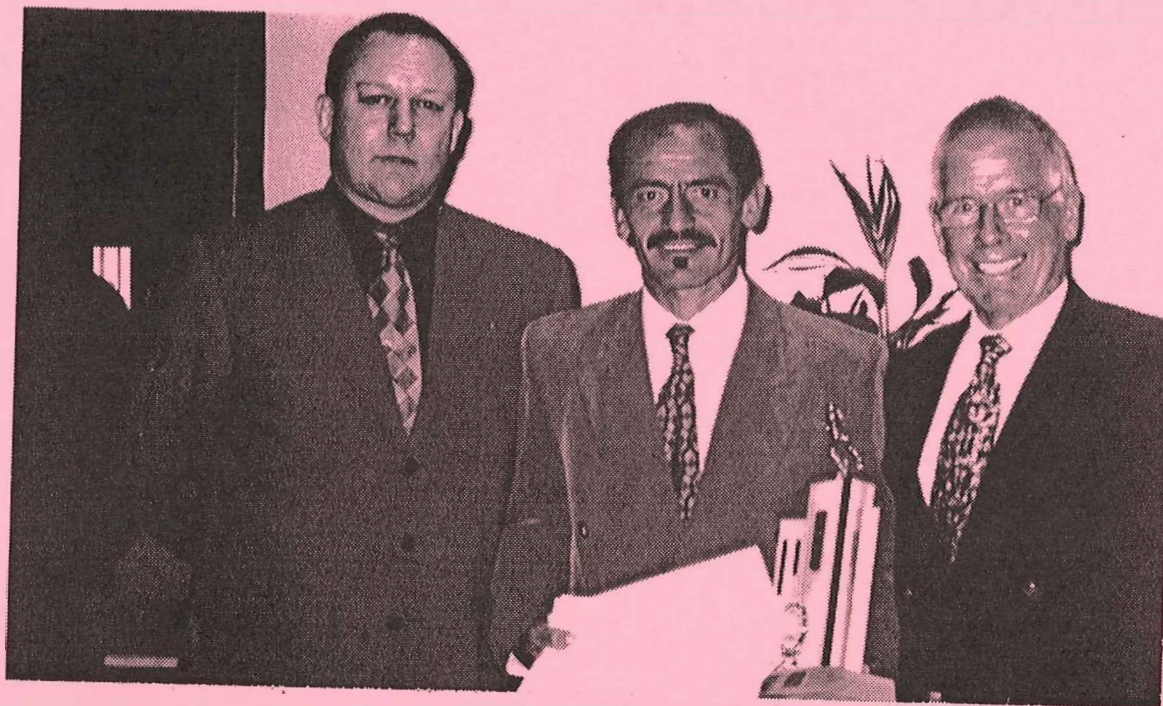


ULTRAMAG

June 2003

Vol. 18 No. 2



Yiannis Kouros receives his "Ultra Runner of the Year" award from AURA President, Ian Cornelius [right] and Athletics Australia CEO, Simon Allatson [left]



Ian Cornelius presents Life Memberships to AURA's founders. Colin Browne, Dot Browne and Geoff Hook

**AURA**
MAGAZINE



Official publication of
the Australian Ultra
Runners' Association
Inc. (Incorporated in
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Knoxfield 3180

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Ok, so who picked our mistake last issue? Yes, we have to admit to publishing some results that contained the wrong gender beside someone's name. The Colac Six Day results in the March Issue listed Robyn Davis as a female with the distinctive [F] next to his name while also leaving out the [F] that should have been next to Julie Schrag's name. We can assure you that Robyn is very much a male. We are not exactly sure how this gremlin crept into the system but we do profusely apologise to both Robyn and Julie. Obviously, greater vigilance on such matters will be needed in the future.

It is hard to believe that 20 years have elapsed since Cliff Young captured the headlines with his win in the first Sydney to Melbourne Race and this issue has a number of feature articles on Cliff's 1983 epic. Back in the present, the new Melbourne Trailwalker was a huge success with several hundred entrants, many of whom were tackling an ultra for the first time while up in Sydney, the Six Foot Track just keeps getting bigger and bigger with approximately 600 runners this year. I am not sure what their secret is but it would be great to see such numbers at all ultra's.

At the recent AGM which was held in the boardroom of the Athletics Australia offices, Stan Miskin and Shirley Young [both in their 70's] proved that age was no barrier by winning the Point Score trophies for 2002 while the obvious choice for the Ultrarunner of the Year Award was Yiannis Kouros. Yiannis has been basically unbeatable anywhere in the world since he burst onto the ultra scene back in 1984. The presentation of this award to Yiannis even had the local press in attendance. The inaugural presentation of the "Bryan Smith Memorial Award" for services to Ultrarunning saw Janet Smith present the trophy to Fred Brooks. Fred sure was humbled to say the least. Fred took on the mammoth job of bringing our rankings and records up to scratch and he has devoted many hours to the task of ratifying records in all age groups, issuing certificates and plaques and following up all results and record claims. Fred has gone about this awesome task with much professionalism and great attention to detail.

While we are all aware of the achievements of Yiannis Kouros, we have only just discovered that another Ultrarunning legend has been in our midst for quite a while. Bob De La Motte has been a resident of Perth since 1987. In the early 80's, Bob was a regular and top class runner in South Africa's Comrades Marathon, arguably the most competitive and prestigious ultra in the world. In finishing second to Bruce Fordyce one year, Bob earned the title of being the fastest runner never to have won Comrades [which still stands]. Bob will be featured in profile in future issues of "Ultramag"..

Finally, with many thanks to Kevin Tiller, AURA has well and truly jumped into the modern world by now offering on line memberships. Just go to www.join.ultraoz.com and follow the links

Kevin Cassidy

AURA would like to welcome the following people, who have joined after the March Edition went off to the printers in February, 2003: Andi Aman, Scott Campbell, Cathy Caton, Bruce William Cook, Robert De La Motte, Lawrence Edwards, Angie Grattan, Warren Holst, Tony Kean, Vasilios Koumertas, Yiannis Kouros, Trevor Marsh, Tim Turner, Jennifer Williams, Pip Thorn, Stuart Wagner, Wayne Brown Australian Six Day Race Committee, Roger Maximiw, Ultra Tasmania Inc.

AURA would like to thank the following people for their donations, which were received after the March Edition of Ultramag went to the printers in February, 2003: Tony Collins, \$40 Neil Ryan, \$30 Peter Armistead, \$20 Trish Bates, \$20 Fred Brooks, \$20 Martin Fryer, \$20 Michael Grayling, \$20 Earnest Hartley, \$20 Laurie Hennessey, \$20 Jevvan McPhee, \$20 Steve Winner, \$20 Shane Blair, \$10 Warren Costello, \$10 Bjorn Dybdahl, \$10 Andrew Hewat, \$10 Randall Hughes, \$10 Nobby Young, \$10 Monika Mohr, \$5 Tony Rafferty, \$5 Australian Six Day Race Committee, \$5

In addition, AURA would like to thank the following people for their generous offers to donate. Unfortunately our new credit card payment system is not yet set up to take donations just yet, a problem we hope to have rectified shortly. Your generosity was much appreciated nonetheless.

Karyn Bollen Paul Every David Jones Sandra Kerr Tim Sloan Michael Wilson

A message from Graham Ives:

Amongst the donations received for my cancer fund raising run was a first day cover from Herb Elliott, signed by the man himself. It will be auctioned at a Peter Mac celebrity ball on 23 August. If any of our members would like me to put a bid on for them, I will gladly do so. All they need do is give me their upper bid limit - prefer that it is done in writing. My address 13, Oriole Drive, Werribee, Vic 3030. A philatelist contact of mine estimates around \$100 as the probable value.

A.U.R.A. Contacts

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This Web Site : Please send any relevant ultrarunning material to Kevin Tiller for posting to this site as well as any general emails.
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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**

Current Australian UltraMarathon Calendar

July 2003

12 GOLD COAST 100KM

100km course comprises 16 laps of a 6.25 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. More information on the website at www.goldcoast100.com

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

27 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

August 2003

9 12 FOOT TRACK - FAT ASS RUN

A 90km or 46km bush run - out and back along the route of the Six Foot Track Marathon. 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.

22-24 NATIONAL 48hr CHAMPIONSHIPS (& RELAY) + 24hr QLD CHAMPIONSHIPS

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/pdfbutton.gif>>

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. 55km or 21km options. Start and finish at Altona Boating & Angling Club CP, Victoria. 7.00am start for 55km, 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

6 (Mon) 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

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@bonnefinchapman.com.au or race website at www.fitzroyfallsmarathon.com

19 WARRUMBUNGLE MARATHON, NSW

42.2km, 10km Kangaroo Hop & 50Km Ultramarathon - all events "off road" in this National Park and challenging. Starts from Warrumbungle National Park, 30km West of Coonabarabran, NSW. Contact The Right Track (02) 9738-8638 or via email to funrun@froggy.com.au or Website at www.funrun.au.nu.

19 BRIBIE BEACH BASH, QLD

3km; 15km; 36km Relay; 30km; 46km Running & Walking Events along the beach on an out going tide. Starting at North Street, Woorm, Bribie Island. 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 flyer as a PDF file here <<http://www.coolrunning.com.au/art/pdfbutton.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 sponsorship form here <<http://www.coolrunning.com.au/art/pdfbutton.gif>>

?? 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.

November 2003

16-22 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

29 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 Paul Risley via phone 0438-296-283 or email riz5@bigpond.com.

?? 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

?? 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

December 2003

- 7 **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.
- 7 **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.
- 8 **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>

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.
- ?? **AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC**
\$20 entry fee. 7am start. Entry forms available from Peter Armistead, 29 McCorna St, Frankston, VIC 3199. More info available at www.coolrunning.com.au/ultra/mtbuller.

February 2004

- 7 **CRADLE MOUNTAIN TRAIL RUN, TAS**
6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at 87 Hall St Ridgeway TAS 7054 or email sue.drake@trump.net.au or phone (03) 6239-1468 for further information. More info including entry form, results and reports on the webpage at www.cradle.ultraoz.com
- ?? **GREAT LAKE 100 MILE RACE, NEW ZEALAND**
100 miles / 160km. The course is around beautiful Lake Taupo, the largest lake in the Southern hemisphere and one of the most picturesque lakes in the world. The venue is at one of New Zealand's top tourist destinations situated just three hours by road from the main international airport of Auckland. For more information contact the event organizer ingrid@relay.co.nz or via the website at www.relay.co.nz.

- ?? **AUSTRALIAN 100KM SELF TRANSCENDENCE ROAD CHAMPIONSHIP, CANBERRA ACT**
Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight from Yarralumla Bay, Contact Prachar Stegmann, GPO Box 3127, Canberra 2601 Ph. (02) 6248 0232 Fax (02) 6248 7654. Mobile: 0417-469-857. Course 1.4km loop on bitumen road and cycle path.

March 2004

- 13 **BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW**
45.0km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or email raceorganiser@sixfoot.com or check out the website at www.sixfoot.com.
[Timed using Champion Chip] <<http://www.coolrunning.com.au/art/onlineregistration.gif>>
- 21 **AURA DAM TRAIL RUN 50KM & 30KM**
A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for Australian UltraRunning members, \$20 for non-members. Closing date for entries 17th March 2004. For more information, see the webpage at www.ultraoz.com/auradam or contact via email nigel_aylott@mail.com or phone (03) 9634-2776 or at 14 Bayview Rd, Emerald VIC 3782.
- ?? **CABOOLTURE DUST TO DAWN 6HR/12HR**
6 Hour & 12 Hour Run Walk & Relay, Incorporating Qld 50Km And 100Km State Championships. Starts at Caboolture, QLD at 6pm. 500 metre certified compacted decomposed granite road surface. Contact Race Director, Geoff Williams ph/fax (07) 5497-0309 or mobile 0412-789-741 or email gjcarpet@caboolture.net.au.
Download entry form here <<http://www.coolrunning.com.au/art/wordbutton.gif>>
- ?? **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 Coffs 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.net.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>> .
- ?? **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
- ?? **BUNBURY HOLDEN 6 HOUR RACE + 50KM**
Bunbury, West Australia. Organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis by Phone (08) 9721-7507.

URGENT APPEAL

I am trying to track down a complete set of Ultramags going right back to the very first issue which hit the mailboxes back in the middle of 1986.

If anyone can be of assistance to me, I would be most appreciative.

Many thanks in advance,

Ian Cornelius, P.O. Box 282, Runaway Bay, QLD. 4216
Ph: 07 5529 2314
e-mail: fuelstarint@bigpond.com

YIANNIS KOUROS WINS ULTRA MARATHONER OF THE YEAR FOR 2002

At an awards ceremony in Melbourne last night at Athletics Australia headquarters, Yiannis Kouros was awarded the Ultra Marathoner of the Year.

Yiannis, who is better known for his dominance in the Westfield Sydney to Melbourne races in the late 80's burst into prominence in 1983 when he won the Spartathlon, a race in Greece of 246 kms.

Since then he has racked up numerous world records in all distances from 100 to 1,000 miles.

The President of Australian Ultra Runners, Mr Ian Cornelius, said "many of Yiannis' record performances have been so emphatic that it is doubtful if they will be broken for decades. For example, his 24 hours best track performance is 303 kms compared with the next best of 276 kms. Yiannis alone has no fewer than 13 performances exceeding 276 kms. At 1,000 miles, his record is 10 days 10 hours compared to the next best of 11 days and 15 hours".

Last year, some 20 years into his stellar career, Yiannis remained unbeatable. He won no fewer than seven major international races, in Europe, America and Taiwan. His performances at 24 hours and 48 hours were the best in the world for the year.

The Chief Executive of Athletics Australia, Mr Simon Allatson said "Yiannis' performances have been legendary and to be asked to make this award is a great honour."

Yiannis has said that he was pleased to win the award and is looking forward to another season of competition in Europe. He departs this coming Sunday.

For further information, contact Ian Cornelius
President
Australian Ultra Runners Inc
Tel 0408 527 391
Email president@ultraoz.com

YIANNIS KOUROS' ACHIEVEMENTS 2002

Feb 100 miles road NZ 12hrs:35:48 1st
Mar 24 hrs track Taipei 284.070 kms 1st
May 2 day stage race Hungary to Romania 197 kms (104+93) 14:07:33 1st
May 48 hrs track France 436 kms 1st
Aug 12 hrs track Mexico City 154 kms 1st
Sep 24 hrs road, Sylvania, USA 277.402 kms 1st (best performance ever in USA)
Dec 50 miles road Texas (1080 starters) 6:09 1st

Plus 3 x 100 kms races in Europe, unplaced

24 hrs track (world rankings for 2002)

284.070	Yiannis	Kouros	AUS	13.02.56	1	Taipei	2/3 Mar
270.200	Valmir	Nunes	BRA	16.01.64	1	Campinas	25/26 May
266.275	Ryochi	Sekiya	JPN	12.02.67	2	Taipei	2/3 Mar

24 hrs road (world rankings for 2002)

277.402	Yiannis	Kouros	AUS	13.02.56	1	Sylvania	14/15 Sep
267.294	Jens	Lukas	GER	13.04.66	1	Gravigny	7/9 Sep
264.796	Alain	Pruhal	FRA	24.09.59	2	Gravigny	7/9 Sep

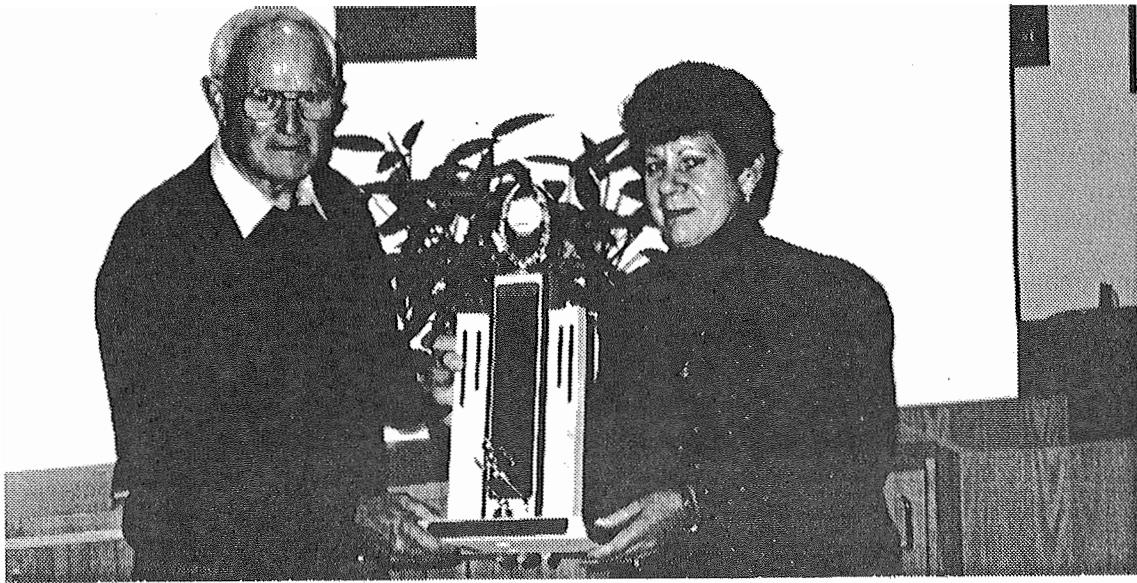
Bryan Smith Memorial Award

2002 Recipient: Fred Brooks

From Janet Smith,

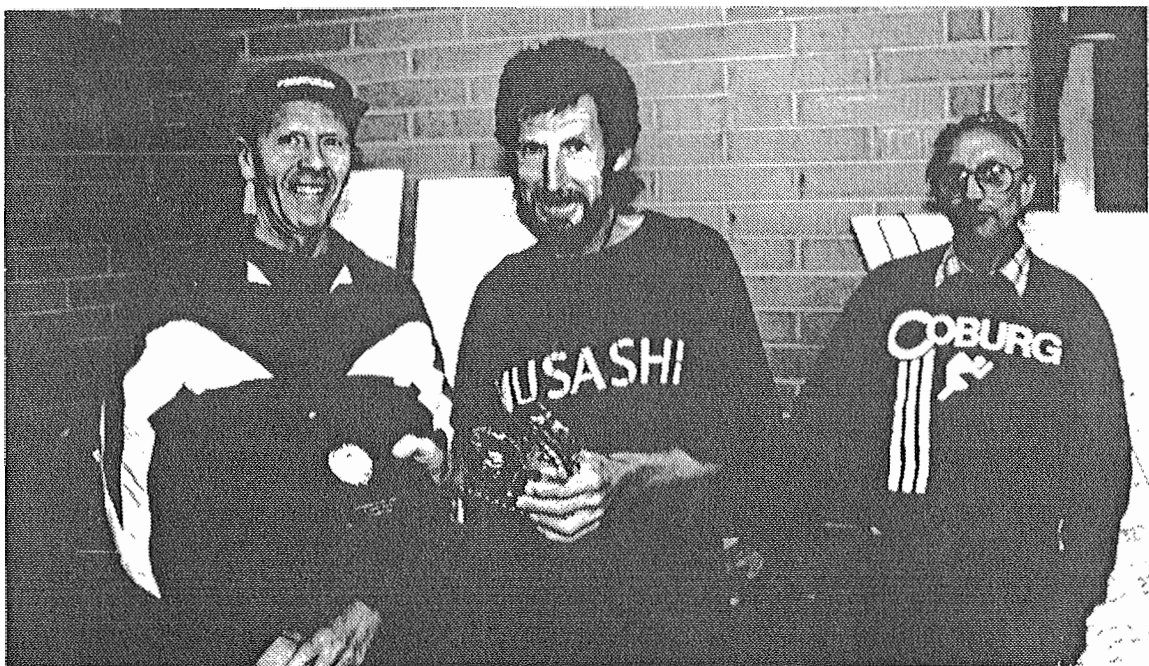
To Ian Cornelius, AURA committee and all Members,
I would like to thank everyone at AURA on behalf of myself and family for the lovely thought of the "Bryan Smith Memorial Award" to be awarded each year to a member for services to the sport of ultra marathon running.

Many thanks for inviting myself and sons to the Annual General Meeting to present the trophy. Bryan would have been honoured by your kind thoughts.



Janet Smith presents the "Bryan Smith Memorial Award" to Fred Brooks.

Fred has worked tirelessly to get all of AURA's records and rankings up to date. No one ever thought they would see the day that Fred would be lost for words but he was speechless when it was announced.



Bryan Smith was Australia's greatest ever home grown ultra runner, ranked amongst the world's top handful of multi day runners. He is pictured here receiving the winners trophy from Tony Rafferty at the 2000 Coburg 24 hour event

Stan Miskin's nomination speech for AURA Life Memberships to Geoff Hook, Dot Browne and Colin Browne

Whilst others have also contributed to the formation and subsequent evolution of AURA, I am sure that our membership owes much to those I regard as the founders of the Association, Geoff Hook, Dot Browne and Colin Browne. Without their efforts I believe that AURA would not exist.

