female 3	Liz SHORT	4:36:57

AURA Points competition

This competition rewards those AURA members who have placed well in as many AURA sanctioned events as possible for the year. Points are awarded 3 for first, 2 for second and 1 for third placings.

Placegetters were

	Name	Points
Male 1	Stan MISKIN	49
Male 2	Kelvin MARSHALL	27
Male 3	Mick FRANCIS	23
Female 1	Shirley YOUNG	26
Female 2	Julie SCHRAGG	14
Female 3	Kerrie HALL	13

Ultra Athletes of the Year (male & female)

These awards, to those who achieved well at a world level, at either open or age groups, will be presented at the forthcoming Annual General meeting.

Bryan Smith Award

This is an annual award to an AURA member, either runner race director or administrator who, in the opinion of the committee, has rendered outstanding service in the preceding year in the furtherance of the sport of ultra-running. The announcement of the winner will be made at the forthcoming Annual General meeting.

Financial

The accompanying statements of account reveal an excess of payments over receipts of \$1,927. This is struck after Ultramag printing of \$7,337 and payment of insurances of \$2,650. Membership subscriptions for the year were slightly down at \$5,815 compared with \$6,154 for the previous year. Insurance recoveries were \$1,207.

The cash on hand at year-end was satisfactory at \$16,028 and the only liability was printing of the December 2002 issue of Ultramag of \$1,987.

We are most pleased to report that the prognosis for the coming year ending 31 December 2003 is quite different.

The insurance cost will be negligible, while recoveries from Race Directors for one-day memberships should produce approx. \$2,000 in revenue. Also, a membership drive is under way which should see a substantial escalation in subscription revenue.

Secretary

Our secretary, Ian Clarke, has accepted an overseas posting and returns in August 2003. In the meantime, I am acting as secretary. If we could have a nomination for Assistant Secretary, it would be much appreciated.

Ultramag

Kevin Cassidy does a superb job in producing Ultramag, AURA's official publication. The newsletter, produced quarterly, contains details of forthcoming races, race entry forms, race results, race reports, various stories and details of records.

Records

Many Australian and some world age group records were broken by members during the year. Successful in this regard were Shirley Young, Drew Kettle and George Audley. Fred Brooks does a great job in compiling this information. Full details appear in Ultramag.

AURA points table

Stan Miskin has the unenviable and painstaking task of seeking out race results from race directors, sifting through the results to determine who are AURA members, allocating the appropriate number of points etc. Thanks to Stan for a great job. Full details appear in Ultramag.

Website

Thanks to Kevin Tiller of www.coolrunning.com.au who provides the link through www.ultraoz.com. There is a wealth of information on the website, including race calendar, race results, records and stories.

Appreciation

In addition to the above, I wish to thank my Vice president and Race Co-ordinator Nigel Aylott, Secretary Ian Clarke, Treasurer Graham Ives, other committee members and state representatives, numerous Race Directors and the executives and staff of AAF for their assistance and support.



President
7 February 2003

A.U.R.A. Financial Statement 2002

Income & Expenses 1 Jan 02 to 31 Dec 02

		income 2002	inc 2001	expenditure 2002	exp 2001
Subscriptions	note 5	5,815.50	6,154.50		
Donations	note 5	500.00	835.00		
Races			805.00		460.00
Clothing		233.30	387.19		537.61
Interest on Investments		772.14	509.85		
UltraMag inc postage	note 1			7,337.20	6,803.77
Race & insurance	note 2	1,091.00	0.00	2,650.00	716.00
Stationery & office equip.				0.00	411.66
Advertising				110.00	313.50
Bank charges & tax	note 3			307.80	148.00
Accs return Dep of Justice				66.00	271.16
G Hook 2001 cheque		48.52			
postage				32.40	
Treasurer expenses	note 4			see liability	
Total		8,460.46		10,503.40	
income less expenditure		-2042.94	-780.00		

Assets Statement at 31 Dec 2002 at 31 Dec 2001

Fixed Term Investments	note 3	10,926.58	10,646	
Clothing account	note 3	closed	130	
Race account	note 3 & note 6	closed	1,575	stated as 1,603 in 01 acs
Cheque account		5,101.84	5,720	
Total Assets		16,028	18,071	stated as 18,100 in 01 acs
liabilities				
	note 4 treasurer expenses	173.45		
	Dec 2002 ultra mag	1986.81		
Assets less liabilities		13,868		

note 1 Represents approx 330 copies when we only have around 200 paid up members

note 2 Expenditure is cost of insurance, income is remuneration from races, including insurance rebate
Public liability insurance not taken out in 2003. There will be some cover from AAA

note 3 Aura accounts have been rationalised. Now one 12 month deposit account and a cheque account
instead of five different accounts. We will not have to pay bank charges in future

note 4 Out of pocket expenses on post, tel/fax/email plus \$98 contribution to essential computer program

note 5 Donations and membership subs were not fully separated. The total of the two is correct.

note 6 Race account wrongly stated in 2002 accounts.

Cash balance

Assets at 1 Jan 2001	18071
Income in 2002	8,460
Expenditure in 2002	10,503
	16,028
Assets at 1 Jan 2002	16,028

Stock

We have 24 Windcheaters, 12 long sleeved tops, 12 T shirts and 23 singlets in stock.

Cost at purchase \$710

**Graham Ives,
Treasurer**

A View from the Treasury

Graham Ives

Greetings all and good running in 2003 from your new treasurer. The draft accounts for 2002 follow this bit of blurb – I've tried to set them out in as simple a way as possible so that all members can get an idea of where our money comes from, where it goes to and how much we have in the kitty.

The accounts have not yet been audited; they are being distributed in the 'not quite ready' state, simply to ensure you have a chance to see how we are doing financially before the AGM is held. The audited accounts will be available at the AGM.

The important figures are:

- 1 The income and expenditure totals which show that we have turned a \$780 loss in 2001 into a \$2,043 loss this year.
- 2 Our total cash reserve figure, which is now down from \$18,071 to \$16,028

I am sure you will be alarmed at that sort of loss, but your committee has been aware of the trend and has taken steps to reverse it and put us back in 'profit'. Firstly, the insurance which we took out in 2002 has not been renewed, saving us around \$1600. We are instead using the AAF insurance scheme at no cost to Aura. Secondly a membership drive is being launched which should reverse what has been an annual fall in subscription income over the past few years, but so far as membership goes, YOU as members are our best ambassadors. We are also looking closely at Ultramag production and distribution costs to see where we can cut costs without affecting the service to members.

Our costs are kept low in part because of the tremendous efforts put in by members of your committee, giving their time, expertise and often their out of pocket expenses. On your behalf – a big 'thank you' to them.

The notes to the accounts should answer any other questions you might have, but if there are any questions or suggestions, please feel free to phone on 03 9742 6308, or email me GrahamIves@Bigpond.com



Treasurer, Graham Ives [second from right] pictured at the start of last years Hobson's Bay event

A.U.R.A. POINTS RACE AND ULTRAMARATHON ATHLETE OF THE YEAR

Shirley Young and Stan Miskin are the Ultramarathon Athletes of the Year for 2002

Shirley Young won the Female award with a total of 26 points from 4 events. Shirley was outstanding with 3 First places and 1 Second place. Shirley also broken two world records for the W70 age group. "Congratulations Shirley"

Second, third and fourth places were keenly contested and filled by Julie Schragg, Kerrie Hall and Rosemary Johnson.

The Male award was won by Stan Miskin with 49 points from 9 events. Kelvin Marshall was second with 27 points and Mick Francis third with 23 points. My Apologies to Mick for the error in the December "Ultramag"

Total points for 2002

MEN [top 10]

Stan Miskin	49
Kelvin Marshall	27
Mick Francis	23
George Audley	18
John Harris	15
Peter Armistead	11
Geoff Hain	11
Tony Collins	10
John Timms	9
Jerry Zukowski	9

WOMEN [top 4]

Shirley Young	26
Julie Schragg	18
Kerrie Hall	15
Rosemary Johnson	12

Trophies will be presented to Shirley and Stan at the Annual General Meeting.

IN PURSUIT OF POINTS 2002 by Stan Miskin

Having trained for the Sri Chinmoy Adelaide 24 hour event scheduled for October 2001, I was very disappointed when, on September 30th, I was advised of its cancellation.

Being very fit at that time with a resting pulse rate of 42 b.p.m, I then targeted the Ultramarathon Athlete of the Year [points race] which had just been announced in the September 2001 issue of "Ultramag"

I believed that I could break and set a number of Age Group Australian Records and therefor have a good chance to win the award for 2002.

In my determination to succeed, I overdid things in both training and competition and by July my resting pulse rate was over 60 b.p.m. I was often lethargic and did not enjoy training but forced myself to continue. I totalled 876 hours for the year.

On March 17th at the Maroondah Dam Trail, I tripped and fell heavily on no less than 6 occasions and failed to finish for the first time in my career.

On May 26th, I finished the 85km Grafton to Coff's Harbour event after dark and could claim only the 58km section to Nana Glen.

On November 18th, I withdrew from the Colac Six Day Race on day two having lost my heel pads due to very deep blisters. This was my second DNF. Was it becoming a habit?

After much treatment and six days off, I walked a very gentle 40 minutes followed by another day off. This was followed by short walks, days off and a slow build up to 3-4 hours per day and almost 77km at the Gosford 12 hour event on January 5th. My resting pulse rate had dropped to 48 b.p.m and is now not far from returning to 42 again.

I intend to gradually intensify training but will compete at less than 100% until the 48 hour event at Runaway Bay in August when, at age 78, I shall attempt to break the Australian M75 records for 100 miles, 200 kilometres and 48 hours.

SUMMARY OF EVENTS AND POINTS FOR 2002

876 hours of training and 10 Ultramarathons

1 x Six Day Race	[DNF 138km]
1 x 48 Hour Race	205km
2 x 24 Hour Races	141 and 121 km
2 x 12 Hour Races	81 and 74 km
1 x 100Km Race	
1 x 85Km race	[58km completed]
1 x 50Km Race	
1 x DNF	

10 events for 9 starting points	9 points
1 x Third place	1 point
971km at 1 point per 100km	9 points
10 x M75 Australian Records at 5 points each [Maximum two records per event]	30 points
TOTAL	49 points

AURA would like to welcome the following people, who have joined in 2003:

Carol Baird	Glenn Gielissen
Val Chesterton	Graeme Watts
Anthony Cosoleto	
Peter Gibson	

Thank you to the following people for their generous donations.

Alan Barkauskas \$70....John Connellan \$70....Nick Drayton \$70....John McLeish \$30....Steel Beveridge \$20....Paul Crouch-Chivers \$20....Stephen Firth \$20....Christopher Gamble \$20....Sandra Howorth \$20....Stan Latchford \$20....John Lindsay \$20....Greg Love \$20....Ken Matchett \$20....Stan Miskin \$20....Peter Nelson \$20....Ross Shilston \$20....David Sill \$20....Kevin Tiller \$20....David Clear \$10....Ian Cornelius \$10....Peter Gardiner \$10....Wayne Goldsmith \$10....Geoff Last \$10....Godfrey Pollard \$10....Gregory Reid \$10....Vlastik Skvaril \$10....Greg Spain \$10....Alan Staples \$10....Cecil Walkley \$10....Shirley Young\$10 John Cook \$5....Dick Crotty \$5....John Fowler \$5....Kelvin Marshall \$5....Jean-Claude Morre \$5....Ross Parker \$5....Max Scherleitner \$5....Barry Stewart \$5 Max Carson \$20....Bob Fickel \$10....Andrew Townshend \$10.
...George Cormack \$5

AURA Points Race 2003. Update No.1 (results tabulated as of Feb 10)

(Results tabulated courtesy Stan Miskin; report courtesy David Criniti & Stan Miskin)

MEN		WOMEN	
Name	Points	Name	Points
Kelvin Marshall	3	Carol Baird	4
Alan Staples	2	Julie Shragg	1
Nick Drayton	1		
Chris Gamble	1		
Stan Miskin	1		
Frank Overton	1		
Rudi Kinshofer	1		
Andrew Hewat	1		
Sean Greenhill	1		
Adam Johnson	1		
John Lindsay	1		

In the early stages of the 2003 Points Race, Australian ultramarathon stalwart Kelvin Marshall has put his nose in front with 3 points, thanks to a third place finish at the Gosford 12 hr race. Kelvin picked up one point for starting, another for exceeding 100km, and a third for his bronze-medal finish.

Alan Staples, only a few kilometres behind, and also over 100km, picked up 2 points for his troubles, while you could spread a blanket over the rest of the field, including last year's runaway winner Stan Miskin, who are dead even on one point.

In the women's Points Race, new AURA member Carol Baird has surged to a 3 point lead with a win in the women's walk at the Gosford 12hr event, with Julie Shragg gaining a point after a solid performance at the same event.

With an early edition of Ultramag this year, only 3 events; Gosford, Bogong-Mt Hotham, and Cradle Mountain, have been included in the points tally so far, but with a few races on the calendar in coming months, the AURA Points Race is set to be an exciting contest in 2003.

Remember, whether you be competitor or Race Director, if you want the results of your event included in the Points Race, make sure they get sent to Stan Miskin at: 1 Brookfield Court, Berwick, Vic 3806. Ph. (03) 9705 8575

Future editions of Ultramag will keep you up to date with the top 10 contenders (male & female) in the points race; remember, to be a contender, you must be a financial member of AURA.

HOW THE POINTS SYSTEM WORKS

Category	Points	Awarded for	Explanation
Category 1 Points for everyone	1	Starting	Each competitor receives a point for each ultra in which they start, regardless of finishing position.
	1	Each 100km	This can be accumulated. Eg: Someone who runs two 50km races in a year will get 1 point for reaching 100km. Someone who runs a 100km race and then does 600km in a 6-day race will get 7 points for completing 100kms 7 times within the year.
Category 2 Placegetters	3	1 st place	Provided there are at least 2 starters in your division (male / female)
	2	2 nd place	Provided there are at least 4 starters in your division
	1	3 rd place	Provided there are at least 6 starters
Category 3 Bonus points	1	Winning a National championship	Winning a national championship entitles participants to 1 points in addition to any points gained in category 1 and category 2.
	5	Breaking a Record (age, national or world)	Breaking a record entitles a person to 5 points in addition to any points earned in category 1. Record breakers will not get any points in category 2.*

A.U.R.A. Contacts

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"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**

A.U.R.A.

[Australian Ultra Runners Association]

Join the prestigious AURA 100 club

Available to those members of the Australian Ultra Runners Association who have run 100 miles in 24 hours.

The feat must have been achieved on a standard athletic track,
or on a non-standard track certified by a duly registered and qualified surveyor,
or on a road course, properly measured in accordance with the procedures of the USATF Road Running Technical Council or AIMS.

The feat must have been achieved in a race and be capable of being verified.
Solo runs will not be accepted.

Membership to the AURA 100 club is available to AURA members who have run 100 miles in 24 hours.

Members of the AURA 100 club will be listed periodically in 'Ultramag', AURA's official newsletter.

Past achievers registered in AURA's records will be listed automatically.

For certificates and AURA 100 club T shirts, please contact the AURA records officer,

Mr Fred Brooks
21 Regent Close
BERWICK VIC 3806
Email lilfred@iprimus.com.au
Tel 03 9705 8649

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC.

LOW COST TRAVEL & ACCOMMODATION

Special rates for air travel and accommodation are available for AURA members travelling to compete or officiate in races.

Air travel

To access this facility, contact Jodie McIntyre of the Flight Centre on 1300 301 900 or email jodie_mcintyre.vic@flightcentre.com

Fares for advance booking and payment are at a discount of 70% from full economy rates, subject to availability. Fully flexible and refundable fares are available at a discount of 50% off full economy fares.

Remember, the earlier you book the better chance you will have to get better discounts.

Hotel accommodation

This is through the Accor group. Member hotels are Mercure, Novotel, Ibis and Formule. If interested, please go to one of these hotels and pick up an Accor directory, so you will know what Accor hotels are available at your destination. The rates available, subject to availability, are approximately 50% off the rack rate. To access this facility, contact Accor on 1300 65 65 65 and quote: ATHL.

Again, the earlier you book the better chance you will have to get better discounts.

Please remember that to avail yourself of these discounted facilities you must be a paid up member of AURA.

AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

AURA CLOTHING ORDERS

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

COLOURS RED WHITE GOLD GREY NAVY

SIZES: 12 14 16 18 20 22 24

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES

Black AURA logo on bright green background overlaid, circular, standard 3" size suitable for sewing on track suits or windcheaters.

COST:

\$2.50 each, no extra for postage required.

CAR WINDSCREEN STICKERS

vinyl, black AURA logo on white background, approx. 10cm (4") in diameter long-lasting.

COST:

\$3.00 each, no extra postage required.

Kindly fill in details in BLOCK LETTERS:

NAME:

ADDRESS:

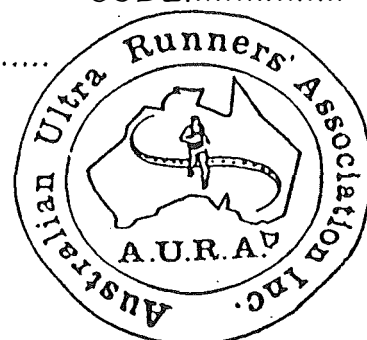
.....POST CODE:.....

TYPE:

SIZE: COLOUR:

CHEQUE FOR ENCLOSED
(Please include postage. Make cheque payable to AURA)

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



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

PERSONAL INFO

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

RUNNING INFO

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

**DON'T
FORGET
YOUR
PHOTO**

www.ultraoz.com



COBURG HARRIERS



AND THE AUSTRALIAN CENTURIONS PRESENT

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

- @ AURA regulations apply.
- @ Computer lap scoring.
- @ Venue record is 294.504 km set by Yiannis Kouros in 1996.
- @ Trophies to male and female winners 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.

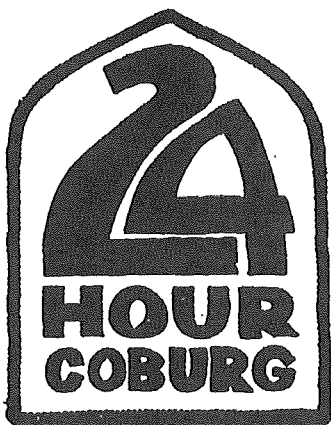
**ENTRY FEES: 24 HOUR EVENTS: \$50.00
12 HOUR EVENTS: \$40.00
6 HOUR EVENTS: \$30.00**

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

Signature _____

Date _____

Name (please print) _____



COBURG 24 HOUR CARNIVAL 2003



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

24 Hour Run/Walk	10.00AM Saturday 12 th April to 10.00AM Sunday 13 th April
12 Hour Run/Walk	10.00AM to 10.00PM Saturday 12 th April
6 Hour Run/Walk Heat A	10.00AM to 4.00PM Saturday 12 th April
6 Hour Run/Walk Heat B	4.00PM to 10.00PM Saturday 12 th April
12 Hour Team Relay	10.00PM Saturday 12 th April to 10.00AM Sunday 13 th April
Presentations	10.30AM Sunday 13 th April

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

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

ULTRA ENTRY FORM

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (No. and Street)	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	POSTCODE	SEX (M or F)
<input type="text"/>	<input type="text"/>	AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (WORK)	
<input type="text"/>	<input type="text"/>	<input type="text"/>
Please Tick Event: 6 Hour Run Heat A <input type="checkbox"/>	6 Hour Run Heat B <input type="checkbox"/>	12 Hour Run <input type="checkbox"/>
6 Hour Walk Heat A <input type="checkbox"/>	6 Hour Walk Heat B <input type="checkbox"/>	12 Hour Walk <input type="checkbox"/>
		24 Hour Run <input type="checkbox"/>
		24 Hour Walk <input type="checkbox"/>

◆ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	
<input type="text"/>	<input type="text"/>	<input type="text"/>
PHONE (HOME)	PHONE (WORK)	RELATIONSHIP

Details of Your Best Track Ultra Performances:

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

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

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

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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

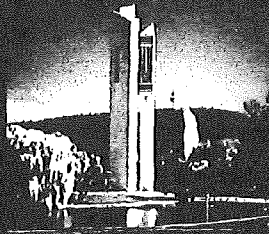
13 APRIL 2003



new balance

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 7611
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 | 1 day

"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

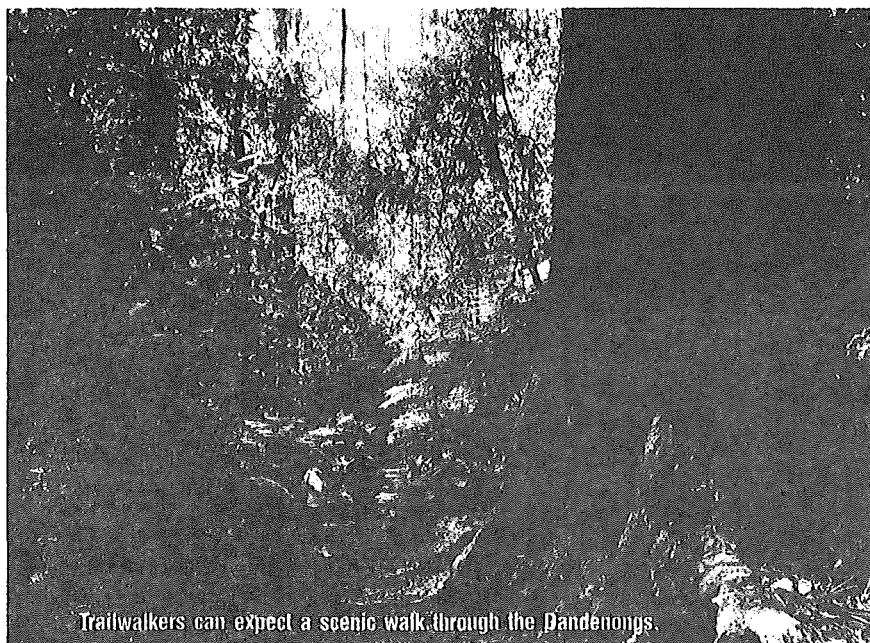
 **Oxfam**
Community Aid Abroad

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

call 03 9230 1111
www.caa.org.au/trailwalker

Warm-ups

Melbourne TRAILWALKER *revs up*



Trailwalkers can expect a scenic walk through the Dandenongs.

PICTURE: PARKS VICTORIA

Registration is now open for the Melbourne Oxfam Trailwalker event which will be held from 4 to 6 April 2003. Entrants have started training on the trail, which runs from Ferny Creek to Marysville.

Dennis Goldner, who has participated in the Sydney event three times, comments on the Melbourne trail: "It's shaping up as a beautiful course and my prediction is that there will be many teams that'll come in at sub-30 hours. Many will run or go close to running the Warburton Trail, in an effort to conquer Donna Buang as early as possible."

Team places will be limited to 200 and organisers are expecting the limited places to fill quickly. In Trailwalker events, teams of four put themselves to the test of completing the 100km within 48 hours. Each team must raise at least \$1000 for Oxfam Community Aid Abroad's projects and must finish together. For entry forms and information call (03) 9289 9486, email trailwalker@melbourne.caa.org.au or visit the website www.caa.org.au/trailwalker.

COMRADES get an extra hour

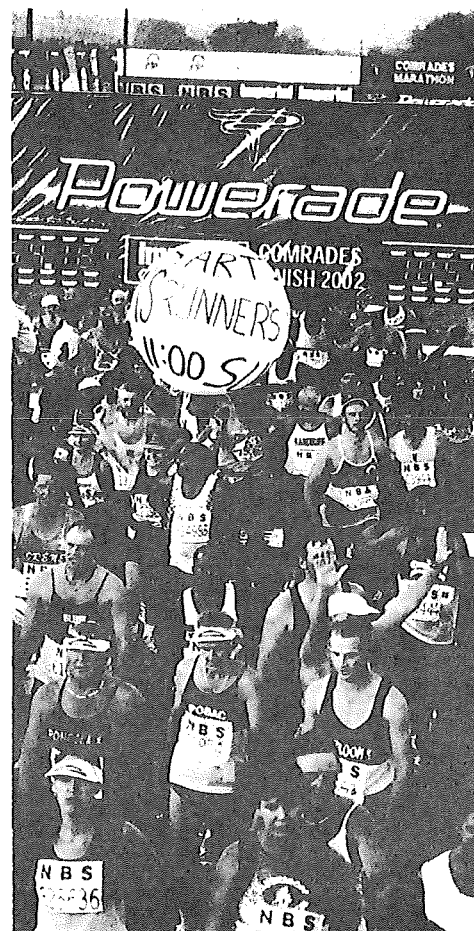
Organisers of the Comrades Marathon, South Africa's famous ultra race, have extended the finishing cut-off time from 11 to 12 hours for the 87km race. The previous qualifying time for a standard marathon has also been extended, from four and a half to five hours.

The race changes direction each year and the 2003 Comrades, on June 16, will run from Pietermar-

itzburg to Durban. A new medal will be introduced for those finishing in the last hour of the race.

The decision was sparked by the 2000 race, in which the times were extended to commemorate the 75th running of the race and the millennium. It attracted more than 24,000 runners. Comrades Marathon Association chairman Peter Proctor explained the rationale behind the decision: "Our main consideration was that of accessibility, a simple desire to encourage and enable as many people as possible to participate in the sport of road running, and in particular one of South Africa's greatest sporting events. To most people the personal challenge is to complete the distance, and the finishing time is of secondary importance."

Entries for the 2003 race close on 5 May. For more information visit the race website at www.comrades.com



BANANACOAST ULTRA MARATHON (85kms)

Sunday, 25 May 2003

From Grafton to Coffs Harbour via Glenreagh and Coramba (85 kilometres)

START: Coffs Harbour Hotel 6 A.M.

FINISH: Grafton Post Office (60 kms- Lanitza Service Station , cut-off 2.00pm.)

ENTRY FEE: \$15.00, payable to Woolgoolga Athletics Club (\$20 on day)

Entries to Steel Beveridge, 3B Surf St., . Emerald Beach 2456.

Enquiries telephone (02) 66562735

RULES.

- (1) Each competitor must undertake to provide a second/helper to assist with feeding, care and time-keeping. Each second will require a motor vehicle of his/her own so as to carry out the necessary appropriate activities.
- (2) Each competitor must undertake to travel on the right hand side of the road unless otherwise directed by Police.
- (3) All Police instructions must be obeyed at all times.
- (4) No push bikes as support vehicles.
- (5) Support vehicles must obey traffic rules at all times.

WAIVER.

(1) I, the undersigned, in consideration of and as a condition of my entry in the Bananacoast Ultra Marathon 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 consequent upon my participation in the said event.

(2) I will abide by the competition rules.

Signed: _____ Date: _____

Previous Ultra Marathon experience: _____

Best Marathon time: _____ Event: _____ Year: _____

Name: _____

Address: _____

Date of Birth: _____ Sex(Male or Female): _____

Gold Coast 100

Inaugural Gold Coast 100k solo, 50 kms solo and 6 to 10 person relay for a total of 100 kms.

- **Where:** Start/finish at Runaway Bay Sports Super Centre. Conducted on a 6.66 kms loop around the centre. The race will start in the car-park adjacent to the stadium and will conclude with a lap of the Sports Super Centre athletic track.
- **When:** Saturday 12 July, 2003. 0600 hours for 100 kms solo, 0630 for the 100 kms relay and 0700 for the 50 kms solo.
- **Relay section:** 6 – 10 person relay of 100kms in legs of 6.66 kms. Relay members must run a minimum of one lap of 6.66 kms (approx). All changeovers will be at a spot adjacent to the stadium. Team members can be replaced in the event of injury or lack of availability.
- **Course:** AURA certified accurate.
- **Eligibility:** Open to all runners 18 and over. No roller skates, roller blades, skate boards, pets or baby strollers.
- **Disabled athletes.** Unfortunately, some of the course is single track and does not lend itself to catering for handicapped athletes.
- **Entry fees:** By 13 June 2003, 100 kms solo \$50, 50 kms solo \$40, relay members \$30 each. All entry fees are GST inclusive.
- **Postal or faxed entries:** Early entry is encouraged to facilitate race planning and is rewarded with cheaper entry fees. All postal and faxed entries must be marked on or before Friday 13 June 2003.
- **Late entries:** Late entries will be accepted up to race start. For late entries add \$20.
- **Non-AURA members.** Will need to pay an extra \$10 per person (both solo runners and team members) to cover public liability insurance and will need to agree to accept race-day membership of AURA, see entry form.
- **No refunds.** Note that entry fees are non refundable and entries are non transferable.

- **Availability of bib numbers.** Bib numbers will be allocated randomly and will be available on race day or race-day eve from 2:00 pm. Note that bib numbers are not transferable. Team members can be replaced in the event of injury or lack of availability.
- **Runners expo.** At Runaway Bay Sports Super Centre from 2 to 8 pm on Friday 11 July 2003 and from 5:30 am to 5:30 pm on race-day.
- **Collection of race bibs.** At race registration at the Runners Expo.
- **Time limit.** There is no time limit. All finishers will receive a certificate.
- **Aid stations.** There will be aid stations every 2 kms. The race is on a 6kms (approx) loop of the Runaway Bay Sports Super Centre. Provision will be made for special drinks.
- **Time splits.** Will not be available. A clock will be positioned near the entrance to the stadium, adjacent to the relay changeover point, to show accumulated time from race start.
- **Weather.** Gold Coast weather is normally fine and clear with a minimum of 9^o rising to a maximum of 18^oC.
- **Awards.** An awards ceremony will be made at 4:00 pm at the athletic stadium. Prizes will be made to the first 3 males and first 3 females in the 50 kms and 100 kms solo events and to the first 3 teams in the teams events.
- **Spot prizes.** 10 colour TV sets and 10 CD players will be made available as spot prizes, in addition to other random draw prizes. These prizes will be drawn during the currency of the race and the winners will be posted on a notice board. It will not be necessary to be present at the draw to claim the prize.
- **Souvenir photographs.** Marathon-photos.com will attempt to capture every competitor and finisher in the race. These photos will be available for viewing and purchase on the website www.marathon-photos.com shortly after the event.
- **Souvenir tee shirts.** Orders will be accepted up to 13 June, refer entry form.
- **Entry forms.** Race organiser, Ian Cornelius, Box 282 Runaway Bay Qld 4216. Tel 07 5537 8872, fax 07 5529 2314, email ian@fuelstar.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

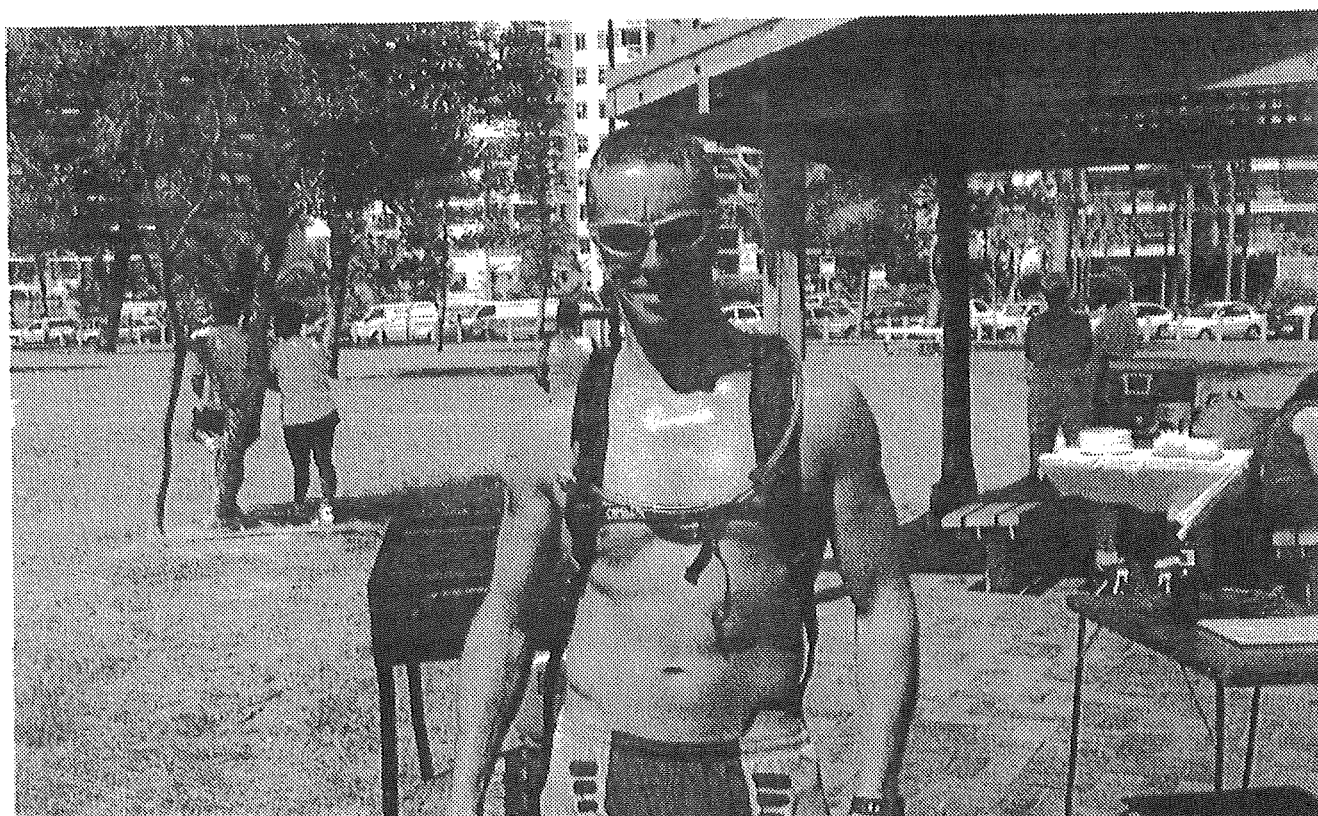
For entry forms or more info, contact the Race Organizer, Ian Cornelius
ian@fuelstar.com

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

KURRAWA TO POINT DANGER 50KM RACE, QLD

Held 8th December 2002. Results from race director Eric Markham.