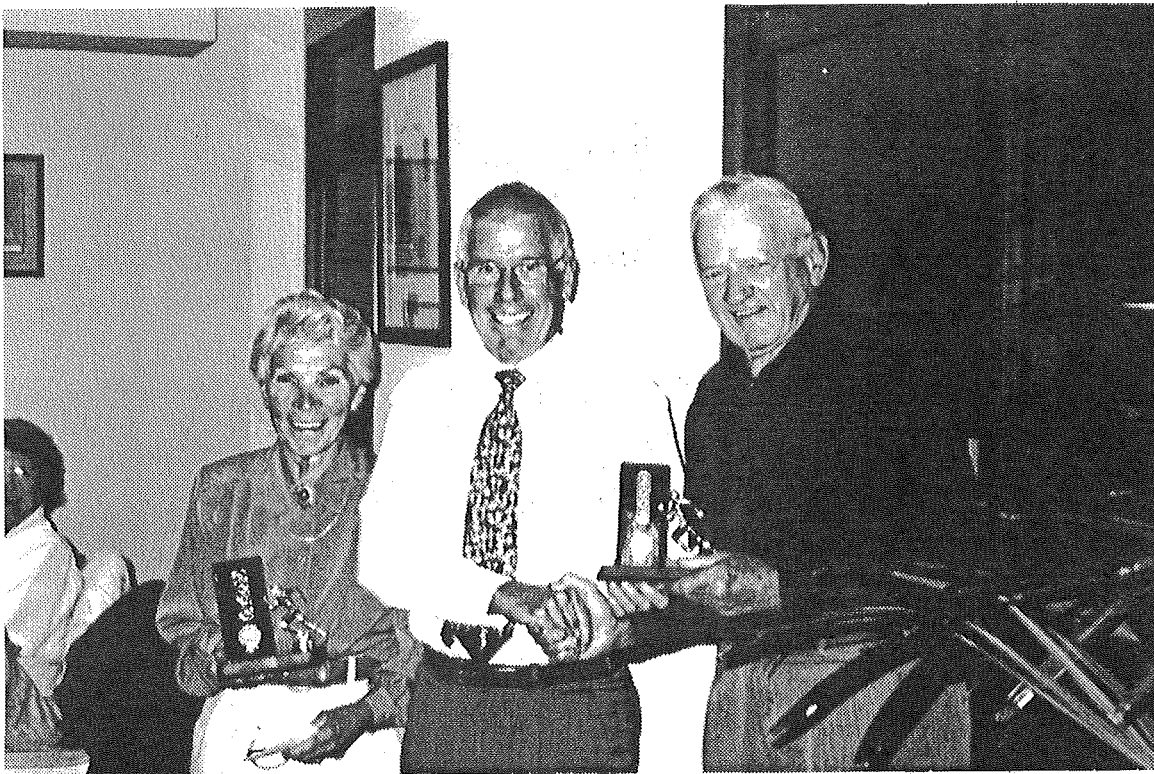
The inaugural meeting was held at the home of Geoff Hook in 1986 and the acronym of AURA was suggested by Tony Rafferty.

Dot, Colin and Geoff worked tirelessly to advance our sport by organising and conducting events, publishing a quarterly magazine and after much hard work, gaining Incorporation of our Association on April 9th 1987.

On a personal note, the Brownes always welcomed me with a coffee when I called during long training runs. However, when I trained with them they did their best to kill me as their training pace was my race pace plus 10 percent. They also held many post race barbecues for all at their home. Regarding Geoff, it may surprise or even astound you to learn that Geoff is the supreme master of cooking souffle's and my wife Ellwyn can confirm this. He also supplies a good drop of Semillon.

I am privileged to have known them for so long and on behalf of our membership, I thank them for their great work over so many years.

In accordance with Rule 8, I now have the honour to move that Geoff Hook, Dot Browne and Colin Browne be elected as the first Life Members of the Australian Ultra Runners Association



AURA President, Ian Cornelius [centre] presents Shirley Young and Stan Miskin with their respective Point Score Trophies for 2002. Stan and Shirley are proof that age need not be a barrier in the Ultra world. In their respective age groups, Stan set several Australian Records while Shirley made "World Records" somewhat of a habit.

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

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 spot 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:

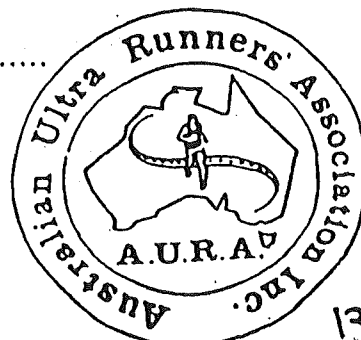
.....POST CODE:.....

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



AURA Points Race and Ultramarathon Athlete of the Year Awards

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

All race results should be forwarded to :-

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

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

Only financial AURA members are eligible for points and points can only be scored from Australian Ultramarathon races

HOW THE POINTS SYSTEM WORKS

The points system has been revised to the following standards

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

Points for only two records [1 for distance and 1 for time] may be claimed in each event

2003 AURA Points Race Update as of May 12th 2003

MEN

Kelvin Marshall	15
Ian Valentine	9
Trevor Jacobs	9
Bruce Renwick	6
Peter Anderson	4
Peter Gibson	4
Alan Staples	4
Nick Drayton	3
John Lindsay	3
Graeme Watts	3
Trevor Marsh	3
Stan Miskin	3
Kevin Cassidy	3

WOMEN

Carol Baird	9
Angie grattan	6
Debbie Woodhead	5
Karen Bollen	4
Bernadette Robards	4
Julie Schrag	4
Kerrie Hall	3
Shirley Young	2

Kelvin Marshall with six events for a first, a second and a third with a total of 398.5km in distance has a good lead in the Men's Race whilst Ian Valentine and Trevor Jacobs each have a bonus 5 points [for age group records] included in the scores.

Top female walker, Carol Baird, leads the Women's race with two events for a first and second with a total of 262.1km in distance whilst Angie Grattan is in second position after two events for a first and third with 98.5km in distance. Debbie Woodhead has two events for a first and third with a total of 96km

Many competitors are nearing their next completed 100km point

Stan Miskin

RUNNING FREE

BY
TONY RAFFERTY

I have a path for You to discover You.

I suggest you happily, enthusiastically take a short run

In the clear crisp morning air - 100 metres, ten blocks -

That's your personal affair.

Run relaxed, patiently, progressively.

The breeze, the sea, the country path; the rhythm of your breath,

Makes your run a dance of delight.

Lope along free, easy.

Enjoy the thrust through space bathed by sun, or misty damp.

Lope lightly, glide a moment free in the clouds.

Sense the surge of your flow and find one more path

For You to discover You.

May 2003.

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.

Gold Coast 100km

Race Info

Where: Runaway Bay Sports Super Centre, Cnr Morala Avenue and Sports Drive, Runaway Bay, Gold Coast, Qld. The race is of 16 laps of a 6.25 kms circuit. Each lap will pass through the athletic stadium.

When: Saturday 12 July, 2003. Solo 100 starts at 6 am; duo 100 kms at 6:30 am and the 100 kms relay at 7 am.

Eligibility: Solo and duo event open to all runners over 18 years of age. Relay section open to all runners. School teams are encouraged. No roller skates, roller blades, skateboards, pets, wheelchairs or baby strollers.

Race packs: Will be available from the Runaway Bay Sports Super Centre from 2 to 8 pm on Friday 11 July 2003 or from 5 am on race-day.

Commemorative running vests: These will be provided to every race competitor in the race packs.

Time limit: The race cut-off will be 6 pm. Portions of the track are unlit.

Aid stations: Each 3 kms. Solo and duo runners will be permitted to have seconders or crew but cars and bicycles will not be permitted on the course. Provision can be made for special drinks. Water and a sports drink will be provided but not food.

Time splits: Will be available. A clock will be positioned at the finish point on the athletic track, to show accumulated time from the start of the solo race start at 6 am.

Course measurement: The course has been measured by a certified AIMS measurer in accordance with the requirements of the AIMS and the Australian Ultra Runners Association (AURA) and is an AURA sanctioned event.

Race results: Will be available at the end of the race, will be mailed to competitors and will be available on the websites www.goldcoast100.com and www.ultraoz.com

Schools, corporate and running clubs: Bring your banners to hang in the stand and cheer your team members as they complete each lap through the athletic stadium.

Awards: An awards ceremony will be held soon after 6 pm at the Sports Super Centre athletic stadium. Prizes will be awarded to the winners and placegetters in all event categories, as well as the fastest lap by male and female.

Souvenir polo shirts: Those ordered by 13 June 2003 will be available on race-day. Orders will be taken later up to and including race-day, but these will need to be posted.

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. Teams are encouraged to gather when their last runner is finishing and to cross the line together for a group pic.

100 kms solo: The 100 kms solo event is available as a qualifying event for the World 100 kms challenge to be held in Taiwan in November, 2003. Cash prizes of \$1,000 will be paid to the winning male if the time is sub 7 hours 30 mins and the winning female if the time is sub 9 hours. Part of the race proceeds will be used to help send the Australian team to the world champs in Taiwan in November 2002.

100 kms duo: The 100 kms duo is available to 2 runners; male, female or mixed. Each runner is to run an uninterrupted 50 kms. The second runner starts when the first runner finishes.

100 kms relay: Teams categories will be available for schools, corporate and other. The team captain will be responsible for the entering and the management of the team. Teams may comprise from 3 to 16 members (not 5 to 16 as earlier indicated). Team members must run a total of 16 laps of the 6,250 metres course. Team members may run one or more legs. Those legs may be run in sequence or randomly. Team members may be substituted with new members and team members may swap legs.

Team members need not be named prior to running. The entry fee is at \$300 per team regardless of the number of team members. The team captain is to be responsible for completion of the participant's agreement on behalf of all team members. Prizes will be awarded to the winning teams in each of the three team categories and also for the best dressed team.

Fastest lap time: A cash prize of \$1,000 will be awarded to the male and female gaining the fastest lap time. These runners may be from the solo, duo or teams sections.

Spot prizes: Cash and spot prizes will be available with a total value of more than \$10,000. These prizes will be drawn at prize-giving soon after 6 pm. In the case of teams, the spot prize will be to the team member running a particular lap. Winners of spot prizes must be present to be eligible.

How to enter:

Post to: Gold Coast 100, PO Box 282, Runaway Bay Qld 4216.

Or fax to: 07 5529 2314 with credit card details. Or through the website www.goldcoast100.com
Photocopied entry forms accepted.

Entries received by 20 June 2003, will be eligible for a special draw prize.

Enter Now

100 kms solo (\$70 each, \$60 if AURA member)

Name _____

Address _____

Tel _____ Fax _____ Email _____

100 kms duo (\$60 each, \$50 if AURA member)

Names _____

Address _____

Tel _____ Fax _____ Email _____

100 kms relay (\$300 per team of 3 -16 members)

Team name _____

Category: Circle one Corporate School Other

Team manager _____

Address _____

Tel _____ Fax _____ Email _____

Commemorative polo shirts

(these look brilliant!!)

If ordered by 20 June 2003, \$40 – available on raceday

If ordered after 20 June then \$50 – price includes postage

Insert quantity S M L XL

Payment details

Entry fee \$ _____

Polo shirts @ \$40 / \$50 \$ _____

TOTAL \$ _____

Circle one Cash Cheque Credit card

Credit card type _____ Credit card # _____

Exp date / Name _____

Signature _____

Participation agreement

WARNING: This is a legal document that affects your rights.

1. I acknowledge that long distance running involves the real risk of serious injury or even death from various causes including overexertion, dehydration, accidents with other competitors, spectators or road/trail users, course or weather conditions and other causes.

2. I understand that I should not compete in this event unless I have trained appropriately and, should I become sick or injured prior to the event, then I shall withdraw from the event.
3. By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include Australian Ultra Runners Association Inc. (AURA) and its respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving any medical treatment including ambulance transportation that the event organisers consider desirable during or after the event and take all responsibility therefor.
5. I consent to the organiser/s and AURA using my name, image and likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media.
6. I understand that safety precautions undertaken by organiser/s (such as course supervision, gear checks and race safety briefings) are a service to me and other competitors but are not a guarantee of safety.
7. I am fully responsible for the security of my personal possessions at the event.
8. My registration as a competitor is not transferable to any other person. If I am unable to compete, or if the event is cancelled by way of circumstances outside the control of the race organiser/s, my registration fee is non refundable.
9. I have informed or will inform the race organiser/s of any medical or physical conditions from which I suffer that might be relevant in affecting my performance or might be relevant if medical treatment is required.
10. I agree to abide by the race rules and directions issued by the event organiser/s.
11. The event organisers may change the race format, course or other race conditions at their discretion. Should such change occur then this agreement applies to the changed conditions.
12. I am a current member of AURA or, if not, I hereby consent to accepting race day membership of AURA upon payment of such fee as the race organisers may determine. In the event of accepting race day membership of AURA, I hereby consent to the race organiser making my name address and other contact details available to AURA for inclusion in their database.
- Signed by the race participant or by the team captain on behalf of each of their team members. Signatories must be 18 years of age or older.

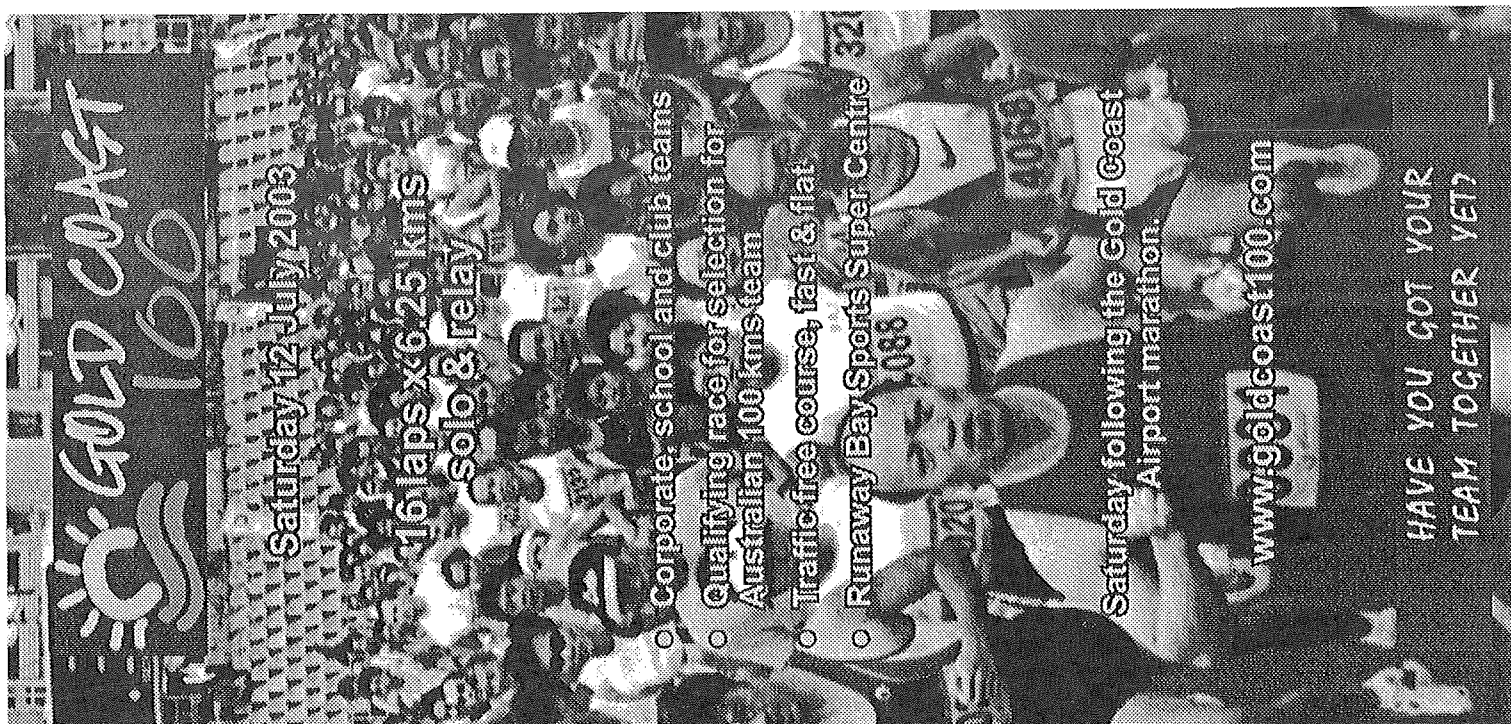
Name _____

Signature _____

How to enter:

Post to: Gold Coast 100, PO Box 282, Runaway Bay Qld 4216, or

Fax to 07 5529 2314 with credit card details. Photocopied entry forms will be accepted.



"THE KING" TO CONTEST LONG DISTANCE RUNNING RACE ON GOLD COAST

For the last 2,500 years, it has been one of mankind's great challenges - to determine how far he or she can run in a single day.

From this desire has evolved the classic long distance race - that of 24 hours.

These races are conducted primarily on an athletics track, as the surface is flat and fast, the distance can be accurately measured and it is easy to provide fluids and energy replacement - so essential in long distance running, or ultra running as it is known.

World records for the event have been set progressively since the event became popular following the great 6-day races of the 1870's and 1880's. In 1931, Arthur Newton, a 5 times winner of the Comrades marathon achieved 245 kms. Then, in 1953 another South African, Wally Hayward, also a 5 times Comrades winner, lifted the world record to 256 kms. In 1981, former French soccer star Jean-Gilles Boussiquet, achieved a distance of 272.624 kms, taking the world best to new heights.

Despite the intense efforts since then of numerous long distance runners worldwide, no-one has been able to take this mark beyond 276.209 kms - with the exception of one runner who has surpassed this mark on 13 separate occasions, culminating in the current world record of 303.506 kms, set in Adelaide in 1997.

That runner is Greek-born Australian, Yiannis Kouros - "The King".

Kouros, better known in Australia for his dominance of the Westfield Sydney to Melbourne races in the 1980's, emigrated to Australia in 1990.

In 1985, he contested his first 24 hour road race at Queens, New York. He went through 100 km in 6:54:43 and 100 miles in 11:46:37, and achieved a finishing total of 284 kms, adding 11 kms to the then 24 hours road best!

Since that time, he has gone on to improve the world record on no fewer than twelve occasions, culminating in him achieving his masterpiece in Adelaide in October, 1997 where he ran 303.506 kms in 24 hours.

This performance represents a truly remarkable average pace of 4 mins 45 secs per km for a whole 24 hours and stands at 10% better than any other runner!

The world bests for the ladies also has been fiercely contested over the years and the current record of 250.106 kms is held by Edit Berces of Hungary, established in 2002.

Yiannis Kouros was named International and Australian ultra runner of the year for 2002 after achieving 7 wins in major international competition on the world circuit. These wins included the world bests for the year in both 24 hours and 48 hours events.

Ian Cornelius, President of Australian Ultra Runners said "Yiannis is clearly the greatest long distance runner of all time".

"His performances at 24 hours, 48 hours and 1,000 miles are legendary and are 10% clear of the next best in the world".

"This is an achievement unequalled by anyone in any sport or in any branch of athletics."

"After 20 years at the top in his sport, he still remains unbeatable".

The Queensland state 24 hours championship and the Australian 48 hours championships will be held at the Runaway Bay Sports Super Centre commencing on Friday 22 August 2003 at 9 am.

Most of Yiannis' racing is done in Europe and America but Mr Cornelius, also the race organiser, is hoping to persuade the King to contest the events.

For more information, see www.goldcoast24-48t.com Ian Cornelius Tel 07.5537 8872 Mob 0408 527 391

BELIEVE IT. ACHIEVE IT.

GOLD COAST 24 AND 48 HOUR TRACK EVENTS

Incorporating the Australian 48 Hour Track championship and Queensland 24 Hour Championship

Race Information

Where: Runaway Bay Sports Super Centre, Cnr Morala Avenue and Sports Drive, Runaway Bay, Gold Coast, Qld. The race is on a 400 metres Mondo athletic track. This type of track is of the highest standard and is the type used in the Olympic games. The complex offers all facilities, of the highest standard; showers, accommodation and food.

When: Friday 22 August to Sunday 24 August 2003. The 48 hours and 24 hours solo races start at the same time, that is 0900 on Friday 22 August, 2003. The 24 hours relay starts at 0900 on Saturday, 23 August, 2003 and finishes at the same time as the 48 hours race, that is 0900 on Sunday 24 August, 2003.

Championship events: The 48 hours race incorporates the Australian National and the Queensland state championships. To be eligible for the National championship, runners must be resident of Australia. If the winner of the 48 hours race is resident of Queensland then he or she will be the winner of both the National and the State championships. Visiting runners are most welcome to compete and while they may win or place in the races, will not be eligible for the National or State championships, as the case may be. The 24 hours race incorporates the Qld state championship. To be eligible for the 24 hours Qld championship, runners must be resident of Qld. The 48 hours race and the 24 hours race, while conducted concurrently, remain separate events. Runners contesting the 48 hours event shall not be eligible for the 24 hours race. If runners in the 48 hours race withdraw at 24 hours, they shall be recorded as Did Not Finish (DNF) - also see rule below about excessive time off the track.

AURA Membership: These races are conducted under the auspices of AURA and are sanctioned by that body. AURA is a member of The Australian Athletics Federation and provides full public liability insurance coverage to the extent of \$20 million. It is a requirement that all runners contesting the 48 and 24 hours solo events (including non-residents) be full members of AURA. Provision is made for membership application in the race entry form, at the low cost of \$30.

Timing and lap scorers: Timing will be done using an electronic ChampionChip timing system. Some manual timing will take place in case of emergency and also for verification purposes. It will be not be necessary for runners to provide their own lap scorers.

Direction of travel: The direction will change every three hours or more frequently should the majority of runners so request. A vote will be called for immediately before start time.

Departure from the track: Runners may leave the track whenever they decide. However, when leaving the track, it will be necessary to leave/resume at the designated point. It will also be necessary to inform the official at time of departure and at time of resumption. Failure to do so will place the timing system in jeopardy and may result in disqualification.

Excessive time off the track: The objective of these races is to run the furthest possible distance in the time allotted. Runners in the 24 hour event who leave the track for more than 2 hours in any one break will be listed as DNF (did not finish). Runners in the 48 hours event who leave the track for more than 5 hours in any one break will likewise be listed as DNF.

Relay event: The relay event is open to teams of no more than 6 persons. It may comprise males and females. Runners must complete a minimum of 2 hours in each session. Relay team members need not be full AURA members but, if not, must take race-day membership (for insurance purposes) at \$10 each.

Walkers: Walkers are welcome and may use the inside lanes. However, walking two or more abreast on the inside lanes thus unfairly impeding runners will not be permitted and may result in disqualification.

Aspiring Centurions: A Centurion is a person who walks 100 miles or more in 24 hours. The style of walking must conform to race-walking rules and a race-walking judge will be provided by the Australian Centurions Association to verify compliance and performance.

Race packs: Will be available from the Runaway Bay Sports Super Centre from 1700 to 1800 hours on Thursday 21 August 2003 or from 0700 on race day.

Food and drinks: The fluids to be provided will include water, Enercal and coca cola. Food to be provided will include Nori rolls, energy bars, bananas, creamed rice, chocolate, jelly beans, snakes & other glucose type sweets and. Facilities will be available for a continuous supply of tea, coffee, boiling water etc. Because of Health Department regulations and Runaway Bay Sports Super Centre requirements, microwave ovens will not be provided for self use. The Runaway Bay Sports Super Centre will make available for purchase, on a pre-booked basis, a range of nutritious, high energy replacement hot food. This food will include a range of rice, vegetable, bread and pasta dishes. This will be made available every 6 hours. This hot food is optional and runners need to indicate on their entry form whether they wish to avail themselves of the facility. They may also purchase meals for handlers and crew.

Accommodation: Personal tents will be permitted, within the centre but outside the athletic track area. They can be pitched approximately 70 metres from the track. Accommodation is available at the Sports Super Centre, 100 metres from the track, at \$100 per room per night quad share. Book early to avoid disappointment, either with the race organiser or direct with the Runaway Bay Sports Super Centre. Contact Philippa Bell on (07) 5500 9917 or email pbell@sportssupercentre.com.au

Toilets and showers: Are available approx. 25 metres from trackside.

Progressive distances: These will be posted either on the electronic scoreboard or at track-side as soon as possible after the conclusion of each elapsed hour. An electronic clock will be readily visible to runners.

Course measurement: The athletic track is a standard 400 metres athletic track, recognised by Athletics Australia.

Race results: Will be available at the end of the race, will be mailed to competitors and will be available on the websites www.goldcoast24-48t.com and www.ultraoz.com

Awards: An awards ceremony will be held at 0930 hours on Sunday 24 August 2003 at the Runaway Bay Sports Super Centre athletic stadium. Prizes will be awarded to the winners and placegetters in all event categories.

Souvenir photographs: We will attempt to capture a photo of every competitor in the race. These photos will be available for viewing and purchase on the website soon after the event.

Entry fees: 24 hours \$100, 48 hours \$200, relay \$150 per team. Meal vouchers are available for purchase at time of registration (4 meals for 24 hour runners, \$30; 8 meals for 48 hours runners, \$60).

How to enter: Post to: Gold Coast 24 - 48 hours track, PO Box 282, Runaway Bay Qld 4216, with cheque or credit card details or Fax to 07 5529 2314 with credit card details. Photocopied entry forms will be accepted.

HISTORY OF THE DAY RACE (24 HOURS)

Man has been running since before recorded history began to see how far he could run in the cycle of the sun, or from 'sun' to 'sun' as it was called.

The first recorded feats of day running were almost 2,500 years ago, in 479 BC, when a runner ran from Platta to Delphi and back, in ancient Greece. The return journey of 182 kms was achieved within the day.

The first successful 24 hours' run, in something approaching modern day terms, took place in the 15th or 16th Century. These were by the "peichs" of the Turkish empire, normally Persians, who ran from Constantinople (Istanbul) to Adrianople (Edirne), a distance of approx. 200 kms.

The 24 hours race was born in 1806, in a match race at Newmarket, England, between Abraham Wood and Robert Barclay Allardice or Captain Barclay as he was better known. The race was an anti climax because Wood withdrew at 22 miles (35 kms). Experts predicted that Barclay, the great athletic figure of the 19th Century, would have achieved 135 miles (216 kms) in the 24 hours.

Subsequently, in the summer of 1809, Barclay became the first person to run/walk one mile in every consecutive hour for every consecutive day for a total of 1,000 miles. This is just 9 hours short of 6 weeks. Refer "The Celebrated Captain Barclay" by Peter Radford, first published by Headline Book Publishing in 2001.

In 1823, Russell, a young Irishman, achieved 204 kms in 24 hours.

It wasn't until the 1870's, which saw the emergence of 6 day races, that better 24 hours marks were established. Edward Payson Weston, an American, covered 500 miles (804 kms) in 6 days and, in so doing, would frequently cover 180 kms and more in the first 24 hours.

Then Charles Rowell, an Englishman, took the 24 hours marks to 241 kms in the first day of the 6 day races, in the 1880's.

It wasn't until April, 1931 that these marks were bettered. A South African, Arthur Newton, who had won 5 Comrades marathons plus a second placing, from 1922 to 1927, staged a 24 hours race at an indoors location in Hamilton Ontario. He achieved 245.113 kms in the race which, for a large part, was led by Australian Mike McNamara who achieved the first 100 miles in a little over 14 hours.

Arthur Newton moved to Britain permanently after the Second World War and persuaded the Road Runners Club to stage a 24 hours race, which took place at Motspur Park in November 1953. The winner of the race was the great Wally Hayward also a 5 times winner of the Comrades marathon (1930, 1950, 1951, 1953 and 1954), who achieved 256.400 kms, a new world best.

It was not until 1973 that this mark was bettered. This time by Ron Bentley, a 41 year old Tipton miner, who managed 259.603 kms. Interest in the 24 hours event was confined to Britain, Italy and South Africa. Then, after Tom Roden ran 251 kms at Crystal Palace in London in 1977, interest began to appear in many other countries.

In November, 1979 the great French runner, Jean-Gilles Boussiquet, a former soccer player, tackled the event. He managed 257 kms. Then, he travelled to Britain where, in October, 1980 he ran the 24 hours event with a distance of 264.108 kms on the track. A month later he ran at Niort, France and achieved a new road best of 255 kms.

Lausanne in Switzerland hosted the first major international 24 hours' race in 1981. Boussiquet surpassed all other contenders and took the world best to new heights, achieving 272.624 kms.

1981 was perhaps the year that saw the event become of age. Three different runners surpassed 269 kms.

Enter Yiannis Kouros- In 1984, Yiannis Kouros entered the 6 day race in New York. In his first ultra track race, he covered 262km/163 miles the first day, 165km/103 miles the second, and 146.4km/91 miles the third. The knowledgeable members of the ultrarunning world waited for his inevitable retirement, but it did not happen. Yiannis Kouros shattered George Littlewood's 96 year old 6 day record by 12 miles/20km!

Kouros returned to the United States later that year to compete in a 24 hour road race at Queens, New York. He went through 100 km in 6:54:43 and 100 miles in 11:46:37, and achieved a finishing total of 284 km/177 miles, this despite taking a very leisurely 27:50 over his final mile. Kouros had added six miles/10km to the 24 hours road best!

The following year the French Montauban 48 hour was endorsed as a championship event. Kouros was invited since he had broken the 48 hours record en route in his 6 day run in New York. He did not make any concessions to the fact that he had a second day to run. In 23 hours, he covered 283.6 km/176 miles 388 yards. He then stopped for an hour's rest, having easily broken the world track best. He then continued to complete 281 miles /452 km to set a new world 48 hour best.

Tougher opposition faced him later in the year when he returned to New York, Hurricane Gloria. The Queens 24 hour one-mile loop was battered by five hours of 60 mph/100kmph winds, driving rain, and falling debris. In order to surpass his previous road best set on the same course, Kouros was forced to use the whole 24 hours. His final total was 178 miles /286.463 km, another world best.

Fierce Female Rivalry- Eleanor Adams had a great race against Hilary Walker on an indoor track at Milton Keynes in 1981. They were only 10 minutes apart at 100 kms but Walker was forced to slow with a back injury. Adams pushed on to achieve 227.261 kms.

In August 1988, Hilary Walker took the world best on the road to new heights with a road best performance of 236.452 at Preston, GBR. Then, in Melbourne, Australia in 1989, Adams achieved 240.169 kms for a new world best and her greatest ever performance.

International Championships- In 1990 the first International Championship was held at Milton Keynes in Britain on an 890 metres loop indoors around the shopping mall. The Milton Keynes venue offered protection from the vagaries of the weather, but its merciless marble surface was very hard on the feet and legs. Perhaps the greatest 24 hours' field assembled up until that point contested the race. Don Ritchie was among these runners. He was widely regarded as one of the great 100 km runners, but had a poor record at 24 hours. That was to change. He ran away from the rest of the field, passing 100 miles in 12:56:13 and 200 km in 16:31:08, achieving a final distance of 166 miles 429 yards /267.543 km, a new indoor best. Eleanor Adams made a similar impact on the women's race. She reached the 200km in 19:00:31, the fastest yet on any surface, and her final distance of 147 miles 1408 yards /237.861 km was second only to her own track record.

Kouros Returns To Set His Greatest Mark- At Surgeres, France in 1995, after a brief retirement, Yiannis Kouros returned to the ultra scene, this time as an Australian. He set a new world track best of 285.363km/ 177m555y in the first day of the 48 hour. The following year, feeling in excellent form, he moved the world best onwards at the Coburg track in Australia to greater heights with 294.104km/182m1316y

Kouros' long stated aim had been to run 300 km in 24 hours. He was thwarted in this ambition in his next 24 hour by the very wet weather conditions in Canberra in March 1997, but still managed to set another world track best of 295.030 kilometers/183.3 miles. Still intent on 300km, and on hearing of the possibility of better weather conditions for the Coburg race six weeks later, he made another attempt.

Until the 200km mark he was moving well, but was then affected by back and knee injuries and forced to settle for a final total of 266.180 kilometers.

He returned to Surgeres in France for another attempt on the 48 hours best but this was also hampered by injury. Sensibly he now took the time to fully recover from his injuries, staying in Europe during the summer. By October Kouros felt he was as ready as he would ever be. He entered the annual Sri Chinmoy 24 hour event in Adelaide.

He was to there achieve his masterpiece - 303.506km/188m 1308 yards. After the race Kouros stated emphatically that he expected his world mark to last for centuries and that he would never race over 24 hours on the track again.

His mark stands at 10% better than the next best runner and would appear to be next to impossible to better. His performance represents a truly remarkable average pace of 4 mins 45 secs per km for a whole 24 hours! He could be right about his record lasting for centuries. His new world record is 17 miles/27.3 km greater than the next best 24 hour distance on record, a dominance perhaps matched only in athletics by Tomoe Abe's 6:33:11 in the 100 kms event.

Siderenkova, Lomsky and Reutovich- The women's 24 hour had been developing meanwhile. Sigrid Lomsky, a former stalwart of the German 100km team, set a new world road best of 151m706y/ 243.657km at Basle in 1993 to win the European Challenge at the age of 51. Her mark was to be the undisputed world absolute best until Elena Siderenkova ran 248.901km/ 154. 6 miles in an indoor race at Podolsk in Russia in 1996. However this latter mark cannot be ratified.

In 1998 another Russian woman, Irina Reutovich, surpassed the world track best with 242.624km/150m1336y in the national championships in Moscow in May. Reutovich established herself as the dominant female performer at the turn of the millennium.

Edit Berces- Then, in September 2002, Edit Berces from Hungary achieved the new world best of 250.106 kms in Verona, Italy. This performance establishes a new goal for aspiring female runners.

Summary - Since the first amateur 24 hours race back in 1953, the event has come a long way, from a test of survival to a test of self-knowledge, tactics, and experience.

However, the 24 hours event remains a knife-edge run; the modern hemerodromoi strain to achieve their optimal speed, whilst risking the ever-present possibility of the crash into the abyss of fatigue, injury, and exhaustion.

This is the fascination and the attraction of the 24 hours' race.

Compiled by Ian Cornelius from information supplied by Ultra Running Historian and Statistician, Andy Milroy.

Enter Now –

48 hours race, \$200 per runner

Name _____

Address _____

Tel _____ Fax _____ Email _____

24 hours race, \$100 per runner

Name _____

Address _____

Tel _____ Fax _____ Email _____

24 hours relay (max. 6 runners, min 2 hour legs) (\$150 per team)

Team name _____

Team manager _____

Address _____

Tel _____ Fax _____ Email _____

Note: Team members details to be provided on race-day

Payment details

Entry fee \$ _____

Meal vouchers (\$30 per person for 24 hours;

\$60 per person for 48 hours _____ @ \$30/\$60 \$ _____

AURA membership (\$30 where applicable) \$ _____

Race-day membership _____ @ \$10 \$ _____

TOTAL \$ \$ _____

Please circle one Cash Cheque Credit card

Credit card No. _____

Name _____ Exp date _____

Signature _____

Participation agreement

WARNING: This is a legal document that affects your rights.

1. I acknowledge that long distance running involves the real risk of serious injury or even death from various causes including overexertion, dehydration, accidents with other competitors, spectators or road/trail users, course or weather conditions and other causes.
2. I understand that I should not compete in this event unless I have trained appropriately and, should I become sick or injured prior to the event, then I shall withdraw from the event.
3. By competing, I accept all risks necessarily flowing from my participation which could result in loss of life or permanent injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the event from all claims demands and proceedings arising out of my participation and I hereby indemnify them against all liability (including liability for their negligence and the negligence of others) for all injury, loss or damage arising out of or connected with my participation in this event. This release shall extend to and include Australian Ultra Runners Association Inc. (AURA) and its respective directors, partners, managers, officers, agents, contractors, employees and volunteers including medical and paramedical personnel appointed for the event, the owners, licensees and occupiers of land upon which the event or any part of it is conducted, any statutory body or local authority having control over any land upon which the event or any part of it is conducted or which is involved directly or indirectly with the event in any manner whatsoever and promoters, sponsors and event organisers. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.
4. I consent to receiving any medical treatment including ambulance transportation that the event organisers consider desirable during or after the event and take all responsibility therefor.
5. I consent to the organiser/s and AURA using my name, image and likeness before, during or after the event for event promotional broadcasting or reporting purposes in any media.
6. I understand that safety precautions undertaken by organiser/s (such as course supervision, gear checks and race safety briefings) are a service to me and other competitors but are not a guarantee of safety.
7. I am fully responsible for the security of my personal possessions at the event.
8. My registration as a competitor is not transferable to any other person. If I am unable to compete, or if the event is cancelled by way of circumstances outside the control of the race organiser/s, my registration fee is non refundable.
9. I have informed or will inform the race organiser/s of any medical or physical conditions from which I suffer that might be relevant in affecting my performance or might be relevant if medical treatment is required.
10. I agree to abide by the race rules and directions issued by the event organiser/s.
11. The event organisers may change the race format, course or other race conditions at their discretion. Should such change occur then this agreement applies to the changed conditions.
12. I am a current member of AURA or, if not, I hereby consent to accepting race day membership of AURA upon payment of such fee as the race organisers may determine. In the event of accepting race day membership of AURA, I hereby consent to the race organiser making my name address and other contact details available to AURA for inclusion in their database.

Signed by the race participant or by the team captain on behalf of each of their team members. Signatories must be 18 years of age or older.

Name: _____

Signature: _____

Post to: Gold Coast 24 - 48 hours track, PO Box 282, Runaway Bay Qld 4216, or

Fax to: 07 5529 2314 with credit card details.

Photocopied entry forms will be accepted.



The 2003 Hobson's Hobble

Sunday 7th September

A trail and foot/bike path run along Hobson's Bay's beautiful coastline and swampland nature reserve area. Perfect for bike back up. 55km or 21km options. Will make a great club training run. Start and finish at Altona Boating & Angling Club Car Park (Mel 55 A10)

When Sunday 7th September

Time 7.00 am for 55km; 8.30 am for 21km. Finish 3.00pm

Where Start & finish - Altona Boating /Angling car park

Distance 55km and 21km options

Description A figure 8 course with a short loop of 21km and long loop of 34km. Run on beautiful coastal bike paths and trails which are ideal for a bike supporter. 21km loop is west along Altona Esplanade and around the Truganina Swamp reserve. The 34km loop follows the coastal path, with an outward only deviation around Cherry Lake, through Williamstown to West Gate Bridge and return. Wonderful scenery and mix of bird life to be seen. You could do worse than carry a camera.

A detailed route description will be supplied at the start

Cost Nil, but a donation towards route description costs would be appreciated

Prizes Nil

Assistance Nil, but there are adequate toilet and drinking water stops throughout the route. Carry your own food and water bottle.

Not a race This is not a race, but a runners get together run. All runners will be required to sign an indemnity before the start, stating that they are fit to run and agreeing that the organiser is not responsible for any mishap which may occur.

More information on webpage [_www.ultraoz.com/hobsons.shtml](http://www.ultraoz.com/hobsons.shtml)

or contact Graham Ives 03 9742 6308, email GrahamIves@Bigpond.com



Tim Turner.....In profile

PERSONAL INFORMATION

Name Tim Turner
Date of birth 28/02/63
Place of birth Somewhere in England, came over here as a boat person when I was 2
Current address Gerringong, NSW
Occupation Lazy bastard or house dad depending on who you talk to
Marital status Married
Children 1, an insanely active 2 year old boy
Height 5'10"
Weight 75 - 80 kg depending on the time of the month
Best physical feature Hair
Education background Many degrees started but none finished, last thing finished - Herbal Medicine
Favourite author Carlos Casteneda
Favourite book Bliss by Peter Carey
Favourite non running magazine Gardening Australia
Favourite movie Fight Club
Favourite TV show Spongebob Squarepants
Favourite actor Johnny Depp
Favourite music Elvis Costello, maybe some Radio Head
Book you are currently reading The Optimistic Child
Hobbies Procrastinating, a little gardening
Collections Junk and it is stored in my garage
Make of car you drive 95 Ford (nothing special)
Make of car you would like to drive pre 67 Kombi
Greatest adventure 4 wheel driving up to the top of Australia, through many rivers which I thought would wash myself and my wife away to our death
Favourite spectator sport Adventure Racing, I also love watching skateboarding
Favourite holiday destination Somewhere with snow
Favourite item of clothing you own A pair of hemp pants
Most prized possession My computer
Personal hero Maybe if we change the word hero to person I admire it would be Ken Saxton who runs marathons barefoot
Favourite quote "When we walk to the edge of all the light we have and take the step into the darkness of the unknown, we must believe that one of two things will happen. There will be something solid for us to stand on, or we will be taught to fly.".....By Patrick Overton
Personal philosophy If you can't do any good in this life then at least try to do no harm
Short term goal Run the Glasshouse 100mile and clean out my garage
Long term goal Run ever Ultra Australia has and have a clean garage
Achievement of which you are most proud Having a great family
Pets White boxer named Clay
Pet peeve Plastic bags, advertising aimed at children, loud cars, rubbish on the beach or on a country trail
Favourite non running activity Making pizza, drinking beer and watching TV all at the same time
Greatest fear That the cows where I run will gang up on me
Happiest memory Reaching the finish of the 6 Foot Track Race and hearing my wife and son cheering
Personal strength Patience
Personal weakness Complete lack of any sort of routine, that and procrastination

RUNNING INFORMATION

P.B's 65min City to surf, 5:13 - 6 Foot Track, 23:15 Trailwalker, 1:34 half marathon, 3:30 Marathon (nothing special)
Years running ultras 1 **Number of ultras finished** 4 **Best ultra performance** All of the above
Most memorable ultra and why It is not an ultra as I did not finish but running the Mt Bogong to Hotham, what a climb and then at the top it was something magical, plus I got lost and swallowed a fly.
Typical training week About 80km, sometimes up to 120km
Injuries Nothing yet
Favourite running shoes KT26's but they must be on special for \$25
Favourite food/drink during an ultra Water, space food sticks, chips, whatever is going at the check point
Favourite place to train Kangaroo Valley trails
Favourite running surface Trail or barefoot on the sand
Ultrarunning idol I would not say idol but I have a great respect for a bunch of local guys. Sean Greenhill for his tenacity, he will just keep at a run until he conquers it. Johnathon Worswick for how comfortable he looks after running incredible distances fast. Kevin Tiller for being an amazing race and online organiser, especially the fatass stuff which got me hooked in the first place
Why do you run ultras I often ask myself that question but I think it is simply a way of unplugging from the fast paced, information overload world and getting time with just me.
Any advice to other ultrarunners Everything takes time, start slow and gradually build.



10th ANNUAL Caboolture Historical Village Dusk to Dawn 6 Hour & 12 Hour Run/Walk March 1st/2nd 2003

It appears no matter when this event is held a storm has to be present. This year was no exception with a good down pour approximately 30 minutes before the start.

This was the 10th year and as like in the past the Mayor of Caboolture Shire started the event with the cowbell. Prior to the start and after the cooling down rain, a few short speeches were made by invited dignities. They were our Mayor Joy Leishman, Multiple Sclerosis Fund-Raising Co Ordinate Shelley Bell, and the Historical Village Society President John Fenton.

Speeches concluded, and the cowbell rung meant the competitors were on their way. It didn't take long to notice the speedsters especially in the teams. Solo competitors had their plan of attack some adhering while a couple encountered problems forcing their retirement.

Thirteen entered the 6-hour, three relay teams, and eleven in the 12 hour. Three withdrew from the 6 hour, one from the 12 hour and one relay competitor (myself) should be shot.

There were no records broken only new friendships made. As one 12-hour competitor said, 'it was great to circulate among great spirited people all with good words of encouragement.'

The field of competitors was a happy bunch along with their lap scorers and helpers.

A special thanks goes to the initiative of Roger Grattan for his loud strong voice in calling out the time as each competitor passed the line for the duration of the clock failure.

Yes I had a few problems, the clock suddenly deciding to just stop. Thinking the batteries had failed I brought my wife's little car over and ran it off her battery. Continually we reset it but would not restart. Michael Schultz helpfulness & knowledge in timing got it going again. Thanks

A few other problems were encountered but that's all part of the fun.

Due to poor weather conditions leading up to the weekend and the Six -Foot track on the following week, the field was small yet rewarding. Can always be bigger considering funds go to support charities but that also comes down to good promotional lead up to the event. (Me)

Competition was from local competitors, Sunshine Coast, Gold Coast, Nanango, Toowoomba, and New South Wales's area. Thanks for your participation and travel.