	SURNAME	FIRST NAME	FIRST HALF	SECOND HALF	FINISH
1	SKILLICORN	DARREN	1:47:19	1:44:10	3:31:29
2	CHASTON	KEITH	1:49:52	1:44:18	3:34:10
3	MARSHALL	KELVIN	1:43:09	1:51:51	3:35:00
4	PEARCE	ADRIAN	2:01:24	2:04:14	4:05:38
5	LAWRIE	ZOE [F]	2:03:00	2:04:30	4:07:30
6	WAGNER	STUART	1:48:23	2:24:21	4:12:44
7	MC KENZIE	PETER	2:06:45	2:09:14	4:15:59
8	EVANS	BRIAN	1:58:23	2:24:17	4:22:40
9	BLACK	DOUG	1:54:40	2:33:38	4:28:18
10	TEBBIT	KAREN [F]	2:06:57	2:22:25	4:29:22
11	LAST	GEOFF	2:02:15	2:27:34	4:29:49
12	ANDERSON	PETER	2:09:55	2:26:42	4:36:37
13	GARDINER	PETER	2:17:27	2:33:54	4:51:21
14	HAIN	GEOFF	2:20:33	2:38:58	4:59:31
15	MC TAGGART	JOHN	2:18:26	2:57:28	5:15:54
16	ROBARDS	BERNADETTE [F]	2:15:25	3:02:48	5:18:13
17	WILLIAMS	GEOFF	2:16:40	3:11:45	5:28:25
18	KOPITTKE	GEOFF	2:35:02	3:02:42	5:37:44
19	ARCHER	RAY	2:15:18	3:36:19	5:51:37
20	REYPERT	GUY	2:50:21	3:36:47	6:27:08
21	FIEGEL	TINA [F]	?	?	8:24:50
22	PERIAHO	EERO	?	?	8:24:50
23	REYNOLDS	GAVAN	1:45:55	Retired	
24	FABIAN	THERESA [F]	2:03:15	Retired	
25	JAVES	IAN	2:28:58	Retired	



Race winner, Darren Skillicorn

Coastal Classic 12 Hour Run / Walk Race Report

4th / 5th January 2003

The 6th Annual Coastal Classic was conducted at Adcock Park, West Gosford in the beautiful Central Coast district of N.S.W.

The Classic started at 7:30 pm, 22 athletes toed the starting line. Several competitors withdrew only days prior. One gentleman had an accident on his bicycle, fortunately he is on the road to recovery.

On a sombre note two previous competitors Peter Waddell and Franz Wanderer passed away during 2002 our heartfelt condolences go out to their families.

The race conditions were almost ideal, only the humidity was slightly elevated.

The mixture of old and new faces were facing the task ahead, how far they could travel in the 12 hour period. Distances achieved varied from over 118 km's to just over 24 km's., from a competitor who came out of retirement after over 25 years away.

The pace up the front was on from the outset. Throughout the field the intensity was just as prominent. Warren Holst and Michael Sullohern went through the half marathon at 1:47:26 and 1:48:28, also Kelvin Marshall and Chris Gamble went under 2 hours for the half marathon.

Kelvin Marshall made the trip from Victoria flying up on the morning of the race and returning the Sunday lunchtime. He stayed in touch with the leaders and was never worse than 4 th during the evening. Alan Staples hovered around 3 rd and 4 th and finally finishing just out of the placing's.

Nick Drayton one of only 3 competitors who have done all Classics worked hard and huffed and puffed less and improved on last year's performance. His support crew's musically tastes are maturing.

The lapscorers were kept on their toes as positions changed and during the night when competitors changed their outfits. The board was updated throughout the evening as a game of chess was played out. Runners and walkers alike trying to get a lap or two up on their rivals.

In the walk division last year's winner Alex Crawford started at pace worthy of a Elite Racewalking Championship. Alex held this pace till 30 km's where he had to retire due to an ankle injury he brought into the Classic. Carol Baird was wondering if she needed to throw her game plan out the window or try and entice Robin Whyte to keep pace (our eventual men's winner). As she and Robin have the wisdom of a wealth of ultras they stuck to their own race plans. This is good information to the new and anxious ultra athlete make a sensible race plan and follow it.

At the 80 km mark there was only 11 minutes between Warren Holst and Michael Sullohern at the front, they reached that mark at 7:19:39 and 7:30:59 at the 100 km mark they reached it in 9:30:41 and 9:54:22. Finally finishing in that order.

In the ladies running division Felicity Joyce and Karina Ward kept each other in sight staying within 10 minutes of each other up to the marathon distance checkpoint. Felicity and Karina stayed positive for the duration offering encouragement to fellow competitors. They finished in that order. I am sure we will see them again. Felicity gave a lovely speech after the Classic thanking all involved and Frank & I really appreciated the kind thoughts.

Meanwhile Stan Miskin was coming through the walk section. He showed consistency is a key to performing well in ultras. He seemed to pick up speed as the time went by. His distance almost equalled his age of 77.

Support crews always endeavour to keep their athletes on track, Laurie Hennessey's crew organised his grandchildren to give him extra encouragement with signs which said "Go Poppy"!!! I am sure that enabled Laurie to go some extra kilometres.

As dawn broke, the final countdown was being played out on and off the track. Athletes who had been sleeping awoke from their slumber some had breakfast and went back on track for a few extra laps.

People who had been struggling suddenly picked up the pace. The final few seconds were counted down. Then the measurements took place, measuring to the metre

The presentation took place shortly after the conclusion of the Classic. Prior to this we had a lucky draw and everyone present managed to get a prize ranging from a dinner set to family entry passes to Reptile Park, T-Shirt, caps to water bottles.

We like to thank all our competitors, officials and sponsors for making the Coastal Classic a wonderful success.

Next year's Coastal Classic has been set for Saturday 10th January 2004 at 7:30 pm. People use the Classic to do their best, get ready for a 24 hour or longer event. Be part of the Coastal Classic. Entries are already available e-mail Paul at thomo@zeta.org.au or contact Frank on 02 43 231 710 or Paul on 02 9686 9200 for one or several.

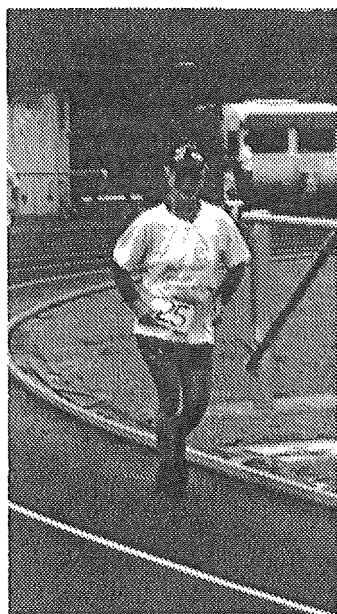
Paul Thompson & Frank Overton [Co-ordinators Coastal Classic]

**COASTAL CLASSIC
12 HOUR RUN / WALK
GOSFORD NSW 4 / 5 JANUARY 2003
MILESTONES**

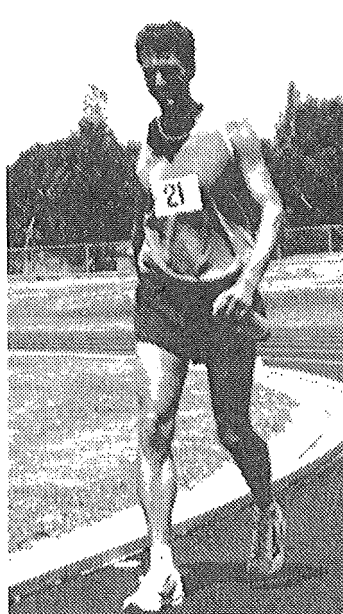
Name	Place	Half	Marathon	50KM	80 KM	100Km	12 Hours
Warren Holst	1	1:47:26	3:29:55	4:07:43	7:19:39	9:30:41	118:701
Michael Sullohern	2	1:48:28	3:47:23	4:32:33	7:30:59	9:54:22	113:303
Kelvin Marshall	3	1:56:36	4:31:13	5:40:43	9:24:30	11:44:37	102:573
Alan Staples	4	2:13:44	4:44:40	5:39:26	9:20:03	11:47:17	102:030
Felicity Joyce (f)	5	2:10:48	4:34:48	5:36:02	9:43:57	D.N.R	96:547
Carol Baird (f) (w)	6	2:29:04	5:10:47	6:06:29	9:58:58	D.N.R	94:813
Robin Whyte (w)	7	2:35:33	5:12:16	6:11:34	10:27:37	D.N.R	91:263
Nick Drayton	8	2:25:03	5:16:30	6:10:42	10:50:11	D.N.R	88:561
Laurie Hennessey	9	2:07:00	4:59:59	6:14:52	11:08:38	D.N.R	86:905
Chris Gamble	10	1:56:52	4:23:07	5:22:09	11:20:37	D.N.R	84:788
Karina Ward (f)	11	2:13:38	4:43:33	6:16:08	11:33:04	D.N.R	83:995
Stan Miskin (w)	12	3:15:23	6:30:56	7:44:30	D.N.R	D.N.R	76:944
Peter Gray	13	2:19:50	5:45:33	7:05:07	D.N.R	D.N.R	76:825
Graham Kerruish	14	2:48:12	6:10:12	7:29:20	D.N.R	D.N.R	75:898
Damien Meyer	15	2:30:51	5:30:06	6:28:15	D.N.R	D.N.R	70
Julie Schrag (f)	16	3:03:33	7:07:05	8:25:00	D.N.R	D.N.R	67:300
Judy Brown (f) (w)	17	3:30:09	7:51:33	9:12:14	D.N.R	D.N.R	58:400
Paul Thompson (w)	18	2:54:00	6:11:14	10:28:08	D.N.R	D.N.R	54
Greg Rowe (w)	19	2:53:23	6:54:14	8:09:23	D.N.R	D.N.R	50
Frank Overton (w)	20	3:20:38	D.N.R	D.N.R	D.N.R	D.N.R	40
Alex Crawford (w)	21	2:02:52	D.N.R	D.N.R	D.N.R	D.N.R	30
Brian Hamer (w)	22	4:43:37	D.N.R	D.N.R	D.N.R	D.N.R	24:400

(f) indicates Female * (w) Indicates Walker (D.N.R) Indicates did not reach distance

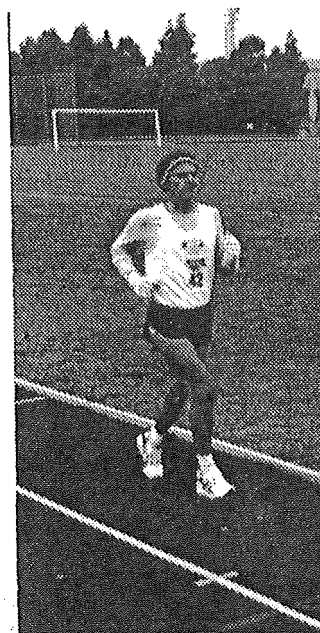
Official results compiled by Frank A Overton and Paul Thompson (Event Co-Ordinators)



Carol Baird



Warren Holst



Kelvin Marshall

2003 Coastal Classic Hourly Record Sheet
Conducted 4 / 5 January 2003 at 7:30 pm

Final		1st Hour			2nd Hour			3rd hour			4th Hour		
Place	Name	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place
1	Warren Holst	30	12	1	59	23.6	1	90	36	1	121	48.4	1
2	Michael Sullohern	29	11.6	3	58	23.2	2	85	34	2	111	44.4	2
3	Kelvin Marshall	30	12	1	54	21.6	3	78	31.2	3	97	38.8	4
4	Alan Staples	24	9.6	11	48	19.2	9	69	27.6	9	90	36	7
5	Felicity Joyce (f)	25	10	7	49	19.6	7	70	28	7	93	37.2	5
6	Carol Baird (f) (w)	22	8.8	13	43	17.2	12	63	25.2	12	83	33.2	11
7	Robin Whyte (w)	20	8	15	40	16	14	61	24.4	14	81	32.4	12
8	Nick Drayton	24	9.6	10	45	18	11	65	26	10	85	34	10
9	Laurie Hennessey	26	10.4	5	50	20	6	71	28.4	6	90	36	8
10	Chris Gamble	28	11.2	4	53	21.2	4	76	30.4	4	98	39.2	3
11	Karina Ward (f)	24	9.6	9	48	19.2	8	70	28	8	90	36	6
12	Stan Miskin	15	6	21	32	12.8	20	48	19.2	20	65	26	18
13	Peter Gray	25	10	8	46	18.4	10	64	25.6	11	79	31.6	13
14	Graham Kerruish	20	8	14	38	15.2	15	56	22.4	15	73	29.2	15
15	Damien Meyer	22	8.8	12	43	17.2	13	62	24.8	13	79	35.6	9
16	Julie Schrag (f)	19	7.6	16	36	14.4	16	52	20.8	18	65	26	19
17	Judy Brown (f) (w)	15	6	22	30	12	21	45	18	21	60	24	20
18	Paul Thompson (w)	18	7.2	20	36	14.4	17	55	22	16	72	28.8	16
19	Greg Rowe (w)	18	7.2	19	36	14.4	18	54	21.6	17	70	28	17
20	Frank Overton (w)	18	7.2	18	36	14.4	19	49	19.6	19	56	22.4	21
21	Alex Crawford (w)	26	10.4	6	51	20.4	5	75	30	5	75	30	14
22	Brian Hamer (w)	18	7.2	17	27	10.8	22	27	10.8	22	43	10.8	22

(f) indicates Female

(w) indicates Walker

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

2003 Coastal Classic Hourly Record Sheet
Conducted 4 / 5 January 2003 at 7:30 pm

Final		5th Hour			6th Hour			7th Hour			8th Hour		
Place	Name	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place
1	Warren Holst	149	59.6	1	171	68.4	1	193	77.2	1	215	86	1
2	Michael Sullohern	137	54.8	2	162	64.8	2	186	74.4	2	209	83.6	2
3	Kelvin Marshall	112	44.8	5	131	52.4	6	150	60	5	170	68	4
4	Alan Staples	111	44.4	6	132	52.8	5	152	60.8	3	172	68.8	3
5	Felicity Joyce (f)	112	44.8	4	132	52.8	4	150	60	5	167	66.8	5
6	Carol Baird (f) (w)	102	40.8	10	122	48.8	10	142	56.8	7	162	64.8	7
7	Robin Whyte (w)	101	40.4	11	121	48.4	11	140	56	9	158	63.2	9
8	Nick Drayton	102	40.8	9	122	48.8	8	140	56	8	158	63.2	8
9	Laurie Hennessey	106	42.4	8	122	48.8	9	136	54.4	10	148	59.2	11
10	Chris Gamble	117	46.8	3	133	53.2	3	151	60.4	4	166	66.4	6
11	Karina Ward (f)	110	44	7	122	48.8	7	135	54	11	151	60.4	10
12	Stan Miskin	81	32.4	17	98	39.2	17	113	45.2	16	128	51.2	15
13	Peter Gray	94	37.6	13	109	43.6	13	123	49.2	13	137	54.8	13
14	Graham Kerruish	88	35.2	14	103	41.2	14	117	46.8	15	133	52.2	14
15	Damien Meyer	101	40.4	12	116	46.4	12	134	53.6	12	146	58.4	12
16	Julie Schrag (f)	80	32	18	96	38.4	18	104	41.6	18	118	47.2	18
17	Judy Brown (f) (w)	73	29.2	20	82	32.8	19	94	37.2	19	107	42.8	19
18	Paul Thompson (w)	87	34.8	15	103	41.2	15	117	46.8	14	118	47.2	17
19	Greg Rowe (w)	86	34.4	16	100	40	16	107	42.8	17	123	49.2	16
20	Frank Overton (w)	66	26.4	21	76	30.4	20	85	34	20	99	39.6	20
21	Alex Crawford (w)	75	30	19	75	30	21	75	30	21	75	30	21
22	Brian Hamer (w)	56	22.4	22	61	24.4	22	61	24.4	22	61	24.4	22

(f) indicates Female

(w) indicates Walker

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

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2003 Coastal Classic Hourly Record Sheet
Conducted 4 / 5 January 2003 at 7:30 pm

Final		9th Hour			10th Hour			11th Hour			12th Hour			
Place	Name	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	Place	Laps	KMS	EX MTS	Total KMS
1	Warren Holst	238	95.2	1	261	104.4	1	280	112	1	296	118.4	301	118:701
2	Michael Sullohern	232	92.8	2	251	100.4	2	267	106.8	2	283	113.2	103	113:303
3	Kelvin Marshall	192	76.8	4	211	84.4	4	232	92.8	4	256	102.4	173	102:573
4	Alan Staples	192	76.8	3	213	85.2	3	233	93.2	3	255	102	30	102:030
5	Felicity Joyce (f)	185	74	5	204	81.6	5	222	88.8	5	241	96.4	174	96:547
6	Carol Baird (f) (w)	180	72	6	200	80	6	218	87.2	6	237	94.8	13	94:813
7	Robin Whyte (w)	174	69.6	8	192	76.8	7	208	83.2	7	228	91.2	63	91:263
8	Nick Drayton	169	67.6	9	187	74.8	8	202	80.8	8	221	88.4	161	88:561
9	Laurie Hennessey	163	65.2	10	177	70.8	11	196	78.4	9	217	86.8	105	86:905
10	Chris Gamble	175	70	7	175	70	9	193	77.2	10	211	84.4	388	84:788
11	Karina Ward (f)	162	64.8	11	177	70.8	10	190	76	11	209	83.6	395	83:995
12	Stan Miskin	143	57.2	15	158	63.2	15	174	69.6	14	192	76.8	144	76:944
13	Peter Gray	152	60.8	13	163	65.2	13	177	70.8	12	192	76.8	25	76:825
14	Graham Kerruish	147	58.8	14	160	64	14	173	69.2	15	189	75.6	298	75:898
15	Damien Meyer	155	62	12	173	69.2	12	175	70	13	175	70	nil	70
16	Julie Schrag (f)	130	52	16	144	57.6	16	153	61.2	16	168	67.2	100	67:300
17	Judy Brown (f) (w)	122	48.8	18	130	52	18	135	54	17	146	58.4	nil	58:400
18	Paul Thompson (w)	118	47.2	19	133	53.4	17	135	54	18	135	54	nil	54
19	Greg Rowe (w)	125	50	17	125	50	19	125	50	19	125	50	nil	50
20	Frank Overton (w)	100	40	20	100	40	20	100	40	20	100	40	nil	40
21	Alex Crawford (w)	75	30	21	75	30	21	75	30	21	75	30	nil	30
22	Brian Hamer (w)	61	24.4	22	61	24.4	22	61	24.4	22	61	24.4	nil	24:400

(f) indicates Female

(w) indicates Walker

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

Bogong to Hotham "Rooftop Run" (60km)

Full Distance

1 Jonathan Worswick	7:54:26	5 Mark Phillips	4:44:35
2 Kevin Tory	8:43:50	6 Richard Rossiter	4:47:35
3 Richard Rossiter	8:54:01	7 Andrew Kromar	4:49:35
4 Rudi Kinschoffer	10:14:40	8 Nigel Aylott	4:49:35
5 Andrew Hewat	10:39:25	9 David Bedford-lee	4:56:35
=5 Sean Greenhill	10:39:25	10 Rudi Kinschoffer	5:05:35
		11 Andrew Hewat	5:17:35
		12 Sean Greenhill	5:17:35
		13 Ian Wright	5:19:35
		14 Tim Turner	6:13:35
		15 Fleur Rose	6:38:35
		16 John Lindsay	8:05:35
		17 Larel Myres	8:13:35

Halfway Race (Bogong to Langford Gap 32km)

1 Jonathan Worswick	4:29:35
2 Kevin Tory	4:38:35
3 Peter Mitchell	4:39:35
4 Josh Street	4:43:35

Report by Race Director, Michael Grayling

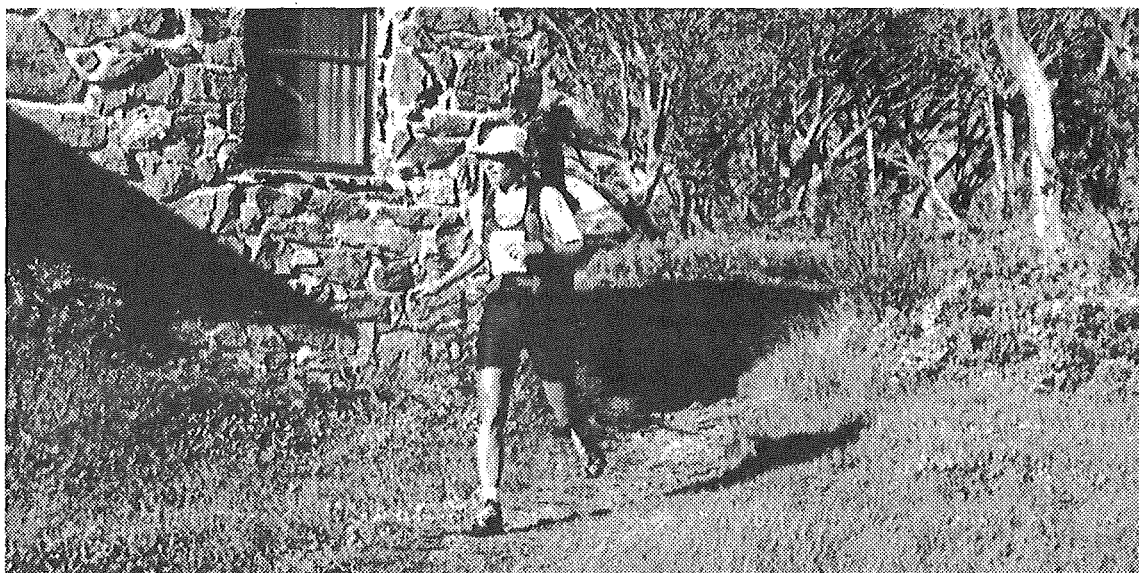
The 19th annual Rooftop Run was staged on Sunday last, the 5th of January, as usual. The field was less than normal, because of fears that insurance could not be obtained. However, a strong field began the run at Mountain Creek camping park at 6:30am on their way to the Hotham summit via Mt Bogong, Cole Hut, Warby Corner, Langford Gap, Aqueduct junction, Dibbin Hut and Derrick Hut, a journey of some 60km.

The heat took heavy attrition and only six runners completed the first half in times that were good enough to allow them to proceed in the event. This year's winner in 4:54:26 was Jonathan Worswick from Sydney, a talented and successful distance runner. This was his sixth Rooftop run and his third win, having mostly run about the eight hour mark with 7:51:02 as his best time. Jonathan ran to the line as though he had run only a few metres. In the run's nineteen years, only thirteen competitors have broken the eight hour barrier and only Neil Hooper and Andy Kromar (of Mount Beauty) have broken the seven hours: Andy in 6:41:02 and 6:58:25 and Neil in 6:58:52.

Second was another young veteran, Kevin Tory of Rosanna in 8:43:50, a few seconds behind his best time of four successful Rooftop Runs. Third was Richard Rossiter in 8:54:00 with his third successful finish and a big improvement over his 2002 time which took more than ten hours. Rudi Kinshofer from Adelaide was fourth in 10:14:40, his fifth successful finish in five years. Rudi suffered from start to finish, but he'll be back in 2004 (we hope!). Equal fifth in 10:39:25 were Andrew Hewatt and Sean Greenhill, both from Sydney. John McLeish of Sydney entered so as to run the second half - this he handled well.

An unusual entry was that of a young lady who flew from the USA the Friday before the race, drove to Mt Beauty on the Saturday, did the run on Sunday and flew home on Monday. However, unfortunately she had to withdraw at Langford Gap (like many others) because of persistent cramps.

Once again all runners and organizers thank the volunteers who manned a host of drink and food stations. Also, thanks to the radio men (all from the "Wireless Institute Civil Emergency Network") who once again went to enormous trouble to come from far and wide to guarantee the safety of each competitor and to compile the Rooftop results. They had a group of seventeen with bases all along the track necessitating long walks in and out.



passing Cleve Cole Hut

70

5TH JANUARY 2003 AURA BOGONG TO HOTHAM EVENT

CHECK POINT TIMES

Mountain Creek Start Time: 6:26
Langford Gap Start Time: 10:55

RACE NO.	COMPETITOR	Course	VK3NJE LEN	VK3XCD Tan	VK3KGM Grant	VK3DHV Dave	VK8THJ Roy	Max VK3HMS Allan VK3ASB	ALAN VK3AB ALAN VK3GL	VK3XLV FRED	VK3KKJ David	VK3UI Bob		VK3JDO DOUG	VK3GER GERARD	GREG VK2EXA Peter VK2CIM	Run Time	Place
			Mountain Creek	BOGONG SUMMIT	CLEVE COLE HUT	MADISON HUT SITE	ROPER HUT	WARBY CORNER	LANGFORD GAP	OMEO RD CROSSING	AQUEDUCT JUNCTION	POLE 333	POLE 267	DIBBIN HUT	DERRICK HUT	MT HOTHAM SUMMIT		
6	Andrew Kromar	Full	6:26	7:45:00	8:06:00	8:16:00	9:49:00 AM	10:18:00	11:16:00	NO								
10	Josh Street	2nd	6:26	8:02:00	8:26:00	8:37:00	10:00:00	10:22:00	11:10:00	NO								
11	Nigel Avlott	Full	6:26	7:53	8:18:00	8:31:00	9:53:00	10:19:00	11:16:00	NO								
12	Tim Turner	Full	6:26	8:15:00	8:42:00	9:11:00	11:09:00	11:40:00	12:40:00	NO								
14	Rudi Kinschoffer	Full	6:26	8:03:00	8:26:00	8:36:00	10:13:00	10:39:00	11:32:00	11:39:00	12:39:00	13:04:00	13:50:00	14:47:00	15:47:00	16:41:05	10:14:40	4
17	Jonathan Worswick	Full	6:26	8:00:00	8:23:00	8:34:00	9:56:00	10:16:00	10:56:00	10:59:00	11:26:00	11:53:00	12:21:00	13:00:00	13:45:00	14:20:51	7:54:26	1
18	Andrew Hewat	Full	6:26	8:12:00	8:38:00	8:50:00	10:31:00	10:55:00	11:44:00	11:51:00	12:46:00	13:12:00	13:56:00	15:08:00	16:13:00	17:05:50	10:39:25	5
21	Sean Greenhill	Full	6:26	8:11:00	8:38:00	8:50:00	10:30:00	10:55:00	11:44:00	11:51:00	12:46:00	13:12:00	13:56:00	15:08:00	16:13:00	17:05:50	10:39:25	5
24	Larel Myres	1st	6:26	8:57:00	9:40:00	9:58:00	12:40:00	13:00:00	14:40:00	NO								
42	Tan Wright	Full	6:26	8:11:00	8:39:00	8:52:00	10:31:00	10:54:00	11:46:00	NO								
45	Mark Philios	Full	6:26	8:00:00	8:24:00	8:35:00	10:01:00	10:27:00	11:11:00	NO								
47	Fleur Rose	1st	6:26	8:34:00	9:03:00	9:17:00	11:31:00	12:02:00	13:05:00	NO								
51	John Lindsay	1st	6:26	9:09:00	9:41:00	9:57:00	12:36:00	13:00:00	14:32:00	NO								
71	Kevin Torv	1st	6:26	8:00:00	8:21:00	8:38:00	10:00:00	10:23:00	11:05:00	11:11:00	12:06:00	12:16:00	12:50:00	13:37:00	14:28:00	15:10:15	8:43:50	2
74	Richard Rossiter	Full	6:26	7:58:00	8:24:00	8:33:00	10:03:00	10:25:00	11:14:00	11:16:00	12:06:00	12:26:00	13:00:00	13:47:00	14:37:00	15:20:26	8:54:01	3
91	David Bedford-lee	Full	6:26	8:00:00	8:27:00	8:38:00	10:11:00	10:34:00	11:23:00	NO								
94	Peter Mitchell	1st	6:26	8:00:00	8:24:00	8:35:00	10:04:00	10:26:00	11:06:00	NO								
2	John McLeish	2nd	10:55							10:55:00	11:24:00	12:02:00	12:48:00	13:56:00	15:09:00	16:07:35	5:12:35	
										Times for each checkpoint	Time for 1st Section							
6	Andrew Kromar			1:18:35	0:21:00	0:10:00	1:33:00	0:29:00	0:58:00	4:49:35								
10	Josh Street			1:35:35	0:24:00	0:11:00	1:23:00	0:22:00	0:48:00	4:43:35								
11	Nigel Avlott			1:26:35	0:25:00	0:13:00	1:22:00	0:26:00	0:57:00	4:49:35								
12	Tim Turner			1:48:35	0:27:00	0:29:00	1:58:00	0:31:00	1:00:00	6:13:35								
14	Rudi Kinschoffer			1:36:35	0:23:00	0:10:00	1:37:00	0:26:00	0:53:00	5:05:35	1:00:00	0:25:00	0:46:00	0:57:00	1:00:00	0:54:05		
17	Johnathon Worswick			1:33:35	0:23:00	0:11:00	1:22:00	0:20:00	0:40:00	4:29:35	0:27:00	0:27:00	0:28:00	0:39:00	0:45:00	0:35:51		
18	Andrew Hewat			1:45:35	0:26:00	0:12:00	1:41:00	0:24:00	0:49:00	5:17:35	0:55:00	0:26:00	0:44:00	1:12:00	1:05:00	0:52:50		
21	Sean Greenhill			1:44:35	0:27:00	0:12:00	1:40:00	0:25:00	0:49:00	5:17:35	0:55:00	0:26:00	0:44:00	1:12:00	1:05:00	0:52:50		
24	Larel Myres			2:30:35	0:43:00	0:18:00	2:42:00	0:20:00	1:40:00	8:13:35								
42	Tan Wright			1:44:35	0:28:00	0:13:00	1:39:00	0:23:00	0:52:00	5:19:35								
45	Mark Philios			1:33:35	0:24:00	0:11:00	1:26:00	0:26:00	0:44:00	4:44:35								
47	Fleur Rose			2:07:35	0:29:00	0:14:00	2:14:00	0:31:00	1:03:00	6:38:35								
51	John Lindsay			2:42:35	0:32:00	0:16:00	2:39:00	0:24:00	1:32:00	8:05:35								
71	Kevin Torv			1:33:35	0:21:00	0:17:00	1:22:00	0:23:00	0:42:00	4:38:35	0:55:00	0:10:00	0:34:00	0:47:00	0:51:00	0:42:15		
74	Richard Rossiter			1:31:35	0:26:00	0:09:00	1:30:00	0:22:00	0:49:00	4:47:35	0:50:00	0:20:00	0:34:00	0:47:00	0:50:00	0:43:26		
91	David Bedford-lee			1:33:35	0:27:00	0:11:00	1:33:00	0:23:00	0:49:00	4:56:35								
94	Peter Mitchell			1:33:35	0:24:00	0:11:00	1:29:00	0:22:00	0:40:00	4:39:35								
2	John McLeish										0:29:00	0:38:00	0:46:00	1:08:00	1:13:00	0:58:35		

Bogong To Hotham the Hard Way

By Andrew Hewat

I decided to write a short report on my experience at the Rooftop Run (well it started short!). It may prove useful to others contemplating an attempt. Despite how demanding it sounds (and it is every bit that) this run is one of those Holy Trails that beckons runners from all over. I am sure Sean Greenhill will provide a more in depth and detailed account and since I ran nearly the whole way right behind him, I will spare you too much repetition. If nothing else, the sharing of my thoughts is therapeutic. And after a run like that you need all the therapy you can get.

I have finally found out why no-one ever talks much about the second half of the Bogong-Hotham run. There is a conspiracy of silence. During the weeks leading up to the run I searched all the old Ultramag results and scanned the Web page trying to absorb as much information as possible, to help psyche myself for the run. But there was very little mention of the second half. All energy is poured into the first half. And I now know why. Had I known what the second half was going to be like then I would have found it very difficult (more so than it already was) to press on through that gate at Langford Gap.