6 hour results

[Thirteen starters with ten finishers]

1 st Steve Hayes –	60.500 km
2 nd John Loury –	54.355 km
3 rd Angie Grattan –	53.513 km [1 st female]
4 th Geoff Hain –	50.283 km
5 th Colin Perry –	47.013 km
6 th John Mac Taggart –	46.395 km [awarded fastest lap at closing stage]
7 th Nathan Shoemark –	46.025 km
8 th Eero Periaho –	41.731 km
9 th Tina Fiegel –	38.330 km
10 th Bill Thompson –	36.000 km [1 st male walker]

Competition was great. Some faster runner's withdrawal moved field positions around making this event still fast and mindful of your condition for a finish and a placing. Steve from Caboolture Road Runners kept a cool head in circulating evenly moving into top place early.

12 hour results

[11 starters, 10 finishers]

1 st Martin Schot –	109.996 km	100k-[10:43:18]
2 nd Stuart Wagner –	105.974 km	100k-[11:22:00]
3 rd Peter Gibson –	102.279 km	100k-[11:47:20]
4 th Geoff Last –	99.268 km	
5 th Graeme Watts –	99.000 km	
6 th Geoff Kopttke –	82.604 km	
7 th Bernadette Robards –	81.506 km	[1 st female runner]
8 th John Harris –	75.415 km	[1 st male walker]
9 th Joan Robards –	74.981 km	
10 th Julie Schrag –	63 006 km	

This event draws interest in watching the tactics used by competitors. As stated a good size field, with nearly a record in all starting, finishing. Unfortunately Kerrie Hall is still having a problem with the ball of her right foot causing severe pain forcing her withdrawal.

Competition was hot among familiar faces & the new boy. The lead was strongly held by Stuart for the larger majority of the run until footwear became a problem allowing Martin to excel. The first three pasted the 100k in comfort with the next two so close allowing the clock to win.

Bernadette was strong with a good win but sadly finishing with hip discomfort. What can one write about her Mum? 68years young & moving better than people half her age. She tried very hard at the finish to get that 150th lapse, 19m short. Still a very great achievement. Another good achievement from local competitor Julie for walking into first female finisher. John Fenton returned in the morning in great surprise to see the large number of competitors circulating. He commented in past years he has seen only one person going at the finish. This is encouraging mainly to the competitors for the company reached to each other whilst on the track. Bad enough being there for 12 hours, so consider it on your own. A great field, good comradeship and fun was had by all, including crew and lap scorers. No bad incidents were reported. A few thanks were extended thank you.

Thanks to supporting businesses and people Thanks to the Mayor Joy Leishman, John Fenton, Shelley Bell, Rod and my wife Betty for tolerating my ups & downs. Thanks to the Country morning radio show on "Classic Hits 4OUR 101.5FM for encouraging listeners to donate to the Historical Village. That was great.

Please return in 2003. Hope for better weather, bigger competition, bigger donations & a bigger day.

Cheers
Geoffrey Williams
Race Director

BUNBURY RUNNERS CLUB 50KM CHAMPIONSHIP		
MARCH 1st 2003		
PLACE	NAME	TIME HOURS
1	Mick Francis	3.44.45
2	Bjorn Dybdahl	4.04.40
3	Shane Walker	4.05.54
4	Ian Gibbs	4.15.56
5	Barry Miller	4.16.40
6	Gary Carlton	4.23.12
7	Rosemary Johnson	4.26.47
8	Mike Szalek	4.47.40
9	Graham Maier	4.50.01
10	Chris Kowalski	4.56.09
11	Su Oliver	4.57.03
12	Diane Jones	5.14.47
13	John Davies	5.17.60
14	Josephine Brown	5.22.21
15	Neville Scott	5.23.17
16	Chris Brown	5.27.50
17	Peter Miller	5.43.48
18	Lyle James	5.50.40
19	Silvio Wirth	5.57.49

BUNBURY HOLDEN 6 HOUR TRACK CHALLENGE RESULTS		
MARCH 1st 2003		
PLACE	NAME	DISTANCE COVERED kms
1	Shane Walkerer	72.00
2	Barry Miller	68.21
3	Bjorn Dybdahl	67.45
4	Gary Carlton	66.14
5	Ian Gibbs	65.98
6	Rosemary Johnson	65.17
7	Mick Francis	63.00
8	Mike Szalek	62.49
9	Su Oliver	61.13
10	Chris Kowalski	60.21
11	Diane Jones	56.90
12	Josephine Brown	55.76
13	Neville Scott	55.63
14	John Davies	55.00
15	Chris Broun	54.94
16	Peter Miller	52.40
17	Lyle James	51.09
18	Graham Maier	51.00
19	Silvio Wirth	50.43
20	Harold Membrey	48.71
21	Gary Harris	47.51
22	Francis Casella	43.50
23	Pierre Nebbe	42.50
24	Phil Webb	40.00
25	Daryl Howe	39.90
26	David James	39.00
27	Melissa Broun	32.04
28	Tania Churcher	DNS
29	Bob McNamara	DNS
30	Robert Macbeth	DNS

www.ultramarathonworld.com

Six Foot Track Marathon Results - 8th March 2003

Katoomba to Jenolan Caves 45km, Blue Mountains, NSW

1 Paul Arthur	3:32:05	72 Marty Weston	4:48:13
2 Trevor Jacobs	3:42:27	73 David Clear	4:48:21
3 Jonathan Blake	3:43:37	74 Paul Carmody	4:48:58
4 Tom Gleeson	3:49:00	75 Mark Nemeth	4:49:07
5 Jonathan Worswick	3:50:56	76 James Cryer	4:49:35
6 Adam Jordon	3:52:43	77 Paul Jackson	4:49:45
7 Damian Tancred	4:02:30	78 James Cummins	4:50:34
8 Stephen Sayers	4:02:31	79 Brent Miles	4:50:58
9 Craig Henderson	4:06:44	80 Kevin Collins	4:51:13
10 Mark Cutcliffe	4:07:11	81 Larry Lacey	4:51:32
11 David Turner	4:07:57	82 Simon Krantzcke	4:51:41
12 Kieron Thompson	4:08:07	83 Rolf Kuelsen	4:52:08
13 Michael Taylor	4:13:06	84 Chris Graham	4:52:12
14 Eric Blum	4:13:34	85 Angus Price	4:52:20
15 Rowil Ponta	4:13:47	86 Peter Hodge	4:52:24
16 Peter Fitzpatrick	4:13:48	87 Dave Hromow	4:52:31
17 Jim Villiers	4:14:32	88 Paul Ng	4:52:32
18 William Landers	4:14:32	89 William Proctor	4:52:34
19 Martin Fryer	4:15:00	90 Jordan Lefmann	4:52:37
20 Dean Hodgson	4:15:28	91 David King	4:52:40
21 Peter Le Busque	4:17:07	92 Adrian Jeffkins	4:53:01
22 Stephen Cunningham	4:17:37	93 Greg Osborne	4:53:14
23 Martin Matthews	4:18:17	94 Martin Harry	4:53:48
24 Michael Corlis	4:18:51	95 Kevin Barry	4:54:07
25 John Thornell	4:20:10	96 David Carmody	4:54:11
26 Joel Mackay	4:22:15	97 Kevin Dyson	4:54:21
27 Richard Green	4:22:50	98 Alfred Bogenhuber	4:54:55
28 David Vlotman	4:23:00	99 Derrick Murray	4:55:12
29 Dawn Tiller [f]	4:23:23	100 Peter Goldsmith	4:55:26
30 Ronald Stolk	4:25:24	101 Chris Sterk	4:55:43
31 Greg Donovan	4:25:50	102 Jan Fedrick [f]	4:56:20
32 Paul Pacque	4:26:04	103 Craig Rawson	4:56:48
33 Brett Currie	4:26:09	104 Brian McPherson	4:57:40
34 Andrew Lee	4:26:28	105 Martin Lefmann	4:57:43
35 Mark Tucker	4:27:08	106 Stuart Wagner	4:58:08
36 Kelvin Marshall	4:27:11	107 Daniel Toole	4:58:13
37 Andrew Taylor	4:27:14	108 David Cannings	4:58:34
38 Robert Scoines	4:27:52	109 Bart Cupitt	4:58:38
39 Adrian Pearce	4:28:59	110 John Young	4:58:40
40 Corallea Edwards [f]	4:29:33	111 Darren Benson	4:58:40
41 Michael Gallagher	4:31:09	112 Gary Kennedy	4:58:51
42 Marcus White	4:32:01	113 Stephen Bingham	4:58:54
43 Mark Ashcroft	4:32:12	114 David Parslow	4:59:13
44 Tim Lindop	4:32:19	115 Ian Roberts	4:59:20
45 Andrew Johnson	4:33:01	116 Jeff Morehen	4:59:20
46 Lance White	4:33:34	117 Max Bogenhuber	4:59:20
47 Patrick Dellagiacoma	4:34:21	118 Benny Hagberg	4:59:51
48 Jeremy Baillie	4:34:50	119 Ian Twite	4:59:58
49 Richard Palmer	4:35:00	120 John Comerford	5:00:11
50 Darren Salmon	4:35:25	121 Dean Gavan	5:00:21
51 Ian Wright	4:35:40	122 Andrew Crawley	5:00:35
52 Chris Thompson	4:36:50	123 Trevor Fairhurst	5:00:54
53 Martin Dowson	4:37:13	124 David Jerram	5:00:58
54 Eugen Schiller	4:37:46	125 Barry Rutter	5:00:59
55 Warwick Selby	4:38:10	126 David Styles	5:01:03
56 Danny Moore	4:38:49	127 Paul Coull	5:01:25
57 John Gallagher	4:39:16	128 David Coulter	5:01:46
58 Paul Stein	4:39:44	129 Eladio Garrido	5:02:18
59 Steve Hume	4:41:00	130 Robert King	5:03:13
60 Stuart Webster	4:42:46	131 Ross Bill	5:04:20
61 Alexander Putnam	4:42:58	132 Sonia White [f]	5:04:28
62 Thomas Hegglin	4:43:48	133 Martin Krause-Schikorr	5:05:04
63 Marco Bareiss	4:44:20	134 Mark Breasley	5:05:26
64 Alan Watson	4:44:40	135 John Uren	5:05:30
65 Liz Short [f]	4:46:22	136 Brendan Hatton	5:05:38
66 Steve Appleby	4:46:23	137 Colin Weekes	5:05:49
67 Dunstan Bertschinger	4:46:50	138 Hernan Saez	5:06:16
68 Ken Read	4:46:51	139 Jason Tucker	5:07:01
69 Jonathan Papalia	4:47:12	140 Owen Barnett	5:07:05
70 Frank Callaghan	4:47:23	141 Bruce Craven	5:07:07
71 Adrian Spragg	4:48:07	142 Drew Shaw	5:07:20

143 Andrew Robertson	5:07:50	223 Cameron McCullagh	5:31:28
144 Steve Tancred	5:07:55	224 Anthony Ryan	5:31:38
145 David Beak	5:09:06	225 Ron Lusk	5:31:40
146 Philip Lawrence	5:09:18	226 Stewart Vincent	5:31:44
147 Andrew Wigg	5:09:19	227 Peter Bell	5:32:03
148 Mark Sparshott	5:09:20	228 William Malcolm	5:32:08
149 Alun Watkins	5:09:31	229 Elouise Peach [f]	5:32:26
150 Keith Morgan	5:09:44	230 Phil Stollery	5:32:39
151 Logan Galbraith	5:10:04	231 Phillip Stacey	5:32:42
152 Peter Lisle	5:10:20	232 Peter Barnes	5:32:47
153 Fraser McGunnigle	5:10:30	233 Pierre Van Heerden	5:32:57
154 Ian Fedrick	5:10:39	234 Greg Gambrell	5:32:57
160 Brian Smith	5:12:38	235 Nigel Smith	5:33:05
161 Merry Gilles	5:12:44	236 David Woods	5:33:09
162 Stephen Urwin	5:13:26	237 Tonia Lance [f]	5:33:24
163 Tim Turner	5:13:46	238 Mike Ward	5:33:45
164 Mark Wilson	5:14:08	239 Dawn Critcher [f]	5:33:52
165 Ross Sinclair	5:14:11	240 Alan Bradley	5:34:11
166 Greg Robinson	5:14:13	241 Peter Quinn	5:35:15
167 Kerry Sparshott [f]	5:14:25	242 Bronwyn Adams [f]	5:35:46
168 Greg Coy	5:15:14	243 Paul Scullion	5:35:47
169 Alan Ward	5:15:14	244 Glenn Meade	5:35:50
170 John Van Yzendoorn	5:15:59	245 Marty Jones	5:36:00
171 Steffen Abe	5:16:33	246 Glenn Dewhurst	5:36:01
172 Richard Marson	5:16:34	247 Robert Taylor	5:36:08
173 Malcolm Gamble	5:17:27	248 David Gayford	5:36:42
174 Laima Wayne [f]	5:17:51	249 Diana Compton [f]	5:36:49
175 John Sneddon	5:17:52	250 Edward West	5:36:50
176 Maureen O'Loughlin [f]	5:18:21	251 Richard Quinn	5:37:25
177 Scott Campbell	5:18:32	252 Robin Cameron [f]	5:37:27
178 Garry Wilson	5:18:51	253 Andrew McKenzie-Gay	5:37:41
179 Ian Morgan	5:18:54	254 Ian Garrett	5:37:52
180 Susan Morgan [f]	5:19:21	255 Laura Andrews [f]	5:38:21
181 John Sellars	5:19:46	256 Christine Brown [f]	5:38:22
182 Chris Tait	5:20:07	257 Rowan Vickers	5:38:23
183 Gwilym Funnell	5:20:23	258 David Lancaster	5:38:37
184 Stephen Bruggeman	5:20:48	259 Kelley Caoyonan [f]	5:39:01
185 Irving Underwood	5:21:55	260 Glen Ebzery	5:39:14
186 Philip Murphy	5:22:40	261 Richard Powell	5:39:15
187 Luis Vazquez-Recio	5:22:40	262 Nicole Clark [f]	5:40:35
188 Robert Smith	5:22:40	263 Paul Ewing	5:40:35
189 Terry Meehan	5:22:55	264 Terry Burke	5:40:43
190 Brian Pepper	5:23:12	265 Anthony Fay	5:40:52
191 Stephen Gray	5:23:23	266 Mike Hansen	5:41:08
192 Peter Strachan	5:23:46	267 Steven Reynolds	5:41:12
193 Andrew Bilsdon	5:24:02	268 Mario Larocca	5:41:17
194 Steve Turner	5:24:18	269 Gavin Morisset	5:41:41
195 Jan Herrmann	5:24:23	270 Chery Home [f]	5:41:43
196 Rodney Lovel	5:24:28	271 Kevin Thomas	5:41:58
197 Ian Green	5:24:31	272 Dio Wong	5:42:22
198 Daniel Cole	5:25:14	273 Andrew Cooper	5:42:24
199 Peter Counsell	5:25:17	274 Debbie Woodhead [f]	5:42:43
200 Anne MacSporran [f]	5:25:29	275 Keith Collin	5:42:47
201 Peter Tibbitts	5:25:57	276 Andrew Moore	5:42:50
202 Diane Clementson [f]	5:26:57	277 Ian Forsyth	5:42:53
203 Darren Smith	5:26:58	278 John Reeves	5:42:56
204 Bill Higginson	5:27:12	279 Bruce Clausen	5:43:00
205 Tim Day	5:27:20	280 Brian Hodgson	5:43:13
206 Jared Potter	5:27:20	281 Dion Reeve	5:43:38
207 David Austin	5:27:26	282 Ian Bailey	5:43:42
208 David King	5:28:13	283 Peter Lahiff	5:43:49
209 Greg McCann	5:28:51	284 Masahiko Iida	5:44:09
210 Teresa Burgess [f]	5:28:51	285 James Wall	5:44:31
211 Dennis Nel	5:28:53	286 Sean Greenhill	5:44:37
212 Andrew Meenahan	5:29:13	287 Clive Jeffery	5:44:45
213 Stephen Bond	5:29:14	288 Chris Knutsen	5:44:50
214 Jill Pattison [f]	5:29:18	289 Tony Golden	5:45:09
215 David MacSporran	5:29:25	290 Richard Florczak	5:45:10
216 Les Potter	5:29:37	291 Peter Malinowski	5:45:11
217 Tony Grainger	5:29:39	292 Michael Eadie	5:46:15
218 Graham Wye	5:29:43	293 Bruce Hargreaves	5:46:38
219 Wayne Davis	5:29:58	294 Nigel Stewart	5:46:50
220 Marcus Schaake	5:30:14	295 John Hatton	5:47:02
221 Greg Prerau	5:31:19	296 Lucy MacDonald [f]	5:47:05
222 Roland Hassall	5:31:26	297 Jane Trumper	5:47:18

298 Stephen Bodnar	5:47:19	373 Nick Drayton	6:05:21
299 David Graham	5:47:22	374 Mike Thorpe	6:05:22
300 John Walton	5:47:26	375 Lindsay Young	6:05:42
301 Stewart Turner	5:47:40	376 Jeff McNaughton	6:05:44
302 Tim Austin	5:47:41	377 Tim Russell	6:06:02
303 John Olmstead	5:47:45	378 Dougal Langusch	6:06:08
304 Fulvio Fabreschi	5:47:47	379 Amanda Underwood [f]	6:06:10
305 David Paff	5:47:59	380 Bill Rannard	6:06:11
306 Paul Kehoe	5:48:00	381 Daniel Williams	6:06:15
307 Jo Tebbutt [f]	5:48:15	382 Philip Healey	6:06:25
308 Charlie Glapiak	5:48:20	383 Jeremy Ballantyne	6:06:41
309 Bob Elliott	5:48:24	384 Brett Kemble	6:06:59
310 Ian Dempsey	5:48:44	385 Nathan Griffith	6:07:47
311 Dave Joseph	5:49:03	386 Anthony Hayes	6:07:49
312 Carol Wingreen	5:49:13	387 Ian Morgan	6:08:06
313 Geoffrey Luscombe	5:49:23	388 Jennifer Kiss [f]	6:08:14
314 Leon Harradine	5:50:04	389 Mick Kilham	6:08:15
315 Les Bryce	5:50:14	390 Edward Bedzinski	6:08:16
316 Colin Lewis	5:50:24	391 Bill Pixton	6:08:33
317 Damain Staunton	5:50:36	392 Alan Woolford	6:09:16
318 John Tokoli	5:50:53	393 James Meade	6:09:31
319 Frank Austin	5:50:57	394 Allan Wilson	6:09:32
320 Matthew Stacy	5:50:57	395 Todd Keating	6:10:18
321 Mary Holozubiec [f]	5:51:07	396 George Herisson	6:10:55
322 Phillip Harding	5:51:19	397 Rebecca Stevens [f]	6:11:12
323 William Best	5:51:44	398 Susan Palmer [f]	6:11:20
324 Matt McNamara	5:51:44	399 Ludwig Herpich	6:11:44
325 Wayne Tibbitts	5:51:45	400 David Kitchen	6:11:58
326 Geoff Smith	5:51:52	401 Chris Mills	6:12:02
327 Shane Simpson	5:52:27	402 Philip Fleming	6:12:12
328 Dean Simpson	5:52:27	403 Ben Greentree	6:12:28
329 Ralph Melano	5:52:35	404 David Beldjiali	6:12:36
330 Miriam Mott [f]	5:53:08	405 Stephanie Beldjiali [f]	6:12:39
331 Katie Richardson [f]	5:53:10	406 Benjamin Crossing	6:13:21
332 Maureen Wilson [f]	5:53:28	407 Wayne Heffernan	6:13:24
333 Keith White	5:53:36	408 Peter Trumper	6:14:04
334 Jim Hyman	5:53:40	409 Simon Collins	6:14:18
335 Phil Clarke	5:53:45	410 Patrick Quinn	6:14:21
336 Andrew Cox	5:54:11	411 Jo Thomson [f]	6:14:22
337 Richard Woodhead	5:54:31	412 Allison Lilley [f]	6:14:22
338 Roy Counsell	5:54:33	413 Dom Isberg	6:14:33
339 Tony Crosby	5:54:52	414 Philip Kennedy	6:15:13
340 Graham Willis	5:55:19	415 Andrew Grant	6:15:43
341 Ross Yates	5:55:21	416 Heather Forster [f]	6:16:13
342 Simon Davis	5:55:55	417 Tina Campbell [f]	6:16:14
343 Grahame Murphy	5:56:01	418 Tracy Collett [f]	6:16:25
344 Paul Barnett	5:56:06	419 Kelly Harford [f]	6:16:37
345 Karl Fleig	5:56:16	420 Jenny Arnold [f]	6:16:37
346 Bob Wells	5:56:25	421 Terry Reilly	6:17:45
347 Yvonne Sobolewski	5:56:35	422 David Kerr	6:17:55
348 Joanne Barton [f]	5:56:50	423 Michael Tompkins	6:18:01
349 Marcus Wilson	5:56:56	424 David Novotny	6:18:24
350 Trevor Raymond	5:57:13	425 Ross McNally	6:18:45
351 Tim Koppel	5:57:42	426 James Sparkes	6:18:49
352 John Spinney	5:57:58	427 Sam Willis	6:18:50
353 Callum Dean	5:58:47	428 Peter Smith	6:19:06
354 Wayne Edwards	5:58:52	429 Karen Koppenol [f]	6:19:16
355 Robert Carden	5:58:53	430 Robert Paxton	6:19:18
356 Stuart Wilson	5:59:15	431 Bevan Ashby	6:19:35
357 Anne Powell [f]	5:59:15	432 Mark Davies	6:19:46
358 Mary Stringer [f]	5:59:29	433 Barry Richards	6:19:47
359 Brian Rensford	5:59:32	434 Wendy Scott [f]	6:20:03
360 Michael Elliot	5:59:55	435 Mike Cole	6:20:04
361 Greg Henzell	6:00:23	436 Claire Rolley [f]	6:21:00
362 Graham Sharp	6:01:10	437 Bruce Linsell	6:21:08
363 Ben Dall'Amico	6:01:45	438 Philip Clifton	6:22:09
364 Roger Cox	6:01:45	439 Amanda Jones [f]	6:22:38
365 Herb Willems	6:02:01	440 Bob Kimbrey	6:22:47
366 Warren Hughes	6:02:29	441 Sophie Gravel [f]	6:23:34
367 Barry Coates	6:02:36	442 Ross Knowles	6:23:52
368 Don Blair	6:03:10	443 Adrian Engelbrecht	6:23:55
369 Dale Lancaster	6:03:23	444 Des Cannon	6:23:58
370 Esther Kerr [f]	6:04:06	445 Leslie Howatt [f]	6:24:46
371 Greg Scott	6:04:21	446 Patriek Wadwell	6:24:46
372 Brian Little	6:04:22	447 Warren Broadbent	6:25:01

448 John Carrigan	6:25:11	523 Peter Henry	6:51:48
449 Dominic Boidin	6:25:43	524 Ken Weir	6:51:49
450 Phillip Laing	6:25:52	525 Lori Baldoni [f]	6:52:08
451 Kevin Dixon	6:25:58	526 Mercy Samia [f]	6:52:58
452 Anastasia Bachas [f]	6:26:49	527 Michael Benson	6:54:14
453 John Melnychenko	6:26:58	528 Ian Singer	6:54:20
454 Deborah Laidlaw [f]	6:27:12	529 Bob Day	6:55:10
455 Eric Schmierer	6:27:16	530 Doug Chapman	6:55:10
456 William McKenna	6:27:46	531 Robert Kennedy	6:55:37
457 Vic Anderson	6:27:53	532 John Morgan	6:56:03
458 John Reeves	6:28:02	533 Don Griffin	6:59:25
459 Paul Theakston	6:28:21	534 Kevin O'Kane	6:59:44
460 John Paul Smith	6:29:06	535 Denis Riley	6:59:44
461 Alan Beattie	6:29:12	536 Stephen Jackson	7:00:06
462 David Lilley	6:29:21	537 Frank Dearn	7:02:00
463 Scott Dennis	6:29:35	538 Hoy Lau	7:03:26
464 Felicity King [f]	6:29:44	539 Richard Bailey	7:04:01
465 Anthony Leviston	6:29:44	540 Janita Keating [f]	7:05:19
466 Dennis Bedford	6:30:20	541 Neil Richardson	7:06:22
467 Bill Tomiczek	6:31:11	542 Manuel Trujillo	7:08:49
468 Matthew Chapman	6:31:33	543 Trevor Maning	7:11:57
469 Carolyn Dutton [f]	6:31:34	544 John Guthrie	7:12:41
470 Leo Paul	6:31:35	545 Brian Ogilwy	7:12:43
471 David Curran	6:31:43	546 Michael Laverack	7:15:07
472 John Lindsay	6:31:48	547 Natalie Coyne [f]	7:16:00
473 Justine Berkal [f]	6:31:57	548 Russ Pennell	7:16:15
474 Sarah Cooper [f]	6:32:30	549 Brian Millett	7:19:42
475 Peter Davies	6:32:43	550 Paul Manley	7:24:22
476 Clint Ward	6:34:05	551 Mark Richardson	7:25:00
477 Graham Bray	6:34:24	552 Karen Wiersma [f]	7:26:00
478 George Lisson	6:34:43	553 Sharon Varley [f]	7:27:00
479 John Anderson	6:35:22	554 Tim Richards	7:28:00
480 David Williams	6:35:26	555 Veronica Bruckmoser [f]	7:30:00
481 Graham Spokes	6:35:28	556 Guy Broadbent	7:32:00
482 Kurt Krause	6:35:34	557 Demir Mesic	7:35:00
483 Brad Renshaw	6:35:35	558 Grahame Kerruish	7:42:00
484 Glen Failla	6:35:50	559 Con Panagos	7:45:00
485 Craig Marshall	6:37:11	560 John Brett	7:46:00
486 Chin Siang Beh	6:37:22	561 Dave Allen	7:49:55
487 Michael Bailey	6:37:38	562 Suzi Walter [f]	7:55:00
488 Marie-Claire Kurt [f]	6:37:59	563 Bob Fickel	7:58:00
489 Danielle Manley [f]	6:38:34	564 Cameron Templeton	7:59:00
490 Derek Smith	6:38:38	565 Chris Stephenson	7:59:00
491 Peter Tucci	6:38:39	566 Terry Chisholm	8:05:00
492 Matthew Wright	6:38:58	567 Geoff Alchin	DNF
493 Peter McKenzie	6:39:07	568 Keith Bateman	DNF
494 Peter Hamer	6:39:30	569 Diane Batterham [f]	DNF
495 Anthony Bousfield	6:39:41	570 Gavin Booth	DNF
496 Helen Rickards [f]	6:39:56	571 Louis Commins	DNF
497 Deirdre Duncan [f]	6:40:00	572 Alf Field	DNF
498 Luigi Bertolin	6:40:13	573 Ray Goddard	DNF
499 Barry Ellis	6:40:29	574 Peter Goodwin	DNF
500 Grant Shultz	6:40:31	575 Patricia Griffin [f]	DNF
501 Grant Moroney	6:41:10	576 Steve Guy	DNF
502 Nerise East [f]	6:42:02	577 Robi Hancock-Russell [f]	DNF
503 Carl Simpson	6:42:07	578 David Harris	DNF
504 Yves Grandchamp	6:42:41	579 Philip Hugill	DNF
505 Steve Day	6:42:51	580 Sam Leishman	DNF
506 Mark Hill	6:43:37	581 Michael Madigan	DNF
507 Greg Reid	6:43:56	582 Fabienne Millot Pagani	DNF
508 Jim Screen	6:44:00	583 John Murphy	DNF
509 Franca Facci [f]	6:45:02	584 Alex Nagy	DNF
510 Alex Dipple	6:45:16	585 Geoff Raymond	DNF
511 David Kelly	6:46:04	586 Tom Silk	DNF
512 John Atkinson	6:46:23	587 Colin Small	DNF
513 Sheryl MacRow-Cain [f]	6:47:17	588 Donna Small [f]	DNF
514 James Moody	6:47:19	589 Alexandra Suschinsky	DNF
515 Jurg Kunzle	6:48:13	590 Fiona Wain [f]	DNF
516 Michael Hulskamp	6:49:06		
517 Adrian Harris	6:49:22		
518 Manfred Fiedler	6:50:17		
519 Alan Robertson	6:50:17		
520 Stuart Crichton	6:50:30		
521 Ann O'Connor [f]	6:51:02		
522 Graham Jones	6:51:42		

WATER WORLD GREAT OCEAN RUN 45km

Red Rock to Coffs Harbour 23-03-2003

.RESULTS

MALE

1. Peter O'Sullivan	3.38.24
2. Michael Smart	3.38.56
3. Jim Bennington	3.42.00
4. Andi Aman	4.11.58
5. Bob Beer	4.17.11
6. Colin Williams	4.23.31
7. Hugh Dearnley	4.24.43
8. Peter Gardiner	4.26.26
9. Tony Kean	4.27.16
10. Richard Willis	4.27.28
11. Mal Draper	4.32.00
11. Bob Jones	4.32.00
13. Paul Chamberlain	4.33.26
14. Peter McKenzie	4.36.04
15. Joe Van Haren	4.41.28
16. Peter Wood (&Jive)	4.45.33
17. Chris Cohen	4.46.19
18. Chris Humphreys	4.56.58
19. Peter Moore	4.58.42
20. Steve Tesic	5.05.28
21. Peter Gray	5.14.36
22. David Casey	5.16.46
23. Geoff Kopittke	5.02.38
24. Bill Wollin	5.34.40

25. Ross Donald	6.13.09
26. Jolyon Ward	6.14.59
27. Reg Tilley	6.33.50
28. Tom Holbut	6.45.47
29. Kerry Preston	6.48.02
30. Alistair Ault	7.07.48
31. Dennis French	7.08.08

FEMALE

1. Martine Crockett	4.16.59
2. Robyn Williams	4.32.51
3. Angie Grattan	4.34.13
4. Carol Coburn	4.36.04
5. Anne Grundy	5.00.19
6. Aileene Markham	5.34.05
7. Marta Liboska	5.54.19
8. Kellie Moore	5.54.30
9. Diana Kever	6.16.45
10. Jenny Williams	7.17.06
10. Glenda Rivers	7.17.06
10. Mary-Jane Morris	7.17.06

Report by Steel Beveridge

It was Gold for the Gold Coast in this year's Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty. Former (2001) winner Peter O'Sullivan of the Gold Coast Runners made a triumphant re-appearance when he surged away from two other former Champions, race record-holder Jim Bennington and 1998 victor Michael Smart on the run home along Park Beach. The three had been keeping close company to that point with Bennington occasionally able to disconcert his rivals with a devil-may-care approach to descending the headlands along the 45 kilometres of coast-line. However youth prevailed on this occasion with O'Sullivan(43 years) breaking away and then Smart chasing him hard to the finish. The margin at the end was a mere 32 seconds with local legend Bennington reaching the Jetty 3 minutes later. The good news continued for the Gold Coasters with last year's runner-up in the women's race, Martine Crockett, taking the victory with an eleven minutes personal best to finish fifth overall. The youngest runner in the field at 30 years she was ecstatic with her run which gave her a comfortable buffer over more senior rivals, Robyn Williams and Angie Grattan. The minor place-getters had contrasting race backgrounds with Williams making her debut and Grattan a former winner who has never finished out of the placings. Both were equally happy with their times of 4.32.51 and 4.34.13. Indeed the story of the day was the ability of almost all the runners to capitalise on an early morning start and near ideal conditions for the duration of the event. Even those sporting battle scars gained from too much audacity on the headlands seemed jubilant. A number of locals posted first up finishes with triathlete Colin Williams leading the way in 6th, followed by Joe Van Haren (19th), David Casey (27th), over 60 competitors Ross Donald and Tom Holbut and Mary-Jane Morris. Morris finished with her two sisters in

an epic effort as her previous longest event was a 5 kms fun run. Perhaps the biggest celebration as she cruised past the Yacht Club was made by Morris's sister Glenda Rivers who had travelled from Sydney to join her siblings "at the beach". Regular local competitors turned in top efforts with Peter Wood and faithful companion Jive coming in well ahead of schedule as did Ironman representative Anne Grundy and the final member of 'Charmed' Jenni Williams.



A keen group of runners await the start in the early morning darkness



The three leaders at Emerald Beach mid way through the run

AURA MAROONDAH DAM TRAIL 50 km

23RD MARCH, 2003

		10 km Dom Dom 1	20 km Dom Dom 2	37.7 km Mt St Leonard	50 km Finish
1.	Kelvin MARSHALL	1:03:00	1:51:00	3:51:20	5:03:41
2	Ian DART	1:02:00	1:49:00	3:58:10	5:14:44
3	Andrew MADDIGAN	1:02:00	1:49:00	3:58:25	5:21:10
4	David STYLES	1:05:00	1:51:00	4:03:20	5:24:08
5	Michael WHIMPEY	1:08:00	2:00:00	4:11:36	5:40:55
6	Peter BIGNELL	1:04:00	1:57:00	4:20:00	5:53:51
=7	Andrew HEWAT	1:01:00	1:49:00	4:34:00	6:01:23
=7	Kevin CASSIDY	1:16:00	2:17:00	4:32:18	6:01:23
9	Julia THORN (1F)	1:17:00	2:17:00	4:38:20	6:09:04
=10	Dennis HOSKING	1:23:00	2:30:00	5:21:10	7:15:50
=10	Sonny PEARCE	1:23:00	2:30:00	5:21:10	7:15:50
=10	Sarah HUGHES (=2F)	1:23:00	2:30:00	5:21:10	7:15:50
=10	Srijana SHAKYA (=2F)	1:23:00	2:30:00	5:21:10	7:15:50
14	Kathy SYBEN (4F)	1:27:00	2:30:00	5:39:50	7:22:48
15	Ernie HARTLEY	1:20:00	2:29:00	5:39:00	7:29:42
16	John LINDSAY	1:27:00	2:31:00	5:46:30	7:33:06
	Graham IVES	1:28:00	2:34:00		DNF



Kelvin Marshall was all smiles after his resounding win

Race Director's report by Nigel Aylott

A strong field fronted up this year for the 9th running of the Maroondah Dam Trail run in again perfect weather conditions - cool, but fine. Mist in the tall trees resulted in some scenic vistas for much of the morning, but the sun came out strongly for the finish. This is probably Melbourne's toughest fun run with some steep undulating terrain and rocky underfoot in parts, but it is predominantly on trails through the mountain ash with numerous scenic views. 17 runners took part in the 50km run and 16 runners in the 30km run. Once again, Kelvin Marshall and Kevin Cassidy took part in the 50km race and thus have both completed all 9 events.

The 50km race winner was Kelvin Marshall taking out his first victory from the 9 starts in the strong time of 5:03:41. This was a little down from his previous best of 4:54, but considerably better than his last 2 year's times - helped partly by staying on course this year. Second and third places were taken out by first time runners: Ian Dart and Andrew Maddigan respectively.

Julia Thorn set the record books again this year winning the 50km run in the excellent time of 6:09:04 for 9th place overall. This was the first year since 2000 that any woman had attempted the 50km run and it was very pleasing to see four women start and all finish the run. Equal 2nd in the women were Sarah Hughes and Srijana Shakya in 7:15:50. They with several other runners were in training for the Melbourne Trailwalker 100km event to be held two weeks later in the same area.

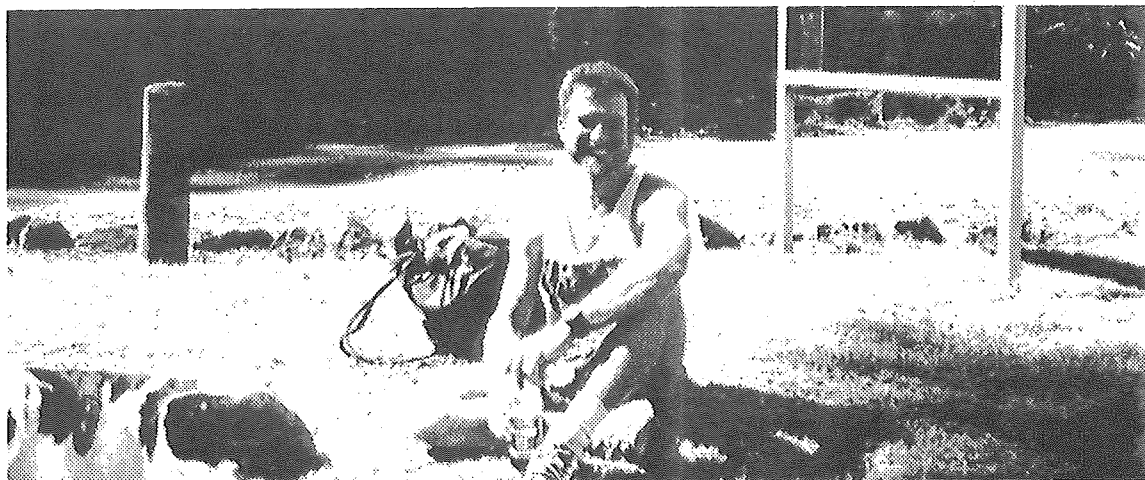
In the 30km race, Peter Mitchell and Mark Phillips ran strongly to finish equal first in 2:37:25, less than 7 minutes behind Peter's record time from two years ago. Peter and Mark were also in training for the Trailwalker. In third place, was first time runner Josh Street finishing in 2:49:12, and leading in the next 10 runners who all finished very closely.

The record books for the 30km womens were again reset this year with Karen Tainton posting the excellent time of 2:58:27 to come 6th overall. This was 28 minutes ahead of Julia Thorn's record time from last year and only 8 minutes slower than last year's 30km overall winner. Second placed woman was another excellent run of 3:12:22 by Jodie Street also beating the previous record and coming 13th overall.

Highly commendable also was Stan Miskin's effort to finish the 30km run and in so doing complete his 50km run from the year before. In 2002, Stan decided to stop at the 20km mark due to troubles with his footing on the rough tracks, and thus completing the 30km run this year meant that he effectively finished the 50km course in a time of 1 year, 6 days, 5:38:09.

Excellent woodturned prizes of clocks and potpourri bowls were once again provided by George Start. Many thanks to George for producing these prizes - the race must have some of the best trophies of any race in Melbourne. Anyone looking for a special gift of a wood carving should contact George on (03) 5962-5059. Thanks also to Runner's World for the magazines and free subscription provided as prizes.

Thanks to the helpers on the day who recorded times and manned the aid stations. They were: Robin Rishworth at Mt Monda Road and Greg Wilson at Mt St Leonard summit. Finally, next year's run will be held on Sunday 21st March 2004 - so put it in your diaries now



A happy David Styles relaxes at the finish

Report by Kevin Cassidy

At the completion of a long and tough day in the mountains that entailed running the Maroondah Dam Trail, I was contemplating the pros and cons of the pursuit and mindset of ultrarunning. I sat patiently in a pizza shop in Lilydale awaiting a large mushroom pizza that was slowly cooking its way to a semi edible condition. A pizza that I was hoping would induce some much needed life into my hungry self. The pizza, I can safely report was a disappointment. I doubt that this establishment wash their dishes once a week, if at all

I have never grown weary of the sight of the Yarra Ranges. No matter how many times I travel out there (and it has been countless times over the years) it still takes my breath away. The mountain peaks, the huge tree filled valleys and magic views turn me into a human vacuum. We are so fortunate in Melbourne to have all this only a 90 minute drive from the city centre.

The 9th running of the Maroondah Dam Trail 50km saw a record 17 entrants toe the line at the Fernshaw Picnic Ground. Regulars such as Kelvin Marshall, John Lindsay and Ernie Hartley were joined by many first time ultrarunners including "Runner's World" columnist, Julia Thorn. Graham Ives enthusiastically informed me, while tying his shoes, that the Cricket Final was on TV later that night. The principle value of the game of Cricket, I should add, is that it makes all other human activities seem exciting, even watching someone's hair grow.

Race director, Nigel Aylott, sent us on our way on what is an extremely tough 50km course [measured at 52.7km]. For the obvious reason that we were running at the same pace somewhere in the middle of the field, I linked up with Julia and we talked and ran for the first 20km or so. Julia writes entertaining and informative articles with her own unique flare and impressed me as a deep thinker of the sport of running with a keen interest in the psyche that lies behind the world of ultras.

The long climb up the Monda Trail is gruelling at best and as the mist lifted above the trees it afforded views of the entire valley all the way to Marysville and Lake Mountain. I have trained alone many times on this trail in years gone by, in the cold winter snow and the encompassing darkness of the small hours of the morning and each visit to this area has its own unique feel. Sadly, the serene atmosphere was shattered midway along the Monda Trail by what sounded like a thousand chainsaws!Yes, trail bike riders were out in the forest and ripping up and down the slopes sending dirt and mud spraying in all directions. This reminded me of a small community of people I met in Central Australia last year who were so backward that they could not count to three. They had a counting system that went one, two.....hmmmm, lots more. Trail bike riders may have a different dress sense, but the level of mentality is probably an even par.

At the 37km mark, the summit of Mount Saint Leonard signals a long bone jarring descent to the finish. I had linked up with Andrew Hewatt at this stage and, although I'm sure he was capable of going faster, we finished together to the applause of the small crowd of spectators and the 6 runners who finished ahead of us. The chirpy disposition of Kelvin Marshall was understandable after he recorded his first win from 9 consecutive appearances at this event. Stan Miskin was sitting comfortably and nursing several wounds from two falls on the trail. Stan looked as if he had gone three rounds with a five legged snow leopard!

Julia Thorn took out the women's trophy in her first ultra, with the rest of the field arriving at indiscriminate intervals over the next 90 minutes. This included four youngsters training for the upcoming inaugural Melbourne Trailwalker. The final 200 metres of the course is well hidden behind thick bush which results in runners arriving without warning, this can happen faster than Kim Beasley's fall from the political spectrum.

It was the drive back to Melbourne that took in the earlier mentioned visit to a Lilydale Pizza establishment. While waiting for my barely edible pizza, I was seriously doubting the sanity of our sport when my doubts were put to rest by selecting a "Woman's Day" magazine from the shops magazine rack. The contents of this magazine said a lot about the intelligence level of its readership. Inane trumped up articles about the Royal Family, Rich and Famous show-offs and a variety of those ridiculous "before and after" weight loss ads...."I lost 95 pounds in 2 days" was the caption under a sad looking photo of a woman who looked like a shipping hazard.. Just when I thought I had had enough of a magazine that would make imbeciles weep, the final two pages really caught my eye. In the space of two pages, I counted no less than 22 individual ads for Psychics. Each had a 1 800 number at 5 dollars a minute. There was the oddly named Athena Starwoman, Zola the Godwoman and Eric the "Internationally acclaimed" palm reader etc etc. Each ad was done out in light pink or purple with an airbrushed photo of someone boasting a mysteriously odd facial expression. "We will read your mind" one ad exclaimed, another even offered the first two minutes free.... An opportunity not to be missed.....Undoubtedly, we humans are strange creatures.

Maroondah Dam 50km – My first ultra

By Julia Thorn

In a past life I was a bike rider. Long distance stuff – the length of Britain, across America, across Australia, that sort of thing. So when I turned to running it was no great surprise to those in the know that fairly soon the marathon bug bit. And after that it was no surprise, to me at least, that I became anxious to complete an ultra.

I committed myself to the Maroondah Dam Trail 50km in March 2003, having done the 30km event last year. (The 50km course incorporates the 30km course.) When I finished the 30km I was well and truly wiped, so I knew what I would be in for this year. The route of the shorter event is basically a long climb from Dom Dom Saddle to the summit of Mount St Leonard, followed by a long descent, and a few flat kilometres thrown in at the end for good measure. The long event starts from a lower point, climbs to Dom Dom Saddle, circles it and then does the Mount St Leonard thing.

So one piece of training you must not skimp on is hills. Last year I hadn't done many hills and I certainly paid the price. I climbed the early hills far too fast and ended up walking the flat part at the end, which was quite demoralising at the time. I even contemplated walking some of the downhills, which would have been ridiculous. This year I was more attentive to that side of my preparation. Hills are hard to find in the bayside suburb of Melbourne where I live. However a long weekend at Bright (Bright Alpine Climb) helped get me on the right track.