So while I now feel a certain obligation to perpetuate that mystique, let me sum it up by saying that it was tough, mentally and physically. But the ultimate sense of satisfaction and relief lasts a lot longer than the discomfort endured out there.

As most people warn, much energy was spent surmounting Mt Bogong and Duanes Spur and beating the cut-off. Despite this, I now rank Swindlers Spur as the toughest climb of the run. Not for length or gain in elevation but because by the time you reach it you are well and truly stuffed. Well, I was anyhow. If it hadn't been for Sean, then I would probably still be sitting half way up Swindlers.

I tried to take it easy on the first climb. My time (1:45) was slower than on my previous attempt but I felt comfortable and this was important to allow a consistent pace from here on in. I hooked up with Sean just after summitting Bogong. I had struggled with gastric reflux all the way up. This later proved to be a major problem, as I couldn't tolerate my electrolyte drinks, gels or much food. I remember commenting at one point that we were lucky there were no moose about, such was the volume of my belching that it might be mistaken for their rutting call!

Sean set the pace for pretty much the whole run. He had his planned splits to make the cut. He was in much better shape than me. I knew roughly what I needed to do, having missed the cut by only 20 mins in 1999 after ITB problems. The key was to run the flats and downhill and walk solidly uphill. Sean left me for dead walking up Duanes Spur. His large strides proved no match for my short legs and all day I jogged to match his walk. The trail up from Big River is now fairly easy to find but never an easy climb. Ian Wright, who was having a bad day by his standards, caught us at the crossing but we soon spread out as we climbed. All the way up I had this mental picture of that blue line they superimpose on the Olympic swimmers in the pool representing the world record mark. In my case it was the cut-off time closing in behind me. Ironically, Ian was behind me wearing a blue T-shirt, so every-time I glanced back through the trees, there was this blue line, symbol of impending failure, closing in on me. By the time we reached the top I couldn't care less about the cut and Ian joined me as we pushed on past Roper's Hut check-point into open country. We were surprised that Sean had disappeared ahead of us only to have him jog up from behind, having detoured to the hut for water.

It was getting hot. Water was becoming an issue. I was already getting dehydrated. So I forced down very weak electrolyte solution. Warby Corner check point was nearly out of water. I was wishing I had gone in to Roper's Hut to fill up. I worried about the few who were still behind us. This stretch on the open plains was crucial for making up the time to beat the cut-off. We were still on schedule but we ran-walked consistently pressing the pace.

Langford Gap was a welcome sight. We had made it with minutes to spare. There was never any question of not going on. I left ahead of Sean, who stopped to eat. I knew he would catch me up easily enough but I was still worried about the possibility of the Omeo Road cut-off. I don't know if this is still enforced. Once out on the second half I was euphoric. That soon wore off. We were now last on the course but that was irrelevant to us.

The last "half" seemed to go on forever. Between the endless shale covered single track and the long haul down into the valley and back up Swindlers Spur it was a real struggle. A little over 10:30 and we finally made it. The final climb up to the Hotham Summit seemed to take an eternity. I got rather emotional up the final stretch of bitumen when I saw the "Welcome Runners" sign. The relief was indescribable. Sean again waited for me so we could cross the finish line together. Whatever else is said about this run, the sense of accomplishment makes it all worth while. It still brings a smile to my face when I realise I have completed the Rooftop Run.

Much praise must go to Mike Grayling for his efforts in organising this run. And I cannot adequately thank the volunteers out on the course. What a job they do, including the radio operators, ensuring everybody is accounted for and lugging in equipment and food and water. It really helped me to have someone with me for the weekend, if just for moral support. My wife waited patiently and must have been slightly disappointed when I made the cut-off. This would be tempered by the relief of not having to come back next year for another attempt! First placed Jonathon Worsick still looked fresh when we finished and when he joked about coming back next year I couldn't see the humour. I was somewhat distressed. Hypoglycaemic, dehydrated and an ITB that was on fire. I was in very poor shape coming off the mountain. By Bright I was much better. Two weeks later and I could almost contemplate going back. Almost.....

So what do I recommend for those who want to make the challenge? Start training now! No, not quite. While mileage may not be as important as strength on the hills, you need to have put in the work. As Sean will attest, I paid the toll for my low mileage preparation. Know the course: study the map (I carry a reduced photocopy that has been laminated). Know where you can get water so you don't have to carry too much but won't risk running dry. Read past reports. Talk to anyone who has done it. Get your food and drinks sorted and don't deviate from your planned pre-race food/drinks as I did. Have a good variety of food and drinks in your drop bag. Take time to thank the volunteers on the course and ask which way to go and what's ahead. Be prepared for the heat (as well as the possibility of cold). I used an impromptu walking pole on the big climbs (yes, it is that steep!) to help keep me upright. Practice hill climbing, even train on stairs, when you can't get to adequate hills. And above else enjoy the views and savour the moment.

www.ultramarathonworld.com

Report by Sean Greenhill

"You know, Bogong was the one time I questioned my sanity..."
- Malcolm Satchell, former Six Foot Track winner, on his Bogong run in 1997

You won't see any Bogong-Hotham t shirts. This is a genuinely niche event, usually attracting no more than 20 competitors looking to face the most gruelling course, mile for mile, in Australia. Competitors start by climbing the highest peak in Victoria, Mt Bogong (1986 metres) via the 8km long Staircase Spur, then following the snow poles of the Australian Alps Walking Track to descend T Spur and cross the Mitta Mitta River; then ascending Duane Spur to Mt Nelse, a sub peak of which is the third highest in Victoria at 1891m. The halfway point at Langford Gap is then accessed over undulating vehicle tracks and walking path. The cutoff time here of 5 hours 30 is considered quite aggressive; and is the main cause of attrition amongst the race field. Typically fewer than half the starters complete the full trek.

The second half of the race still follows the Australian Alps Walking Track across the Bogong High Plains, above the treeline, before dropping into Cobungra Gap and then ascending Swindlers Spur to the Hotham Ski fields, and on to the summit of Mt Hotham (1860m) and the finish.

I travelled down from Sydney on the Saturday with my mother Gayl and with Jonathan Worswick, who has won this race twice as well as having the course record at the Glasshouse 100 Miler. We stayed in Tawonga and had dinner in Mount Beauty that night with Ian Wright. I was pretty confident about making the cutoff- I had been doing a lot of double days in the previous six weeks, doing speedwork on Tuesday nights with the Lane Cove Striders, and quality weekends consisting of a fast and hilly 28K on Saturdays with Stephen Jackson, backing up with another fast 25-30K with the Striders on Sundays, with second sessions on either one or both days. The weekend before the race, Stephen and I ran 2.17 for our Bridges 28K loop, which was a great confidence builder. A 25 minute run through the streets of Tawonga and Mt Beauty on Saturday night confirmed this impression- I had to hold myself back, I was pumped up and ready to let fly, full of energy. I had only experienced that feeling before one or two other races.

Mountain Creek campground was cool and smelling richly of the thick Eucalypts standing on all sides. A river was gushing over the background noise of runners murmuring to each other. A beautiful place to be. RD Mike Grayling's voice cut through the air... "Fifteen minutes to go!"

I placed my halfway bag in the bus and talked to Adam Johnson, who was driving the bus this year. A fine runner himself, he had finishes here and at Cradle Mountain to his credit but wasn't competing today due to a bout of flu.

"Five minutes to go!"

I spoke to John and Olga Lindsay and also to Tim Turner, one of our Sydney Fat Ass crowd. Nice to see some more NSW representation down here.

"Time, gentlemen, please!"

We lined up. Behind me was Nigel Aylott, to the left Andrew Kromar. Quality field this, not counting Jonathan on my right and Ian on my left. Mike delivered his pre race talk, issued last minute instructions. And at 6.27 we were OFF.

We ascended a gently sloping 4WD track that forded several creeks at wooden bridges; I was running with Jonathan, Rudi Kinshofer and a few others. Ian Wright was with us briefly, then he suddenly dropped back. Andrew and Nigel were sprinting, really SPRINTING, into the distance at speed.

We reached the bottom of Staircase Spur after 11 minutes of 4WD track (which crossed water several times) and started the real climb. The guns (Jonathan etc) took off and I was left to my own devices, zigzagging up and up and up through dense forest.

I was checking the heights indicated on the altimeter against my anticipated schedule; when I passed 1300m elevation in not much short of an hour I knew I'd reach Bivouac Hut at 1400m on my 60 minute schedule, and so it was. Ian appeared briefly behind me, complaining of breathing troubles, then I was off again, pushing through thick shrubbery (the forest had metamorphosed and started to thin out) and over a distinctly rocky surface. For a moment I was in the clear, with sweeping views to the north east. Magnificent stuff.

Above the treeline is my favourite type of running; not common in Australia, so under normal circumstances I'd be soaking it up; but I was pushing too hard to really take too much notice once I got out of the trees and ascending the grassy knolls leading to Bogong summit. I'd fallen off the pace a bit; I'd projected reaching the summit in 1.40 but it wasn't going to happen. I could see no runners above me; when I passed the skiers monument I looked back down the snow pole line to see Ian not too far below; and behind him a figure in a green shirt making up the gap.

Ian caught me up and we reached the summit together in 1.45. Hmm, that cutoff loomed very close now. I pushed as hard as possible- almost a sprint- over some deeply rutted tracks paralleling the snow poles, and scattered with loose rocks. Not good terrain for fast running. I descended to Hell Gap, climbed up over Lendenfeld Point and descended towards Cleve Cole Hut.

Hearing footsteps behind me, I risked a quick glance over my shoulder and saw Green Shirt behind me. He asked if I was Sean Greenhill, I confirmed I was and asked how he knew. He recognised my face and my gear from the photos from the net. Funny how notoriety spreads. He was Andrew Hewat, from Geelong.

We reached Cleve Cole Hut in 2.08. My splits had said 2.05, so we'd made up 2 minutes on the deficit at Bogong Summit. At Cleve Cole there was a table set up with Gatorade, and several types of food. Excellent, anything more than just water is a bonus in this type of lowkey race. A guy in black t shirt and sunglasses filled my bottles with Gatorade. "What's your name?" he asked. I told him. "ahh.... Mister G," he drawled. "I'm Pastyboy." This was a reference to our identities on the Coolrunning Australia bulletin board. Andrew and I didn't have time to chat, alas, as that cutoff was still looming.

Another descent through thickening stands of trees before we emerged into an alpine plain bisected by creeks- Maddisons Hut Site. We were back on schedule. From here it was a hard right up and over a climb, then starting a gradual descent. I did a faceplant out here, cutting my right shin but was otherwise unscathed.

The descent was steep but not too difficult- the likes of Mike Ward and Kevin Tiller told me about running down T Spur and constantly looking for the route. This was not an issue for Andrew and I- we reached Big River (also called the Mitta Mitta River) right on 3 hours with Ian directly behind us after a snake scare near the bottom. Normally this is at least waist deep but due to current drought conditions we were able to cross without getting our feet wet.

The climb up and out is 700m ascent in 3k. It was getting warm; I was sweating heavily under my coolmax t shirt. It's a steeper grade than Staircase Spur but this one troubled me less- I think because the switchbacks were longer, I was able to get a better walking rhythm going and pulled away from Ian and Andrew. At a col, the trail continued to the right; in front of me some massive spurs ran down from Mt Nelse into the Mitta Mitta valley. I smiled at the memory from when I ran here with Jim Screen a few years back. At this same location I had joked "this is good training for Pluviometer, Jim." Jim had waved a weary arm at the same mighty spurs and declared with finality, "Pluviometer was in nappies when these were old men!"

The trail dropped briefly, flattened out (I was able to run for a bit!), then resumed climbing to Ropers Hut, where I was checked in and filled my bottles at 4.03. All right! I was seven minutes ahead of schedule. Ian and Andrew materialised from the bush and pressed on without pausing for water. I caught them up and Ian remarked on how strong I looked. Sure I felt strong walking up the hills, but now we'd have to run. Ian said he was still feeling ill and would drop at halfway, then he ran away from Andrew and I. Kind of shows what a quality athlete Ian Wright is.

Mixing running and walking when buggered, Andrew and I hauled into Langford Gap and the halfway in 5.17, thirteen minutes before the cutoff, with Ian a minute back. It had been mostly rolling, rutted 4WD track after Ropers, with a fine scattering of loose rocks; and then rough foot track followed by excellent running along the Aqueduct. Mike Grayling and Adam were amongst the crowd waiting for us, surrounded by a remarkably thick swarm of flies. Geoff Hook turned up also. Mike asked me how I was feeling. Between gasps for breath. I managed "I'm utterly fucked!" but then waved a finger at he and Adam and added "but I'm going to keep going!"

Amongst those who had stopped at halfway were Nigel Aylott, who had incurred a niggling injury and didn't want to exacerbate it before the Australian Rogaine Championship a fortnight hence; and Andrew Kromar. Jonathan had been first man to Langfords. I sat down and started to eat; Andrew got organised and shuffled out. After putting away a few cans of creamed rice, a few swigs

of Ian's coke and half a pack of chips, I too shuffled out of Langfords and along the access trail next to the Aqueduct. I managed about 90 seconds of running before being reduced to a walk, I was still stuffed from pushing it to halfway.

A few glances at the crystal clear water of the Aqueduct revealed fish were living contentedly in there; it was warm in the sun and I considered jumping in for a few minutes to cool off. I probably wouldn't climb out again I rationalised, and started to alternate running and walking; I'd run three snow poles and walk one, run three, walk one. The snow poles from Bogong Summit to Hotham Summit are 40 metres apart and numbered; once you start counting snow pole numbers and doing the maths on how far to go, one's

sanity can start to slip alarmingly. I caught Andrew up not long after passing the Rovers Hut, and we death marched up the hill to Cope Hut and the Omeo Road crossing and the next aid station. Apparently Rudi Kinshofer was only a few minutes in front and walking, which excited us through our lethargy; Rudi came second here a few years ago and has some killer results in 24 hour races, so it'd be nice to reel him in.

After Omeo Rd there is no trail, merely a snow pole line across rocky alpine moorland. We started "pole hopping" once more, running three to five poles (as best as we could run on this rough terrain) and walking one. Cattle graze on the high plains in summer; we passed several herds of cows gazing at us with a detached "and what the hell are you guys

up to?" expression on their faces. I conversed with them through my delirium, much to Andrew's amusement. We reached the SEC Hut at Aqueduct Junction on roughly 10.20 finishing pace. I'd projected a 10 hour finish after a 5.25 halfway, which shows you what a sorry state we were in. But a finish was accomplishment enough in this race; we'd take any time we could get. We were already producing lists of reasons as to why we'd never do this bloody race ever again.

After Aqueduct Junction the terrain got worse; more rocks, less discernible trail, and endless snow poles vanishing away over the moorlands to the horizon. Andrew and I no longer ran but power walked over the rough as best we could; the demoralising effect of seeing the snow pole line heading away and out of sight had taken all fight out of us. We reached pole 333 aid station just as Rudi had left; we saw him walking in the direction of pole 267 and Cobungra Gap. The aid station guy gave us fruit and lollies and let us borrow his Rid spray to combat the swarms of flies that plagued the high plains. Then we walked off again, Andrew starting to slow as a dodgy IT Band started to get worse. We reached pole 267 and I changed socks; my feet were saturated with sweat in the heat and I could feel a few hot spots coming on. I lathered on some more hydropel and we got some running going, dropping into the trees and down a good dirt path towards the Cobungra River. Across from us, the high summit of Mt Loch loomed direct ahead, to the left, the slightly lower summit of Mt Hotham and its buildings and antennas, our final destination, still a couple of hours away.

We hit the bottom at the Cobungra River and Dibbins Hut with Andrew's IT Band in bad shape. Here were two more aid people wearing full body nets to ward off the flies. A bottle refill, some more sweets and the hot, debilitating climb up Swindlers Spur began. I pulled away from Andrew; he urged me on but I replied we'd been a good team so far and it made sense to complete it together. It was hot on this climb; the sweat was pouring off me, but what was worse was that the damn climb to Derrick Hut just went on and on and on. We came out of the trees and onto a long flat spur; not far to Derrick Hut now I told Andrew. Then we dropped down again, and commenced another climb. I'm sure it wasn't a major drop or climb but in our state it felt like K2. More reasons for never doing this race again were produced, and we were reduced to counting down more numbers on the snow poles and doing more maths.

Finally we were at Derrick Hut, last aid station on the course. Adam had told us the second half was easy as "you can smell the finish" but Andrew and I were in serious demoralisation instead. This was not helped after we left the hut and climbed across the Hotham ski runs; the Derrick Hut guy hiked past us with his backpack lightened after he dumped his remaining water. However after the snow pole line left the ski runs and reached a dirt road we got some running happening again and passed the Derrick Hut guy. We reached Derrick Col and saw the rest of the course; a descent, then another long climb along Loch Spur to the Loch Car Park; then a haul up the Alpine Road and a final climb to the summit tower of Hotham. It looked so far away, so high...

A mixture of jogging and walking got us to the road and we started powerwalking to the Hotham Summit walking trail. Andrew's car was parked at the foot of this trail and we could see two people standing on the slope above. I told Andrew we should dump our packs to lighten the final approach to the summit; so we left them at his car and walked up the path.

The two people standing and watching were Jonathan and my mum Gayl. Jonathan said "it's considered cheating to drop your packs below the summit" to which I gave him the finger in mock anger. "I hear congratulations are in order, Jonathan," I replied; the Derrick Hut guy had told us Mr Worswick had been well in front at that point ("the only guy who was still running at this point" had been the quote) so it was obvious he'd won. "I'm NEVER doing this race again!" I declared to Gayl and Jonathan with utter finality; Jonathan's response was just to laugh as we headed over towards the summit tower.

"Want to run the last few metres?" Andrew and I ran the last twenty metres to the summit with arms round each others shoulders to find Mike, Adam, some other aid people, Andrew's wife and the other finishers all there. Other finishers? Only six men from the 17 who had started at Mountain Creek had gotten to Hotham.

Mike handed over backpacks to the finishers and a bottle of champagne to Jonathan; then we wearily collapsed into Gayl's station wagon and headed back to Mt Beauty, stopping en route at Bright to pick up some beers. That night it was a weary four ultra runners- Jonathan, Ian, Rudi and myself- who worked through pizza and beer in Mt Beauty. In the back of my head I was reflecting over where I could improve my time next year; no other race in Australia has such challenging terrain as this one. Jonathan was emphatic; "it's the best race in Australia."

RESULTS [17 starters]

1 Jonathan Worswick	7:54:26	4 Rudi Kinshofer	10:14:40
2 Kevin Tory	8:43:50	5 Andrew Hewat	10:39:25
3 Richard Rossiter	8:54:01	5 Sean Greenhill	10:39:25

POSTSCRIPT- a fortnight later fires started by lightning strike burned out pretty much the entire course (including the grassy moors above the treeline) from Mt Bogong through Falls Creek to Cobungra Gap. Mt Hotham is still threatened by fires from several directions. The course next year is going to look very different.

CRADLE MOUNTAIN RUN, TASMANIA [Overland Track] 85km Approx 1-2-2003

From Race Director, Sue Drake

no.	first name	surname		age	Pellion	Kiora	Windy	Narcissus	Cynthia bay Finish	Cynthia finish order	cradle age/gender factor	corrected time	est. time
30	Jonathan	Whitaker	Mr	39	3:17	4:16	5:28	6:30	8:27	1	0.9365	7:54	11:00
46	Sean	Clauson	Mr	28	3:17	4:18	5:35	6:37	9:16	2	1.0000	9:16	9:00
48	Jonathan	Worswick	Dr	39	3:47	4:53	6:18	7:24	9:27	3	0.9365	8:51	10:30
37	Paul	McKenzie	Mr	30	3:39	4:44	6:07	7:18	9:33	4	1.0000	9:33	9:30
18	John	Madden	Dr	49	3:44	4:42	6:09	7:21	9:40	5	0.8414	8:08	10:30
15	Andrew	Law	Mr	43	3:29	4:35	5:57	7:08	9:42	6	0.8985	8:42	10:30
29	Helene	Diamantides	Ms	38	3:48	4:56	6:21	7:34	9:50	7	0.7568	7:26	11:30
6	Dave	Ross	Mr	46	3:49	5:01	6:26	7:45	10:04	8	0.8701	8:45	9:45
40	Paul	Riseley	Mr	36	3:57	5:08	6:38	7:52	10:08	9	0.9651	9:46	10:40
19	Alec	Hove	Mr	52	4:43	5:01	6:32 ⁿ	7:51	10:15	10	0.8116	8:19	11:00
27	Robert	Tatchell	Mr	47	3:47	4:58	6:30	7:54	10:44	11	0.8607	9:14	10:00
28	Philip	Lester	Mr	36	4:09	5:25	6:55	8:15	10:46	12	0.9651	10:23	11:00
16	Marcel	Brown	Mr	29	4:05	5:21	6:55	8:15	10:50	13	1.0000	10:50	10:30
8	Peter	Hoare	Mr	45	4:09	5:24	6:55	8:18	11:12	14	0.8794	9:50	12:00
39	Michael	McIntyre	Mr	41	4:13	5:25	6:57	8:20	11:15	15	0.9175	10:19	12:00
22	Adam	Johnson	Mr	28	4:22	5:45	7:18	8:37	11:22	16	1.0000	11:22	11:00
44	Stephen	Urwin	Mr	46	4:24	5:39	7:30	8:57	11:34	17	0.8701	10:03	11:00
42	Neville	Sweetman	Mr	43	4:15	5:35	7:16	8:28	11:39	18	0.8985	10:28	12:00
1	Michael	Slagter	Mr	32	4:19	5:35	7:16	8:52	11:45	19	1.0000	11:45	10:30
3	David	Fisher	Mr	36	4:25	5:49	7:32	9:01	11:48	20	0.9651	11:23	10:30
2	Rod	Andrewartha	Mr	44	4:25	5:49	7:32	9:02	11:57	21	0.8889	10:37	11:30
49	Andrew	Murphy	Mr	39	4:42	6:09	7:52	9:16	12:18	22	0.9365	11:31	14:00
32	Sharen	Willing	Ms	41	4:29	5:48	7:36	9:01	12:22	23	0.7340	9:04	13:00
20	Doug	Strdhfeld	Mr	44	4:32	5:56	7:52	9:17	12:27	24	0.8889	11:04	12:00
24	Dale	Atkinson	Mr	38	4:32	6:02	7:47	9:21	12:28	25	0.9460	11:47	12:48
25	Sally	Atkinson	Ms	35	4:32	6:02	7:47	9:21	12:28	26	0.7797	9:43	12:48
35	Jeremy	Harris	Mr	40	4:35	6:04	7:48	9:19	12:28	27	0.9269	11:33	11:00
41	David	Waugh	Mr	31	4:25	5:55	7:43	9:26	12:41	28	1.0000	12:41	10:30
43	Rachel	Lawrence	Ms	29	4:25	5:55	7:43	9:26	12:41	29	0.8000	10:08	13:00
50	Zara	Soden	Ms	36	4:49	6:27	8:12	9:44	12:49	30	0.7568	9:42	15:00
51	John	Soden	Mr	38	4:49	6:27	8:12	9:41	12:49	31	0.9460	12:07	15:00
12	Carla	Zijlstra-Evans	Ms	33	4:46	6:13	7:57	9:33	12:52	32	0.7950	10:13	12:00
13	Anthony	Evans	Mr	33	4:46	6:13	7:57	9:33	12:52	33	0.9938	12:47	9:00
38	Michael	Booth	Mr	48	4:48	6:18	8:07	9:45	12:58	34	0.8510	11:02	12:00
5	David	MacFarlane	Mr	44	4:48	6:18	8:07	9:45	12:59	35	0.8889	11:32	12:28
21	Dale	Lancaster	Ms	52	4:39	6:07	8:05	9:48	12:59	36	0.6493	8:25	13:10
33	Peter	Hewitt	Mr	43	4:58	6:34	8:22	9:58	13:04	37	0.8985	11:44	11:30
23	Gavin	Nicholas	Mr	50	4:44	6:16	8:08	9:53	13:17	38	0.8315	11:02	13:30
9	Peter	Burrill	Mr	44	4:44	6:16	8:08	9:53	13:26	39	0.8889	11:56	12:45
52	Ras	Simpson	Dr	53	4:53	6:24	8:08	9:53	13:26	40	0.8015	10:46	12:00
11	Gregory	Hatfield	Mr	23	4:52	6:43	8:33	10:20	14:20	41	1.0000	14:20	12:30
14	John	Szabo	Mr	27	4:52	6:43	8:33	10:20	14:20	42	1.0000	14:20	13:30
26	Steve	Sonneveld	Dr	47	5:13	6:52	9:18	10:55	14:50	43	0.8607	12:46	12:00
34	Amanda	Allan	Ms	41	5:39	7:19	9:19	10:56	14:50	44	0.7340	10:53	14:30
4	John	Lindsay	Mr	54	5:39	7:27	9:23	10:55	14:59	45	0.7913	11:51	15:00
10	David	Stary	Dr	52	4:46	6:26	8:26	10:26	boatout	46	0.8116		13:00

46-runners started this endurance event in the early dawn (6:00am) on Saturday 1 February 2003, gritting their teeth and scarcely able to see in the biting wind they encountered on the Cradle cirque; gradually the weather improved with the squally conditions giving way to a mild sunny day. Many runners fell and knocked themselves around a bit in the early stages (and some in the later stages too!) but they were a cheerful positive bunch, all well able to deal with the stresses they encountered. First across the line was Jonathan Whitaker (U.K.) in 8hrs 27mins, with Sean Clauson (9:16, Huon) and Jonathan Worswick (9:27, NSW) following. Helene Diamantides (U.K.) was first woman in 9:50 (and 7th over all); John Madden's (9:40, Hobart), Alec Hove's (10:15, Hobart) and Dale Lancaster's (12:59, Burnie) times were especially commendable on an age adjusted performance measure.

Cradle Run Completed

By John Lindsay

I lean into the freezing gale to keep from being blown off course, as I climb the relentless hill leading up to Marion's Lookout. I'm 30 minutes into the run, and it had been cold and windy most of the way so far. The rain that fell over night has stopped, but the clouds hang low, obscuring the peaks towards which I am climbing. The wind cuts through my waterproof jacket and two thermal layers like a knife, and makes my bare thighs bright red.

Some background to this event ...

I first became interested in the Cradle Mountain Run about 5 years ago. I knew of the 85 km Overland Track which the course followed. I knew it to be a rugged course and that most people take 5 to 7 days to walk it. So the notion of running it in a day had considerable appeal.

I called Bruce and Sue and discussed my intentions with them. I proudly told them of my achievements in having run a dozen or so marathons, and having completed the 46 km Six Foot Track a couple of times. I'll always recall Bruce's comments when he said "You'll find the shorter distances like the marathon won't be enough to ensure success in this event. Why don't you build up to something a bit longer for a year or two, and then we'll talk again".

You could have knocked me over with a feather. Up until then, I had thought that the marathons WERE the longer distances. Then he told me I'd need to get a couple of previous Cradle runners to vouch for the fact that I was capable of completing the event in 15 hours, and that I could survive in the bush if I was caught out unexpectedly overnight.

Of course, rather than putting me off, this made me want to do it all the more. The Cradle Run became one of those events I really wanted to complete. Being over 50 and a relatively slow runner compared to the sorts of people who normally do these events (and getting slower by the year according to all the age charts I read), I had to get it done sooner rather than later.

So in April 1999 I went to Cradle Mountain and ran to Frog Flat and back, a distance of something like 60 kms. I started in the dark and finished well after dark. It took me heaps longer than I expected, and I gained an appreciation of what Bruce had been talking about. This was one tough sucker of a course.

The run did something else for me. I saw Cradle Mountain in all its glory. I happened to run in a night with a full moon, and I still have a photo taken by a disposable camera of the moon reflected in the pre-dawn blackness of Crater Lake – two moons in the one picture. And then when I crested the hill beyond Marion's Lookout and was confronted with the massive image of Cradle Mountain and beyond that Barn Bluff jutting above the treeless plateau, all bathed in the golden glow of the just-rising sun, I formed a lasting attachment to this part of the world.

So in 2001 with my application accepted, I had the chance to do the run. Unfortunately, I had selected a year when the temperature on the plateau would rise to the high thirties, and cause a third of the field to drop at Narcissus. In my case, I failed to make the 11 hour cut off by a whopping 1 hour 41 minutes, and joined a large contingent of fellow non-finishers for a boat ride back to Cynthia Bay.

So I'm back now in 2003 to see if it was the heat which stopped me that time. Realistically I give myself no better than a 50% chance of making the cut at Narcissus. The guideline is that you need a marathon time of around 4 hours to get there in 15 hours. My best marathon time in the last couple of years is 4:19, which computes to around 17 hours on that formula.... now back to the run.

I reach Marion's Lookout in 38 minutes, and Kitchen Hit in just on an hour. The wind is still ferocious, but the sky is starting to clear and I can catch some glimpses of Cradle Mountain's jagged profile through breaks in the cloud. Last night it poured on the tin roof of the hut I slept in, and it blew a gale. There's plenty of water on the top of the plateau, and it's not long before my feet are soaking wet.

I'm "Tail End Charlie" at this point, and sweepers Dave Cole and Rod Barnes will be my companions until Pelion Hut, where they'll then take a 2 hour walk out to a parked car and meet us at the finish.

I run along the base of Cradle Mountain and down the steep descent to Waterfall Valley. I get some water from one of the creeks, and continue on to Windermere Hut, where I once again top up with water, mix up some more

carbohydrate, and quickly eat a couple of cheese wedges as I watch the campers feed the potoroos. It's 3 hours and I'm feeling good. From Windermere, the trail continues over flat and undulating alpine moors scattered with small lakes and streams, before descending through the boggiest section of the track down to Frog Flat and then on to Pelion Hut.

Just past Frog Flat I catch up with Amanda, an ironman triathlete running her first trail run. I reach Pelion a few minutes ahead of her, but she charges on past Pelion without even stopping, while I take 10 minutes to fill my bottles, have some more cheese, remove my long sleeve thermal top, and put on some sunscreen.

I dislike the next stage, the climb up to Pelion Gap. It comes at around 6 hours when fatigue is making its presence felt. But I am rewarded at the top with a compelling view of Tasmania's highest mountain, the 1617 metre Mt Ossa. The presence of around 6 large backpacks at the turn-off to this mountain shows that there are climbers up there today.

It's a nice run down then to Kia Ora Hut, where I refill again and meet up with my new sweepers, Frank and Scott. Just before reaching the hut though, I come for a decent tumble. I'm watching the track as usual, but being fatigued I find

myself clipping the tops of rocks every now and then. And this time I come a real gutser. I sprawl on my hands and knees accompanied by a venomous stream of abuse directed at the rock upon which I tripped. Fortunately I'm wearing light gloves, and this together with the two water bottles I am carrying in my hands, restricts the bleeding bits to my legs. But I bust my water bottle straps in the process and have to improvise for the balance of the trip.

Frank and Scott are great company. Frank knows this area well, and provides me with regular updates on how I am faring for the 11 hour cut off. This advice keeps me moving faster than I otherwise would, and I reach Windy Ridge Hut in 9 hours 23 minutes, just enough time according to Frank to make the Narcissus cut if I keep hard at it. It is now no longer a race to the finish – it's a race against the clock to reach Narcissus within 11 hours.

I'm running pretty well. The cooler temperatures help a lot. But so does the method I'm using to ingest sufficient calories. I have a real problem getting enough calories down my throat to keep me from "bonking" (to use a cyclist's term). I simply can't digest that much food on the run. Lately I've been training with double strength, neutral flavoured, glucose polymer powder mixed with water in one bottle, washed down by plain water in another bottle, and supplemented with a small quantity of cheese and fruit bars. This is providing me with 150-200 calories an hour, a lot more than I can normally take in. I regard this as the primary reason I have not slowed in the last few hours, compared to my previous attempt, even though it was much hotter last time.

About 3 kms before the finish, I pass Amanda and another person who are both walking. They run with Frank and me for a while.

I reach the swing bridge over the Narcissus River just before 4:45 pm, and Frank tells me that it is only 12 minutes to the check point. I keep going hard at it in case he is wrong, and at 4:44 pm, 5 minutes before the cut off, I round the bend and see Sue Drake there, and know I've made it. She offers me a coke and a cup of tea, and I eat some grapes, before reminding me that I must leave the check point before 5 pm if I am to avoid disqualification.

I head out thinking I'll walk for a while to recover from the last 3 hours which I have run at a faster than my normal pace. I stop to remove some rubbish from my shoes, and Amanda passes me again. She is a very strong walker.

I have a few brief stints at running, but I really can't be bothered. I feel elated at having made the cut at Narcissus, and running now just seems too much trouble for no return. It's not as if I'm likely to win the event or anything ... other than someone else who DNF'd, I'm stone motherless last.

So I settle down to a fast walk to the finish with Graham and Allan, my two sweepers from this section. They are great company. About half way through the 4 hour walk, my energy returns in good measure, and I pick up the pace. I know the 15 hour time target means nothing to my finish, but I'd like to complete the event in this time if I can. So without announcing my intentions to Graham and Alan, I up the pace, and we cover the last 5 kms in around 9 minute kilometres walking pace.