The Yarra Ranges, surrounding the Maroondah Dam, are known for their stands of mountain ash and, to runners, for their steep trails. It isn't for wimps out here. But it is a fantastic part of the Melbourne hinterland only half an hour from the edge of the metro area. I can never get over how tall and straight the trees are. I guess most visitors come out this way for the wineries or continue on to see the waterfalls at Marysville, so the trails aren't too busy.

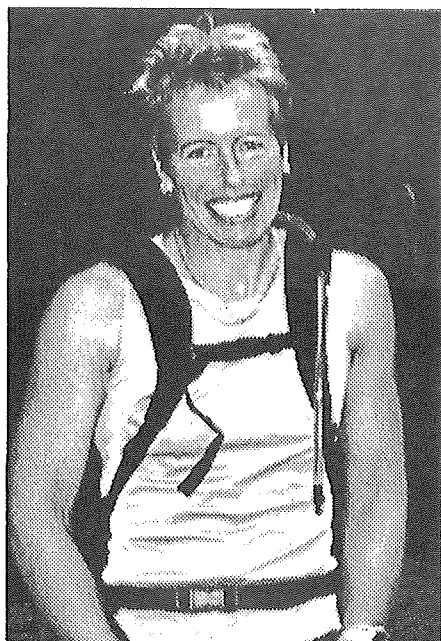
The weather has traditionally been unpredictable for this event – very hot, very wet or very cold. This year it was perfect for running. Mist was hovering on the hilltops until mid-morning when it burnt off to reveal a lovely blue sky. So the day started out pleasantly cool and gradually became pleasantly warm. As the mist cleared the surrounding bush-clad peaks came into view and it was a glorious sight.

After the first six kilometres of goat track the trails are wide and in good condition, so it's quite possible to enjoy the views while running, and listen out for wildlife. No kangaroos, wombats or snakes this year, but plenty of parrots and cockatoos (white and black). And some noisy trail-bike riders. That's not to say that you can completely ignore what's going on underfoot: there's ample fallen bark and twigs to trip up the unwary. I fell headlong once, but no bones were broken and there wasn't even that much blood.

It's such a good feeling to be able to do a long run like this totally in the bush. Trail running is definitely easier on the body than road running, and I think I can attribute my reasonably rapid recovery from the race to having run on a cushioned surface. Either that or I didn't run hard enough.

Well, it took me six hours and nine minutes to complete the course that Nigel Aylott had set us. Seventeen of us took the challenge of the 50km, taking between five and seven hours. I think I enjoyed most of it. Reaching the top of Mount St Leonard was an important moment for me, because I knew if I could get up there I could get down the other side. I could roll down. I just don't understand why the dam wall, which you cross right at the end of the race, had suddenly grown to be two kilometres long when it used to take about a minute to cross. I couldn't understand why the downhill were so slow. But life can go pear-shaped during a hard race.

I arrived at the finish line just as the prize giving was in progress, so I was able to immediately receive my prize as first female over the line. I had no time to shower or adjust my make up, but at least I could make it to the podium; any longer delay and I might have sat down, never to rise again. Now, I am not used to being first at anything, so this was a real thrill, but to be fair I should put my success down to most women having more sense than to spend their Sunday in a serious sweat on a misty mountain. Running may help us to think clearly, but I'm not sure it helps us think clearly before we leave home!



Julia Thorn [above] had a nervous smile prior to the start of the Maroondah Dam Trail Race but she replaced it with a huge smile of contentment at the finish of her first ultra. Julia took out the Women's prize with an excellent time of 6:09:04



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AURA DAM TRAIL 50 KM report by Andrew Hewat

What was I thinking? Definitely not rational thoughts. Delusions of grandeur, maybe. Here I was, less than 10km into the AURA Dam Trail 50km race and I was so far in front that I couldn't see anyone behind me. I actually slowed down to make sure I hadn't missed a turn. This is not good, I said to myself. Definitely not good. I repeated this mantra to myself many times over the next 6 hours and again the following day when my legs were so sore that stairs were avoided!

This was not what I had planned for my Sunday morning. I had done little serious training (a very relative term I might add) for the Dam Trail 50. This was going to serve as a training run in the lead up to the Prom 100 late in April. I forgot two important ingredients: this was to be a training run and this is a tough course. Don't let the rolling green hills of the Yarra Valley lull you into a false sense of security. This is a hard run.

So how did I end up out in front, against all better judgement. After an early start for the 2½ hour drive from Geelong we arrived at the quaint little picnic area of Fernshaw Reserve, fresh and ready to go. When race director, Nigel Aylott sent us off at 8:00 the field quickly pared down to single file for the narrow track. I was comfortably mid-pack. A couple of fallen trees across the trail sent everyone scattering and I re-emerged near the front, in third place. Fine, early days, I will back off when we start to climb. The guy in front of me had his cap knocked off by a branch and I scooped it up. But he stopped and I went past him, handing off the cap. Hmm, second place. I followed Kelvin Marshall for a while until I pointed out to him his shoelace was undone. (It really was!) And there I was, out in front.

I felt a certain obligation not to get in the way so kept the pace up. We climbed and climbed and I gradually pulled ahead. Hmmm. I crested the rise and wound up for the downhill, letting gravity do its work. Another climb and another steep downhill and I was further in front. Hmmm.

So I lead through the first checkpoint at Dom Dom Saddle, 10km. As Nigel jogged alongside me to show me onto the next loop of the course I questioned the validity and sense of my situation. I still felt good so ran on steadily. The next 10km loop follows the contour line around Mt Dom Dom on a muddy 4-wheel drive track. The going is good with patches of tall mountain ash punctuated by unsightly clearfelling. As the track wound back through the forest towards Dom Dom Saddle again and the 20km checkpoint I realised the folly of my ways and slowly sank to a crawl as runners moved up behind me.

I entered the checkpoint with Ian Dart (eventual second place) and Andrew Maddigan (eventual third place).

Shortly after crossing the highway Kelvin (eventual winner) cruised on past me as well, looking very measured and in control. Here the course follows the Monda road, a four wheel drive track, occasionally detouring across clearings in the forest with some steep ascents. The mist was lifting and the trees were steaming, creating a mystical aura. You half expected some characters from Middle Earth to pop out. The humidity was rising as my momentum waned. I watched the backs of Kelvin, Ian and Andrew disappear.

From Dom Dom Saddle to the next checkpoint is a long undulating track with no aid station. While the scenery is spectacular and serves as a good distraction, I kept trying to recall where and how many significant climbs were left. To add to my malaise out here on my own, other runners passed me at regular intervals. Eventually Kevin Cassidy came up alongside me and after running together for a while he pulled away on the approach to Mt St Leonard.

What a welcome site the aid station was at the base of the climb. I must have looked fairly ordinary. I sure felt it. The track up to the summit is steep and deceptively long. Half way up I could see Julia Thorn closing in behind me. Kevin was still slogging on above me. By the time I reached the top I had regained some composure and took off down the steep rocky track. I caught Kevin, and ran with him down, down, down the quad busting descent. I knew both Kevin and Kelvin were competing in their 9th consecutive Dam Trail race and we talked of their curse in maintaining the streak. I felt somewhat inadequate running with Kevin in what was also his 99th ultra!

As we approached Marondah Dam the daytrippers and picnickers became more abundant. The weather was simply sublime, the setting inspiring. This is truly an underrated run! Fantastic scenery, big hills, technical plus open trails, it has it all. There was no motivation for us to attempt to finish in less than 6 hours. With no PRs on the line we were content to jog in together finishing in a pinch over 6 hours. I have to tell you that the last 2km from Donnelly's Weir are more like 5km!

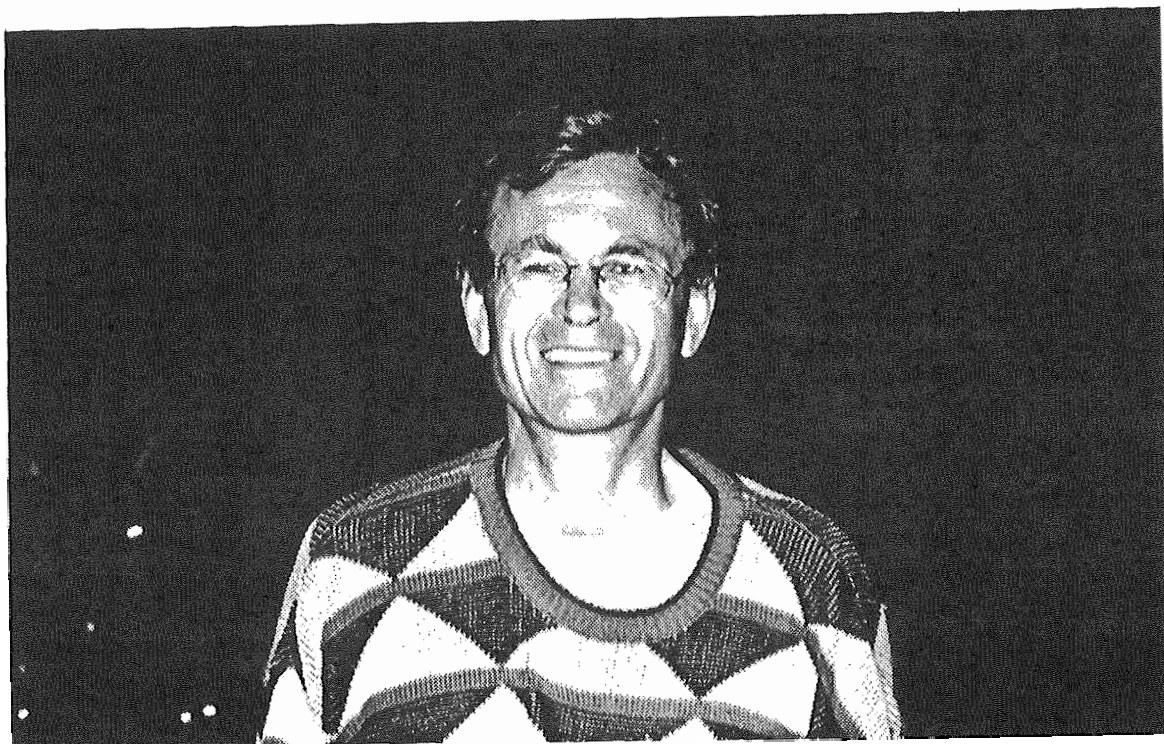
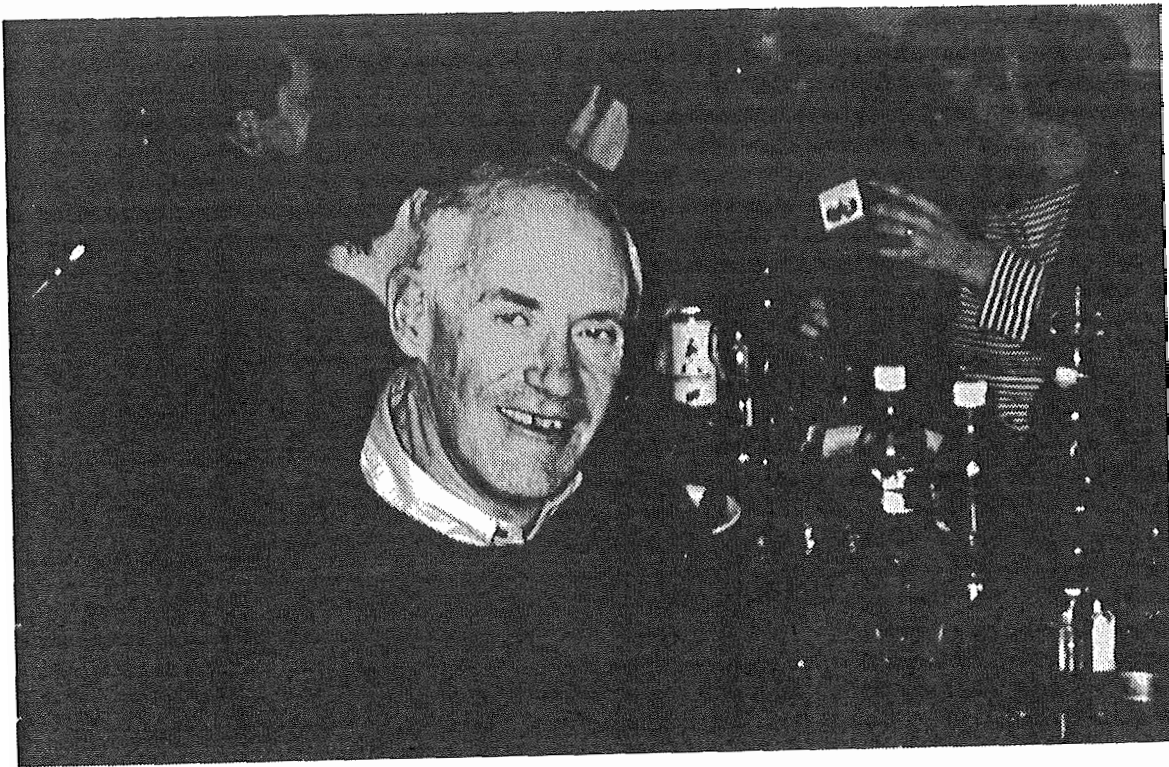
As we arrived Nigel was making the presentations to the placegetters. The spectacular sculpted clocks make this run even more attractive. Considering the proximity to the Melbourne Trailwalker, held over parts of the same course, this run has the potential to grow significantly. The question is can Kevin and Kelvin continue their streaks and be back next year for the 10th anniversary?

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Mount Mee Classic 50km

Sunday 30th March 2003, Mt Mee, QLD.

	25km	50km		25km	50km
1. Adrian Pearce	2:05:00	4:25:08	7. Debbie Woodhead [F]	2:50:46	5:53:04
2. Mark Parsonson	2:06:02	4:38:03	8. Don Blair	2:52:26	5:58:43
3. Stuart Wagner	2:11:20	5:12:53	9. Kerrie Hall [F]	3:38:00	7:53:56
4. David Mee	2:38:00	5:37:35	Ian Javes	2:51:00	DNF
5. Callum Dean	2:30:20	5:46:16	Geoffrey Kopittke	3:04:00	DNF
6. Nathan Shoemark	2:49:19	5:53:03	Glenys Sylvester [F]	3:02:49	DNF



Brian Delaney [top] and Michael Whippey were two long time athletes who took on their first Ultra's by tackling the inaugural Melbourne Trailwalker

Oxfam Trailwalker Melbourne

4th, 5th, 6th April 2003

Oxfam Trailwalker Melbourne is an endurance event in which teams of four take on the challenge to finish a 100 km trail within 48 hours. The course starts at the base of the Dandenong Ranges in Ferny Creek and makes its way to Marysville via the Dandenong Ranges National Park, Warburton Trail, Yarra Ranges National Park and the Marysville State Forest.

Report by Kelvin Marshall

Melbourne turned on perfect weather (well possibly not for us people who really can't handle the cold - personally I was absolutely freezing at the top of Donna Buang just before nightfall, with a skivvy, tshirt, fleece coat, beanie and gloves !! for our first ever Trailwalker event from Ferny Creek in the Dandenongs to Marysville (end of day one back in the JLV Challenge days). Again the Gurkhas made us all look very average with a winning time of something around 11 Hours (I was told their time when my team finished but really was the last thing on my mind - just wanted to lie down !!). Melbourne team of Richard Rossiter, Mark Phillips, Damon Goerke and someone else whose name totally escapes me was second in 13:04, and my team "The Club" finished incomplete third in 13:14, myself, Andrew Cooksley and Brett Anderson having unfortunately lost Hugh Flower at only 31 K's to a knee injury. No one else had come in by the time we left around an hour later but off hand the Traralgon Harriers team were not far away (also incomplete with Rob Embleton dropping out). Very nice course, though personally found the Warburton Rail Track a little too flat to run for 30 odd K's as a team, great organisation by all concerned.

Team Name	Time		
1 Gurkha Signals	11hrs : 27 min *	51 Kewl Walkin	25hrs : 39 min
2 The Groin Sprains	13hrs : 02 min *	52 Alpha Omega	25hrs : 54 min *
3 The Club	13hrs : 14 min	53 Tony's Angels	26hrs : 10 min *
4 BEST Boys Eureka Athletics Club	14hrs : 33 min *	54 The Norfolk and Good Team	26hrs : 12 min
5 Trailer Park Girls Traralgon Harriers	15hrs : 41 min	55 The Angry Dragons	26hrs : 47 min
6 Valley Vets Diamond Valley Athletics	15hrs : 59 min	56 Team Mountain Goat	26hrs : 53 min
7 Knox Road Runners #3	16hrs : 21 min	57 Urban Sherpas	27hrs : 07 min
8 Lonely Planet	17hrs : 02 min *	58 Boronia Heights College	27hrs : 10 min
9 YK Crew	19hrs : 11 min	59 Samen	27hrs : 15 min *
10 Pigs Can Fly Victoria Police	19hrs : 23 min *	60 Dads and Daughters	27hrs : 16 min *
11 The Wet Weather Specialists	20hrs : 25 min	61 Trailing Walkers	27hrs : 23 min
12 Rumble in the Jungle	20hrs : 26 min *	62 Jacko's Moonwalkers Phillips Fox	27hrs : 35 min
13 Y Not	20hrs : 34 min *	63 Knights Four	27hrs : 38 min
14 Mars Challengers -	20hrs : 46 min *	64 Why	27hrs : 46 min *
15 Knox Road Runners #1	20hrs : 49 min	65 Quixotic	27hrs : 51 min *
16 Corffit	21hrs : 03 min *	66 Nekon Pty Ltd	27hrs : 59 min *
17 Ventus Pinnacle Personal Fitness	21hrs : 07 min *	67 Q-Tars	28hrs : 01 min
18 Polair 2 Victoria Police	21hrs : 18 min *	68 Celebrations Mars	28hrs : 05 min *
19 Run For Your Life	21hrs : 26 min *	69 Doing Donna	28hrs : 18 min *
20 Yarra Ranges Gurkhins	21hrs : 31 min *	70 Donna's Rangers	28hrs : 24 min
21 Going South 2003	22hrs : 21 min *	71 Walkandrunabit Accenture	28hrs : 25 min
22 SA River Rats	22hrs : 28 min *	72 The Royal Gherkins	28hrs : 32 min
23 Bay Lions	22hrs : 45 min	73 Jimbos & Bimbos	28hrs : 38 min *
24 Team DWAC	22hrs : 56 min *	74 Phyzzie Femmes	28hrs : 39 min *
25 Knox Road Runners #4	22hrs : 58 min *	75 Walking Kane	28hrs : 42 min
26 River Runners	23hrs : 05 min *	76 Dash for Cash	28hrs : 45 min
27 Team Connex Express	23hrs : 09 min	77 No Eye Deer	28hrs : 48 min *
28 3 Tortoises & a Hair	23hrs : 09 min	78 The Blue Boys Victoria Police	28hrs : 50 min
29 Yarraville Trailburners	23hrs : 18 min *	79 Live Footage	28hrs : 52 min *
30 The Silverbacks	23hrs : 39 min *	80 We're Excited	28hrs : 53 min
31 The Hunters Glenhantly Athletics Club	23hrs : 50 min	81 The Filthy Turnip Chucking Swedes	28hrs : 54 min *
32 8 dutchies	23hrs : 50 min *	82 CommSec Crawlers	28hrs : 55 min
33 Invetech Invetech P/L	23hrs : 50 min	83 Mad Maxwells	28hrs : 59 min *
34 RTS Mariners Rio Tinto Shipping	23hrs : 52 min	84 Sled	29hrs : 05 min *
35 Team 32	23hrs : 55 min *	85 Veteran Triathletes	29hrs : 12 min *
36 S.O.B.O.E. St V's St Vincent's	24hrs : 03 min *	86 McLaren Claims Management	29hrs : 13 min *
37 Aussie Postal Australia Post	24hrs : 12 min	87 Team Spartan	29hrs : 17 min
38 Coyotes Knox Road Runners	24hrs : 32 min	88 Tri Nations	29hrs : 17 min
39 Melbourne Fire Brigade Running Club	24hrs : 33 min *	89 Team Amoeba	29hrs : 18 min *
40 The Mozzies	24hrs : 35 min *	90 UBS Sherpas UBS Warburg	29hrs : 28 min *
41 Vertigo	24hrs : 48 min	91 Team Kane - Pty Ltd	29hrs : 29 min *
42 The Lost Boys	24hrs : 49 min	92 Equilibrium Health & Fitness	29hrs : 30 min
43 RMIT Rangers	25hrs : 00 min *	93 The Gurkhins	29hrs : 37 min *
44 Mullets	25hrs : 05 min *	94 Don't Panic	29hrs : 38 min
45 Fox Trotters Phillips Fox	25hrs : 09 min *	95 The Four Fossils Teamfit	29hrs : 40 min
46 Party of Four	25hrs : 14 min *	96 City of Albury Pioneers	29hrs : 46 min
47 Herbert Geer & Rundle 2	25hrs : 23 min *	97 Which Bank? CBA -	29hrs : 50 min
48 Aussie Bodies	25hrs : 29 min *	98 Fourté 8	29hrs : 51 min
49 First Trailwalkers	25hrs : 31 min	99 Jackaroos Holden Ltd	29hrs : 52 min *
50 HSBC	25hrs : 32 min	100 RMIT Training	29hrs : 57 min