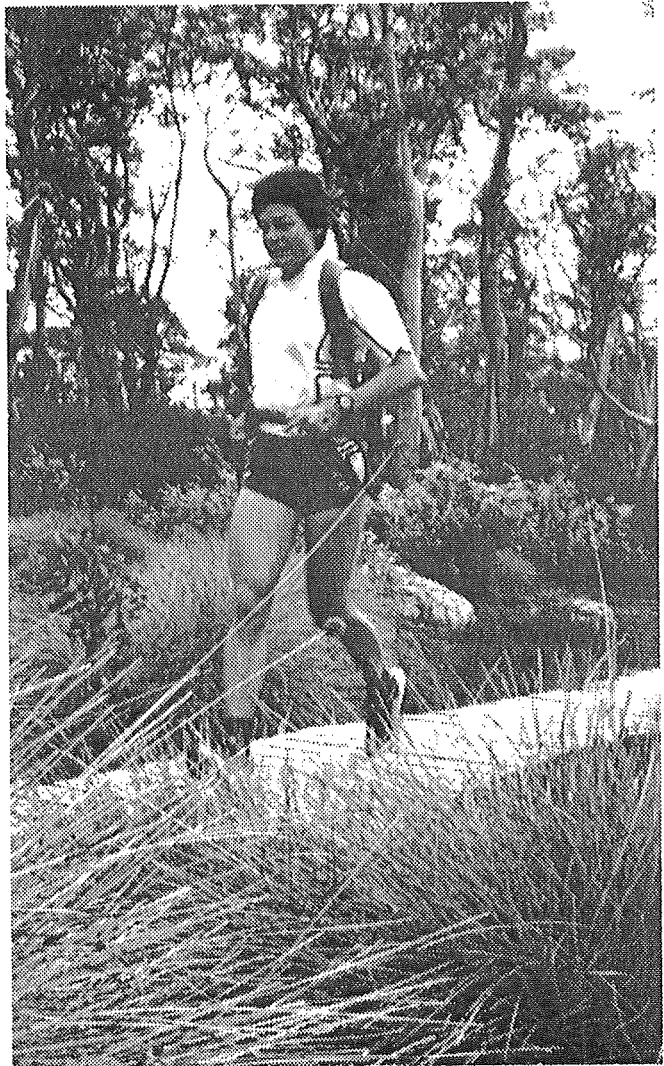
I tell Graham and Alan that I want to run to the finish, and so with around 300 metres to go, I take off like a scalded cat, surprising myself how strong I feel. I cross the finish line, and Bob says "you made it just under 15 hours". I say "how much exactly", and he replies "14 hours, 59 minutes and 27 seconds". I think that's pretty neat.

Action from Cradle Mountain

Photos by Alicia Perkins



Overall winner, Jonathan Whitaker



First female, Helen Diamantides



The imposing view of Mount Olympus with the Overland Track in the foreground

BRUNY ISLAND 64KM ULTRA MARATHON TASMANIA

30TH NOVEMBER 2002

"Bruny Island" is situated 30 km south of Hobart, has a population of less than 500 and offers striking country and ocean scenery. The event starts at the Dennes Point jetty in the North and travels quiet country roads to the finish at the historic Bruny Island Lighthouse and national park on the southern tip of the island.

The run consists of solo and relay teams with a mixture of serious and social runners. Relay teams are categorised as serious, social, junior, local and veterans with teams having between two to ten competitors.

A novel idea undertaken by some keen relay competitors is to run whilst their team mate rides a mountain bike then change over at the 2km changeover markers. Relay teams add colour to the day, however the emphasis is on the ultra solo competitor who always receive great support and inspiration from the relay teams and their support crews along the entire course.

Solo competitor numbers in 2002 were down, however the standard was high with Colin Oliver of Hobart running his first ultra and breaking Tim Sloan's previous race record of 4hr, 12min, 33sec. With added exposure, organisers are expecting a larger solo contingent for the 2003 event being held on Saturday November the 29th.

Paul Riseley,
President Ultra Tasmania.
"It's fun on the long run"
riz5@bigpond.com

RESULTS

1. Colin Oliver 4.12.33 [race record]
2. Trevor Manning 8.36.21
3. James Crotty

Australian National 100km Championship 2003 Canberra, February 23rd

- | | |
|------------------------|----------|
| 1. Roger Maximiw | 8.28.04 |
| 2. Ian Valentine | 9.47.19 |
| 3. Anyce 'Kip' Melham | 10.29.23 |
| 4. Mignon Tucker [f] | 10.41.29 |
| 5. Kelvin Marshall | 10.52.53 |
| 6. Glen Gielissen | 11.16.21 |
| 7. Thomas Lenzenhofer | 11.23.29 |
| 8. Wayne Tomasums | 11.39.34 |
| 9. Andrew Stanfield | 11.41.35 |
| 10. Vicki Godfrey [f] | 11.52.42 |
| 11. Kerry Campbell [f] | 11.54.50 |
| 12. Tony Cosoleto | 12.36.12 |
| 13. Shirley Young [f] | 12.50.42 |
| 14. David Criniti | 13.16.53 |
| 15. David Billett | 14.02.44 |
| 16. Peter Gray | 15.00.02 |
| 17. Aryavan Lanham | 17.46.12 |

“The Ageless Wonder from Down Under” 2002 , A year in the life of Shirley Young

By Ron Young [Shirley's supportive husband]

Shirley's program for 2002 began in January when she competed in the Oceania Games in Geelong where she ran in four events. 1500 metres, 5km, half Marathon and 8km cross country picking up four gold medals in her age group [Women over 70 years]

After Geelong, her next race was the Australian 100km Championships in Canberra starting at 12 Midnight on March 2nd as part of the Sri Chinmoy Ultra Triathlon. In this event, Shirley was first woman and second overall in a time of 11:19:35 . The only one to beat her was Ian Valentine who won the Male championship in 10:45:32.

With the Canberra 100km now complete, Shirley travelled to Adelaide at Easter for the Australian Veterans Athletic Championships where she picked up four more gold medals in the W70 1500m, 5km, 10km and 8km cross country events

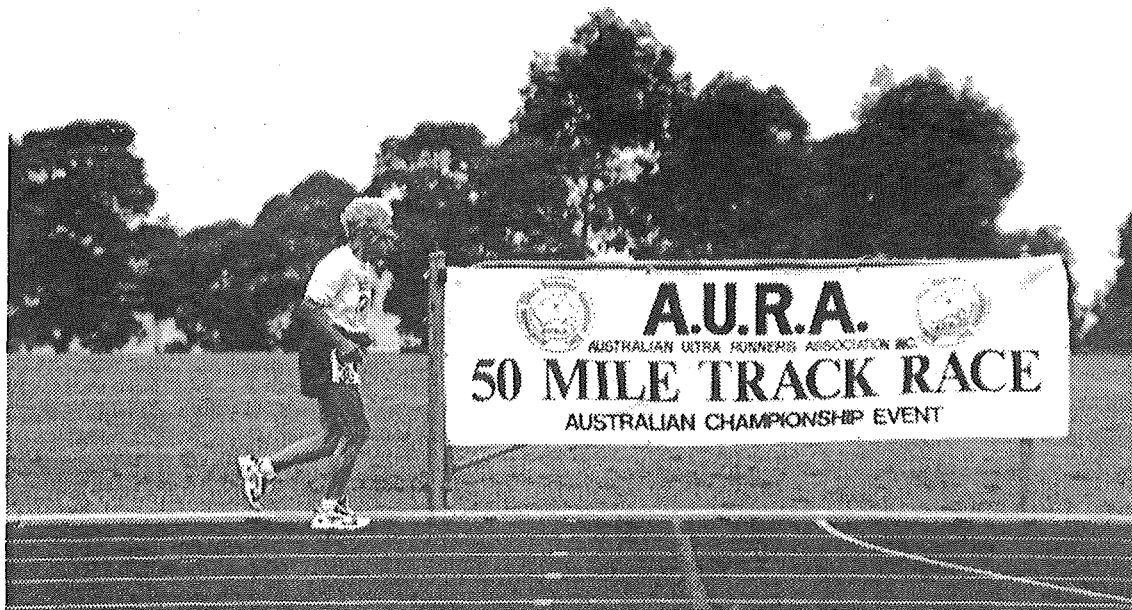
Back home to Melbourne after Adelaide, Shirley's next event was the Coburg 24 hour carnival on April 13th/14th. Shirley ran the 6 hour option and finished third overall with a distance of 60.992km, a new world record for the W70 age group.

Shirley's next race was to be the Victorian 50 Mile Track Event at East Burwood in may but the cancellation of this event put paid to those plans.

Shirley then travelled to the Gold Coast Marathon in July and won her age group with a time of 4hrs 10mins. Shirley's next major run was in the 25th Melbourne Marathon on October 13th once again winning her age group in 4hrs 6mins. Shirley is the only woman to have completed all 25 Melbourne Marathons.

The following week saw Shirley back in Adelaide on October 19th, to run the 12 Hour Event at the Sri Chinmoy Ultra Festival. In this event Shirley finished in second place overall with a distance of 103.368km, a distance which we believed at the time had broken her own world W70 record of 102.800km. However, when the documentation was submitted to Andy Milroy, he said that he had a better performance on record. Andy had found a lap scoring error of 2 missing laps in her previous record at Coburg in 2000 and her old record was actually still a record of 103.600km. Shirley's Adelaide record was actually not a record at all

Returning from Adelaide, Shirley's next race was the 50km/6 hour event at Moe on November 10th. Shirley finished with a distance of 55.465km to take second place behind Lee Graham. This was Shirley's last event for the year and after a small break, will start preparing for the 2003 100km Championships in Canberra on February 23rd



The amazing Shirley Young

FROM THE PAST TO THE FUTURE.

538 km Run across Tasmania in 4 and ½ days.

By Vlastik Skvaril, 10-12-2002.

Port Arthur represents the Tasmanian past. It is labelled as Australia's most significant convict sites – a place of paradox, both beautiful and terrifying. Many people visit not only to discover Australia's convict heritage but also to pay respect at the new Memorial Garden, dedicated to the 35 victims of the recent senseless tragedy.

Situated on the Tasman Peninsula at South East Tasmania it is full of unique features including Tessellated Pavement, Devils Kitchen, Tasman Arch, Blowhole, Remarkable Caves and many others. Superb scenery will please walking enthusiast who will find a great choice of walking tracks which cover forest areas, wilderness area, rainforest, serene coastal beaches and rugged coastline formations.

We have chosen the Church at the Historic Site as the starting point of my run across Tasmania to raise money for the benefit of the "Make A Wish Foundation", a charity fulfilling wishes to children and young people up to 18 years who suffer a life threatening illness. We appreciated very much the support of the management of the Site and the local Council.

We all arrived in Port Arthur the day before starting the journey. We spent a relaxing evening in the Leisure Inn where some of the team were spending the night. Most of us gathered at Terry Weeding's house (he calls it a shack!) where some of us stayed over night. Asta was allowed inside the house. I was very grateful for that – she is used to it. In the morning most of the team took the opportunity of a free cruise around the Harbour, followed by a barbecue at Terry's house. The start of our trip is not too far away.

It is 26th November 2002 and at 4.05 pm and my dog Asta and I are on the way accompanied by 5 vehicles and 14 members and friends of the Burnie branch of "MAW". Weather is perfect for running and I feel relieved that after months of planning all I have to do is to concentrate on my running.

On the way to Port Arthur I already realised that the time schedule I prepared is going to test me. It is about 15 years since my last visit to Port Arthur and I forgot how big the hills were. Undeterred I am running (perhaps too hard) to stay on schedule. The first check point is Dunalley – just about the first Marathon. In spite of those hills I am arriving well ahead of schedule. It took just under 4 hours. The next check point is Sorell, scheduled arrival at fifteen minutes past midnight.

We have printed special T-shirts for those who would join me for a jog during the run. I did not expect anyone to run with me during the first night but suddenly I am joined by an unexpected companion – a baby Tasmanian Devil. He kept running ahead of me for at least half kilometre. I had to wave down the traffic with concern about the poor marsupial would be hit by a car. The creature returned to the bush short while after. Bobbie Weeding driving behind me was laughing about two Devils running on the road. I could not see the other one but eventually it occurred to me why not – of course - I did not look in a mirror!

Arrival at Sorell is low key. The streets are already quiet and we are exactly on schedule. It is not far to Cambridge where there is a change of the drivers at 1 am. The hard running over the hills is taking its toll and I decided for an unscheduled 30 minute break to recharge my batteries. This is the first break and I can now appreciate the wisdom of Ian Morice who lent his vehicle with a bed and his service to our journey.

The bed is very comfortable and though I do not get any sleep, I feel much better heading towards Hobart.

Dennis Hayes takes over driving my vehicle behind me with my wife Jo staying there as well. Both of them are going to stay with me for the rest of the journey. None of them wants to be relieved. The front vehicle is now driven by David Dare and Dot Hall.

We cross the Tasman Bridge with only 10 minutes behind schedule. However it is much further and takes much longer to get through Hobart than I anticipated. It is about 4 am when we are finally on the Brooker Highway heading towards the next point – Brighton. It is very cold and strong head wind is slowing my progress. I could have made my life easier by giving myself longer breaks but I wanted a challenge and was getting it. It is about 5 am at daybreak and I noticed that my wife is having a little snooze – the first time since we left Port Arthur. I am feeling hungry but did not want to wake her up (she was not happy about that when she found out). It was a mistake for which I had to pay by "hitting the wall". Suddenly I felt exhausted, had to stop and ask for some food. Two cups of Nutrigrain with milk and some sweet biscuits soon gave me some strength to continue battling the strong wind. Another lesson – you never stop learning in ultras. The wind changed direction, the sun is shining and it is getting hot. I am making a good progress through to Bagdad.

The big hills are coming up and combined with the the hot weather they slowing me down a bit. Maree Hayes driving a minibus kindly donated for the trip by Peter Sidebottom our local MP has bought for me a spray bottle – now I can cool down my body by spraying water all over me. It is a big help. It is now mid morning and we are approaching Kempton. The children from the Primary School are waiting for us on the footpath to cheer us on – most of them remember us from our last year's run from Hobart to Burnie. After a short stop we keep moving on. Bypassing Oatlands we are going over the second highest point on the Midlands Highway – St. Peter's Pass – 432 m above the sea level.

Bobbie and Dennis Greenwood are the new drivers of the car in front. Dennis is from Adelaide. He met Bobbie 15 years ago during a by pass operation in the Adelaide hospital. Their friendship remained very strong over the years. Dennis is visiting Bobbie in Burnie. He was due to fly home on Friday but wanted to complete the trip with us. Since his airfare was non refundable, he decided to forfeit the ticket and spent another \$200 on a new ticket. He is so happy he did. He is really enjoying every minute of being a valuable member of our team.

After crossing the hill I am asking my crew to find a shady spot for me to have a rest. 15 minutes later we are on the way again. It is amazing how 15 minutes can help. However by the evening I am almost 4 hours behind my over ambitious schedule. My first short sleep is planned for Campbell Town. It is already 11 pm when we reach Ross. I decided to make my stop here. We have rooms in the Hotel available so after quick meal my wife and I hit the beds at 11.30 p.m. The wake up call is at 12.45 am – that leaves us one and a quarter of an hour to sleep!

Ross is one of Tasmania's earliest rural settlements, dating back 180 years. It is situated in the heart of Tasmania's premier wool growing area, has on many occasions held the world record price for a bale of extra superfine Merino wool. The Wool Centre is one of Tasmania's main tourist attractions , receiving over 75,000 visitors annually. The hospitality of the locals is second to none as we experienced in the hotel.

At 1.10 am we are on the way again. It is nice and cool and I am running really well. The decision to bring the rest forward proved to be a good one. We are making a good progress. By 4 am we are at Conara Junction. We have covered 235 km from the start in 36 hours. Considering the big hills and the weather I am happy with the progress. At this point I thought it would be nice to have a 10 minute break. It seemed to be long 10 minutes when I finally got the signal to get up and go again. David said that since I had been running so well they decided to give me an extra bonus of 5 minutes rest. It did not hurt!

It is daylight again and it is warming up again. Though we are moving well we are still about 3 hours behind schedule when approaching Perth. If we stay on our planned route it is very likely that we will be late in Burnie and miss the Christmas Parade. There was nothing major planned for Launceston so we decided to head directly for Carrick saving about 15 km. That would put us back on the time.

There is a TV crew waiting for us in Perth as well as a photographer from the Examiner. It causes some delay but it is most welcome as we need as much publicity as possible to maximise the donations.

Bobbie's wife Nanette is in charge of the team's stomachs. She is making sure that nobody goes hungry. She is driving their own car especially equipped for catering for this trip.

The day is very hot again. The road is hilly so I run the flat parts and down hills but walk the hills. My wife got the idea to open an umbrella above me while walking beside the car to shelter me from the sun. Combined with spraying with water it all helps to make my going more comfortable. However, I am developing a few blisters on my toes which is very unusual and in spite of all the precautions I am suffering from chafing around some delicate parts of my body and under the arms. Joan Fawdry the President of Burnie MAW branch and the principal organiser of the event offers some Avon cream to ease the discomfort and later on Anette Apted driving the Falcon lent by Burnie Fairford and Dot both obtained some Baby cream. My lips are badly cracked in spite of applying cream to them. Sunburns are matter of course. All the members of the team are so helpful and so concerned about my wellbeing – I cannot thank them enough.

In spite of these little problems I am making a good progress but we are two and half hours late at Elizabeth Town. This means that instead of planned 5 hour break it will be only half of it if we depart on time.

I decided to leave one hour later which would enable us to have the longest sleep yet – almost 3 hours!

The hotel does not have accommodation for guests any more but we are going to experience another generosity from the owners Cathy and Grant Lee. They accommodate my wife in their mother's room and I slept in their grandson's room. Not only they did not accept any payment for it, they stayed awake till 1.15 a.m. to wake us up. Dennis slept in Ian's car. Both my wife and I felt like zombies when getting out of bed.

But as soon as we hit the road, the fresh air of the night woke us up and I was surprised myself how good progress we were making. At Parramatta Creek we stopped at the picnic ground and I had another 15 minutes rest. This was the first time that I actually fell asleep during a short break as soon as I hit the bed. Josefa Kristensen and Mary Moore have been driving the car in front from Elizabeth Town and are taking turns between driving and running with me. Shortly after 8 a.m. we reach Devonport – right on time in spite of the late start.

There is some problem with traffic due to extensive road works. A police car is providing an escort for me while the other cars have been ordered to go ahead and wait for me behind Devonport.

Kaye and Ellis Bakes have taken over driving the front car. Kaye started walking – jogging with me but soon I am joined on a bike by Graeme Milburn – a champion cyclist and well known for his charity rides around Tasmania. He accompanies me most of the way to Ulverstone. I have heard a lot of interesting stories from him about his travels on the bike in many parts of the world. He is an endurance rider so we have a lot in common. He said that he would like to do something for "Make A Wish". Maybe that one day we could do something together. I would like that.

The time went really fast with him and we are in Ulverstone. Unfortunately it is starting to drizzle.

Normally it is not a problem but it does not help in collecting money on the way. In spite of that the donations are really pouring in – one lady a friend of mine in Penguin donated \$200! Jo Van Dyk, Trudy and Rozzie Connley, Pat Marshall and later Michelle Lamprey are all running around shaking tins. Their effort is truly rewarded – between Devonport and Burnie we have collected \$2,800. As we approach Burnie the drizzle stops and once again it looks very promising for the Christmas Parade. We are on time so I feel very relaxed. At Wivenhoe we are met by a contingent of Burnie Dockers footballers who joined Asta and me on our run to catch up with the Christmas Parade. Amazingly I feel so fresh when arriving in the centre of the city that I feel like keep running on and on. Dulcie and Don Mole are joining as well.

A utility from one of our major sponsors Weldquip is waiting for us to take us around the route of the Parade. We are joined by a popular Burnie fireman Craig Machen who became famous last Monday for appearing on *Who Wants to be a Millionaire* and winning \$32,000 for Make A Wish Foundation. We watched it on TV at Port Arthur on the eve of the start of the Run. A very nice man involved in endurance water sports hoping to paddle one day around Tasmania in a kayak. Perhaps we too can combine our efforts to do something more for Make A Wish. We receive very loud welcome from the crowd – it is a good feeling and a great reward for all the effort put into this venture.

As soon as the Parade is over it is starting to rain again. Bobbie and Dennis, keen to get me home to bed ASAP are driving with me still sitting on the back of the ute. Not surprisingly it attracts the attention of a Police car and we are being followed to my home with the Police women signalling something at me but I did not want to know about it. Finally we stopped in front of my house and I was expecting the worst. Bobbie was trying to explain to her that I have to be back on the road at 11 p.m. It is now after 7 p.m. so by the time I have a shower and get to bed will be lucky to have 3 hrs rest. I do not think it would help but fortunately for the driver it was a lady I

Vlastik Skvaril on the run



Arriving in Woolnorth



10km to go.....



At the Woolnorth Windfarm

knew well and she displayed some sympathy with our endeavour so Bobbie got away with a stern warning and wishes of good luck for the rest of our journey. He even had the cheek to ask her for some donation. She gave it to him!

As the days are passing away and the kilometres are piling up it is getting harder and harder to get up after a short rest. As we are waking up after little less than 3 hour's sleep, I am disoriented, cannot find my shoes though my wife made them ready with all the other gear. Also it is always hard to know what to put on. For start I usually end up with wearing more than I need to play it safe since I have a mild chest infection and have been taking antibiotics for the last three days. We are 15 mins late for the start and that makes me even more agitated to see all the people waiting for me. And on the top of it is starting to rain. Finally at 11.15 p.m. we are on the way. The wind is getting stronger and rain heavier. I am wearing my bushwalking Gortex raincoat with a hood. It protects me from the element. I used to go bush walking in all sorts of weather so mentally I am prepared for all night's running in these conditions.

The worst problem is that I cannot eat on the way as I usually do. After covering 7 km in the first hour I stopped at a Petrol Station under the roof to eat something and put some thermal gear underneath. I am absolutely saturated, shoes full of water. It is getting hard to run. Partly due to the stop I have covered only 3 km during the next hour. Fortunately the rain starting to ease and eventually stops. Mary and Robbie Moore are now in the front car and are taking turns in driving or running with me. I am starting to dry out and decided it was time for a 15 minute rest. Feeling much more comfortable now I am starting to take off some layers of my clothes and it is getting easier to run. However by daybreak I am again 2 hours behind time. Not a big problem since I am feeling good and full of confidence. The sun is out and it is getting hot again. There are big hills ahead of us but I am not too concerned. My planned average speed for this section is only slightly over 6 km/hr and I know I can do that easily. When we get past Sisters Hills there are not many hills left and I think that I deserve another 15 minutes rest.

Harvey Kay and Norm and Beth Richardson from the Smithton Rotary Club are arriving with their tandem bicycle. They are going to ride it along to raise money for us. It epitomises the spirit of the people from Smithton. The presence of Smithton's Rotarians and friends will be with us until we reach the finishing line. Marushka Vaclavikova is driving in front, stopping vehicles and with others collecting money.

Approaching Rocky Cape shop I get a craving for a meat pie. It really tastes nice in spite of difficulties eating with my cracked lips. While munching on it we are looking at The Advocate with our picture running with the Burnie Dockers and the report on our progress. By the time we get going again we are 3 hours behind schedule. Peter Moore is joining me now and I am running hard from now on. By the time we get to Smithton I made up an hour so the arrival is only two hours behind schedule. John Aalders a fellow runner from the Professional Cross Country Club is joining me and giving generously. He has just returned from Himalayas so we have a lot to talk about. The later arrival at Smithton does not spoil the welcome we are receiving. There are many people in the main street including Bev Parker from St Lukes presenting us with \$500 cheque. It is very emotional moment. Everything what happens afterwards is a bit of an anticlimax.

I spent two years in Smithton helping to establish a new cheese factory and while there I was a member of the Rotary Club and made a lot of friends. It is still my second home. While many Rotarians are involved in our fundraising effort there is one whose contribution is above anybody's else – Ian King. Nothing is too much trouble for him. He is one of the local quiet achievers and very popular and respected by everyone. He is making sure that my "home coming" is very special. I really appreciate that.

After an hour I am on the way again. From now on I am not running alone any more. Helen Anderson has been riding with me since Stanley's turn off – in total over 60 km raising funds as well. Rotary's President Arnold Lane is another runner to give me some support. (There were many other runners and bike riders who joined us for the final kilometres before Smithton).

The owners of the Bridge Hotel in Smithton donated our accommodation for the entire team free of charge – another shining example of the generosity of the Tasmanian people and businesses. Some of the members of our team returned to Smithton, some are following me. There is a function in the hotel planned for 8.30 p.m. I cannot see any benefit in reaching the finishing line today. Most of us are too tired to really enjoy it and on the top of it we are going to have a tour of the newly established Wind Farm tomorrow. I decided to keep going till 7 p.m. and leave the finish till tomorrow. When I stopped we were 11 km from Woolnorth – the end of our journey. It was a good decision. We had time to get to the hotel, have a shower, nice meal and plenty of time for the evening entertainment. About 9 p.m. I was in bed for the first good sleep in 5 days.

Waking up refreshed we drove back to the spot where I stopped last night to re start our run to our final destination. It is 8.30 a.m. and we aim to be at the finish at 10 a.m. After such a long break I have stiffened up a bit so I found running very difficult. Most of the last kilometres I spent walking enjoying the beautiful scenery of Circular Head. It is now only a formality. At 9.50 after running for 4 and ½ days covering 538 km we are reaching the end of our journey – Woolnorth.

An official welcome by the Mayor of Circular Head Ross Hine accompanied with a substantial donation from him has started the emotional finale of the journey. Cameras all around, everyone is trying to capture the special moment. There are signs of joy and relieve everywhere. Just one more formality is waiting for us. After driving to the site of newly established Wind Farm we are met by the project manager Andrew Pattel who presents me with a cheque from Hydro Tasmania for \$1,000 and takes us for a tour of his baby project.

The first stage of the project – 6 wind turbines - started operating only last month. Each of them produces enough power to supply 600 homes. They are manufactured by VESTAS – a Danish company which has the largest share of wind turbine manufacturing in the world. The turbine towers are 60 m high and are manufactured in Tasmania. Diameter of the turbine blades is 66 m (wing span of a Jumbo Jet) and they rotate at 21 rev/min which equates to a blade tip speed of 260 km/h. Each blade weighs 5 tonnes, the total weight of each tower is 180 tonnes.

North West Coast of Tasmania is well known for the "Roaring 40s" and is ideally suited for this type of development. While the windiest site in Europe is averaging wind 8 m/sec all year around this site has an average of 10 m/sec. The turbines generate electricity when the wind speed is between 15 – 90 km/hour. In here it is 90% of the time. Today the turbines are idle. There is hardly any wind, the weather is nice and calm. Since this happens only 10 % of the time I realise how lucky I was to avoid running into the prevailing strong North Westerly wind. It is not a good news for the Hydro – they are not making any money at this moment.

Hydro purchased 3000 Hectares of land from Van Diemens Land Company. When the project is completed there will be 79 turbines operating. Only 10% of the land is used by the turbines and the roads. The rest is leased back to VDL for grazing. It is in a perfect harmony with the nature. This is the future of the non polluting renewable energy generation. That's why we call my run *"From the Past to the Future"*.

Before leaving this fascinating place we look at the Cape Grim – the site of a scientific station used to measure the long term movement in the quality of air. There is nothing between this and South America. We are breathing the cleanest air in the world!

As we are leaving with our brains loaded with emotions from our trip and the tour of the Wind Farm, the wind starts to pick up and the turbines, one after another, are starting to spin. They are back in business doing what they are supposed to do – generating electricity. A perfect scenario.

Everyone has mixed feeling – excitement associated with finishing this mammoth task on one hand and on the other hand a relief that it is all over and we can go home and have a rest.

The donations are still coming in, the total amount raised during the run is around \$15,000. That will bring a smile on faces on many special children. Thank you Tasmania.

A week has gone since we got home and the inevitable question is on everyone's lips: *WHAT NEXT?*

I have had a week's rest from running and my feet are getting itchy again. But I realise that I cannot expect others to do this every year. I am starting to think of something local which does not involve so much time away from home for the support team and so much travelling. Craig Machen is thinking about something special he could do on his canoe as well so I am sure that between us we will come up with some good idea. I am already starting to look forward to my next challenge.

Ultra-distance runner nearing end of trek Skvaril revels in support

By Aaron Oldaker

ULTRA-DISTANCE runner Vlastik Skvaril joined the Burnie Apex Christmas Parade last night on the eve of the final leg of his 583 km fundraising trek from Port Arthur to Woolnorth.

Mr Skvaril said he had a lot of support from volunteers joining him for a run along the way – including a Tasmanian Devil.

He said on the first night of his run between Port Arthur and Sorell, a small baby Tasmanian Devil began to run alongside him.

Mr Skvaril was so concerned the marsupial would be hit by a car he took to waving down traffic to avoid the devil being run over. The creature returned to the bush a short while later.

On his approach to Burnie yesterday he was met at Wivenhoe by a contingent of Burnie Dockers footballers who joined him on his run to catch up with the Burnie Christmas Parade.

As of last night, Mr Skvaril had raised nearly \$10,000 for the Make-A-Wish Foundation and expected to continue to gather donations on his way to Woolnorth today.

Many Burnie residents would know Mr Skvaril as a milk vendor, once seen regularly running around the streets of Burnie making deliveries.

"In those days I actually thought, when I saw people jogging, they were stupid," he said.

"Just to run without purpose, I couldn't see any sense."

Mr Skvaril has certainly changed his tune and is now a member of the Professional Cross Country Club of Tasmania.

The Circular Head community is expected to welcome Mr Skvaril today with the Smithton Rotary Club organising runners from community groups to join him on the way to Woolnorth.

Mr Skvaril is expected to finish at Woolnorth about 8.30 p.m.



FUNDRAISER: Vlastik Skvaril and his dog Asta are joined by Burnie Dockers footballers as they make their way into Burnie last night. Mr Skvaril will continue on to Woolnorth today. Picture: Jason Hollister.

The Kepler Challenge

A 67 Km Race in New Zealand's Fiordland National Park

7-12-2002

The Kepler Track traverses 67 km of forests and mountains starting at beautiful Lake Te Anau in New Zealand's Fiordland, not far from Milford Sound. The Track is the venue for New Zealand's pre-eminent off-road ultra race.

It's 5:30 am and I'm standing with more than 300 other runners, all geared up with backpacks containing our mandatory thermals, wet weather gear, hat, gloves and survival blanket. We had this gear checked yesterday at race registration, and there'll be another check at Luxmore Hut above the treeline at 1075 metres. Anyone not carrying all the required gear will be prevented from continuing on.

The forecast last night was for storms, rain, snow flurries on the higher peaks, and winds of 60 km on the exposed ridges. This morning they are saying the weather system will now come in later in the day and we should be off the mountain before it hits.

At 6:00 am sharp we're off. The first 6 km takes us along the lake shore through a forest of silver birch trees with every square metre of ground covered in moss. The track is 2 metres wide and years of falling leaves have covered it, making it a dream to run on. The rising sun filters through the magnificent trees, with the lake clearly visible for much of the run. It's the kind of forest scene they photograph for wall posters.

At Brod Bay, we leave the lake and make our way to Mt Luxmore Hut. Coming out of the tree-line at around 900 metres, I am hit by a freezing wind and despite my two thermal tops, I stop to put on my wind proof jacket and gloves.

Running above the tree-line is always exhilarating, and this is no exception. All around are granite peaks with patches of snow. Alongside the track the tussock grass grows in profusion, and as I approach the hut, a number of small mountain lakes become visible.

The hut is a well developed affair housing 60 people overnight. The on-lookers think we're mad. They take 3-4 days to complete the walk, and cannot understand what would drive anyone to want to run it in a matter of hours. Of course, underneath the good natured joking, there's more than a small level of respect for the runners.

I get my gear checked, grab half a banana and a hand full of jelly beans, and stuff my gear back into my pack as a helicopter landing on the nearby helipad nearly blows everything to the four winds. Then I'm off. I'm feeling good.

For the next two hours I traverse the high area above the tree-line, with a maximum elevation of around 1400 metres. Some sections are along a sharp razorback ridge, with patchy snow alongside. Great stuff.

We are then treated to a truly magnificent hour long run from the mountain top to the valley below. I'm in my element when running down hill – pretty ordinary on the up hills, but I usually do OK on down hills. The checkpoint at the bottom of this run is in a beautiful area of birch forest. The voracious sandflies force me to stamp my feet while filling my bottle, like a horse trying to rid his legs of flies.

From the base of the mountain, I run alongside a stream which grows in width and power as it rushes towards the lake. There is spectacular scenery wherever I look. But by now, 6 hours into the event, I can think of only one thing – when will this damn thing end. For the last 3 hours I've had a tussle with a lady some years my junior. She's a nurse from Central Otago and we first made our acquaintance as I sprung her coming around a corner while she was attending to the call of nature. I promised her as I passed that I would not look. She caught up with me and we ran together for a while.