101 Polair 1 Victoria Police Air Wing	30hrs : 24 min	176 West Meets East	34hrs : 36 min *
102 Team ABL Arnold Bloch Leibler	30hrs : 31 min	177 The Argonauts	34hrs : 38 min
103 National Australia Bank	30hrs : 35 min	178 The Shufflers	34hrs : 42 min *
104 The Sole Sisters	30hrs : 36 min	179 Four On The Floor Esanda	34hrs : 43 min *
105 Elmtree-Ergosh	30hrs : 41 min *	180 Hard Earned Thirst Esanda	34hrs : 45 min *
106 Uncle	30hrs : 47 min *	181 Euthymics Box Hill Hospital	34hrs : 57 min
107 Group Velocity	30hrs : 48 min	182 Catt Man Do Box Hill Hospital -	34hrs : 58 min
108 Samsara	30hrs : 53 min *	183 United We Walk	34hrs : 59 min *
109 Speed Monkeys Citywide	30hrs : 59 min *	184 The Journeypersons	35hrs : 02 min
110 The 1 Programme	31hrs : 01 min *	185 Search & Rescue	35hrs : 03 min
111 IOOK Rash	31hrs : 03 min *	186 Carnage 1440	35hrs : 04 min *
112 Telstra Tigers Telstra	31hrs : 04 min	187 Are We There Yet?	35hrs : 09 min
113 Telstra Toos Telstra	31hrs : 05 min	188 No Bens At End	35hrs : 10 min
114 Madhatters	31hrs : 20 min *	189 The Happy Campers	35hrs : 12 min *
115 Casey's Sunshine Band	31hrs : 27 min *	190 The Apathetics	35hrs : 31 min *
116 Coalition of the Walking	31hrs : 29 min *	191 50 Year Storm	35hrs : 46 min *
117 The Deloitte Squirrels	31hrs : 31 min	192 Bull-Dadash Merrill Lynch	36hrs : 00 min
118 Misled	31hrs : 41 min *	193 No Bull Merrill Lynch	36hrs : 01 min *
119 Posta Boys Australia Post	31hrs : 48 min *	194 Highland Heifers Merrill Lynch	36hrs : 02 min
120 4 King Walkers	31hrs : 54 min	195 Walkie Talkies	36hrs : 03 min *
121 Nads Boston Consulting Group	31hrs : 58 min	196 Coodabeen Gurkhas	36hrs : 13 min
122 Team Working Dog	32hrs : 00 min *	197 RMH Emergency Department #2	36hrs : 15 min
123 RMH Emergency Department #1	32hrs : 01 min	198 April Fools	36hrs : 17 min *
124 Black Ice	32hrs : 04 min	199 EddyBoo	36hrs : 26 min
125 Indian File	32hrs : 06 min *	200 Yowies Oxfam	36hrs : 27 min
126 Gene Mover Team A	32hrs : 10 min *	201 Kev's Team	36hrs : 27 min *
127 Gene Mover Team B	32hrs : 12 min	202 Ketamine Crusaders	36hrs : 28 min *
128 The 4 Stooges United Energy	32hrs : 12 min *	203 Macca's Chaffed Nackers	36hrs : 35 min *
129 Skanky Mullets	32hrs : 22 min	204 Get Smart	36hrs : 36 min *
130 Equilibrium Madmen 2	32hrs : 25 min	205 Corporate Edge	36hrs : 53 min *
131 Multiplex Southern Cross	32hrs : 29 min *	206 The Fox & Hounds	36hrs : 58 min *
132 KT26s	32hrs : 29 min *	207 Team Coke Coca-Cola	36hrs : 59 min
133 Akoonah	32hrs : 30 min *	208 Onward Ever Onward	37hrs : 00 min
134 The Xanthorrs City of Whittlesea	32hrs : 32 min *	209 Wild Rhinos	37hrs : 00 min
135 PriceWalkers	32hrs : 33 min *	210 Whose Idea Was This?	37hrs : 01 min
136 Breathlessly Foxy Ladies	32hrs : 34 min	211 Delusions of Grandeur	37hrs : 11 min
137 W.A.L.K	32hrs : 35 min *	212 Sock Rockers	37hrs : 16 min *
138 Shields Lawyers	32hrs : 37 min *	213 Hardenbergias	37hrs : 20 min *
139 Walking 101	32hrs : 39 min *	214 Trex KPMG	37hrs : 30 min *
140 Kili Krazies	32hrs : 45 min	215 Holden Together Holden Ltd	37hrs : 38 min *
141 Peglegs Deloitte Touche Tohmatsu	32hrs : 48 min *	216 The Nitro Numbats	37hrs : 39 min
142 Ghan Girls & Glen	32hrs : 48 min *	217 The Max Walkers	37hrs : 48 min *
143 Half Past One	32hrs : 49 min	218 EPA EPA	37hrs : 52 min *
144 Beam Us Up Scotty	32hrs : 54 min	219 Plough	37hrs : 54 min
145 The Beasts	32hrs : 57 min *	220 Pathfinders	38hrs : 08 min *
146 National Australia Bank	32hrs : 58 min	221 Nothofagus Ramblers	38hrs : 12 min *
147 Freehills -	32hrs : 58 min	222 Oxymerons	38hrs : 25 min *
148 The Skanks	33hrs : 03 min	223 The Toyota Blisterers	38hrs : 27 min
149 Ernst & Young	33hrs : 03 min *	224 There At The End	38hrs : 28 min
150 Equilibrium Madmen	33hrs : 05 min	225 The Tatnell Trekkers	38hrs : 36 min *
151 Beer, Chips & Chics	33hrs : 06 min	226 The Proclaimers	38hrs : 55 min *
152 Vamos	33hrs : 10 min *	227 Sleep Walkers	38hrs : 56 min *
153 Mountain Mummas	33hrs : 18 min *	228 Trail Dawdlers	39hrs : 00 min
154 Mixed Vegetables	33hrs : 20 min *	229 Trailer Trash	39hrs : 01 min
155 Lakeside Extreme Hashing	33hrs : 26 min *	230 Team Boscastle	39hrs : 31 min
156 Up 4 The Challenge	33hrs : 27 min *	231 Doncaster SES	39hrs : 32 min
157 OHSE Monash	33hrs : 30 min	232 ANZUK 134	39hrs : 34 min
158 Herbert Geer & Rundle	33hrs : 33 min	233 The Hottest 100	39hrs : 35 min
159 Toll Trailers Toll Holdings	33hrs : 34 min *	234 Trojan Cow	39hrs : 38 min
160 The Bulldozers	33hrs : 39 min	235 FamOx Four	39hrs : 39 min
161 Four-ist (as in Gums)	33hrs : 40 min	236 The Hoop Snakes	39hrs : 39 min
162 Mountain Goats	33hrs : 41 min *	237 Slippery When Wet	39hrs : 46 min *
163 Spirit 2	33hrs : 46 min	238 (WWH) Whole World of Hurt	39hrs : 56 min
164 Spirit 1	33hrs : 47 min	239 Mr Men	40hrs : 26 min *
165 Butts of Steel	33hrs : 48 min *	240 Team Motion Telstra	41hrs : 23 min
166 The Trojans	33hrs : 48 min	241 Janeway 1	41hrs : 30 min
167 Four on a Frolic	33hrs : 50 min	242 Janeway 2	41hrs : 31 min *
168 WISK	33hrs : 57 min *	243 Climb Every Mountain	41hrs : 33 min
169 Blister Factor	34hrs : 01 min *	244 HSBC	41hrs : 57 min
170 The Friends of Larry Dooley	34hrs : 06 min	245 Fosma Flatlanders	42hrs : 45 min *
171 UPWEY Tigers	34hrs : 11 min *	246 The Salt Licks	44hrs : 13 min *
172 You Can't Do That!	34hrs : 14 min	247 Kalihuju Voodoo Holden Ltd	44hrs : 21 min
173 UniMelb	34hrs : 22 min	248 bistAARs	44hrs : 23 min *
174 Brothers Grim & Old Father Time	34hrs : 25 min	249 The Puffing Filly's Esanda	44hrs : 26 min
175 Day & Night We Are The One	34hrs : 28 min *		

31ST ANNUAL FRANKSTON TO PORTSEA 55KM ROAD RUN

Sunday April 6th 2003 Melbourne, Australia

RESULTS

=1. Mal Grimmett	4:43:05
=1. Mike Wheatley	4:43:05
3. Robert McConnochie	5:18:14
4. David Spencer	5:19:12
5. Kevin Cassidy	5:36:27
6. Peter Gray	6:35:57
7. Geoff Hook	6:37:10
8. Greg Wishart	7:16:41
9. Kristian Bardsley	7:29:02



The deserted early morning streets of Frankston saw nine runners toe the start line

Report by Kevin Cassidy

It was 5.30 am and quite cold when I was rudely awoken by the alarm. Gathering in the early morning atmosphere at Frankston's Davey Street corner, the incomparable Max Gibbs made an appearance and announced that he was unable to run due to his presence being required at his sister's wedding a little later in the day. As Max has a habit of paying his five dollar entry fee in as many small coins as possible, I was spared the agony of yet another envelope full of two cent pieces!

Local resident, Peter Armistead, fresh from his excellent third position at last November's Colac Six Day Race, was our "guest starter" and his mumbled utterance of the word "GO" saw nine of us hit the road in anticipation of a warm sweaty day with 24 degrees and sunny skies the forecast. I was in the fortunate position of being able to run thanks to Sandra Stewart taking on the "highly responsible" role of Race Director. This job entailed collecting names and money at the start, buying the traditional finishers blocks of chocolate and winners wine from the local Safeway store, then recording times at the finish. The job was handled with an efficiency more dazzling than a hydraulic garbage compactor. Sandra also managed to keep several runners well watered as she roared up and down the Nepean Highway at a speed that would have made Michael Schumacher look like a Volvo driver with a large wide brimmed hat. I'm sure I saw her distinctive bright red Toyota rounding the bends on two wheels on more than one occasion.

The Frankston to Portsea course never seems to produce fast times. In my 14 year association with this event, I have come to the mind numbing conclusion that the constant undulations in the first half, although not difficult in the early stages, finally take their toll as the kilometres click bye.

Mike Wheatley and Mal Grimmett pulled away from the rest of the field and stayed together all the way to Portsea. With given names of Mike and Mal, they were soon dubbed the "Leyland Brothers"they didn't quite "travel all over the countryside", but they sure did travel all they way down the Mornington Peninsula at a much more swift speed than

the rest of us. A tie for first place meant sharing the traditional bottle of wine. Mike claimed that as Mal was a non drinker, he would be happy to consume the contents and let Mal have the empty bottle!

This course dishes up a bit of everything and at around 18km, the thump, thump, thump of that horrible repetitive noise that teenagers loosely call music was echoing across the paddocks from an old, run down looking abode with a huge sign displaying the words "Santa's Tree Farm". Santa had obviously gone to the North Pole for the day and left three punk like kids alone to terrorise the local area. Running past the Dromana Sunday Market provided the interesting spectacle of highly frenzied individuals obsessed with searching for that imaginary sense of inner satisfaction that can only be achieved by thinking that they have scored a bargain. The sight of these people doing such a thing voluntarily is one I will not forget for a long time.

The journey continued through the bayside towns all the way to the bottom of the Peninsula. Rob McConnochie held off David Spencer in a sprint finish for third place. Rob's presence maintained the South African flavour that has permeated this run over the last four years, he even had a crew of expatriates at the finish cheering him on. Geoff Hook and Peter Gray also provided a close finish with barely a minute between them. Geoff, wearing long red socks and a fluorescent yellow t-shirt looked as if he was on his way to the annual "Worst Dressed Awards", in fact, if he had managed to climb up a tree, he would have looked like an overgrown rosella.

One by one, runners slowly arrived at the finish line at the gates of the old Portsea Army Camp to be met by Ross Shilston. Ross was one of the inaugural runners of this course back in 1973. These days, Ross occupies his weekends as a keen fan of both rugby league and fine arts. A diverse combination to say the least

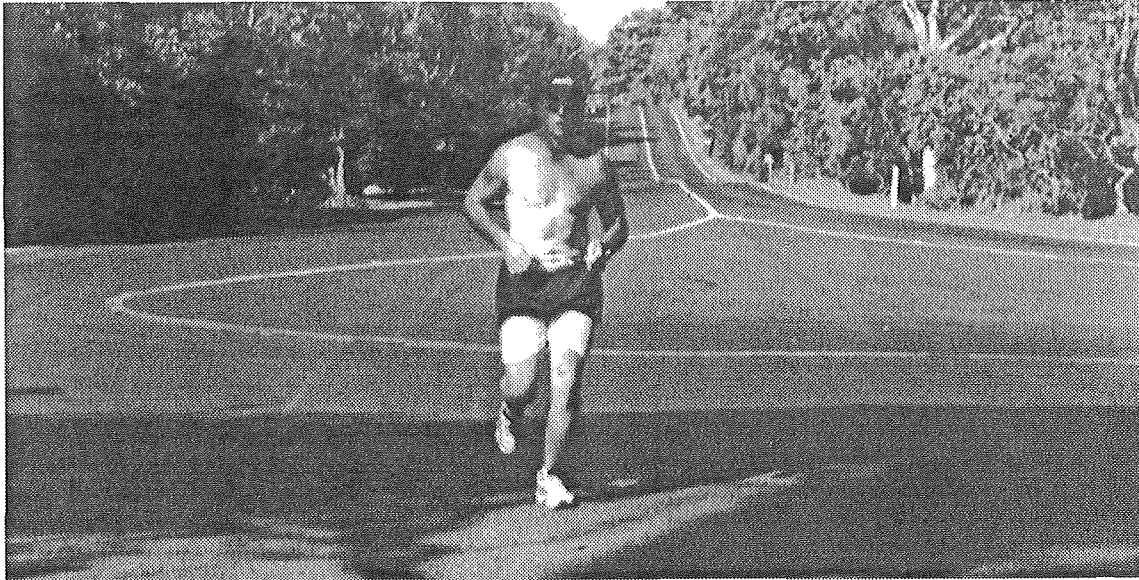
At the rear of the field, but not giving in, was Kristian Bardsley. If that name sounds familiar to you, then you are obviously a fan of the Australian Football League. Kristian played 60 games with Saint Kilda during the 90's and has the distinction of having been knocked unconscious by the legendary Gary Ablett. A friend of David Spencer's, Kristian had managed a "couple of 20km runs" as preparation. With little other distance running experience, he slugged it out to the finish alongside the biggest group of supporters I have ever seen. I think Kristian had brought along every living relative he could find and all their neighbours as well. They pulled out blankets and baskets of food at the finish and soon had a set up that strongly resembled the Teddy Bear's Picnic.

As is the tradition, all finishers received their blocks of chocolate and the more recently introduced "commemorative mirror". It was the purchase of these mirrors that provided me with an incident I shall never forget. I have to admit to being a cheapskate by visiting the "\$2 Shop" during the previous week to stock up on mirrors. I don't mean any disrespect to this particular chain of stores but they do seem to attract a certain breed of customers. There I was standing in the check out queue with my arms laden with mirrors while a pimply faced teenager who had obviously invested heavily in a large container of hair gel, took forever to change the roll of paper in the cash register. Standing in front of me in the queue was a flannelette and moccasin clad woman with at least six hyperactive kids pulling on her legs and grizzling loudly. Finally she lost all patience and let fly at her brood, belting them over their heads and screaming for all to hear .. "IF YOU'SE LOT DON'T BEHAVE, THEN NONE OF YOU'SE AINT BE COMMUN' BACK 'ERE NO MORE". This was an assault on the English language that matched the one she was inflicting on her unfortunate little tykes. The check out attendant stepped back in fright while I dived behind the counter, fearful that my head may be the next in line to make contact with her furious thrashing. When things had finally calmed down, I gave this irksome lot a fleeting glance and hastened my departure.



Mal Grimmatt and Mike Wheatley were happy joint winners

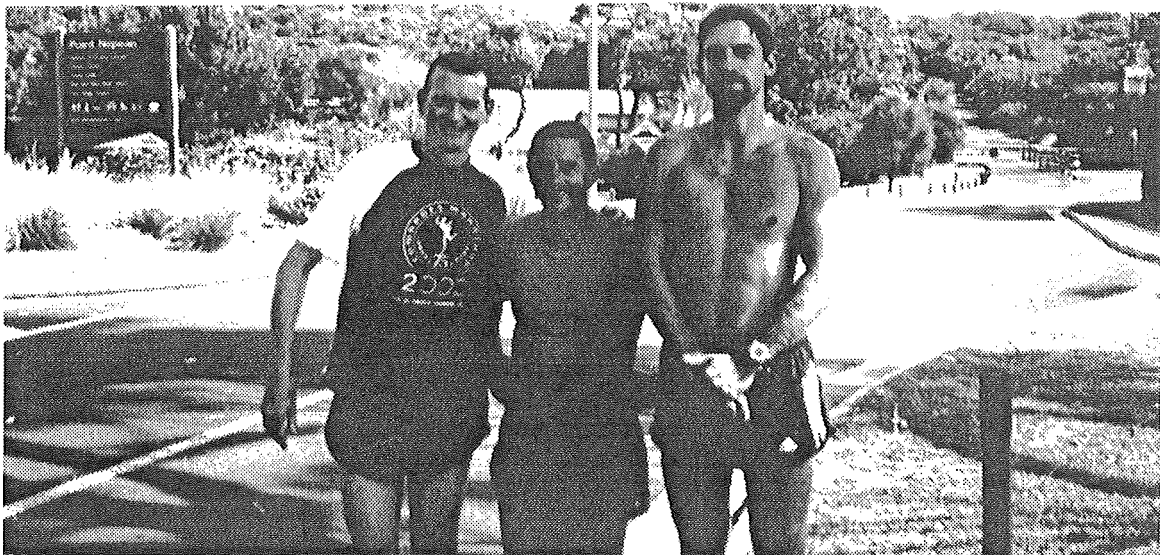
Frankston to Portsea photos



Ex A.F.L. Football Player, Kristian Bardsley, charges across the finish line



Kristian Bardsley and David Spencer had the worlds biggest fan club to meet them at the finish



Three content finishers, Rob McConnochie, Kevin Cassidy and David Spencer...[No, David is not a giant, he just happened to be standing on top of the kerb!]

Canberra 50 Km Road Race

13-4-2003

[run in conjunction with the Canberra Marathon]

Place	Name	Sex	State	Age	42.2k time	50k Time
1	Jonathon Blake	M	NSW	37	2:45:50	3:16:26
2	Trevor Jacobs	M	ACT	51	2:46:56	3:19:10
3	Lachlan Lewis	M	ACT	65	2:53:31	3:21:48
4	Tim Cochrane	M	VIC	22	2:53:19	3:34:17
5	Mick Corlis	M	ACT	44	2:57:32	3:35:08
6	Warrick Ward	M	QLD	53	2:57:38	3:36:17
7	Kelvin Marshall	M	VIC	38	3:04:29	3:44:25
8	Peter Clarke	M	ACT	52	3:01:49	3:50:59
9	Bruce Renwick	M	NSW	55	3:06:29	3:50:59
10	Pip Thorn	F	NSW	42	3:17:33	3:56:36
11	Thomas Bartsch	M	VIC	45	3:17:07	3:57:08
12	Steven Quirk	M	NSW	42	3:12:31	3:58:18
13	Pierre Van Heerden	M	NSW	44	3:15:40	3:59:10
14	Gary Jenkinson	M	QLD	45	3:21:37	4:01:49
15	Richard Marson	M	NSW	42	3:19:04	4:02:36
16	Stephen Bond	M	VIC	50	3:14:49	4:04:22
17	Stewart Matley	M	NSW	57	3:21:43	4:05:35
18	Stephen Jackson	M	NSW	45	3:22:57	4:05:56
19	Debbie Cowell	F	QLD	43	3:21:25	4:06:39
20	Barry Golding	M	NSW	50	3:27:47	4:08:55
21	Chris Wilson	M	ACT	39	3:20:37	4:09:15
22	Chris Horwood	M	NSW	48	3:36:18	4:17:05
23	Kathy McCarthy	F	NSW	39	3:32:26	4:18:45
24	Daniel Cole	M	VIC	55	3:30:41	4:19:00
25	David Gayford	M	NSW	43	3:21:20	4:19:01
26	Elsje Dines	F	NSW	37	3:36:18	4:21:17
27	Doug Brown	M	VIC	27	3:45:49	4:34:29
28	Felicity Joyce	F	NSW	21	3:47:27	4:35:46
29	Bob Soo	M	NSW	34	3:42:22	4:36:10
30	Markus Schar	M	NSW	43	3:54:06	4:37:23
31	Gary Pickering	M	NSW	47	3:43:42	4:41:05
32	Jacky Cooke	F	QLD	44	3:54:16	4:45:14
33	Cerina Meredith	F	NSW	44	3:55:35	4:51:35
34	Joanna Henao	F	NSW	26	4:06:15	4:57:21
35	Paul Crouch-Chivers	M	QLD	55	4:12:30	5:04:13
36	Steve Kaless	M	NSW	27	4:06:09	5:04:51
37	Will Kaless	M	NSW	22	4:06:09	5:04:51
38	David Lancaster	M	NSW	46	4:11:33	5:08:02
39	Joseph Lee	M	QLD	26	4:18:15	5:12:59
40	Duane Rek	M	ACT	39	4:33:19	5:17:52
41	Mario Larocca	M	NSW	53	4:13:01	5:22:47
42	Joanne Kriel	F	QLD	31	4:27:30	5:25:45
43	Faith Anderson	F	QLD	50	4:27:31	5:25:45
44	Fulviu Fabreschi	M	NSW	50	4:25:01	5:41:46
45	Annett Reitmann	F	VIC	31	4:42:05	5:45:45
46	Tony Rogers	M	ACT	42	4:37:56	5:46:34
47	Caroline Campbell	F	ACT	60	4:29:44	5:47:28
48	Amy Ingham	F	USA	38	5:07:31	6:16:27
49	Tom Hinds	M	ACT	29	3:58:58	6:31:56
50	Paul Ingham	M	USA	54	5:33:23	6:40:14

Coburg Harriers 24 Hour Carnival and Centurion Walk, 12-13 April 2003

Report by Tim Erickson

The popular Coburg 24 Hour Carnival once again saw a full field of runners and walkers. The event started at 10AM on Saturday 12 April in sunny conditions that intensified throughout the day. By the time relief was in sight on Saturday evening, competitors had endured some 8 hours of direct sun and heat. As day turned into night, it was a case of sunburnt bodies, blistered feet and heat induced exhaustion. With the 6 and 12 hour events completed by 10PM, the 24 hour competitors laboured on through the hours of darkness and waited for the final surge of adrenaline which comes with the dawn. But come the morning, there was little left in tank for most and the run/walk home was more of a shuffle than a surge. The toll from the first day's conditions was now obvious and most finish times were slower than would be expected for such a prestigious event. In the 24 Hour Run, Ian Valentine defied the odds and improved on his personal best by some 24 km. After an early battle with Allan Devine, he cleared away from the field during the night. It was only during the last few hours that the consistent Bill Beauchamp made up ground and started to bridge the gap. But the lead was too big and Ian recorded what must be his biggest win so far. Peter Gray made it 16 finishes in a row for this event with a creditable 4th place. In the 24 Hour Walk, Australian record holder Carol Baird and England based Nigerian walker Charles Arosanyin staged a seesaw battle during the first half of the race. Only 1 lap separated them at the 80 km mark which was passed in around 10 hours. But Carol once again showed her experience and pace judgement and maintained her pace during the night as Charles slowed markedly. With the walkers' main aim being the 100 mile target, Charles looked likely to miss out with 5 hours to go. But to his credit, he staged a last minute comeback and reached his goal in 23:35:31 to become Australian Centurion Number 46.