Now 6 hours into the run I pass her as she stops to eat some Power Bar. She offers me some, but I say that the next stop will only be a little ways off and so I'll wait and get my stuff out of my back pack there. This is a mistake. She takes off and I don't see her again. The Power Bar certainly did the trick for her.

From here on, it's a death march. I've allowed my calorie intake to fall too low. I eat or drink some stuff and that picks me up for 10 minutes, and then I'm back in the hole. I continue to run, but my pace has gone to the dogs.

At Rainbow Reach 11 kms from the finish, Olga is waiting on a nearby bridge. She gives me a chocolate bar, and I see a bottle of Coke on the aid station table. I ask for some, and gulp it down. What a product Coke is! It works its magic and I'm off again.

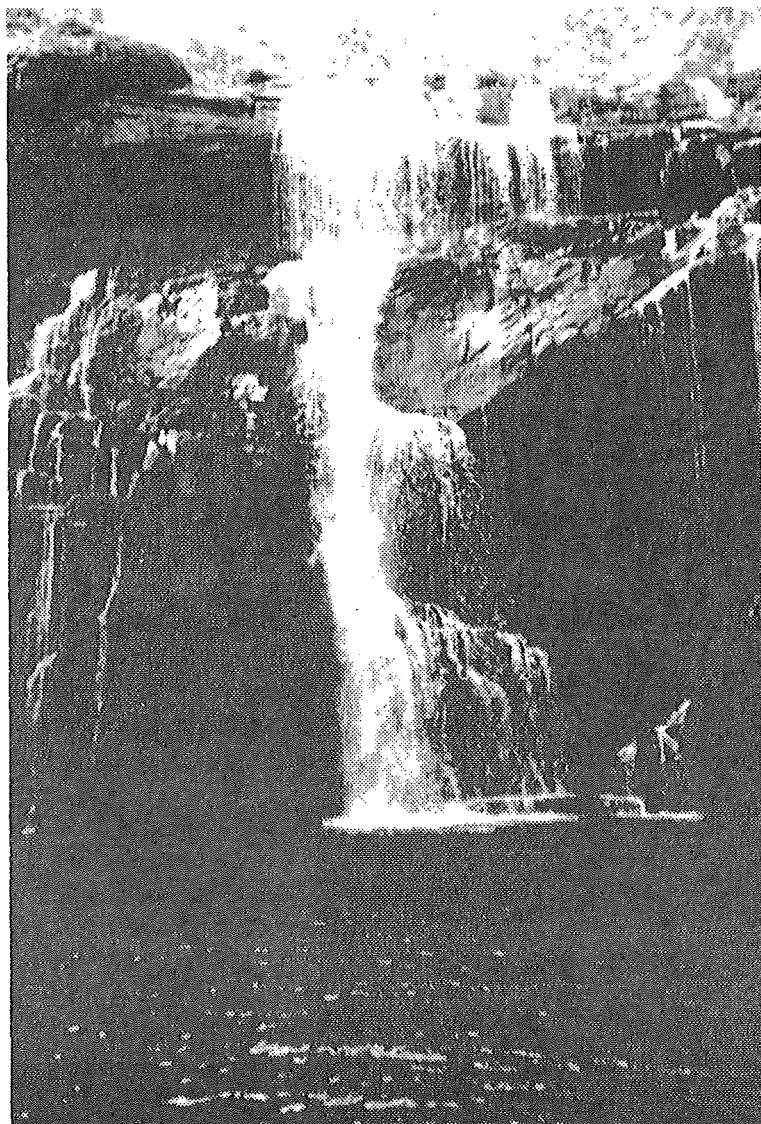
Half way through this last 11 km however, the Coke runs out and I'm as sleepy as hell, a sure sign of low blood sugar. I decide to pull off the track and lie down for a short nap. I am 6 minutes on my back when I'm awoken by a 60 year old lady and a 20 something year old young man striding purposefully towards the finish line, full of conversation. Clearly I can't allow them to beat me in, so it's up and at 'em again, refreshed from my power nap.

I come into the last aid station only 2 kms from the finish. One of the things I've learned about trail running is that you NEVER take your eye off the track, even for a second. This was reinforced when I glance up momentarily to read the "2.4 km to go" sign, and sure enough, and I kick a root. I lunge forward to prevent falling on my face, and both calves locked solid in cramp. I sit down, thinking my race is done as I just can't walk. But after a time the spasm passes, and I continue on, trying to get in under 10:30.

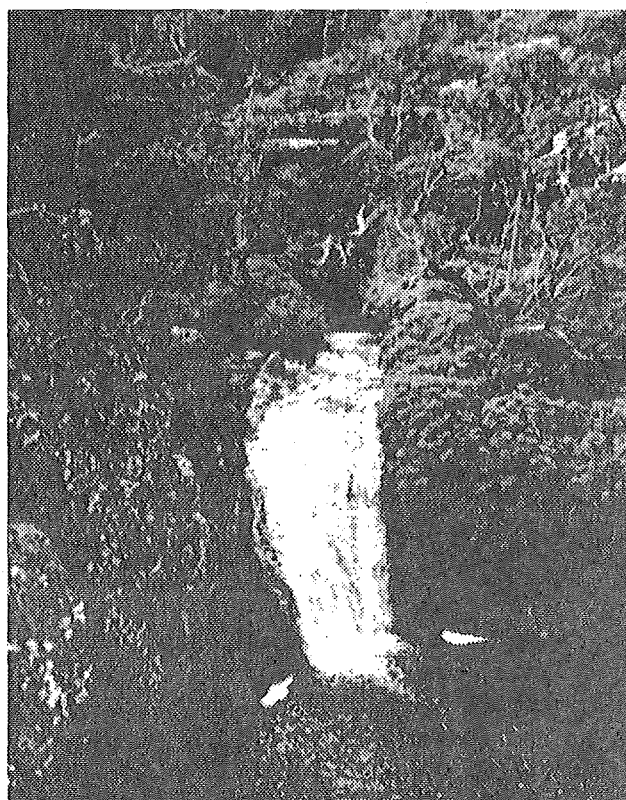
Ahead of me and out of sight I hear the announcer calling the times of the contestants as they come across the finish line. I cross the dam wall a few minutes later, and the announcer says that if I kick on, I may get in under the 10:30, and so I pull some extra out of the empty barrel and finish in 10:29:01.

I lie down on the ground spread eagled for 5 minutes, and Olga has a field day with her new digital camera, recording for posterity my post Kepler crash. It's then back to the motel, a shower, lie down for half an hour, and then down to the restaurant for dinner. Tomorrow I repeat part of the course again with Olga. She was unable to participate in the official "Luxmore Grunt" today because of illness, but she plans to complete the 28 km journey up to Luxmore hut and return tomorrow.

Comment : Olga did complete the Luxmore Grunt the following day. We spent the next 4 days travelling through Queenstown, Wanaka and then over to the Fox and Franz Joseph Glaciers on the west coast. The South Island of New Zealand has some of the most spectacular scenery in the world, and if you have never seen glaciers coming down from high snow capped mountains and melting off into fast flowing rivers, literally carving up the landscape before your eyes, it's something you need to do before you die.



**Some of the incredible
Waterfalls and mountain
peaks encountered
on the Kepler Challenge
course**



My journey to 'The Kepler Challenge' – 7 December 2002

By Michael Bailey



Michael finishing the 2002 Canberra Marathon

It was in 1995 that I read a notice in my local gym. The notice was a description of the 'Six Foot Track' running race. I read about the extreme difficulty of the run, the enormity of the hills, the necessary training program to have a chance of completing the course and the standard of runner who was permitted to enter the event. As I had done no exercise of note and literally no running for more than 30 years since leaving school, my internalised response was "that sounds great, if only I could have done that". The rest as they say is history. Nine marathons (PB 3h 54m) and two Six Foot Tracks (PB 6h 17m) feels like a good achievement.

And then, in November 2001, almost the same thing happened again. I read in 'Runners World' about the Kepler Challenge, a 67km mountain run in the South Island of New Zealand. My response this time was "I will do that" and in December 2002 I did!

The Kepler is an extraordinary event! The race starts in Fiordland on the shores of the beautiful lake Te Anau. The start had far more tension about it than I'd experienced before at marathon starts. My wife

Roslyn rang me to wish me luck whilst I was walking the 500 metres to the start from the car and as it was only 3.30am Sydney time, I appreciated her effort. I felt quite 'emotional' before the run and a bit scared, what the hell have I let myself in for?

Due to the first 5.6kms of the race being a narrow track through rain forest, the race director was quite firm about self-seeding at the start to avoid slower runners blocking faster guys. I stood at the 9-1/2 hour sign - I didn't have a clue what I would run but this proved to be just about spot on. Although I'd trained carrying the compulsory storm gear in a big bum bag, it was uncomfortable. Polyprop top and tights, woollen hat and gloves, wind and waterproof overpants and jacket and a survival blanket when added to two full water bottles weigh quite enough, my back ached by the finish.

Away we went at 6.00am promptly, 5.6kms to Brod Bay, a quick drink stop then the climb up, and up and up. As soon as we emerged from the forest above the tree line after about 12kms the temperature dropped dramatically and the wind howled, no shelter now! Time to don the wind proof jacket - to get cold this early in the run would have been asking for trouble.

At 14kms is the second checkpoint, Luxmore Hut. Here the organisers check that all competitors are carrying all the compulsory gear. It was made abundantly clear at the pre-race briefing the night before that anything missing does result in disqualification and runners are 'turned round' and sent back to the start. The weather conditions on these mountains they stressed, can change very suddenly. At Luxmore Hut I fed and watered well. Up and up to 1470 metres, then down a fair bit before climbing again to about the same altitude. This was energy sapping stuff, it was cold and blowing a gale whilst we ran across the several kms of the ridge to the Hanging Valley drink and food stop. Support crews and photographers had been flown in by helicopter to several remote checkpoints. Runners' numbers were recorded as they went through these checkpoints and radioed back to race HQ.

The views up top were quite amazing and exhilarating. I stopped occasionally to admire the sights. 4000 feet below was the beautiful south arm

of Lake Te Anau and above were the snow capped peaks of these beautiful mountains. At the Hanging Valley stop I had been going for exactly four hours, 25 kms gone and now there was just the little matter of a marathon run, yes 42kms to go!

And what a start to this marathon! - the most spectacular of quad quivering descents imaginable to 'Iris Burn Hut'. Great concentration was needed now. The downhill was quite rough going as well as steep. This was not the time to sprain an ankle or to render the quads un-serviceable for the rest of the day. Down and down till quite suddenly we were back in the shelter of trees and a warmer climate but as I knew Iris Burn Hut couldn't be too far away I waited till then to re-pack my storm jacket back into my bum bag. Five hours gone and I felt good.

I had been afraid of having painful and 'trashed' legs by the bottom of the descent but my training on down hills seemed to have paid dividends. I had a bit of a 'high' sometime around then as by Iris Burn Hut I felt I had broken the back of the run although still only half way in distance, 34kms to go. The race plan needed to be steadfastly followed here. Despite feeling strong, I recognised that 34kms after what we'd already covered was a big ask for us ordinary mortals. The plan was to run for 25 minutes and walk for 5 minutes, strictly by the clock and that is what I did.

The next significant checkpoint (there was an intermediate one at 'Rocky Point') was Moturau Hut which was 17kms down the Iris Burn. The Iris Burn is a fast flowing, ever widening gin clear river no doubt teeming with huge trout. I reckoned on getting to Moturau from Iris Burn Hut inside two hours, i.e. 4 sets of 25+5minutes. But after four sets I wasn't there, maybe it was more than 17kms, maybe I was running slower than I thought, but either way I now felt quite deflated. I got to Moturau 20 minutes behind that artificial schedule.

Roslyn had impressed upon me earlier in the day in her phone call that if at any time I felt bad, I was to "look around me, admire the scenery and enjoy the journey". I was glad to remember her wise words and things soon felt better.

From Moturau, only 6.2 kms of relatively easy trail to Rainbow Reach. The time allowed for the total 67km trip is 11 hours and runners failing to pass the Rainbow Reach checkpoint in 10 hours would be withdrawn as would anyone else deemed in the opinion of race officials to be unfit to continue. I was OK, I was there in 8hrs 20mins. This was new

territory for me, 6 hrs 32mins on my Six Foot debut was the nearest I'd been to this. Apart from the intellectual knowledge that the wheels could still fall off in the last 10.9kms, I was certain I'd make it now, I could surely crawl the remaining distance in 2 hours 40 minutes if I had to!

The time went quickly to the next drink stop after 5.6kms - "5.3 to go" they said. The track was now sublime and ridiculous. Ridiculous because of tree roots making it difficult for those of us who don't lift our feet very high (particularly after 60+kms running) and sublime in the sections of track which were in amazingly soft beech forest - so gentle on the feet, pure luxury!

I continued to run/walk because, vainly, I wanted to have enough strength to have a 'big finish' in front of the crowd - I did just that as the clock ticked over to 9hrs 50minutes. During marathon runs I've often wondered what makes me embark upon such things, the answer always becomes very clear in the finishing chute - that sense of enormous satisfaction and elation.

Yes - this is certainly an extraordinary event, far more challenging and difficult than I had expected - hence it was also far more rewarding.

The organisers could have said, "Off you go, take some food, drink from the clean crystal clear streams, see you when/if you get back"! But instead, they thought of everything to make the race as enjoyable and safe as possible. There were numerous teams of helpers deposited (and presumably collected again) by helicopter in the most remote alpine wilderness country. Each team was armed with bananas, water and sports drink, watermelon, jellybeans, cameras etc etc, - quite a show.

As usual, Striders long runs were the backbone of my training and my special thanks go to Sean Greenhill and Kevin Tiller for their advice on 'ultra' running. Also, there aren't many people who would give up a Saturday to run for six and a half hours up and down the hills of Bobbin Head on a very hot day in support of a mate wanting to achieve a particular goal. Allison Lilley and Mike Elliott did exactly that and I'm extremely grateful to them.

The commentator/race caller interviewed me almost immediately after I'd finished. He asked me if I'd be back next year. "Wrong time to ask," I said, but I've a feeling I shall be.

HERALD SPORT

NOW TO MAKE RACE EVEN BIGGER

Rafferty backs race committee's bid to build on 2002 success

ONE OF AUSTRALIA'S BEST-KNOWN DISTANCE RUNNERS BELIEVES COLAC SIX-DAY RACE OFFICIALS MUST INCREASE PRIZEMONEY TO BOOST THE RACE'S PROFILE AND GIVE IT NATIONAL SIGNIFICANCE.

RACE MEDIA OFFICER TONY RAFFERTY, A NINE-TIME ENTRANT AND A NAME SYNONYMOUS WITH ULTRA-MARATHON RUNNING, PRAISED OFFICIALS FOR THE SMOOTH RUNNING OF THIS YEAR'S EVENT AND IS EAGER TO SEE THE RACE RETURN TO ITS FORMER GLORY.

RAFFERTY, WHO MISSED LAST YEAR'S RACE BUT WAS BACK IN AN OFFICIAL CAPACITY LAST WEEK, BELIEVES THE RACE HAS THE POTENTIAL TO FURTHER PUT COLAC ON THE MAP.

HE SAYS OFFICIALS HAVE THE OPPORTUNITY TO CAPITALISE ON THE RACE'S UNIQUENESS.

"IN MY OPINION THE SIX-DAY RACE SHOULD BE TO COLAC WHAT CAR RACING IS TO BATHURST," RAFFERTY SAID.

"BATHURST STARTED SMALL AND LOOK WHAT IT IS TODAY. IT GETS BIG CROWDS AND INTERNATIONAL ENTRANTS."

RAFFERTY SAID RACE PRESIDENT BILL SUTCLIFFE AND HIS COMMITTEE HAD WORKED HARD TO ENSURE THE RACE'S FUTURE.

"I LOVE THIS RACE AND I WAS HAPPY TO BE BACK," RAFFERTY SAID.

"BILL AND HIS COMMITTEE ARE VERY INSPIRED TO GET THIS RACE GOING AND RETURN IT TO WHERE IT WAS IN THE EARLY 1980'S, AND EVEN BETTER THAN THAT."

RAFFERTY ACKNOWLEDGED THE RACE'S NEED TO IMPROVE, WITH THE ULTRA-MARATHON VETERAN SUGGESTING AN INCREASE IN PRIZEMONEY AS ONE WAY TO BOOST THE RACE'S PROFILE AND ATTRACT RUNNERS SUCH AS INAUGURAL WINNER AND SIX-DAY RACE RECORD HOLDER YIANNAS KOUROS.

"WE NEED THE WORLD'S BEST RUNNERS AND THE ONLY WAY TO DO THAT IS HAVE A REASONABLE PRIZE POOL," HE SAID.

"TO GET KOUROS HERE YOU HAVE TO HAVE GOOD PRIZE MONEY AND YOU MAY HAVE TO HELP OVERSEAS RUNNERS WITH THEIR EXPENSES.

"BUT THEY'LL COME IF THE PRIZEMONEY FOR THE FIRST SIX OR SO PLACES IS ENOUGH TO PAY THEIR WAY."

THIS YEAR JAPANESE WINNER AKIHIRO INOUE RECEIVED \$3000 FOR WINNING THE RACE.

RAFFERTY BELIEVES THE COLAC RACE'S UNIQUE SETTING SETS IT APART FROM SIMILAR EVENTS.

"THIS IS THE ONLY PLACE IN THE WORLD WHERE YOU GET A TRACK IN THE CENTRE OF THE TOWN IN THE MAIN STREET," HE SAID.

"IT'S A GREAT SETTING FOR THE PEOPLE TO COME OVER IN THEIR LUNCH BREAKS AND AFTER WORK, FOR THE SCHOOL GROUPS AND PEOPLE TO PICNIC, AND ALSO FOR THE VISITORS PASSING THROUGH TOWN."

MR SUTCLIFFE BELIEVES THIS YEAR'S RACE WAS "MUCH BETTER" THAN 2001, CITING HIS COMMITTEE'S DETERMINATION TO "LIFT OUR GAME" AS A REASON FOR THE RACE'S SUCCESS.

HE SAID THE COMMITTEE HAD TAKEN A RESPONSIBLE ATTITUDE TOWARDS THE

RACE'S BUDGET AND HAD BEEN CAREFUL TO WIPE OUT EXISTING DEBT BEFORE CONCENTRATING TOO MUCH ON PRIZEMONEY.

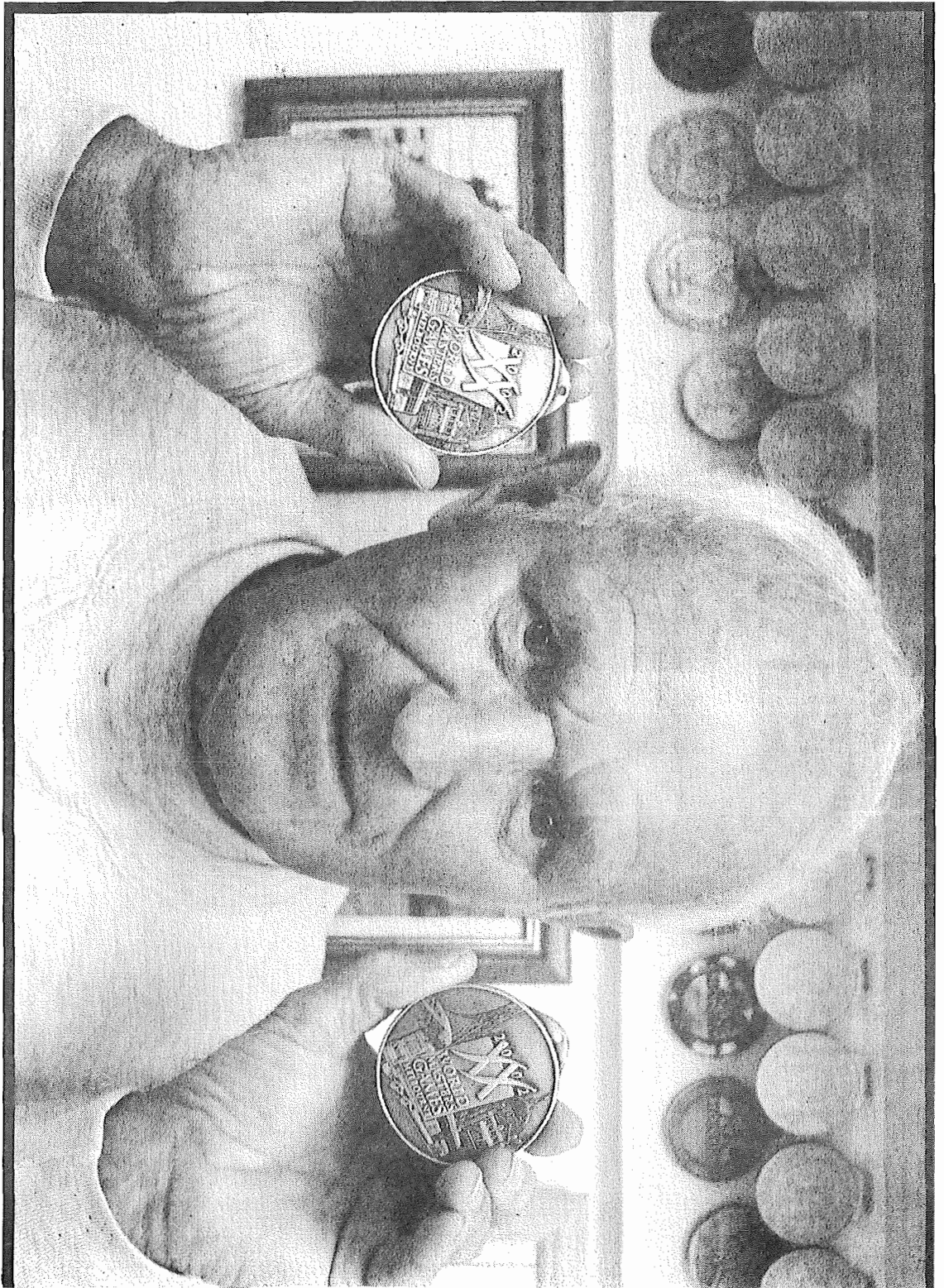
BUT WITH OVERHEADS AND DEBTS COVERED, FUTURE RUNNERS CAN LOOK FORWARD TO BIGGER PRIZE POOLS IN COMING YEARS.

"THE PRIZEMONEY IS CERTAINLY SOMETHING WE'RE CONSCIOUS OF," MR SUTCLIFFE SAID.

"WE WERE RESPONSIBLE IN TERMS OF OUR BUDGET THIS YEAR BUT WE STILL MANAGED TO GIVE AWAY ABOUT \$6500. WE'LL BE HOPING TO INCREASE THAT IN COMING YEARS AND TRYING TO RESTORE THE RACE TO ITS PAST GLORY DAYS SUCH AS THE 1980'S.

"AND JUDGED ON HOW THINGS WENT THIS YEAR, FOR EXAMPLE VOLUNTEER NUMBERS WERE UP AND OUR INFRASTRUCTURE WAS FAR BETTER, IT AUGERS WELL FOR NEXT YEAR, WHICH WE'VE ALREADY STARTED PLANNING FOR."

BY MEGAN McNAUGHT



Athlete Fred Brooks has an impressive medal collection, including two silver medals he won at the World Masters Games.

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How Fred goes the distance

PAKENHAM / BERWICK GAZETTE 29-1-02 P.10



Fred Brooks has been a keen athlete all of his life.

Fred Brooks does not believe in doing anything half-heartedly. Every morning he starts his training regime as the sun comes up, running around the streets of Berwick.

Despite his 69 years, Fred is in training for his next big challenge. In April he plans to complete a centurion run, which involves running 100 miles (about 160 kilometres) in less than 24 hours.

Two years ago he walked the distance in 22 hours and 31 minutes, making him the second-oldest person in the world to do so.

He said that he had never been in as much pain as he was when he finished, but the feeling of accomplishment made it all worthwhile.

By completing the run as well, Fred said he would attain an even greater feeling of satisfaction.

If he is successful, he will become the oldest person in the world to complete both the 100-mile walk and the run.

Only five men and one woman have ever completed this remarkable achievement in Australia.

Fred said that there was nothing more rewarding than setting a goal for himself and then achieving it - and the harder the task, the better.

"It is great having something like this to work for. It motivates me to get out there and train each day," he said.

"I am really looking forward to doing the run, although I am not looking forward to the after-effects! But it will be great to test myself again."

Since his early childhood, Fred has always loved being active. He has always believed that sport brings out the best in people.

"I think that active people are generally happy people," he said.

"Sport is a great way to make friends. It makes people more content with themselves and others."

Every day Fred trains by running around the same 400-metre block near his home, in Timbarra, Berwick.

He said that it is important that the scenery does not change because he needs to become accustomed to the monotony of

an unchanging environment.

The centurion run involves completing 400 laps of a 400-metre track, which could undoubtedly be a boring task as well as a tiring one.

"Running for such an extended period of time is as much a mental test as a physical one. Your mind can start to play tricks on you towards the end," he said.

"To prepare myself for the run I try to make my training as boring as possible. If I

"Sport is a great way to make friends. It makes people more content with themselves and others."

have nothing to look at or catch my attention then I can just concentrate on running."

In his younger years Fred had a lot of success as a runner. He broke the South Australian record for 10,000 metres in 1961, the year he emigrated to Australia from England.

After several years of successful competition, he regretfully decided he had to give the sport away due to family and work commitments.

It was only after 33 years without running that he decided to take the sport up again.

In the meantime he kept himself busy playing and coaching soccer.

Growing up in England, Fred developed a love of soccer from an early age. Upon coming to Australia, he realised that a lot of children would love to play the sport but

they had limited access to tuition.

He started organising training camps for various groups of children, mainly from rural areas. On one of these camps he discovered a talented 11-year-old boy called Mark Viduka, who now plays for Leeds United in England.

After a year of teaching soccer, Fred was approached by McDonald's to coordinate a Development program that saw more than 10,000 children in Victoria receive training.

He studied coaching overseas and spent many years promoting the sport.

He also travelled to several different countries, coaching national teams of young players.

Fred said that he found it extremely rewarding to spend his time encouraging young people to be actively involved in sport.

"It is great if kids develop a love of sport from a young age because it will stay with them throughout their life," he said.

He said that one of the best things about sport is that it can be enjoyed by people of all ages.

"I have loved sport throughout my life - and I will still love it for years to come," he said.

"I think that some people are inspired to be active because they see me running around at this age and they think, 'if he can do it, then so can I.'"

He said that his inspiration is his mate Stan Miskin, who ran a total of more than 5000 kilometres last year (an average of more than 13 kilometres a day).

Until last month Fred was the manager of the Victorian Veterans Athletics Club at Berwick. Unfortunately the club was forced to disband due to a lack of numbers, however he hopes that it will be reformed in the future.

He said that mature aged competitors deserve a chance to run and compete as much as any other age group.

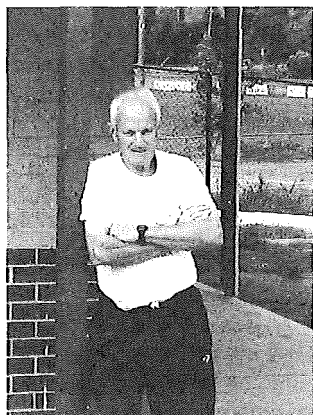
"I would encourage people of all ages to get involved in sport whenever they can," he said.

"Once they start, there is every chance that they could get addicted. And it is a lot better for you than sitting around watching television all day."

Active Adult Role Model

Fred Brooks

Victorian Veterans Athletic Club - Berwick Branch



From an early age Fred Brooks has had a passion for athletics. As a young man growing up in England, Fred was a promising young walker competing in the golden era of English walking in the 1950s and 60s.

Upon migrating to Australia Fred settled in South Australia and competed winning numerous state championships and breaking state walking records along the way.

While in his prime, Fred retired from competitive athletics to concentrate on work and family commitments. Although Fred did not walk competitively for 30 years he was not deterred and resumed athletic competition at the Veterans level in the early 1990s. Fred's desire to return is fuelled by his passion and living to fulfil his dreams.

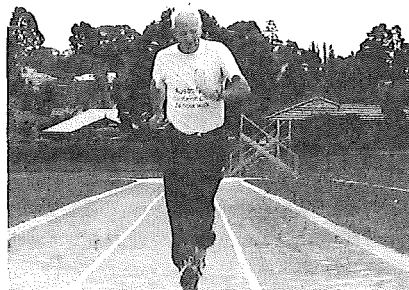
Such was Fred's desire to compete and be active, and even at 67 years of age, he found himself beginning a veterans athletics club in his hometown of Casey. Fred says he established the Berwick Branch of the Victorian Veterans Athletics Club, "because I felt it was a much needed club in the area to give mature age citizens a chance to compete in athletics."

Fred comments that there are many benefits of being involved in athletics and any activity to, "improve your mind and body and enjoy the social involvement with local residents and those around Victoria."

In April 2001, Fred competed in the Coburg 24-Hour Event, where athletes aim to complete 100 miles (160.9 km) over a 24-hour period. The event qualified competitors to become Centurions should they complete the distance within 24 hours. There are only 41 Centurions in Australia, and Fred was aiming to be number 42.

Not only did Fred become Australia's 42nd and oldest Centurion, he broke the 65+ age group Ultra Distance records for the 12-hour, 50 miles, 100km, and 100 mile events even though he walked!

While Fred knows that not everyone can walk 100 miles, he does know why people should get involved in sport and recreation clubs and activities. "The main part is to improve your quality of life and take some stress out of your life, which is an important part of today's world. Being active can help tremendously in achieving



Rob Moroney, a 30-year-old businessman, starts his 42-kilometre crawl across Sydney wearing only a nappy and pads. Mr Moroney is crawling along the Sydney 2000 Olympic Games marathon route to raise money for the Sydney Children's Hospital. He expects to complete his crawl in nine days.

PICTURE: REUTERS

THE PENSIONER

I'm searchin' for a nice young bride
Who'll pay me some attention,
'cos now me workin' days are thru
I'm paid the old age pension.
With rosy cheeks an' smilin' lips
She'd be me faithful maid,
An' help me 'round on plastic hips
An' charge me hearing aid.

Each day she'd cook an' scrub for me
Then I'd switch off the lights,
She'd help a man of eighty-three
Keep warm these winter nights.
Then as me bride sets out to prove
That I'm a lucky man,
The nursin' sisters wake me up
And lift me on the pan.

JAMES FARRAR

COLAC: WHAT THE RUNNERS SAID

ARMED WITH TRUSTY TAPE RECORDER, NOTEBOOK AND
PENCIL TONY RAFFERTY SPOKE WITH A FEW RUNNERS
AND A COACH OR TWO DURING THE 2002 AUSTRALIAN
SIX-DAY RACE

Andrew Lovy (USA)

What attracted you to the Australian Six-Day Race?

Tom Andrews. He's been a friend for years. I was part of his crew in Surgeres when I treated the runners as a doctor for the American team. When he was invited to Colac he asked me to come along. I've heard nothing but wonderful comments about the Colac event. I wanted to be part of the experience. This race is for the cream of the crop and as I'm not an elite runner imagine my surprise when they accepted my entry.

You're a psychiatrist. I understand you are using the race as a form of research for your work. Would you care to expand on this aspect?

I've a medical student with me. She's a specialist at our college in osteopathic manipulative therapy. She'll analyse runners while they're working. We have research projects. We learn about what makes endurance athleticism what it is. I have this hypothesis that you can learn more about the human body when it's under maximum stress and how it recovers, than any other way. We have many, many research projects. We study gait, shoes, electrolytes, food, sleep deprivation and much more. From this we supply decent advice to people considering the ultramarathon as a physical and mental challenge. The knowledge helps them achieve a positive experience.

What about the psychological factor particularly from your own viewpoint?

This is about my 20th six-day race. There's the rhythm of the race itself, and there's the rhythm of each individual in the race. First you ensure that your body is fit. Early in the event the inexperienced competitors drop out. Their bodies may be fit but psychologically they're not prepared. The experienced runners don't accept a bad period in a negative manner. They work through it. You don't learn to become an ultrarunner. An ultrarunner is a person waiting for an opportunity to accept a long distance summons. So, wherever there's a venue that's where you drift to. I found, as a battalion surgeon in a unit in Vietnam, there was no such thing as a hero. However, there were opportunities to rise to an occasion. Those who didn't were no worse off. The lives changed for those who did. Most of them in a positive sense. Anyone who has competed in a six-day race has faced their physical and psychological demons. They feel there's almost nothing they can't accomplish. I love that sensation. I don't have to kill anybody; to hear anything. All I have to do is master my emotions; my physicality. I'll travel round and round this track even if I don't feel like it. And at this moment I hate it. But I'm travelling nevertheless. It's an emotional experience which is as great as the physical one. I've competed in 167 marathons and 165 ultras. In this event some people break it down: six days; six races. No. This is one race. It's not a six-day race in psychological terms. It's one race of 144 hours. It's how you plan it. How you time it. The good runners don't pay

too much attention to day one, and day two. They look ahead to their projected total.

With your vast experience in long-distance contests what do you feel, from what you've heard and from those you've spoken to, is the future of the ultramarathon?

Its future is secure. Just glance at the calendar. At this moment somewhere in the world an ultramarathon is in progress; and with races like this one in Colac, Australia, runners everywhere will seek entry.

Stan Miskin (Berwick, Victoria)

Stan, you withdrew from the race. For you, out of character. What happened?

Well before I stopped I knew I was in trouble. I went to the medical centre on the track. When they looked at my feet they said I had the worst blisters they'd ever seen. The whole heel pad is coming off the the left foot. The right foot is not much better. So I'll have to walk on my heels. I can't fit my feet in my shoes even though I've a larger pair to allow for natural swelling. I changed from thick socks to the thinnest, got my larger shoes, took out the insoles and now I can just fit in my feet. I've decided to forgive Colac and return next year.

Yes Stan. Never say never again.

I always say never again. But I'm a liar.

In this, your first Colac race, how were you feeling before you retired?

I entered the event with an upper respiratory infection. I wasn't feeling the best from the start. I'm still on antibiotics. I was heading for a reasonable total. I had an agenda I wouldn't disclose because of the doubts about my health. I planned to break a few M-75 track records on the way to a good six-day total. I finished up with my lowest ever one-day score. My lowest ever two-day score. And no six-day score at all.

What are your impressions of the race, the track, the whole environment during your short stay in Colac?

I like it. This would have to be, for a race of its kind, the best track in the world. The council should consider laying an all-weather track. The shade from the trees, the army tents, the whole thing has enormous potential. I'll certainly be back again.

Kevin Mansell (Mount Gambier, South Australia)

Kevin, you coached Peter Armistead for this year's race, what are your general impressions of his performance?

He set daily goals. He ran easy. We had a set schedule and he stuck to it. It was a planned race and everything worked wonderfully.

A few months before the event both of you ran a six-day training session. How important was that in his third placing in the race?

We did a multi-day from Geelong to Swan Hill. We carried heavy back packs. Stayed in hotels. We averaged 60 to 70 ks a day. Because of an injury I slowed things a bit. We walked a fair way. That meant 12-hour days. It was a benefit to Peter. I believe that it's not miles that matter but time in the legs. It was a great advantage for this six-day event. He gained mental strength and the knowledge that he could last six days. The

walking stood him in great stead.

You're an experienced multi-day athlete. What did you use of your Sydney to Melbourne wisdom to assist Peter in his test?

Yes. I set out plans for him similar to what I used in the past. He agreed he'd do it my way. For the first two days it worked. Then I realised that Peter was better suited to short stretches on the track and quality rest periods. I altered the plan. In Nanango during the 1000-mile race I changed from a two-session day to a three-session day. It worked much better for him too. He achieved a greater daily total this way. He recuperated quicker.

Will he compete again in this race?

I hope so. He can perform even better. But I think Peter is satisfied with his run. He was a pleasure to work with.

Will you compete in this race in 2003?

For personal reasons I didn't compete this year. I might run next year. I'd like to incorporate Peter with my training program. If he doesn't run he'd crew for me.

If both of you race next year it would provide an interesting contest. With your past knowledge and tactics and Peter's recent experience, an exciting encounter would result I'm sure.

Yes. People might say that I'm an idiot for giving out my secrets. I don't agree. Too many people worry about themselves and not the sport. The sport is more important than any individual. I'll gladly pass on any knowledge to any runner. If Peter beat me I'd receive great satisfaction from it knowing that he believed in my advice. It's not about fight dog, eat dog. It's about helping one another. And we need to encourage younger people to compete.

Peter Hoskinson and Mike Maddock (Tasmania)

Peter, why did you withdraw from the race?

As I ran I questioned why I'd entered, where it fitted in with my life, how much it impacted on other things and what long-term effects my body may suffer running with injuries.

Drained of energy and strength during that hot period did you suffer a negative mental outlook?

Yes. I overheated. I had problems concentrating. I'm sure the conditions caused much mental and physical fatigue.

Mike, you're Peter's coach, what were your thoughts at the time?

I tend to take things as they come and not plan too far ahead. The running decisions are up to him. I supply him whatever he needs in an efficient way to keep him on the track. In this case for him to continue was a dangerous thing. His body lost its ability to control its temperature. He wasn't sweating. His regulatory system shut down.

Peter, how do you feel now in reference to future events. Particularly multi-day races?

I'll review the situation when I get home. The training and dedication necessary to achieve good results in races such as this must go on hold for four or five years. I'll look at it then.

What about your fitness program in the meantime?

I'll run marathons. Maybe short ultras. I won't walk away from training. Pulling out of this race was hard but I enjoyed

the training program in preparation for Colac. That work is not lost. The critical question is: how did that level of training affect my family life?

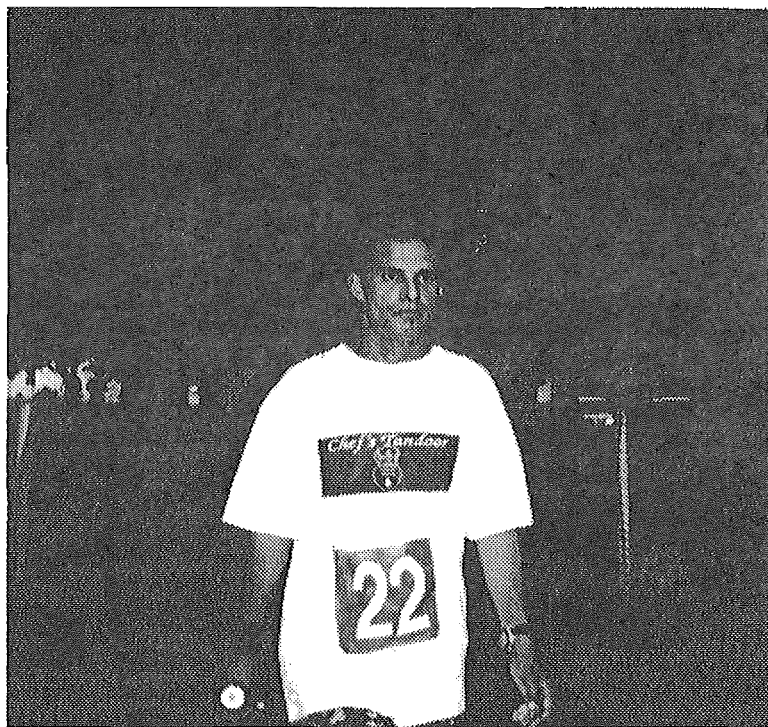
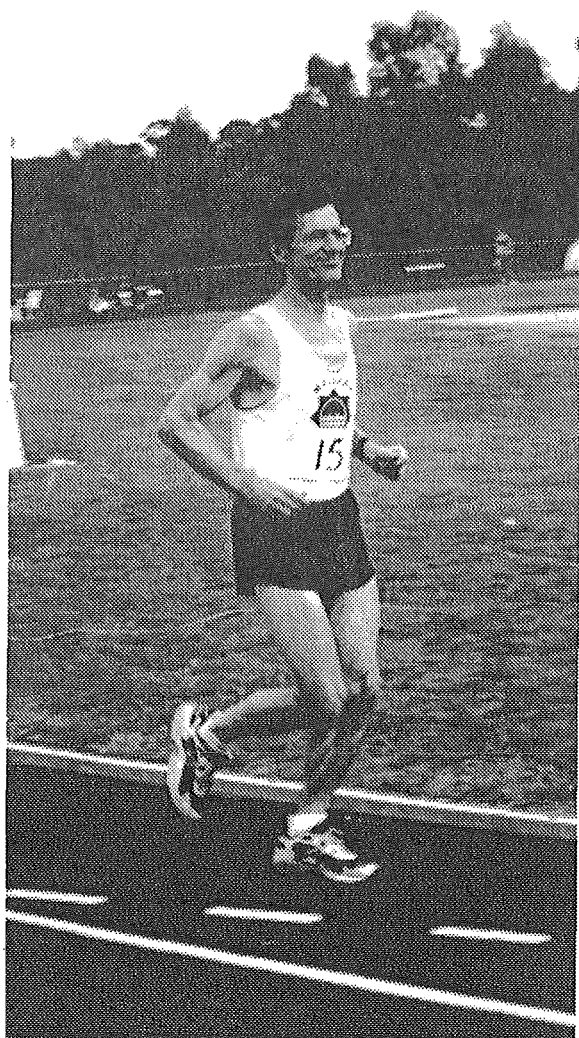
Mike, have you any advice for Peter?

He must take time out and review the situation. I know he has running talent. I've run with him many thousands of kilometres. I have great faith in him. He was in good shape for this race. He has huge physical and mental strengths. I'd like to see him back here again.

Peter, what have you learned from other runners in this event?

Last year I saw David Standeven run into a hole. He consolidated and came back with a wonderful result. I witnessed the same thing this year. I admired his positive outlook.

TONY RAFFERTY - January 2003



David Jones of Melbourne [left] and Arun Bhardwaj both composed gripping accounts [which fill the next six pages] of the experiences at the Colac Six Day Race last November

Colac Miracles by David Jones

Introduction

Wow! What a week! What a wonderful feeling! Do you enjoy running? Of course you do. Well, imagine doing something you enjoy for 6 days, day and night ... yes 144 hours, non stop! Well, not quite!

This was to be my first attempt at a 6-day race. My training had gone well. I'd managed to build up to around 150km a week for a couple of weeks with about two weeks to go. This training mainly involved plodding around the oval in Wattle Park for a 2 - 3 hours in the morning at about 10 kph, consuming 250ml sports drink every 15 mins, eating half a banana every ½ hour, then coming back to do it again 2 or 3 hours later. Pretty pathetic really; I gather Peter Armistead did a training run from Geelong to Swan Hill and Aldo Maranzina ran from Moscow to Vienna or Trieste or somewhere over there. Anyway, I thought I'd done all right. My marathon run in October had also been treated as a training run at about 6-min kms. I tapered off severely with two weeks to go, except for doing the Victorian 6-hour track championship at Moe on with one week to go. This went really well, for a PB of about 1km over last year but, more importantly, I finished strongly and the drive back to Melbourne was pain free - the legs and back felt good whereas the previous year they had ached and twitched all the way. This set me up with a good positive frame of mind going into what was for me really unknown territory. The most I had ever done before was the Coburg 24-hour 18 months before although I had run 4 days of the Great Vic. Bike Ride 12 months ago for about 300km. Another major benefit was that I had managed to persuade a (non-running) mate of mine, Len, to spend a week in Colac as my support crew. I wonder if he'll ever forgive me.

The Goals

I had two main goals. The primary goal was to finish, i.e. to be still in the race at the end of day 6. This included the race rules requirement to cover a minimum of 65km per day. My secondary goal was to reach 500km.

The Plan

My run at Moe had confirmed my theory that a conservative start pays dividends in the end. Based on my training experience I thought 9 kph would be manageable, 8 kph should be a doddle. To achieve 500km would involve about 80+ km per day; so, about 10 hours a day on the track should suffice, leaving 14 hours R & R - should be easy! So I planned for 5 x 2-hour run slots; 3 of them followed by a 2-hour break for a snack & rest and 2 of them followed by a 4-hour break, when I would eat dinner (pasta) or breakfast (bacon & eggs) and get 2 - 3 hours sleep.

Getting There

Having spent Saturday morning packing the car and doing other essential chores like cutting the grass (I wouldn't feel like doing that sort of stuff when I got back!), I set off for Colac just after lunch. It was hot, hot, hot and the Geelong road was slow! I arrived in Colac at about 3:30 and easily located Memorial Park. I then discovered that tents were provided for the runners and had been erected by the Army. I needn't have brought my tent after all - that would have made packing a lot easier. I was able to claim a tent on the North side in the shade of the huge elm trees. I'd also booked a caravan but this was a bit further away from the track. Len arrived about an hour later and we soon decided that he would sleep in the caravan and I would use the tent. We had trouble deciding what else should be allocated to the tent or caravan but it worked itself out after a couple of days. The caravan did have refrigeration as promised but was missing its gas-bottle so there were no cooking facilities. Fortunately, the near-by barbecue provided an alternative, so Len would be able to rustle up my bacon and egg breakfasts without too much trouble.

We went to the race reception at the information centre that evening and enjoyed the sandwiches, nibbles and drinks, as well meeting many of the other runners and their crew. It was a real privilege for me to shake hands with the legendary Drew Kettle. Afterwards, we took a slow stroll through town trying to locate a Chinese takeaway and settled for an early night to the accompaniment of the local wild life.

The Race

Day 1 - Sunday, Monday

Discovered that the squash courts do not open on Sundays, so no showers available until tomorrow. Spent the morning discussing with Len and refining the plan to fit in with both our sleep requirements. Dinner was scheduled for 9pm and breakfast at 7am. So the 2-hour runs were at 7-9pm, 1-3am, 5-7am, 11am-1pm and 3-5pm and rest/eat/sleep periods at 9pm-1am, 3-5am, 7-11am, 1-3pm and 5-7pm. As the race was due to start at 1pm, it didn't make much sense to start off with a 2-hour rest; so, the first six hours were modified to 1 hour on and 1 hour off until starting the above cycle at 7pm. This also seemed to me to be a good way to ease into the routine gently.

The race got under way on time and with 26 starters, after the runners were piped to the start, formally introduced to the spectators and official photos taken - quite a ceremony. After the first hour, drinking and walking every 15 mins and eating every half-hour, much to my surprise, I was in 5th position - clearly, others were planning to be on the track a lot more than I.

There was one incident during this time that was a minor miracle. Late in the afternoon, I felt an urge to throw up and though I managed to control it I decided to take up Andrew Lovy's offer of medical advice. I was prepared to wait until he was due for a break but he insisted in dealing with my problem straight away. After prodding around just below my rib cage, he then homed straight in on my neck and, with a click, a lump that had been there for about three years just disappeared. Andy explained that neck tension can affect the vagus nerve which, in turn, can affect the digestive system. I felt no further discomfort of this nature - a miracle indeed!

Day 2 - Monday, Tuesday

Naturally, after the first 12 hours, I was closer to where I expected to be, in 25th position. But all was going according to plan; I was feeling good and thoroughly enjoying myself. It did strike me as odd that, when I was on track, I seemed to be quicker than most but I didn't feel I could comfortably run any slower. I can't now remember how closely I stuck to the plan on Sunday night or whether it was easier to sleep than Saturday night. I do know that it got very cold at night. After 24 hours, I'd covered just over 100km, so was well ahead of schedule. I definitely only needed 80km per day from now on.

Then disaster! It must have been some time on Tuesday morning. I'd just come a few yards out of a toilet stop and was about to build into a run when I realised the left knee didn't quite feel right. I walked a lap, occasionally trying a jog, but diagnosed a strained lateral ligament. I don't know how it happened - possibly just stepping carelessly off the ramp outside the track-side port-a-loo. Anyway, it felt very similar to the pain that I had felt during the Coburg 24-hour race when I did a medial ligament. Only this time, it was on the other side of the knee.

I hadn't visited the massage tent until now since I had always blamed (probably wrongly) my Coburg problem on the massage I had then. However, I am glad to say that they were excellent. After a couple of attempts at strapping which helped only a little, one of them offered to go and purchase a knee-brace for me. This was like another miracle. With the knee-brace in place, I was able to walk around the track without even a twinge - it was like having a new leg. Nonetheless, I decided that it would be wise not to risk running at this stage. This meant rearranging the schedule somewhat. If I had to walk, I reckoned I could do 15 laps per hour fairly comfortably. I needed 200 laps per day; so this meant 13+ hours on track. Since walking would not be as strenuous as running, I reckoned that 1½ hours recovery for 3½ hours walking would suffice. The evening sleep went out the window and I opted for 4 sessions like this leaving 4 hours for only one but a longer sleep and 14 hours on track. I decided to do either 50 laps or 3½ hours per session whichever was needed. As it turned out, I managed 50 laps in about 3:40 for the next few days.

Days 3 & 4 - Tuesday, Wednesday, Thursday

These went by without major incident from my viewpoint. One night, I can't remember which, I was awoken by a possum trampolining on my tent roof, whereupon I realised that I'd forgotten to set my alarm clock. It could have been a disaster. Another miracle? Another morning, Bill woke me up at around 4 am in case I'd overslept. I told him I hadn't come off the track until after midnight. Still, I'd rather be woken too early rather than too late. I got up then anyway.

I was clocking about 80kms a day and felt quite happy that this could continue forever. Also, I was slowly picking up positions. A number of runners had dropped out along the way. Tony Collins was the first - I don't know the reason for this. Drew was clearly not a well man and failed to make the cut-off on day 2 - mind you, he looked as fit as a fiddle a day later. Stan Miskin had foot trouble. Peter Hoskinson decided that being in Tassie was a better prospect. Jevvan McPhee overslept in his caravan park after being an early race leader.

I got to chat with most of the other runners during this phase of the race as well as a number of their helpers. One in particular, Mike, who had been looking after Peter Hoskinson, was especially encouraging as were Brock McKinlay's support crew. Brock was another first-timer. He had the tent next to mine and if I'd had feet like his I'd have given up for sure - it was painful just looking at them.

Day 5 - Thursday, Friday

About Thursday mid-day was when my blisters started. I am very fortunate with my feet. Many of the others had feet covered in bandages and strapping long before this. I had felt a tiny pin-prick on the sole of one foot and stopped twice to search for the offending item in my shoe or sock and found nothing. Eventually, I realised that it was the first signs of a blister.

When I did my first ultra run - the 50-mile track at East Burwood in 1997 - I was advised I would need some "Second Skin". Well, I bought a pack and it had remained unopened until now. Needless to say, it got well used now. However, I did lose quite a bit of time and my day 5 total dropped to about 66km. Enough to qualify, but it put my number 2 goal in some doubt.

I was still able to keep up a good walking pace despite the blisters, which I was able to forget after a couple of laps, once I got moving. During the early hours of Friday morning, I realised that if I wanted to get to 500km, I would have to do some running. I tentatively jogged about 20 metres and felt no pain but decided at this stage to stick to walking. I would review the situation in the morning.

Day 6 - Friday, Saturday

I decided to get back into 'run' mode after my breakfast break when I got back on the track between 9 and 10 on Friday. It went well - the only problem was that the knee brace felt uncomfortable with the running action whereas it had caused no problems whilst I was just walking. So, I rolled it down to the ankle and I was still able to run with no knee pain. After a couple of hours, I felt a bit of a niggle and pulled it up again as a precaution. I'd clocked up about 41 laps in around 2½ hours. I did another session after lunch about 60 laps in 3½ hours between 3 and 7 pm. Finally, another 56 laps before midnight. I was again moving quicker than most on the track - not all, but most. It was a great feeling. Bill Sutcliffe commented on how well I was going. After all, I hadn't had a run since Monday so was feeling fresh. When I woke up on Saturday morning about 5 am, I calculated that I could afford to walk at 5-minute laps for the rest of the time and still come in with 500 km. I got there with over an hour to spare, changed into some clean kit and sauntered around for the last hour for a grand total of 503.8 - a final day of nearly 100 km.

The Presentation

I felt really emotional having finished and achieved. I don't think I've felt as good since finishing my first marathon. The trophy is now my most prized possession. These are made by Shaun Scanlon and look really great.

Getting Home

After packing the car, losing my car key, panicking, joining the barbecue for a while and finding the key again. We set off for Melbourne. I don't envy those who had to drive to Queensland. It was hot, hot, hot again. I had 3 power-naps between Colac and Winchelsea (less than 40km) where I stopped for a pot of tea and a bar of chocolate. This got me to the other side of Geelong, where I pulled up in the shade of a fly-over and slept again. When I woke, I had no recollection of having stopped in the first place. Anyway it was enough for me to get home safely.

Next Year?

Well, maybe! Maybe I can do 600 or better. Who knows? But only if I can arrange a full support crew. Len did a great job, but I reckon you need at least two and preferably three so that they can roster on and off and stay alert. It's a lot to ask of anyone, but if there's anybody out there who'd like to take it on, please get in touch.

www.ultraoz.com

www.ultramarathonworld.com

My Six Days in Colac

January 2003, by Arun Bhardwaj

"The fullness in life lies in dreaming and manifesting the impossible dream." - Sri Chinmoy

Australian Six Days Race began at 1.00 PM on 17th Nov. 2002 in Colac. It was an oval track of 400 m. at Colac Memorial Square. It is one amongst only four Six Day Races in the world. It was without any prize money, or incentive or whatsoever. It is to test that how much a person can pull on his strength, physical as well as mental. Ultramarathon - a sport that lacks any glamour or hype, but what ultrarunners possess is courage that defies common sense, mind power that defies science, and an iron will that is the envy of many. They shun conventional wisdom and physical limits.

Among the 26 participants, I was the youngest and that too without having any experience of such long multiday races. I was quiet novice barring few performances. I was the only runner from India and the others were from Australia, Canada, Hungary, Japan and New Zealand. One rule of the race was "No Crew, No Start". So Mr. Phil Essam (a humane personality) crewed me for first 12 hours. After that he went back to Royal Australian Air Force base, Point Cook and deputed Mr. Warren with me for next 12 hours. Warren is a member of Australian National 100 Km Team. Being unable to withstand the biting chill at night, I had to remain outside the track for four hours. When I got up my whole body was aching and I almost started walking. Here I faced a strange thing (about which I heard very much) anything I want to eat it give a feeling of vomiting. Due to intense exertion and fatigue coupled with hunger, I had to slow down my speed and could cover 93.2 km in first 24 hours. At noon Warren went and Hemant, Baldev Singh and Choudhary came from Melbourne to see me. It was sense of relief to see them. Hemant is son of my colleague Mr. S.S. Rawat and had gone Australia for higher studies, Baldev is a taxi driver and married to an Aussie girl and Chaudhary had also gone there for higher education.

I discussed them it was quite hard without handler besides the cold was unbearable. After wearing 8 layers of uppers, two trousers and 2 woolen caps (one did not suffice), I still felt cold. I ask them to bring some rice, vegetable and something that could fill my belly. They brought vegetarian pizza and curd. They brought some fruits, chocolates and chips also (but I could not use them). The main rules of the race were that one has to cover at least 65 km in every single day and one cannot remain out of track for 6 hours at a stretch otherwise it would lead to elimination.

Now we centered on only aim of completing the race and to escape from "Did Not Finish" (now I realize that it was my feeling of insecurity developed from absence of crew). After some time these three fellows went back. It was one of the toughest 6 Days Race in the world with 8 of top 20 of world's best multiday runners and I am alone there from one billion Indians. I had the greatest responsibility of finishing the race. The main problem with me was of food. Whenever I had to stop for eating, my legs got stiff and it took a long time to renew the flow. The time in stopping & eating made me feel that race will be quite impossible to finish if it goes like this. So I stopped only when the hunger clawed on me. Though it covered some kilometers but it pained my legs, and particularly hips, due to continuous hunger and fatigue. I was continuously getting fax messages from my coach Mr. Phil, which gave me a source of inspiration. At night, before I could fall on to the track I went to the tent for relaxing myself. Pain and hunger made me asleep but without crew I rested more than 4 hours, against my wish. Though I was to take rest for four hours only, I continued to sleep for quarter to six hours.

I perceived in my dream talking Mr. Bill Sutcliffe, the President of the Race if Arun (myself) goes on sleeping for 15 minutes more, he would be eliminated from the race. Actually he was talking this to Michi outside my tent and I was lucky enough to wake up in time and thus saved myself from elimination. It was 2.00 am. I came out of the tent and Mr. Bill remarked "good". I started shuffling. I felt my nose was bleeding. Shooting pain and extraordinary chill made me nightmare. The second day I covered 77 km.

Third day started at 1.00 PM, Nov. 19. I ran together with Mrs. Elvira Janosi, a top class experienced multiday runner. Her husband was a crew for her (and her coach also). She said to me, "You can do it" and "after four days you'll feel happy". Someone had rightly said that you can repay a debt but can't repay the kindly words and her kind words gave me solace.

On that day I ate a little (which was my compulsion) resulting swelling in my legs and locking up the ankles. Mr. Phil came to know about my deteriorating health, he assured me of meeting on Wednesday in person. My problem was that I had to take soup from the hospitality tent which meant relaxing and then jam packing of my legs. On Wednesday Bill Sutcliffe brought me some rice and some veg. Up to the end of third day I covered 255 km. Race Commentator Mr. Tony Rafferty was continuously giving me fax messages received from Phil. Some of my friends in Planning Commission also sent some emails to encourage. Now I was running with only one strategy, put one step after one.

I started covering each lap with each alphabet of the names of my family members and in this way I distracted my attention and could some how prolonged my race. My condition worsened and the pain started from hip passing through my knees that stopped at my left ankle resulting in non-bending of it. The pangs and suffering of loneliness made me more miserable

& I could not stop willy-nilly as to stop to relax may mean stoppage of my race. At 7.00 PM Mr. Phil came with his wife Belinda and daughter Laura. On seeing my condition he took me to Dr. Raymond Carroll, who is one of the best experienced physiotherapists in Australia and served in many Westfield Sydney to Melbourne ultramarathons. On examining, he opined that this symptom resembles lead liver damage and I had to take something (like herbal soup) compulsorily to escape. He and his assistants gave me a good massage to fix the problem. Luckily a lady named Mary came for evening walk accompanied by a girl named Indira, originally from Kerala, India. Mary had been there in Colac for 31 years. Lady crew (I just not remembering her name) of Julie Shrag from Queensland inform her that an Indian boy is also running whose condition is very serious got weak and eating nothing. She had a talk with Mr. Phil and took me to her home and served with some rice, veg and delicious rayata. Phil had to go back at night. I saw pain and despair in his eyes and he gave me a hint to leave aside 500 km or Indian Record (478 km) but exhorted enthusiastically to complete the race. Belinda embraced me. They left.

Next morning I received a cassette from Mr. Pat Farmer, Member of Australian Parliament via Colin Gowan which is a documentary of Pat's famous run around Australia "For The Centenary of Federation" in 1999 in which he ran 14,986 km in 195 days. During my stay with Colin, we visited Australian Parliament House in Canberra to meet him but due to the busy session we could not have a chance. Colin talked with his secretary about me and was assured that Mr. Pat will be informed. And, very unexpectedly, I was in receipt of this cassette. It was a nice feeling. This kind of generosity is the thing I found exceptionally common in all ultrarunners and also one reason why I love ultrarunning.

The 4th and 5th days were like the worst period of my life. Countless tears dropped off from my eyes. At night (I can not remember on which date) Tom Andrews showed me the growing moon over the trees and it was the most beautiful moon I had ever seen. I cannot forget that scenery forever. I had covered 327 km in four days. The pain was unbearable, unmatched. It was something like pricking of my each and every nerve. I was mentally alert lest I should collapse of inattentiveness. I found a way to seek some strength from the fact that at the time of third delivery I accompanied my wife, Sangeeta, to hospital who bore calmly the delivery pain. We have heard that no pain is greater than this pain. So if a mother can cope, then why not we. I determined not to be tracked off myself, let others lift me out of track if any mishappening. If I forsake this race before finish line, it will be a treachery to more than one billion people whom I was representing, it will be disloyalty to my friends who had reposed boundless faith on me, it would be a disregard to my family and it would be an insulting & shame to my daughters, to whom I always sang stories of bravery & persistence. And to my apprentices. I choose Ultra to make them learn that impossible is not more than a word that exists in the confines of our minds. I thought people (mainly my Department's) would pounce why he (Arun) went to strive wild goose chase when I did not have even capability to complete the race!

The fifth day dawned with good omen. Feeling refreshed, I started for my race with full spurt. Hardly had I completed an hour of my race and stopped to relax when it pained and could not budge even an inch. I could hardly cross one km in one hour. Only 44 hours left now and once again I found myself in the ocean of turbulence, as hardships never come alone. I was suffering of physical pain as well as the pain of loneliness. To relieve me of this situation, I took my walkman and started to listen my favourite music of ENIGMA MCMXC a.D. 'The Limited Edition'. This is the cassette, which my daughter Zola likes while have to sleep in my lap, and so it became emotional and I found a great co-relation between tears and pain. With the dropping of every pearl from my eyes, it lessened my lacerating pain. What an entice of ultrarunning! even tears are helpful.

40 hours remained. For the last time I went to information center to check the e-mails with the hope that a word of encouragement would be like to catch a straw while drowning. I got the messages from my bosom friends Colin Gowan and my coach Phil Essam. To my consternation I received hardly any message at this time of dire need from Planning Commission. Though the colleagues were whole heartedly backing me through the harmonious, cordial and inexplicable and inaudible voice of their heart. Through the results of the Race website, every four hourly, the Phone No and Fax No. were displayed of the Race venue. All my efforts to go to information center proved futile and I felt very disappointed. With extreme pain, I left an e-mail for them ending with "why don't you send some lines, please send", and went back to track again. Legs were so stiffed and extremely pained that if I had a rest at night and would think of starting in morning, I suspected whether I could be able to achieve the minimum 65 km to escape from elimination. I continued slowly, but steadily.

After some time, Jevvan McPhee came to me and offered himself to assist me. In this race God helped me in many shapes and Jevvan proved to be one. He is one of the top ultra runners of Australia but was unfortunately disqualified on the very third day of the Race because of being out of the track for more than 6 hours at a stretch. He also faced the same problem like me "no crew with him". Though I always desired to ask him for some help if he could but I hesitated all the time. The same was the vision of McPhee, a coy and he also could not ask any one to get him up if he continues to sleep beyond six hours who ultimately fell a victim of the rule which debars an athlete who sleeps for more than six hours at a stretch. I assured him to complete the Race for him also. Time and again, he vigorously massaged my legs with painkiller gels. He himself put-off and put-on my shoes and socks and served me with soup, Milo, hot chocolate etc. It all alleviated my sufferings to some extent. After covering 38 km at that night, I relaxed and slept calmly and comfortably (for the first time) in his caravan under his vigil surveillance and as promised he got me up after exact 4 hours at 5.15 AM. After wards

he went for a rest. Despite his adverse condition (his body was also very sore) he helped me to cover 65 km to avoid disqualification. It was a sunny day and with the rays of the Sun my faint body became blossomed and a bit active. This time Julie's crew (I still not recollecting her name) also started to assist me. She regularly supplied juice, water, biscuits, ice creams etc. which were of profuse and immense vitality and strength to me. By the end of the 5th day at 1 PM I had completed 74 km for fifth day and Jevvan McPhee astonished at my unexpected marvel performance. 402 km were completed in five days.

Now the last 24 hours were left to complete the destined Race. Although still a hard task ahead to accomplish but I started to see the light on the other end of the tunnel (Phil said it on second day but I took five days for it). As the Sun today again rose with every hope and inspiration to me eroding my languor and lugubrious state of mind. McPhee supplied a baked potato with some yogurt on it and we decided to first take a good massage and then start nonstop for the whole remaining time.

I set my heart upon hitting a target of at least 500 km. 65 km were inevitable to avoid debar from the Race and 77 km were necessary to surmount the Indian National Record for Six Days made by Thirtha Kumar Phani in 1987 and 98 km were required for 500 km (to be first Indian to cover 500 km in six days period). Because of McPhee's continuous assistance I covered 32 km up to midnight. I was determined to complete the remaining period without any sleep or stoppage but I found that Jevvan has gone away (actually he was also doing a hard job even after his miserable condition, he was in some fever also, and he had to take rest). His leaving proved me very doleful and bitter and I could not move even an inch without continuous hot feeding. I was forced to take some rest and lay down in my tent and slept.

When I awoke it was 4.30 AM, only crucial 8.30 hours left now and 85 laps were must to surpass Indian Record. It was not difficult but not so easy also. I started slowly but surely, 10 laps per hour were necessary. Julie's crew started serving me with eatables. She was much concerned for me from the starting. Then Mr. Miskin came to me (as ill-luck he had, he could not complete his race due to blistering) and asked what I wanted. I with lump in my throat and tears in my eyes told him that either way, 85 laps are essential to complete and asked for pain killer tablets. He gave me Panadol tablets and after 2-3 laps it worked. Jevvan had also came. I started to walk and talk with Brock Mckinlay (his wife was crewing for him who is also an ultrarunner) and two hours passed easily. His company diverted my mind from my body pain and my speed was accelerated up to 12 laps per hour.

At 142 hours (approx.) the Indian Record of 478 km was equalized. Then I went to toilets and started to wear-off one layer of clothes per lap. Jevvan was amazed to see 8 layers. Now I was in shorts and single for the second time in the Race. The sun was above the head and it was a great warm day. I am used to run in hot weather. I accelerated my speed but it was momentary and my left knee ensued persistent intolerable pain, of which I had the premonition. For this time, I was with my Ram Ban (sure shot) which can never fail. I cherished the sweet memories of my loving children Yiannis, Sofia and Zola. I reiterated each alphabet of their names to cover every lap. It could never happen to jump a letter of the word or incomplete the word of my affectionate children. In the very last finishing hour I covered 10 km, which was the best performance of my any single hour in whole six days. Firstly I thought I covered 490 km, but it was 492.1 and I was ranked 15th. It is the new Indian National Record, the first ever Indian to cover 300 miles in six days.

My strength

My greatest strength was my faith that will overcome all physical pains and thwart, mental botheration and fatigue and I would become indefatigable. I was confident of my ability, on the balance and strength of my mind that it would cope with physical and emotional pain. The faith of others instilled in me also ushered a sense of responsibility in me. How could I betray their faith who reposed so much of confidence in me. Once the Great Yiannis Kouros wished me saying "God be with you" and throughout this cumbersome race, I remembered his words and felt the omnipotence, omniscience and omnipresence of God.

My weakness

(i) Inexperience: I had no experience of multiday footrace. In each sport a person always gets the lessons first and after making much deliberations and giving vent, a person gets the experience. But in Ultrarunning the scenario is otherwise. Here a person has the experience, the torments, hardships and intricacies, then only he learns a lesson from it. Unfortunately, in India such type of adventure or sporting events are neither held nor supported. Lack of experience tolled upon my performance beyond redemption. In preparation before the race I could only imagine a picture of the race, its probable hardships etc. and up to an extent I succeeded with my tactics. But on the other hand a utopian can only perceive the bottlenecks of paramount importance, but until and unless these are overcome, they come across as a stumbling blocks. No doubt the dreamers of the dream are the real makers of this universe but the dream should be practicable and the right infrastructure and paraphernalia be made available to realize it.

(ii) Weather : I could not withstand the biting chill and the freezing atmosphere. One of the reasons may be that I was losing strength and energy which was not being renewed due to less intake and resulting with low resistance power. The others were running in single pairs whereas I was running in eight layers of clothes and still the shivering was not getting

rid of me. Running with eight layers in itself is quite ridiculous and embarrassing. The temperature varied around 30 Centigrade which in Delhi hardly goes during the peak winter.

(iii) No handler: It was the worst and biggest weakness which stood in my way as a hurdle and cliff in my way, I was handicap without handler. It was quite arduous and unwilling to put off the shoes, socks, and to take eatables etc. I could not perform these necessary activities freely but did only when it was extreme, it also impairs the efficacy and strength. I personally felt the presence of a handler is indispensable. I would have definitely come up with better results had there been someone to render me his services in those pigmy affair. The 13th finisher was only 10 km ahead of me. Without handler all the strenuous and odd jobs were to be done by myself which exaggerated my sufferings untold and unlimited or I can say that every little jobs (like lacing the shoes) became a very hard work. Hell with it! Without handler I could consume only one days of my usual diet through out all six days, which had also told upon my health an performance irretrievable.

I have got invaluable experience in this prestigious 6-Day Race. My performance was considered to the mark and marvelous and was commended by the partners. I had the zeal and assurance that, on the basis of this experience, in the same given conditions I would cover 600 + km definitely. And with a full time handler I would try to touch 700 km mark. It is my confidence. By doing Australian Six Day Race, I have taken the divine taste of Ultrarunning and a sense of determination, the sense of spirit that I would never, never give up, no matter what else happened.

I am indebted to Planning Commission who extended all help, morally, ethically and monetarily to perform this colossal task. Though I would specially name Mr. Rajan Katoch, Jt. Secy. and Mr. G.P. Grover, Dy. Secy. who whole heartedly persistently forwarded my case to make it possible and Mr. K.C. Pant, Dy. Chairman for his kind permission to enable to participate in this esteemed race.

I extended my gratitude to my parents, my loving wife and kids who prompted me to devote my most of the time in preparation.

I am grateful to Mr. Colin John Gowan who has bestowed so much faith and strength during a-week stay with him in Sydney. The departing words of Colin's wife Penny "Don't be nervous" are still delighting in my mind and echoing in my heart and, thus, igniting a source of energy. To the previous guiding messages from George Audley, Tom Andrews, Andrew Lovy and Mihaly Molnar during my preparation for this race. To Jennifer Suzzane (crew with Andrew Lovy from USA), Michi (crew with Akihiro from Japan), Tom Andrews (USA). Very much to David Jones (Aus) who always continued to ask me for a smile and laughed every time I smile. I am very thankful to the race commentator Tony Rafferty (a veteran with many ultra marathon world records in his profile) who put strength and imposed responsibility on me by announcing time and again "he is the only Ultrarunner from a country of one billion people". It aimed me to complete the race besides renewing my energy. My thanks go to my friends who sent me e-mails that were like oasis in the desert of loneliness.

I am proud of my family in which I got the atmosphere and I have become one among the billion. And afterall, I am indeed grateful to all Ultra Marathon Runners because of whom Ultrarunning is.

At the end I want to write down some of my favourite quotes:

1. Enjoy your pain, you've earned it. - Anonymous
2. The only way to define your limits is by going beyond them. - Anonymous
3. It is not the critic who counts, not the man who points out how the strong man stumbles, or where the doer or deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, and comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." - Theodor Roosevelt, Sorbonne, Paris, April 23, 1910.

Arun Kumar Bhardwaj (with many thanks to Ms. Harita Gaur, a student of Bhagini Nivedita College, Delhi for her immense help in preparing this Report).

Larry's on the run to make wish come true

By REBECCA FALCONER

LONG distance runner Larry Burt has been pounding the roads around Alice Springs to train for a 2000km ultra marathon to help wishes come true for sick children.

Larry will run from Ayers Rock to Darwin to raise money for the Make-a-Wish Foundation.

Since 1985, the self-funded charity has granted about 3000 wishes to young Australians with life threatening illnesses.

South Australian Larry said: "Make-a-Wish does not have a branch in the Territory yet but there are plans to open one. We just want to raise awareness in the area, as well as raise money for the foundation."

Larry is already a familiar face in town after working tirelessly over the past few weeks, visiting pubs and hotels, to raise funds.

He is impressed by the town's generosity: "People in Alice Springs have been great. In the big cities, it can be hard raising money, but not here."

He has secured several key sponsors for the televised run but Larry said: "We are still looking for more. Their names will go all over the crew vehicle."

Felt good

The 2000km journey will be the longest the fitness trainer has ever run.

He raised money for Make-a-Wish by running from Adelaide to Melbourne with a world ultra marathon record holder.

Larry said: "When I reached Melbourne, I felt so good, I could have carried all the way to Sydney."

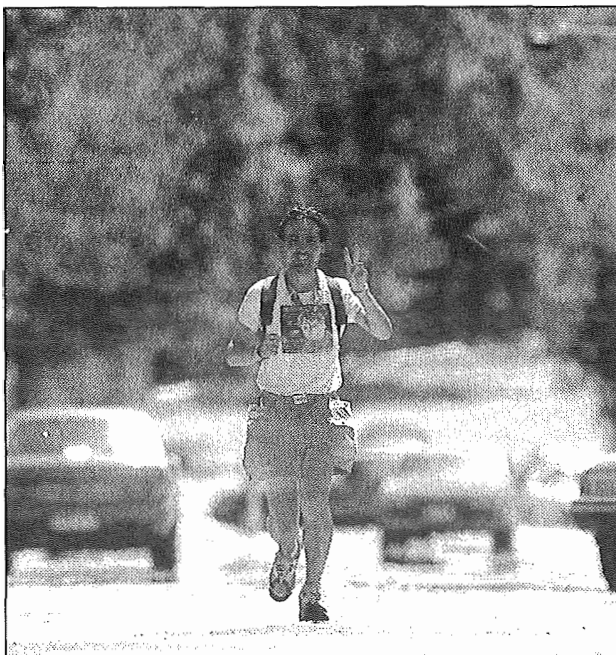
It was then he decided to run from Ayers Rock to Darwin.

Though running alone for the majority of the journey, Larry wants locals to join him on certain legs.

He leaves Ayers Rock Resort on April 26 and expects to arrive in Alice Springs on May 3 for the Bangtail Muster on May 5.

He will leave Alice Springs the next day and is due to arrive in Darwin on June 1.

Running all over a better world



World runner promoting peace, Sylvain Quenel.

N29MT209

A FRENCH version of fictional character Forrest Gump has visited the area as part of a 70,000km world tour to promote peace and the environment.

Sylvain Quenel left his home town of Toulouse as an 18-year-old on June 1, 2000.

Mr Quenel said his mission to visit 200 countries by 2005 was to "protest against the destruction of the earth and against all wars".

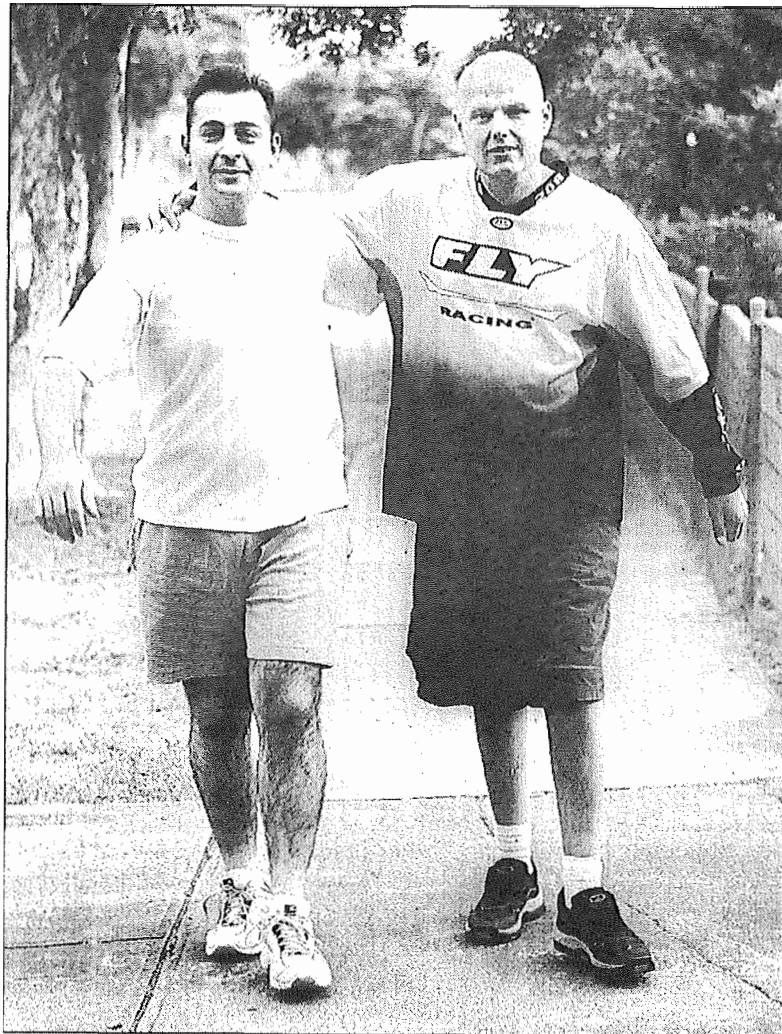
"I want to make the world a better world," he told the *Leader*.

Since leaving home he has run, walked and jogged about 30,000km across 38 countries and has so far worn out 16 pairs of running shoes.

Mr Quenel recently ran through the City of Hume, and Melton and Moorabool shires, as part of his long journey.

He plans to cover more than 70,000km by 2005, putting to use the 10 languages he speaks, including Arabic, Russian, Hindi, English and Spanish.

New Zealand, Fiji, Chile, Mexico, the US and Canada are among the countries Mr Quenel will visit once he leaves Australia.



In step: Taso Koumakis (left) and Goran Ristic. Picture: PETER WARD

Taking steps to help a childhood mate in need

GOOD friends are those who go that extra step for you.

Preston chef Taso Koumakis is proving that by walking 100km for his cancer-stricken mate Goran Ristic, who yesterday had an operation to remove a tumour from his chest.

On April 5, Mr Koumakis will set out to raise his friend's spirits and money for cancer research.

Mr Koumakis, who became friends with Mr Ristic over a childhood

By INGA GILCHRIST

cricket game, said his mate was his inspiration for the marathon stroll, a long-held ambition.

"It'll encourage him in his spirit," he said.

"It's lifted him up. Before, he wasn't looking forward to anything."

Mr Koumakis's fundraising target is \$20,000, which will be split between cancer research and the Royal Children's Hospital Good Friday Appeal.

His ambition is to help

children with cancer and to walk the last 2km with his friend at his shoulder.

Mr Ristic, 29, said Mr Koumakis's encouragement had been magnificent. "It's really good to know a friend of mine is doing that."

He hopes to be well enough in a few weeks to go camping with Mr Koumakis and other friends on the Murray River.

Mr Koumakis is looking for sponsors and helpers for his walk.

Volunteers can phone him on 0422 674 744.

WALK

From trying beginnings, a happy ending

On day two of her marathon walk from Brisbane to Melbourne to raise awareness of depression, Carrie Stoney felt like giving up. The walk had given her 17 blisters. But 64 days, almost 2200 kilometres and five pairs of running shoes later, the 24-year-old Melbourne woman walked into a welcome at Federation Square yesterday. Ms Stoney stopped at more than 35 towns, talking about depression and hearing the stories of ordinary Australians. She recalled the horror of discovering that one town had lost six farmers to suicide in just two weeks. Ms Stoney said it was essential that people talked to others they feared were suffering from depression. Picture: Michael Clayton-Jones



LOOK...!



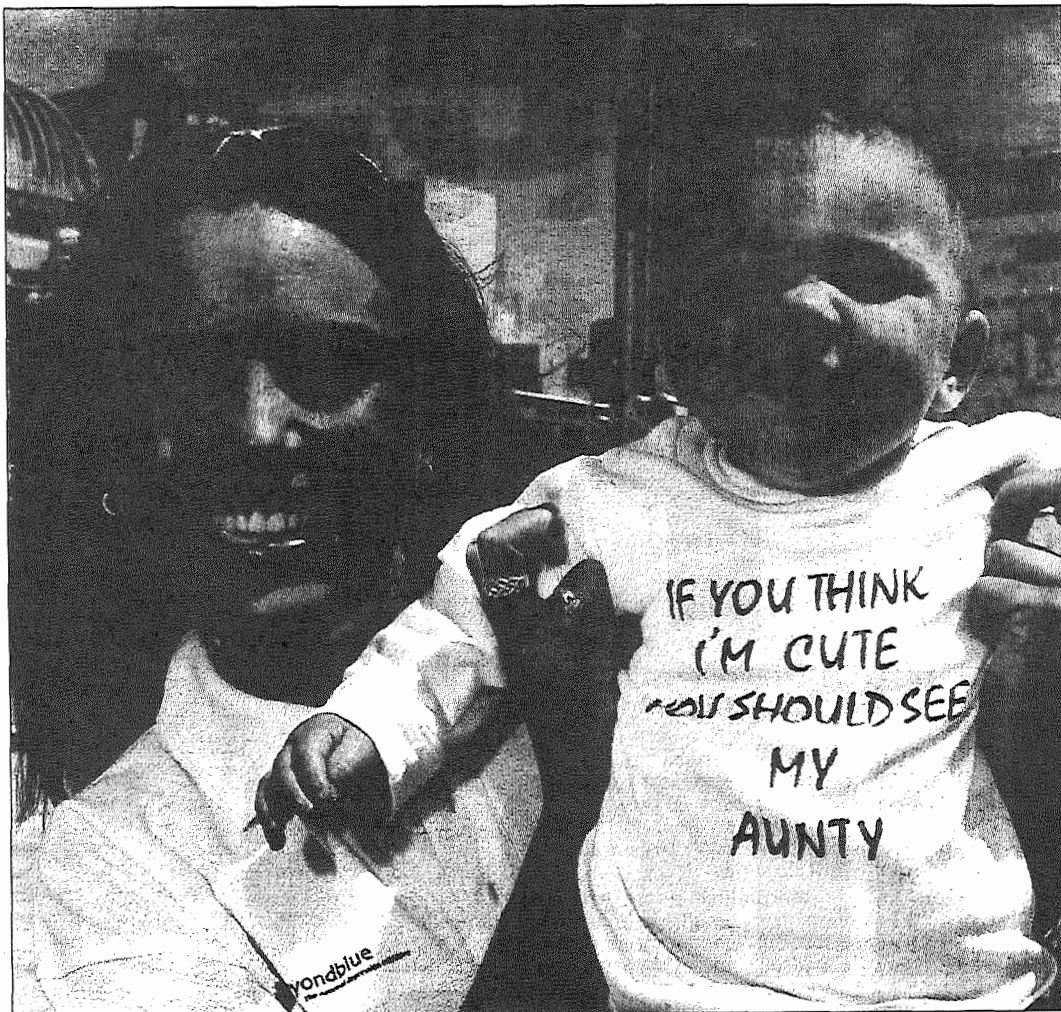
Woolly-headed test

AMERICAN "self-transcendence advocate" Sri Chinmoy was resting yesterday after setting an unlikely world record — that of lifting 1000 sheep.

In a statement the fitness and spiritual health guru said he had done it to express his "deep appreciation for New Zealand" by lifting what he called the national icon.

The India-born guru had a specially designed platform to lift the sheep and lambs — a few at a time — with combined weight topping 36,000kg.

Carrie walks off the blues



Elated: Carrie Stoney ends her epic walk with a cuddle from nephew Ruairie. Picture: CRAIG BORROW

CARRIE Stoney enjoyed a hero's welcome yesterday after walking for 64 days from Brisbane to Melbourne to increase awareness of depression.

Lord Mayor John So joined Carrie, 24, and her supporters walking from Melbourne Town Hall to meet Jeff Kennett, chairman of beyondblue, the National Depression Initiative, at Federation Square.

Carrie's gruelling 2200km journey will end when she walks on to court at the Kooyong Classic tennis tournament today. She will be joined by swimmer Matt Welsh, actor Steven Curry and football great Ron Barassi.

The courageous Melburnian endured hip aches and painful blisters that sometimes forced her to walk on the sides of her feet, and wore out five pairs of shoes.

Carrie was motivated to tackle the distance after seeing family members and friends suffer from depression.

"I wanted to show you don't have to be famous to bring attention to something," she said.

"No one wants to talk about depression. It's the AIDS of the new millennium. It's a hidden disease. You can't see it."

— EMILY POWER

Distance no object for winner Julie

CABOOLTURE'S sportsperson of the year, Julie Schrag, took up walking for exercise three years ago to lose a bit of weight.

She's done that and far more - including walking 1500 kms from Longreach to Brisbane in 49 days earlier this year.

Mrs Schrag, 46, was named sportsperson of the year in the Caboolture Shire Council's annual Australia Day Awards.

Mrs Schrag was not into fitness until she took up walking and said at times it has taken great willpower to keep going. But keep going she

has, competing in ultra events and wearing out plenty of shoes.

It was on training walks with her horse-riding husband Keith that Mrs Schrag began to think of joining horses and their riders on a trip from Longreach to Brisbane to mark the Year of the Outback.

"We worked out I was capable of walking at the pace of a horse - some days (on the Longreach to Brisbane walk) I would beat the horses into town," she said.

Mrs Schrag did most of the Longreach to Brisbane walk on the road, while the horses often took the stock route which was too rough for Mrs Schrag to walk on.

She said the trip went well apart from the cold with temperatures at one stage dropping to -10C.

Last month Mrs Schrag competed in an event in Victoria, walking 427km over six days on very little sleep and a few blisters.

Mrs Schrag has placed in the walk category of the 50km Glasshouse Mountains Run three times and won her category in the Terry Fox Run on Bribie Island in 2000.

Mrs Schrag hasn't forgotten where her passion started, and she still walks with a group of Caboolture walkers who call themselves Wy Wurry walkers on Saturdays.



■ Long-distance award winner - Julie Schrag.

The Glasshouse 50 Mile—Crikey!

by Phil Brown

A tale of how the faithful crew left the sidelines and joined the fray.

We were somewhere around the second green when the bats began flying overhead. Not the wimpy little bug eaters that you normally associate with belfries! No these were the real things—big wheeling suckers with five-foot wingspans! The appearance of these antipodal visions of Count Alucard could mean only one thing: we were back at South Molle Island recovering from another go at the Glasshouse Mountains trail runs! Quaffing another glass of Aussie Champs, I lied back on the grass to watch this dusky fly-by, casting my mind back a week...

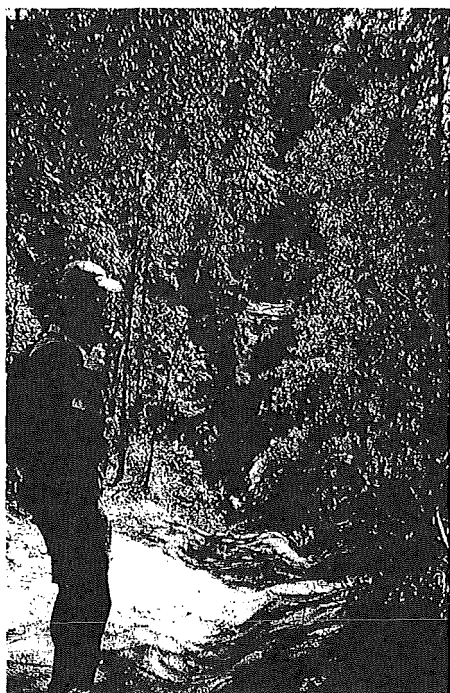
An ugly incident at the Lord Nelson Brewery Hotel or kiss me hardy, my plantar fascia is done for.

"Oh shit! You haven't seen my orthotics have you?" I was in incipient panic as I ransacked our duffel of athletic gear that was strewn about like a dissembled whale on the floor of our room in the Lord Nelson Hotel in the Miller Point neighborhood of Sydney.

"Didn't you pack them before we left?" asked Carol. How did she expect me to remember after a 14-hour flight, the loss of day, and several pints of the Lord Nelson's finest? Another search through the wreckage on the floor confirmed the awful truth:

my custom-fitted orthotics, my closest running companions, my veritable sole mates for the last 10 years of my rather spotty running career, were in repose in a pair of fourth-string shoes in corner of the bedroom back home in Berkeley, California!

The situation looked uncomfortable, perhaps dire, but not insoluble. I'd simply call Liz, our cat sitter, have her pull my orthotics and Fed-Ex them to Bill Thompson's home in Glasshouse. Even with the dateline and distance, I should be reunited with my trusty pals before the race.



The call was made, Bill was alerted, and Carol and I repaired to the bar to toss a few more pints and to catch up on the latest ultra news from Down Under with Sydney runner and Glasshouse veteran (although still a virgin), the ever-enthusiastic Sean Greenhill.

Bad news at Dimboolah and my new friend Sol.

After a thankfully uneventful flight aboard the Virgin Matilda, Carol and I were back where we belonged in Queensland, ensconced in our home away from home, the Glasshouse Mountains Motel. The whole area has special meaning for us; along with the lovely scenery and the friends we've made over the years, it is where we were married a year ago. We were back again to do the race—Carol the 100-mile and me the 50-mile—and to celebrate our first anniversary with our Aussie mates.

The news from the Thompsons at Dimboolah Farms (home of the world's best custard apples) was not encouraging: no orthotics! With only two days until the race I had to admit to a

bit of concern. Quickly we found a small Internet cafe and began to burn up the bandwidth in a somewhat desperate effort to find out what happened to my little plastic podiatric pals. The answer rent my heart—they hadn't been sent! The cat sitter, appalled by the shipping charges, had decided not to send them. Crikey—I was stuffed! Was a year's worth of semi-dedicated training to go down the drain just because of a missing foot appliance? No—a thousand times—no!

Extreme times call for extreme measures. In a nonce Carol and I were in the car, headed up the highway to Beerwah (home of television's *Crocodile Hunter*) to visit Sol the chemist, who was rumored to have stock foam orthotics and insoles on his shelves. The rumors were true; Sol had a single, thick pair of foam work shoe insoles, made for boots, featuring a prominent "cookie" in the arch. These monsters of the mid-sole would have to do the job!

In short order the deal went down, the insoles were mine, and I was back at the motel fumbling for my Swiss Army knife. I soon modified these off-the-shelf insoles into something that might be serviceable. Aesthetics be damned, they felt slightly comfortable, and I would toe the line on the morrow!

The Berkeley battler meets his match!

Carol and I arrived in plenty of time for her 5:00 am start. It was a lovely time of day; still cool, the sun streaking the eastern sky and a cacophony of sounds filling the air as song birds attempted to outdo each other for the loudest, most complex, and most melodious songs. It was truly a magic time.

I'll spare you exhaustive details of my run except to say that things went swimmingly for the first 12 miles, until I came to the first "goat track" section of trail. It was a sight that only the legendary Roger de Coster could love: grooves, ruts, and jumps carved by mechanical goats powered by Suzuki and Husquavarna. Shortly thereafter I felt like I was driving a car with four different sized wheels; the joints and alignment were getting a bit rocky. No excuses, however; I started this run, so it was up to me to finish. I shifted into an increasingly low and slow gear until the end.

Many impressions of that day remain: coming across two rather large goannas mating in the trail, watching the stars come out as my flashlight faded during the last 12 km of the race, scanning the night sky for the Southern Cross (which is barely above the southern horizon even in tropical Queensland), and my elation at seeing the finishing chute.

The prodigal crew returns, or aid in extremis.

After a long hot shower, I found that I was surprisingly unrefreshed and not particularly tired. A couple of hours of futile attempts to get comfortable and sleep convinced me to get up and return to the course to assume my traditional role of crewing for Carol.

I was able to meet her at several aid stations to lend moral support and to let her know how the other runners were doing. As dawn moved into day, she finally crossed the finish line in a truly gutsy performance. We were done!

Our traditional post-race rest and relaxation on South Molle Island on the Great Barrier Reef was only a few days away. Soon we'd be basking in tropical sun, snorkeling over coral reefs, and best of all, enjoying our sunset cocktail hour on the golf course, watching bats darken the evening sky and, in peaceful reverie, retracing the trails of the Glasshouse Mountains.

DREW KETTLE O.A.M.

By Stan Miskin

Although I had been competing in Ultramarathons since July 1981, had read about Drew and seen him on Television, I had never met Drew Kettle until November 17th 2002 prior to the start of the Colac Six Day Race.

Drew started the race with a bad ulcer on his ankle which caused severe pain. I noticed him in trouble and told my wife, Ellwyn, who went to assist him with blankets, drinks and food. Ellwyn stayed with Drew until he had recovered somewhat.

I also had problems and we both retired on day two and got to spend quite some time together until the race ended. We are both returned servicemen from WW2 and seemed to be kindred spirits.

Drew, who will be 83 years old on March 10th, is a remarkable character and I am privileged to know him. He raises large amounts of money for the Royal Flying Doctor Service, he writes poetry, treks all over Australia and holds many World and Australian records [M75 and M80], some of which are still in the process of being ratified.

On day three at Colac he presented Ellwyn with a copy of his 32 page booklet of poems titled "MEMORIES" which he sells to raise money for the R.F.D.S. He personalised this gift with a little poem.

To Ellwyn,

Ellwyn loves to play at Bridge
And tennis when she's fit
But when Stan requests her aid at running
She brings her First-Aid Kit

Drew and Gemma [Drew's dog]
"Swagmen"

Drew is a very well known personality in Colac and although he lives 14 km out of town, his address is simply "Drew Kettle, Swagman, Colac"

Ellwyn and I sent him a Christmas Card which Ellwyn had made and after Ellwyn's Christmas message, I wrote on the card "P.S., Ellwyn made this card". We received a response with a short message which concluded "P.S., I DID NOT make this card....OK!" We were delighted. Drew's card contained another of his poems as follows

To Ellwyn and Stan

T'was strange that we met at the Six Day Race
Which neither of us finished, to our disgrace

Stan with blisters on his feet
Drew with problems he couldn't defeat

But both have travelled life's long track
And hope that next year, they'll be back

To run again on Colac's Square
And hope to make it to the finish there

So that Ellwyn make speak of us with pride
And a finish to us be not denied

After two poems from Drew, I felt that I should respond with one of my own

Raising money is this man's game
And Drew Kettle is his name
To raise the money, Drew does roam
Many, many miles from home
Accompanied by his faithful friend
Gemma who'll be there to the end

They trek around this land of ours
And walk together for hours and hours
To raise much needed money for
The charities whose need is sore
To date, three hundred thousand dollars
In rhyming slang, "Oxford Scholars"

He's one in millions and it shows
As this amount just grows and grows
And all to help us human kind
The frail, the sick, the deaf, the blind
Now Drew himself needs treatment for
An ulcer which is very sore

So to hospital he must go
Where for a time he'll be laid low
Best wishes we all send to Drew
For he is likely to need a few
Until he's healthy once again
And at the track he starts to train

For he's King and Bard of the
Colac track
And we can't wait until he's back
Where as an athlete he reigns supreme
And his many records are a dream
To which many others may aspire
And in my belly he's lit a fire

If all goes well I'll try to beat
What Drew has done whilst on his feet
At the annual Colac Six Day Race
Where we'll meet again face to face
But no matter how the contest ends
We shall remain the best of friends

Stan Miskin 24-12-2002

I telephoned Drew on February 2nd and although he has been discharged from hospital, his ulcer is dressed daily at home and a District Nurse visits each week. This means that he has had to postpone his planned trek from Lorne to Warrnambool to raise funds for the Six Day Race which is having trouble attracting sponsors

ARE THERE ANY SPONSORS OUT THERE FOR COLAC'S SIX DAY RACE?

Of further interest is the fact that some years ago, Drew was "camel" number 70 in a Camel race from Ayres Rock to the Gold Coast and he walked all the way to the finish to take 24th position. Many of the camels failed to finish.

What a remarkable man



||



21

Global Ultra Rankings for 2002

produced by Andy Milroy and Dan Brannen

Our annual Ultramarathon World Global Ultra Rankings for 2002 attempts to present objective ultra rankings for the year based on head to head competition and a careful assessment of the relative merits of performances across the range of standard ultra events around the world.

Women

1. Edit Berces HUN
2. Maria Bak GER
3. Natalia Volgina RUS
4. Elvira Kolpakova RUS
5. Tatiana Zhyrkova RUS
6. Irina Reutovich RUS
7. Akiko Sekiya JPN
8. Makiko Hotta JPN
9. Monica Casiraghi ITA
10. Marina Mychlianova RUS

1. Edit Berces of Hungary achieved her No. 1 ranking with one of history's greatest performances. At the Verona 24 Hour in Italy she passed the existing world 100 mile track best with 14:25:45, the 200km best with 18:31:43, and then shattered Sigrid Lomsky's absolute world best for the 24 hours with 250.108km/155 miles 721 yards. In addition, she won the European 24 Hour Challenge with the top road mark of the year, 232.284km/144.3 miles. She also defeated Irina Reutovich over 48 hours, the latter having previously set the second best mark of alltime. Although less successful at shorter distances, Berces also ran three notable 100km marks - 7:57:11 for 6th in the World 100km, 8:03:51 to win the Italian 100km track championships event and 8:19:30 for 9th place in the European championships.

2. Maria Bak of Germany decisively won the Comrades [86.55 km/53.77 miles] in South Africa in 6:14:21, the second fastest time yet on the point-to-point down run [the course alternates downhill and uphill direction every other year]; she was also 4th in the Two Oceans 56km race in South Africa in 3:51:37.

3. Natalia Volgina of Russia was second in the Comrades in 6:17:26 and also won the Two Oceans in 3:38:02 [50km split of 3:16:01].

4. Elvira Kolpakova of Russia ran the fastest time of the year [7:24:52] to win the European 100km Championship, and finished fourth in the Comrades in 6:41:56.

5. Tatiana Zhyrkova of Russia won the World 100km in 7:37:06 and was second in the Russian 100km Championships in 7:45:29.

6. Irina Reutovich of Russia ran the second greatest distance ever in 48 hour event, with 372.415km/ 231.4 miles indoors at Brno, but was subsequently beaten by Berces in the Surgeres race [367.638km/228.4 miles to 344.114km/213.8 miles]. Reutovich also finished second behind Berces with 226.825km/140.9 miles in the European Challenge. She won the 246 km/152.8 mile Spartathlon in Greece in 28:10:48, a new course record by 36 minutes. She was less successful in the shorter events, finishing 15th in the World 100km in 8:40:06.

7. Akiko Sekiya of Japan lost to countrywoman Makiko Hotta at the Lake Saroma 100km, running 7:44:39, but only one week earlier she had finished a close second, in 7:38:03, in the World 100km.

8. Makiko Hotta of Japan won the Lake Saroma 100km in 7:30:23, the second fastest time of the year.

9. Monica Casiraghi of Italy finished behind Sekiya in the World 100km [7:40:00], and second in the European 100km Championships [7:33:14].

10. Marina Mychlianova of Russia won the Russian 100km Championships in 7:36:32, beating World Champion Zhyrkova, but then lost to her compatriot in the World 100km, finishing fourth in 7:45:56.

Men

1. **Yiannis Kouros** AUS/GRE
2. **Vladimir Kotov** BLR
3. **Oleg Kharitonov** RUS
4. **Denis Zhyabin** RUS
5. **Ryochi Sekiya** JPN
6. **Jens Lukas** GER
7. **Valmir Nunes** BRA
8. **Willie Mtolo** RSA
9. **Mario Fattore** ITA
10. **Jorge Aubeso** ESP

1. **Yiannis Kouros** had a remarkable season even by his standards. In February he ran 12:35:48 for 100 miles on the road in New Zealand. He then ran 284.070km/176.51miles for 24 hours in Taiwan on the track in March. Two months later it was 436.702km/272.1miles in 48 hours at Surgeres. He was beaten in the World 100km, running 7:18:19 for 20th place, but in the longer events he remained in a class of his own. Subsequently he ran 154.733km/96.166 miles in 12 hours in Mexico City in August and the following month he ran 277.402 meters /172.3 miles in 24 hours on the road as a guest in the USA 24-Hour Championship.

2. **Vladimir Kotov** won the 86.55 km/53.77 miles Comrades in South Africa in 5:30:59, some five minutes off his course record but sufficient to hold off former New York Marathon winner Willie Mtolo. His run was arguably the best mark set over the middle range ultras in 2002.

3. **Oleg Kharitonov of Russia** broke the 25 year old 100 mile track record of Don Ritchie in a dramatic late race surge that defeated his fellow countryman, Denis Zhyabin. With £5000 at stake, one of the largest prizes on offer in an ultra race in 2002, the two Russians achieved what many before them, including the great Kouros, had failed to do, surpass Ritchie's 11:30 for the distance. Kharitonov's 11:28:03 shows the power of prize money in the modern sport. Kharitonov was also 3rd in the European 100km championships in 6:41:16, won the Russian 50km championships in 2:54:39 and was fourth in the Comrades in 5:34:43.

4. **Denis Zhyabin of Russia** had a remarkable season for a 22 year old. Finishing second in the European 100km Championships in 6:36:19, he then set the pace for the 100 mile track record, only to be overtaken in the final lap. His final time of 11:29:32 was also inside the former record and he had the satisfaction of establishing a new world best for 150km with 10:34:30.

5. **Ryochi Sekiya** ran 266.275km/165.4 miles in finishing second to Kouros in the Taiwan 24-Hour. He also won the 246km/152.8 mile Spartathlon in Greece in 23:47:54. At a shorter distance, Sekiya ran 7:25:07 to finished 7th in the Lake Saroma 100km.

6. **Jens Lukas** ran 267.294km/166 miles to win European 24 Hour Challenge. He did not finish in the Spartathlon.

7. **Valmir Nunes**, winner of last year's Spartathlon, moved up to the 24 hours with great success, running 270.200km/167.8 miles in Brazil. This race was, however, not as competitive as the European event. Nunes also did not finish the Spartathlon.

8. **Willie Mtolo** of South Africa was second in the Comrades in 5:33:35 and third in the Two Oceans 56km event 3:12:22 [2:51:56 at 50km].

9. **Mario Fattore of Italy** was the surprise winner of World 100km, clocking 6:34:23 - the slowest winning time for the event since 1991 when the race was held on the tough Firenze-Faenza course across the Appenines in Italy. Fattore also won the Italian 50km road championships in 2:57:47.

10. **Jorge Aubeso** ran the second fastest 100km in the world for the year, 6:32:24 to win in Madrid. He then took third in the Comrades with 5:33:37. After this excellent start, a retirement at the European Championships and a distant third at Bezana in 6:57:44 impacted on his position in the rankings. His loss at the European to Frenchman Pascal Fetizon, who in turn had lost to Fattore in the World 100km, were among the factors taken into account.

The Top 10 Mistakes Made By Ultrarunners

by Kevin Setnes

I tend to be self-critical when it comes to evaluating my performance after an ultra. This is especially true if things did not go my way, or as I had planned. When things get out of hand, I tell myself I should have known better.

I would venture to say that we can all admit to making mistakes in an ultrarunning from time to time. If you have not, then you probably are new to the game—or in an extreme case of denial. When things go right and you have a successful run, you should be allowed to congratulate yourself. Be discreet in your celebration however; many of your counterparts will undoubtedly be suffering from having made a mistake, or perhaps a series of mistakes, that led to a struggle or failure to finish.

Mistakes are part of the game, especially late in a race, when we are all challenged both mentally and physically. Some mistakes can be classified as “macro-mistakes,” while other mistakes are micro in nature, easily recovered from. In the following article, I will share my opinion on the “macro-mistakes,” those costly errors ultrarunners tend to make most often.

10 Running the Hills

Charging up a hill at distances longer than the marathon offers no physical advantage over your competitors, or more importantly, in finishing the event. The vast majority of ultrarunners should walk, power hike, or run easily up steep or long hills. This mixture of each of these varies depending on the steepness of the hill, but you should clearly think about walking anything over a seven-percent grade. If the hill is less than a seven-percent grade and you choose to run it, shorten your stride and lean slightly into the hill as you run. If you are wearing a heart monitor, it is important to keep it below 80 percent of your maximum heart rate when climbing a hill.

9 Letting Your Stomach Get Out of Control

Running generates heat within the body. As the body heats up, the gastric emptying process slows. This increase in temperature raises the sweat rate and will result in the need to replenish the often large volume of fluid lost. Stomach problems may occur if the emptying process is slowed.

The answer is not always simple. This problem may simply come with the territory when running in warm or stressful conditions. The key is prevention. Dilute your fluids or energy drink to make it more easily absorbed by the body. Taking in adequate sodium is critical in neutralizing stomach acidity. Consider taking in some solid food; it will act as an absorbent for fluids that may be sloshing around in your stomach. Most importantly, back off the pace in an attempt to cool the body down.

8 Improper Fueling

Fueling is one of the great “experiments of one.” What works for one ultrarunner may not work for another. The key, in my opinion, is palatability. Does it taste good? Does it go down well? Does it sit well on your stomach? It may be simplistic, but these are important factors in deciding when and how much to eat.

Understand the basic fundamentals of energy management. Running burns roughly 100 calories per mile. If you cover four miles per hour, then it is fairly easy to ingest 200 calories per hour (half of what you are expending). If you are running eight miles per hour, then getting 400 calories per hour will more difficult, due to the extra heat generated by the faster pace. Understanding your fueling requirements remains one of the most difficult aspects of ultrarunning today. Ingesting a GU and sports drink might get you through 50 kilometers, but not 100 miles.

7 Under Training

Practice, practice, practice! With life getting busier and busier, and more and more events crowding the event calendar, runners spend more time running or “racing” in events than in preparing for them. Unlike at shorter distances, “racing yourself into shape” is not practical. That is reflected in the standards of athletic performance in ultrarunning, which have declined steadily over the years; in trail racing as much as in road racing.

Find a way to train with an effort to resist the many temptations to race. Base mileage is built most efficiently and successfully without the constant interruptions of tapering and recovery from ultra distance races. Practice the rule I mentioned in my January/February *UltraRunning* column. That suggestion is that you run only one ultra racing mile for every ten training miles. A total of 2,500 training miles a year gives you an allowance of 250 ultra miles.

6 Failing to Recover From Your Last Effort

If you are under trained going into an event, then you will surely recover from the effort much more slowly. The stress to the body endured in an ultra is real; some visible, other not so visible. Take time to heal before entering your next event. Another good rule of thumb is to allow one week of recovery for every ten miles of ultra distance racing. For a 50-mile, that means waiting at least five weeks before entering your next ultra distance race. Your performance level will be higher and you'll be more likely to have a longer, injury-free ultrarunning career.

5 Failing to Drink Enough

“Drink before you are thirsty” is an often-used phrase, but is very applicable to all runners. Remember, the stomach can only digest or empty its contents at a certain rate. This rate slows with an added workload and rising temperatures. So don't wait to start drinking. The first aid station is one of the most important, so don't rush through it because it is early and you feel good.

4 Lack of Downhill Training

Hills are an integral part of almost all North American trail ultras. A flat 100-mile trail run is rare, and road 100-milers are virtually non-existent. The Vermont 100 Mile is one of the “faster” courses around, yet most would agree it is extremely hilly. The mountain 100-milers feature very steep inclines and downhills that can take a heavy toll on a runner's quadriceps. If you are not

experienced at downhill running and/or come from the flatlands of America, then you had better do some conditioning that simulates the "pounding" of downhill running.

Whenever you enter an event that has significant hills, try to find out the amount of elevation gain and loss. If there is a course profile, study it and plan your training to include some downhills that are similar to those you will encounter in the race. If hills in your area are unlike the ones you see at the race, then seek out the steepest hills in your neighborhood for repetitive up and down sessions. Setting a treadmill for a downhill grade has yet to be proven as an effective training technique for improving downhill running. The key is this: don't ignore downhill training. It can be a real "show stopper," halting you in your tracks well before the finish line.

3 Lack of Understanding and Maintaining Electrolyte Balance

When heavy doses of sweat are encountered, electrolytes become critical to athletic performance. The body is a complex machine; few truly understand the variables that go into regulating their own electrolyte levels. Hyponatremia (low blood sodium levels) is still at epidemic levels in this country. Understanding your fitness level, body weight, environment and acclimatization to the conditions all factor into determining electrolyte loss. Thus, it is necessary that you be aware of the sources of sodium, the primary component lost in sweat, and the potassium content in your food and drinks.

2 Failing to Make Adjustments for Conditions

One of the many aspects of ultrarunning that makes it interesting is the changeable weather encountered in an ultra. Heat, wind, rain, and cold all have different effects on ultrarunners. We all are well advised to watch weather forecasts leading up to an ultra, in order to determine how to dress at the start of an event.

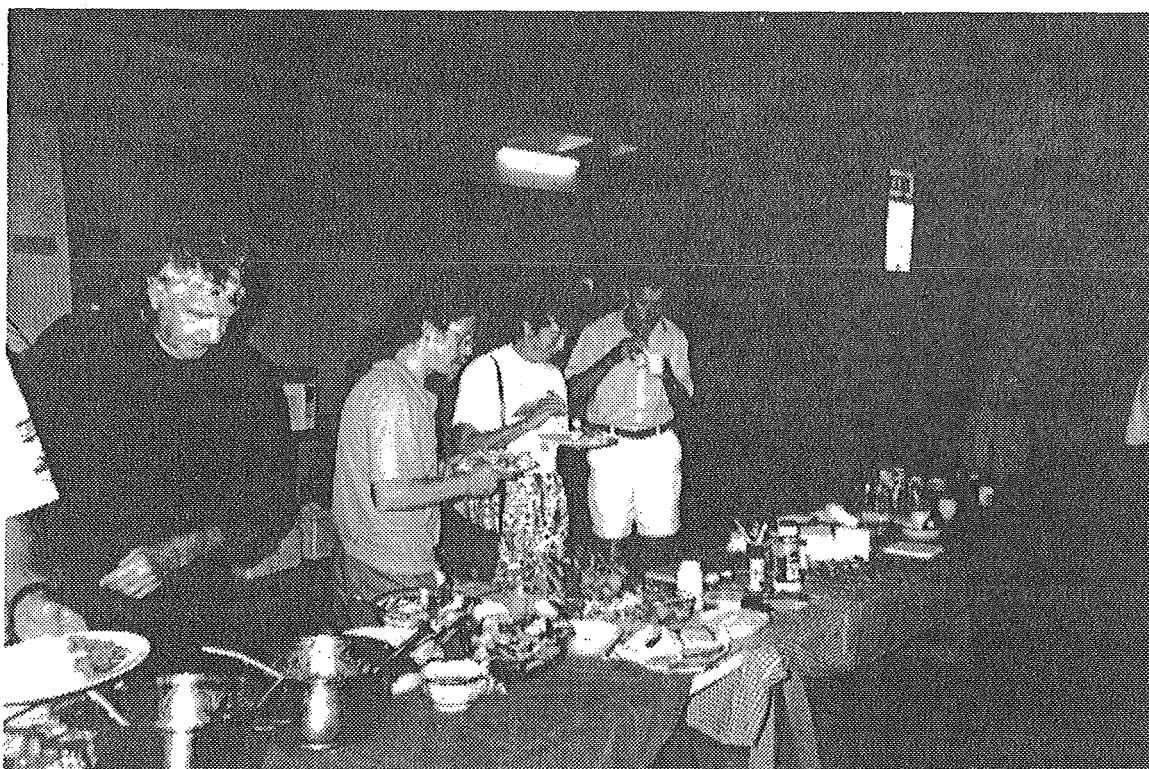
Unfortunately, many ultrarunners fail to make necessary adjustments before it is too late. Err on the side of caution when the conditions are unpredictable. Don't get too committed to a planned pace. Instead, let the day and course dictate your plan. Ultimately, a sizeable percentage of the field at any race will struggle, and in some cases DNF at a rate of 50 percent in extreme weather. Whether it is cold, heat or precipitation, the attrition rate will soar once the conditions turn against the participants in an ultra. "There is no such thing as bad weather, just wrong clothes," is the motto of a major clothing manufacturer. If you are able to deal with difficult weather better than your competitors, think of it as a strategic advantage. It starts in the head—attitude can make a big difference when it comes to dealing with the weather.

1 Going Out Too Fast!

Finally, the number one mistake made by all ultrarunners is starting out too fast. All of us are prone to this temptation at one time or another. Pick any race, anywhere and you will find this to be true. Competitors simply go out too fast for their ability levels. This has been a problem for decades and will no doubt continue to be for many more decades. It is a simple fact that one's enthusiasm for an event often overrides their better judgment of pace.

How do you come to terms with this situation? Starting in the back of the pack is one solution. Another is to have a clear plan for the first few miles and maintain your goal pace for the run. An even better method is to initiate a walking break during the first 30 minutes of race, lasting five minutes. I can almost guarantee you that it will serve you very well and save you significant time later in the run.

Minimizing mistakes will make you a more successful ultrarunner. Draw up a checklist of these top ten mistakes or create your own and review it in the days preceding an ultra. This form of dress rehearsal just could help make the difference—and keep your next ultra error-free.



Don't make the mistake of missing a race eve feast

Fred Brooks sums up a year of record breaking

The past year has been one of consolidation as far as the records are concerned, three people have broken 4 world records between them namely Shirley Young, Drew Kettle and George Audley, George broke records for 48hours and 500 km at the 6 day event in Colac, Shirley broke the 100 km Road record at Canberra and Drew Kettle broke the 6 Day record (although it was in 2000). We were not able to verify this till this year). Another record that I was able to trace this year was Dipali Cunningham's 6 day road record created in the United States in 2001.

Australian Age group records were broken by Stan Miskin, Vlastik Skvaril, John Hughes, plus all of the World Record breakers. With the combined help of data from the old *Aura* magazines kindly lent to me by Stan Miskin plus some of Stan's research, the web, co-operation of runners and Race Directors I have also been able to bring the records up to date and now they are available on the web. The runners who gained from this research were Bryan Smith, George Audley, Lavinia Petrie, Vlastik Skvaril, Sandra Timmer Arends, Ian Cornthwaite, Drew Kettle, Dipali Cunningham etc. It is hoped this coming year that the Race Directors who are now fully informed of what the criteria is for claiming records and the resources that are now on the Ultra web site that any runner misses out on a record. There are a lot of people to thank to bring this all about, Stan Miskin for his guidance and the use of his magazines and all the research that he has done for me, the web master Kevin Tiller who created my mess into worthwhile reading and his continued support, Kevin Cassidy for his help, to our President Ian Cornelius for his guidance plus many more. The certificates for these records will be forwarded to all of these people by the Annual General Meeting this was another initiative that the committee have put in place also the forming of a 100 club and the membership of this will go to all ultra runners who have reached or exceeded the distance of 100 miles within 24 hours.

I thank you all for giving me the chance to serve you and I hope that I can continue to do so.

Fred Brooks (Records Officer).

Guinness treadmill record claimed in Toronto

Teacher David Deubelbeiss logs 130.82 miles

The loneliness of the long-distance treadmiller. The boredom of the belt turning beneath him, the drone of the fans and the late-night infomercials on the TV above him. Nothing but carbs to drink. Sweat and aches and pains, even doubt.

David Deubelbeiss had to deal with all of that for nearly 24 hours of running in place, and still he found something quite extraordinary at the end: a finishing kick. Hey, it wasn't exactly the thrill of victory. He ended up in precisely the same place he started, the same place he always had been, matter of fact. Web site

There was no multimillion dollar contract or shiny trophy as a reward.

But there was some deep satisfaction at what's being called a world treadmill record - it ain't over until the Guinness Book of Records folks sing, remember - and of course, the agony of the feet, the moment marked by cheers from his support crew and friends and by a pair of dogs that were blistered, barking and rated PG for pretty grim.

"I don't think I want to show my feet in public," said Deubelbeiss, finally sitting down on Sunday afternoon and wondering how in the world he was going to get up on those battered feet. "They're pretty swollen, aren't they?"

Gee, you think? Deubelbeiss's world record of 130.82 miles covered in 24 hours on the treadmill was only matched by the fact that he went to work as usual the next day, starting a new teaching job at Cummer Valley Middle School - even ran a couple laps of the school track.

Deubelbeiss, whose quest for a world record was profiled in these pages a week ago, didn't just break the record. He smashed it, passing the existing standard of 116.05 miles at 7:36 a.m. on Sunday - with more than four hours to spare. From there, though, he slowed to a walking pace and suffered for it, cramping up badly.

"With an hour and a half to go, he was hurting - REALLY hurting," noted Mike Turner, Deubelbeiss's Longboat Roadrunners teammate who served as chief record-keeper, brow-mopper and cheerleader. "He could barely lift his feet. He didn't think he could go another step, but he wanted to be running when the clock struck 12." Chris Young (24 Jan 2003

AURA Age Group Records – Men – Track

Please note that all names with an asterisk (*) are times and distances better than the record, but insufficient data does not qualify them for the record. AURA recognises these performances and the people who have achieved the times listed. If further data can be supplied by the recipients or any person AURA will accept them as the true record.

For further information contact:

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50 Km

M40	Graeme Woods QLD	3:14:44	COBURG VIC	28/08/88
M45	Ron Campbell VIC	3:44:08	BOXHILL VIC	16/06/90
M50	Bob Curtis VIC	3:45:08	EAST BURWOOD VIC	25/10/92
M55	Neville Porter VIC	4:07:20	BOXHILL VIC	15/06/91
M60	Andrew McCombe SA	4:09:04	SALISBURY, SA	07/07/91
M65	Randall Hughes VIC	4:07:34	EAST BURWOOD VIC	25/10/92
M70	Randall Hughes VIC.	4:16:50	EAST BURWOOD VIC	29/09/95
M75	Ken Matchett VIC	4:52:13	MOE VIC	30/11/97

100 Km

M40	Bryan Smith VIC	8:04:53	COBURG VIC	28/08/88
*	Yiannis Kouros VIC	7:15:00	ADELAIDE SA	04/10/97
M45	Bryan Smith VIC	8:23:52	TOOTGAROOK VIC	20/05/92
*	George Perdon VIC	7:26:14	OLYMPIC PARK VIC	23/05/70
M50	Bryan Smith VIC	8:55:33	WOLLONGONG NSW	27/03/94
M55 *	George Audley WA	8:47:18	PERTH WA	26/07/86
M60	Vlastik Skvaril TAS	10:02:10	COBURG VIC	10/04/00
*	Cliff Young VIC	9:02:52	ADELAIDESA	09/11/85
M65	Fred Brooks VIC	13:43:17	COBURG VIC	08/04/01
M70	Cliff Young VIC	14:08:54	ADELAIDESA	17/10/93
M75	Stan Miskin VIC	15:57:49	COBURG VIC	08/04/01

200 Km

M40	Yiannis Kouros VIC	15:10:27	ADELAIDE SA	04/10/97
M45	Bryan Smith VIC	18:13:19	OLYMPIC PARK VIC	20/08/89
M50	Bryan Smith VIC	21:19:48	WOLLONGONG NSW	27/03/94
M55 *	Gerry Riley VIC	22:35:34	ADELAIDE	04/11/84
M60	Cliff Young VIC	20:17:09	ADELAIDE SA	21/11/85
M65	George Audley WA	1D:14:07:36	COLAC VIC	18/11/01
M70	Cliff Young VIC	1D:18:11:47	COLAC VIC	21/11/95
M75	Drew Kettle VIC	1D:18:39:51	COLAC VIC	21/11/95

500 Km

M40 *	Geoff Hook VIC	4D:23:00:00	COLAC VIC	24/02/86
M45	Bryan Smith VIC	2D:19:00:21	COLAC VIC	16/11/89
M50				
M55				
M60 *	George Audley WA	3D:17:00:00	COLAC VIC	11/97
M65	George Audley WA	4D:05:44:20	COLAC VIC	18/11/01
M70				
M75		6D:15:18:51	NANANGO QLD	20/03/96
*	Drew Kettle WA	4D:23:47:57	COLAC VIC	24/11/95

1000 Km

M40				
M45	Bryan Smith VIC	5D:23:52:23	COLAC VIC	19/11/89
M50 *	William Beauchamp	9D:02:18:18	NANANGO QLD	22/03/96

M55				
M60				
M65				
M70				
M75	Drew Kettle VIC	13D:23:05:06	NANANGO QLD	27/03/96
50 MILES				
M40	Laurie Brimacombe	5:38:49	BOX HILL VIC	29/06/85
M45	Bryan Smith VIC	6:26:45	BOX HILL VIC	21/06/92
M50	Bryan Smith VIC	6:19:57	EAST BURWOOD VIC	29/07/95
M55 *	Gerry Riley VIC	7:04:23	BOX HILL VIC	20/06/87
M60	Cliff Young VIC	6:45:15	BOX HILL VIC	29/06/85
M65	Randall Hughes VIC	7:19:08	EAST BURWOOD VIC	21/06/95
M75	Stan Miskin VIC	11:40:41	COBURG VIC	13/04/2002
100 MILES				
M40	Yiannis Kouros VIC	12:11:14	CANBERRA, ACT	03/03/97
*	Yiannis Kouros VIC	11:57:59	ADELAIDE SA	04/10/97
M45	Bryan Smith VIC	14:21:00	COBURG VIC	11/03/90
*	George Perdon VIC	12:25:09	OLYMPIC PARK VIC	01/05/70
M50 *	Gerry Riley VIC	17:56:38	ADELAIDE SA	1989
M55 *	George Audley WA	16:54:02	PERTH WA	18/08/84
M60	Cliff Young VIC.	14:37:54	SYDNEY NSW	1983
M65	Fred Brooks VIC	22:31:15	COBURG VIC	08/04/2001
M70	Cliff Young VIC	1D:06:49:10	COLAC VIC	20/11/95
M75	Drew Kettle VIC	1D:09:48:36	COLAC VIC	20/11/95
500 MILES				
M40				
M45	Bryan Smith VIC	4D:19:05:09	COLAC VIC	18/11/89
M50 *	George Audley WA	6D:00:00:00	COLAC VIC	1987
M55				
M60				
M65				
M70				
M75	Drew Kettle	11D:00:59:35	NANANGO QLD	24/03/96
1000 MILES				
M40	Gary Parsons QLD	13D:00:00:00		
M45	Gary Parsons QLD	12D:19:44:35	NANANGO QLD	26/02/96
M50	Bryan Smith VIC	11D:23:31:45	NANANGO QLD	23/03/98
M55				
M60				
M65				
M70				
M75				
6 HOURS				
M40	Trevor Jacobs ACT	83.600Km	EAST BURWOOD VIC	21/06/92
M45	Bryan Smith VIC	69.660Km	ROSEBUD VIC	02/05/93
M50	Max Carson VIC	72.602Km	COBURG VIC	21/08/99
M55	Barry Higgins VIC	57.467Km	MOE VIC	01/12/96
M60	Vlastik Skvaril TAS	63.600Km	COBURG VIC	08/04/2001
M65	Randall Hughes VIC	63.354Km	EAST BURWOOD VIC	25/10/92
M70	Randall Hughes VIC	65.575Km	EAST BURWOOD VIC	29/07/95
M75	Ken Matchett VIC	51.600Km	COBURG VIC	22/08/98
12 HOURS				
M40	Yiannis Kouros VIC	158.400Km	CANBERRA ACT	02/03/97
M45	Bryan Smith VIC	135.200Km	OLYMPIC PARK VIC	20/10/89
M50	Bryan Smith VIC	131.111Km	TOUKLEY NSW	23/01/94
M55 *	Gerry Riley	113:532Km	ROSEBUD VIC	07/05/88
M60	Cliff Young VIC	129.525Km	SYDNEY NSW	1982
M65	Fred Brooks VIC	87.816Km	COBURG VIC	08/04/2001
*	Cliff Young VIC	104.800Km	OLYMPIC PARK VIC	05/08/90
M70	Cliff Young VIC	82.400Km	COLAC VIC	20/11/95
M75	Stan Miskin VIC	82.655Km	COBURG VIC	14/04/92

24 HOURS

M40	Yiannis Kouros VIC	295.030Km	CANBERRA ACT	03/03/97
M45	Bryan Smith VIC	254.515Km	OLYMPIC PARK VIC	21/10/89
M40	Yiannis Kouros VIC	295.030Km	CANBERRA ACT	03/03/97
M50	Bryan Smith VIC	222.294Km	WOLLONGONG NSW	27/03/94
M55	Bryan Smith VIC	200.703Km	COBURG VIC	08/04/00
*	Gerry Riley VIC	210.272Km	ADELAIDE SA	01/11/86
M60	Cliff Young VIC	235.969Km	ADELAIDE SA	1985
M65	Fred Brooks VIC	160.934Km	COBURG VIC	09/04/01
M70	Cliff Young VIC	142.000Km	COLAC VIC	20/11/95
M75	Stan Miskin VIC	142.791Km	COBURG VIC	08/04/01

48 HOURS

M40	Yiannis Kouros VIC	473.495Km	SUGERES, FRANCE	1996
M45	Bryan Smith VIC	386.400Km	COLAC VIC	13/11/89
M50	Bryan Smith VIC	365.724Km	QUEENSLAND	03/06/95
M55				
M60	George Audley VIC	320.400Km	COLAC VIC	11/1997
M65	George Audley VIC	255.339Km	COLAC VIC	18/11/01
M70	Cliff Young VIC	233.435Km	COLAC VIC	21/11/95
M75	Drew Kettle VIC	219.600Km	COLAC VIC	21/11/95

6 DAYS

M40	Bryan Smith VIC	906.400Km	COLAC VIC	11/1988
M45	Bryan Smith VIC	1001.410Km	COLAC VIC	19/11/89
M50 *	George Audley WA	805.200Km	COLAC VIC	11/1987
M55				
M60	George Perdon VIC	841.600Km	COLAC VIC	11/1984
M65	George Audley WA	704.525Km	COLAC VIC	18/11/01
M70	Cliff Young VIC	653.600Km		
M75	Drew Kettle VIC	584.993Km	COLAC VIC	21/11/95

AURA Age Group Records – WOMEN – Track

50 Km

W40	Helen Stanger NSW	4:12:10	WOOLONGONG NSW	26/03/94
W45	Lavinia Petrie VIC	3:49:32	EAST BURWOOD VIC	16/06/90
W50	Lavinia Petrie VIC	3:50:15	EAST BURWOOD VIC	25/10/92
W55	Susan Bardy SA	5:24:17	SALISBURY SA	15/06/91
W60	Shirley Young VIC	4:28:45	EAST BURWOOD VIC	07/07/91
W65	Shirley Young VIC	4:38:22	EAST BURWOOD VIC	25/10/92
W70	Shirley Young VIC	4:50:49	EAST BURWOOD VIC	29/09/95
W75				

100 Km

W40	Helen Stanger NSW	9:06:40	WOOLONGONG NSW	26/03/94
W45	Helen Stanger NSW	9:15:22	COBURG VIC	22/08/98
W50	Georgina McConnell NSW	12:00:00	LIVERPOOL NSW	15/10/95
W55	Angela Clarke QLD	11:39:30	SOUTHPORT QLD	18/05/96
W60				
W65	Susan Bardy SA	16:50:00	ADELAIDE SA	27/10/96
W70	Shirley Young VIC	11:37:25	COBURG VIC	08/04/00
W75				

200 Km

W40	Helen Stanger NSW	21:38:46	WOLLONGONG NSW	02/04/95
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W45	Helen Stanger NSW	20:56:15	COBURG VIC	23/08/98
W50	Georgina McConnell NSW	1D:14:02:02	COLAC VIC	27/03/94
			ADELAIDE	21/11/95
W55				
W60				
W65				
W70				

500 Km

W40				
W45	Georgina McConnell NSW	3D:23:51:52	COLAC VIC	19/11/92
W50	Georgina McConnell NSW	4D:02:57:39	COLAC VIC	23/11/95
W55				
W65				

1000 Km

W40				
W45				
W50	Georgina McConnell NSW	10:19:50:58	NANANGO QLD	24/03/96
W55				
W60				
W65				
W70				

50 MILES

W40	Helen Stanger NSW	6:52:42	BOX HILL VIC	28/06/86
W45	Lavinia Petrie VIC	6:23:53	EAST BURWOOD VIC	19/06/93
W50	Georgina McConnell NSW	14:09:19	COLAC VIC	20/11/95
W55	Angela Clarke QLD	9:18:46	SOUTHPORT QLD	18/05/96
W60	Shirley Young VIC	7:32:44	EAST BURWOOD VIC	21/06/92
W65	Shirley Young VIC	7:55:08	EAST BURWOOD VIC	29/07/95
W70	Shirley Young VIC	8:08:55	EAST BURWOOD VIC	13/05/00

100 MILES

W40	Helen Stanger NSW	17:00:54	WOOLONGONG NSW	26/03/94
W45	Margaret Smith	16:01:43	SYDNEY NSW	84
W50	Georgina McConnell NSW	1D:02:43:47	COLAC VIC	20/11/95
W55	Val Warren NSW	23:25:30	CAMPBELLTOWN NSW	28/10/89
W60				
W65	Shirley Young VIC.	23:30:29	COBURG VIC	22/08/98
W70	Shirley Young VIC	20:39:17	COBURG VIC	09/04/200

1

W75

500 MILES

W40				
W45				
W50	Georgina McConnell NSW	8D:04:31:28	NANANGO QLD	21/03/96
W55				
W60				
W65				

1000 MILES

W40
W45
W50
W55
W60
W65
W70

6 HOURS

W40	Helen Stanger NSW	69.600Km	WOOLONGONG NSW	22/03/94
W45	Lavinia Petrie VIC	75.741Km	EAST BURWOOD VIC	19/06/93
W50	Georgina McConnell NSW	58.200Km	WOOLONGONG NSW	22/03/94
W55	Angela Clarke QLD	54.180Km	CENTENARYLAKE NSW	16/01/96
W60	Shirley Young VIC	63.452Km	EAST BURWOOD VIC	27/10/91
W65	Shirley Young VIC	62.658Km	COBURG VIC	21/08/99
W70	Shirley Young VIC	60.992KM	COBURG VIC	11/11/01
W75				

12 HOURS

W40	Helen Stanger NSW	125.157Km	WOOLONGONG NSW	26/03/94
W45	Helen Stanger NSW	125.200Km	COBURG VIC	22/08/98
W50	Georgina McConnell NSW	100.400Km	LIVERPOOL NSW	14/10/95
W55	Angela Clarke QLD	103.000Km	SOUTHPORT QLD	18/05/96
W60	Val Warren NSW	78.850KM	TOUKLEY	22/01/95
W65	Shirley Young VIC	92.000Km	COBURG VIC	22/08/98
W70	Shirley Young VIC	102.800KM	TOUKLEYC	22/01/95
W75				

24 HOURS

W40	Helen Stanger NSW	219.782Km	WOOLONGONG NSW	20/04/95
W45	Helen Stanger NSW	229.080KM	COBURG VIC	23/08/98
W50	Georgina McConnell NSW	181.900Km	LIVERPOOL NSW	15/10/95
W55	Angela Clarke QLD	175.541Km	GOLD COAST QLD	08/05/97
W60				
W65	Susan Bardy SA	130.591KM	ADELAIDE SA	27/10/96
W70	Shirley Young VIC	176.810Km	COBURG VIC	09/04/00
W75				

48 HOURS**48 HOURS**

W40	Helen Stanger NSW	691.588Km	CAMPBELLTOWN NSW	24/11/90
W45	Georgina McConnell NSW	738.103KM	CAMPBELLTOWN	24/11/90
W50	Georgina McConnell NSW	699.318KM	COLAC VIC	21/11/95
W55				
W60				
W65				
W70				

6 DAYS

W40	Helen Stanger NSW	691.588KM	CAMPBELLTOWN NSW	24/11/90
W45	Georgina McConnell	738.103KM	CAMPBELLTOWN NSW	24/11/90
W50	Georgina McConnell NSW	699.318Km	COLAC VIC	25/11/95
W55				
W60				

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MEMBERSHIP APPLICATION

APPLICANT DETAILS

Family name _____

Given name/s _____

Date of birth / / Sex Male ☐ Female ☐

Mailing address _____

_____ Postcode _____

Tel No. Home _____ Work _____ Mobile _____ Fax _____

Email _____

I, the above named, desire to become a member of AURA and I agree to be bound by the Rules of the Association.

I enclose my cheque for the first year's subscription for \$ OR
please charge my credit card, details as follows

Mastercard /Visa No Exp /

Fees Australia \$30; Asia \$43; Europe \$48; NZ \$39; USA \$46

Signed _____

Mail to Membership Secretary

David Criniti
14 Cambridge Avenue
NORTH ROCKS NSW 2151

A member of the Australian Athletic Federation

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