RESULTS

24 HOUR RUN

1. VALENTINE, IAN	175.887 km
2. BEAUCHAMP, BILL	171.425 km
3. DEVINE, ALLAN	165.887 km
4. GRAY, PETER	133.801 km
5. STAPLES, ALAN	127.591 km
6. NEUMANN, RAINER	124.463 km
7. IVES, GRAHAM	88.472 km
8. JONES, DAVID	81.600 km
9. MILLER, RUSSELL	67.600 km
10. ERASMUS, WILLIE	60.800 km
11. CARROLL, RAYMOND	50.400 km
12. MCPHEE, JEVVAN	44.400 km
13. ZUKOWSKI, JERRY	44.000 km

12 HOUR RUN

1. ANDERSON, PETER	97.244 km
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6 HOUR RUN

1. HOLST, WARREN	67.737 km
2. MARSH, TREVOR	60.390 km
3. CAMPBELL, KERRY [f]	54.030 km
4. MCCREADY, FRANK	48.101 km
5. HAMILTON, GARY	45.108 km
6. BAKAITIS, SAUL	40.400 km
7. OHLENROTT, BRUCE	37.284 km
8. MAHON, EMILY [f]	34.436 km

24 HOUR CENTURION WALK

1. BAIRD, CAROL [f]	167.290 km
2. AROSANYIN, CHARLES	162.000 km
3. HARRIS, JOHN	149.668 km
4. TRANTER, GEOFF	134.694 km
5. MISKIN, STAN	117.084 km
6. BEVERIDGE, STEEL	115.200 km
7. TIMMS, JOHN	110.637 km
8. LAW, LINDA [f]	109.116 km
9. WATT, GRAHAM	100.800 km
10. BAKER, FRED	100.800 km
11. FENTON, JOHN	98.840 km
12. DEWILLIAMS, DEBORAH [f]	75.118 km
13. TINSON, LAURIE	74.800 km

12 HOUR WALK

1. BOLLEN, KARYN [f]	82.131 km
2. LAW, MICHAEL	71.535 km
3. CARTER, KEN	58.250 km
4. KYTE, BILL	52.400 km

6 HOUR WALK

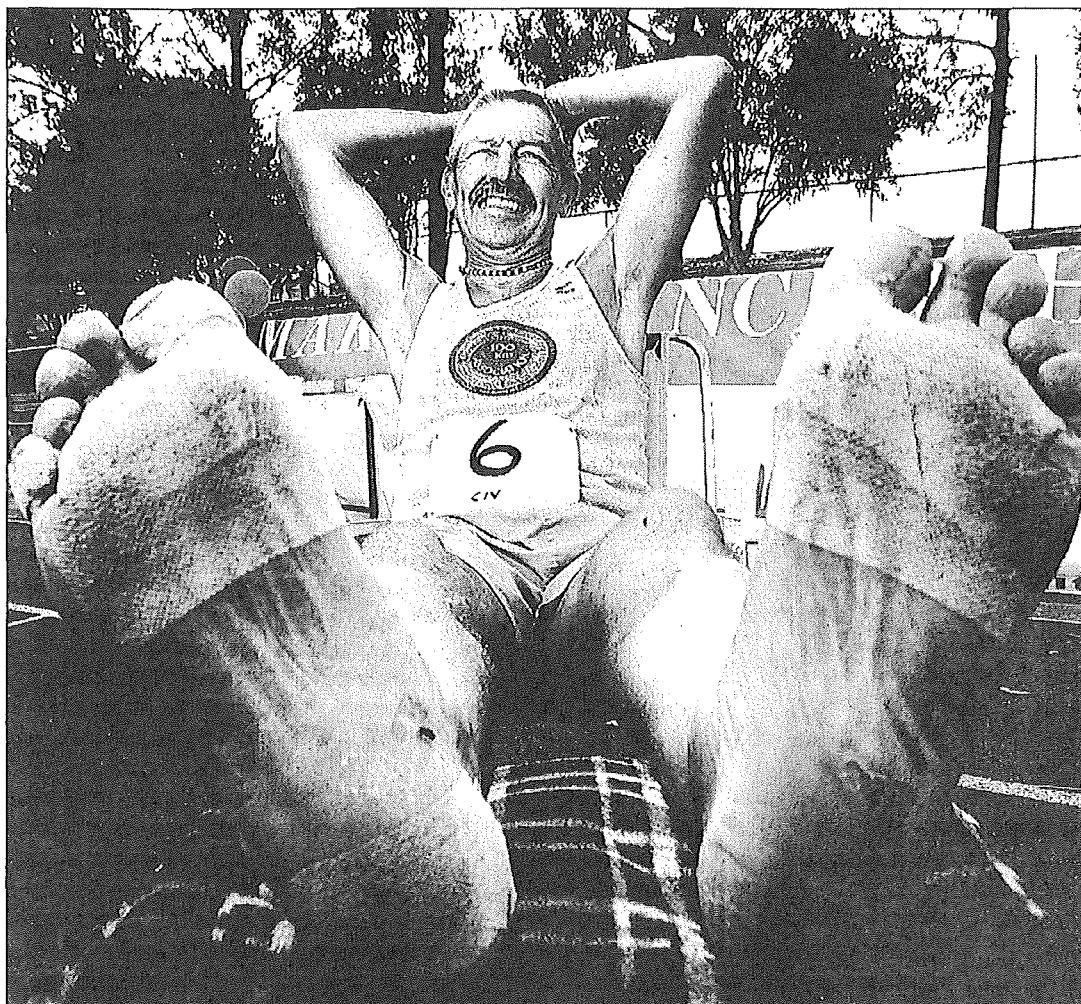
1. CLEAL, GRAHAM	44.827 km
2. MISKIN, ELLWYN [f]	36.868 km
3. ZUKOWSKI, ELLEN [f]	30.991 km

CENTURION RESULTS

Carol Baird	100 miles 21:55:35	Australian Centurion Number 39
Charles Arosanyin	100 miles 23:35:31	Australian Centurion Number 46

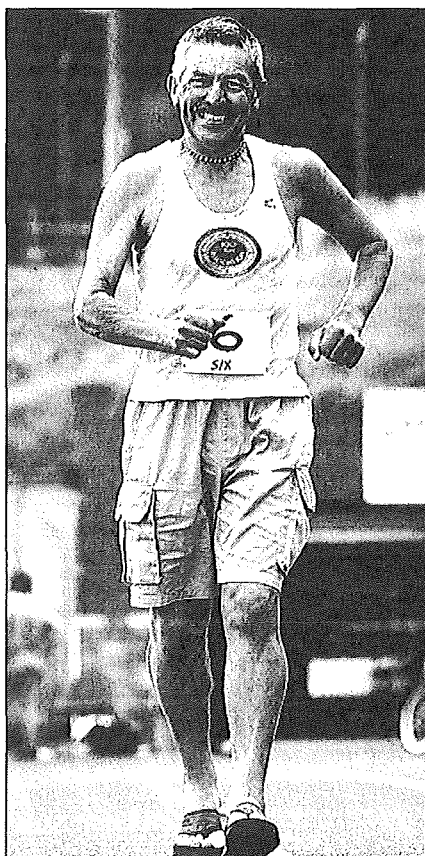
Gordon Burrowes Trophy
Jack Webber Trophy

John Fenton
Charles Arosanyin



Blisters: terminal cancer patient Graham Ives rests his feet. Pictures: NORM OORLOFF

Graham runs for his life



Long run: Graham Ives completes the last six laps in thongs.

RUNNING a 24-hour marathon is an incredible achievement by anyone's standards.

But running one with terminal cancer while having chemotherapy is nothing short of amazing.

Not to Graham Ives.

The cancer sufferer ran 87km yesterday in the 20th Annual Victorian 24-Hour Track Championship in Coburg. And he did it to raise money for Peter MacCallum Cancer Centre.

"I'm not an amazing person," Mr Ives said, minutes after finishing the gruelling marathon. "All I am doing is refusing to give into the cancer. Life is here to be enjoyed."

The 64-year-old has battled colon, liver and lung cancer for the past three years. Recently, doctors told him his cancer was terminal.

But this has not stopped Mr Ives. He runs up to 120km a week and still competes in marathons.

"I have been a runner all my life and I would have run this marathon in a great time before all the cancer started," the British expat said.

"When I had the operation for my colon cancer in 2000, the doctors told me I would never run a marathon again.

"I thought bugger that!"

The Werribee man ran the weekend's marathon to raise awareness and funding for cancer treatment.

By MILANDA ROUT

"I am doing this to increase awareness that you can carry on with life when you have cancer," Mr Ives said.

"You don't just have to pack it in and die."

The retiree ran the marathon with the help of his loving wife, Megan.

"I am here for support," she said. "If he needs food, water or juice, he just shouts when he's running."

The couple met five years ago in South Africa and moved to Australia last year.

"He is a very positive person," Mrs Ives said.

"When you have to deal with cancer, you realise life is so important and it puts things into perspective."

Mr Ives raised more than \$2700 yesterday, even if it meant wearing thongs for the last six laps.

"The chemotherapy causes peeling on my feet and all these blisters," he said.

At Albert Park, hundreds of Melburnians ran another 24-hour marathon for cancer.

The Relay for Life finished at noon yesterday and raised money for the Cancer Council of Victoria.

TO show your support for Graham Ives' efforts and to assist Peter Mac in its fight for a cure, call 9656 1125 or 1800 111 440 to make a donation.

'All I am doing is refusing to give in to the cancer. Life is here to be enjoyed'

Cancer sufferer **Graham Ives** ran 87km in the Annual Victorian 24-Hour Track Championship to raise money for the Peter MacCallum Cancer Centre



Vet's one-week marathon

ATHLETICS: A war veteran who lost his legs to a mortar round in Vietnam finished the Los Angeles Marathon yesterday, a week after he began, to the cheers of supporters and passers-by. Police closed the last half-block of the 42km course so Bob Wieland, 57, without a wheelchair and propelled only by his hands, could cross the finish line. He finished in 173hr 45min and said he had slept only 11 hours since he began the route on March 2.

5 Coburg 24-Hour

By Sarah Benic

ANYONE that happened to wander past the Harold Stevens athletics track in the early hours of last Sunday morning would have witnessed a strange sight.

While the rest of the city slept, a small group of determined ultra-runners from Australia and other corners of the world put their will-power to the test as they attempted to run continuously for 24 hours.

The annual Coburg 24-Hour attracts ultra runners who put their endurance to the ultimate test.

Event organiser Mark Kelly said that ultra-running has more to do with the mind than the body and that older people and women seem to be the most successful.

"It's mainly people over 40. Women do particularly well in this," he said.

Mr Kelly said while some 24-hour competitors have a short sleep during the race, most prefer not to.

"The competitive ones will go the whole time," he said. "If they do sleep they don't wake up."

The event, which has been held at Coburg for more than 10 years, now has several categories — six, 12 or 24-hour run or walks as well as 12-hour relays.

There were 22 runners and 20 walkers that competed last weekend.

Interstate runner Ian Valentine won the 24-hour run with 439 laps while Carol Baird again won the women's 24-hour walk with 418 laps.

Baird overtook British



Bill Kyte, 62, checks the time remaining.

competitor Charles Arosanyin at 4am.

Arosanyin did manage to 'walk 100 miles', joining the ranks of the Centurions (there are only 45 people in Australia that have achieved this) before succumbing to hypothermia.

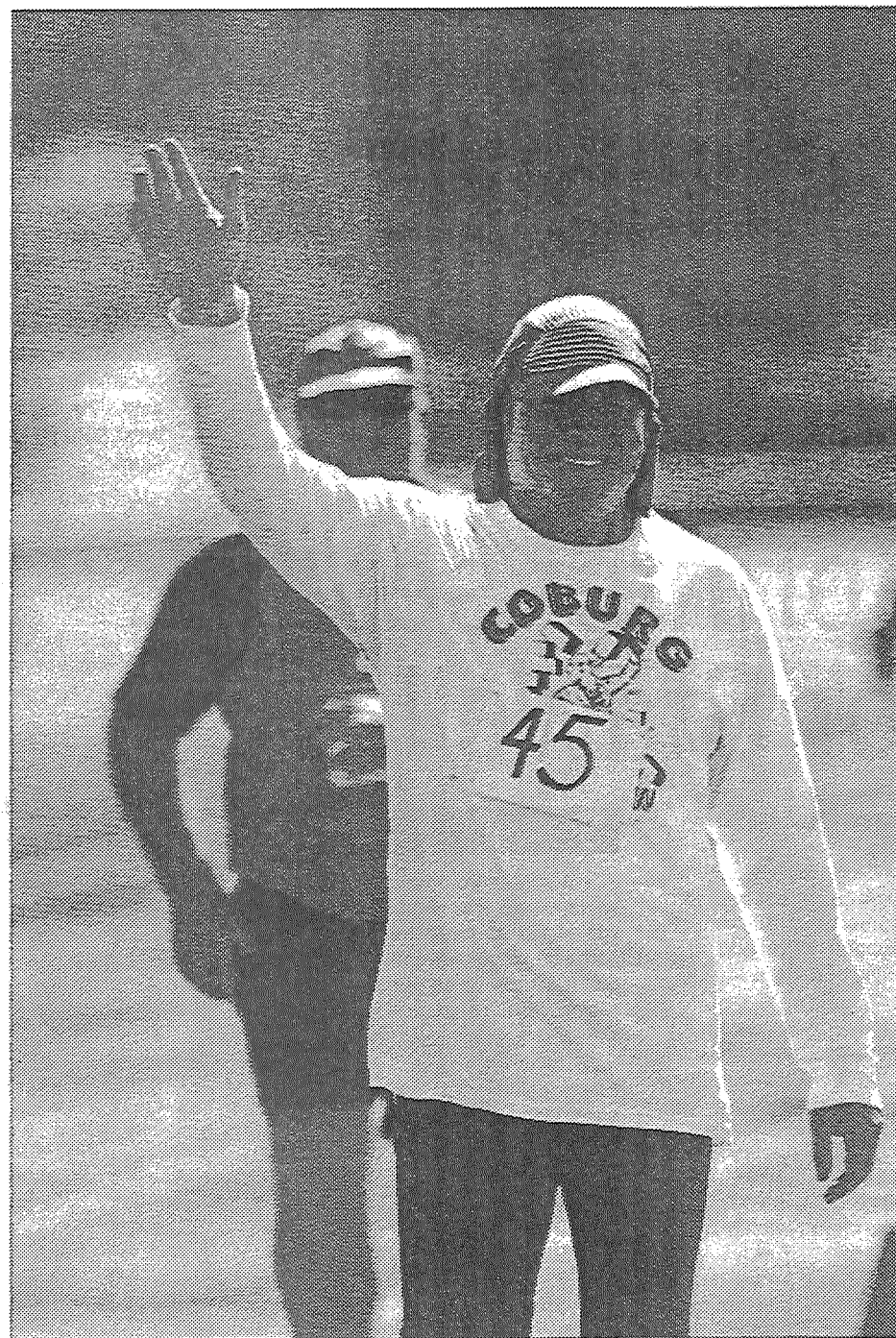
Brunswick's Bill Beauchamp, 55, finished second overall, completing 428 laps of the 400m track for a total of 171.425km.

Pascoe Vale's Ken Carter, 50, completed 145 laps while Bill Kyte, formerly of Coburg, managed 131 despite having just returned from injury.

The Coburg Little Athletics Centre relay team completed 120.026km (300 laps) of the track between them, finishing just behind the College of Natural Medicine, which did 333 laps.



Brunswick's Bill Beauchamp, 55, ran 171.425km.



Ken Carter salutes in the Coburg 24-Hour.

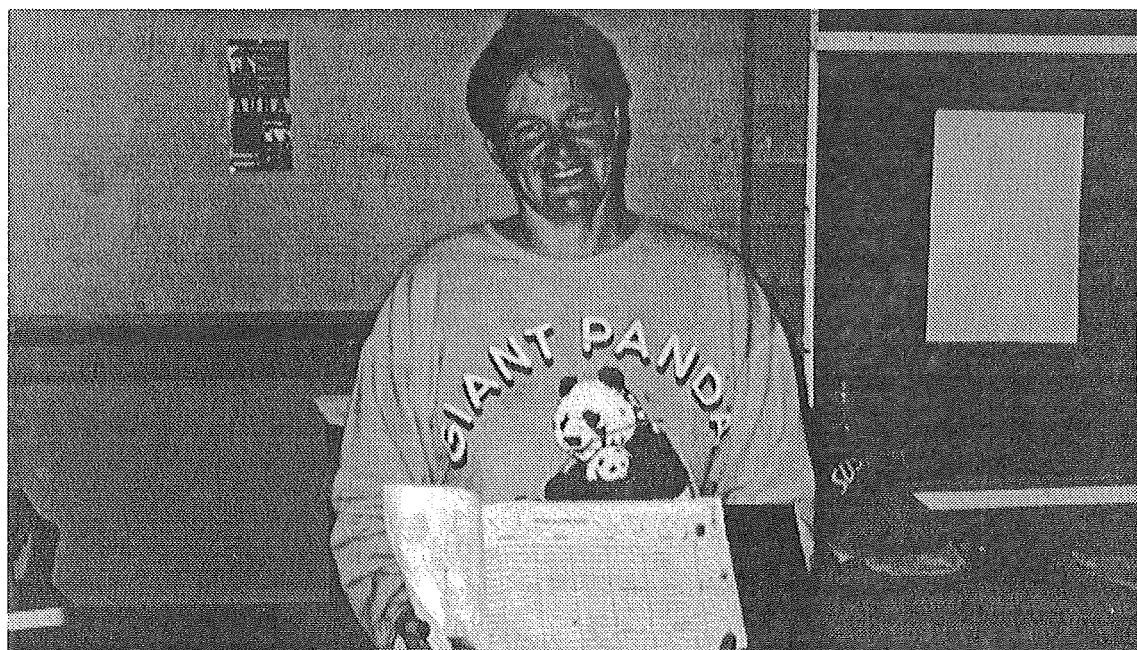
Pictures: CARMELO BAZZANO S43CO980

Ultra tired bodies

ACTION AT THE COBURG 24 HOUR EVENT



Nigerian born British citizen, Charles Arosanyin, was a popular figure at the race eve pasta night. Charles achieved a 100 mile performance and gained membership of the Centurion Walkers Club



Debbie Canal, overseer of lap scoring volunteers, could still manage a smile at 3am



Bill Beauchamp and Peter Gray have been around the ultra scene for longer than it took for the Chinese to build the Great Wall!



Englishman, Freddie Baker [22]
strides out ahead of
Queensland's Peter Anderson
[41] in the early hours when
fresh legs can be deceptive



Rainer Neumann travelled from
Queensland for the privilege of
having the lovely Jane Sturzaker
look after his food and drink
requirements

THE JOHN FORREST 40 MILE ROAD RACE Western Australia 20-4-2003

	5 miles	10 miles	15 miles	20 miles	25 miles	30 miles	35 miles	FINISH
1. Colin Francis	33:16	1:09:08	1:45:08	2:18:53	2:51:08	3:26:09	4:04:54	4:47:15
2. Mick Francis	33:16	1:09:11	1:45:06	2:18:52	2:51:11	3:28:13	4:08:02	4:50:57
3. Gary Carlton	39:40	1:23:08	2:06:14	2:48:07	3:28:22	4:14:20	5:01:34	5:50:10
3. Catherine McMaster [F]	39:45	1:23:08	2:06:14	2:47:58	3:28:20	4:14:24	5:01:40	5:50:10
3. Ian Gibbs	39:46	1:23:08	2:06:14	2:47:58	3:28:18	4:14:28	5:02:16	5:50:10
6. David James	39:39	1:23:08	2:06:17	2:47:56	3:26:03	4:15:22	5:09:08	6:02:14
7. Martyn Flahive	39:43	1:23:08	2:06:14	2:47:59	3:28:17	4:16:57	5:09:30	6:05:39
8. Robert Macbeth	39:41	1:23:24	2:06:37	2:48:10	3:30:24	4:22:16	5:14:22	6:07:18
9. Graham Maier	41:53	1:27:26	2:11:05	2:54:56	3:37:01	4:26:30	5:29:40	6:40:45
10. Steven Roby	41:48	1:28:34	2:14:55	3:00:20	3:46:52	4:45:28	5:58:29	7:20:17
11. Don Pattinson	41:54	1:28:09	2:14:55	2:59:59	3:55:17	5:14:10	????	7:35:00
Sandy Burt	33:16	1:09:08	1:45:05	2:18:51	2:51:20	3:40:46	DNF	
Omer Omer	39:37	1:21:55	1:59:27	2:37:48	3:20:37	4:14:14	DNF	
Neville Scott	40:26	1:24:44	2:09:58	2:56:24	3:55:17	DNF		
Kay Burt [F]	40:27	1:26:18	2:13:20	3:01:42	DNF			

Sydney to Wollongong 98 km Fat Ass run NSW 26-4-2003

RESULTS

1 Kieron Thompson	10hrs 50mins
2 Jan Herrman	12hrs 25mins
3 Kevin Tiller	15hrs 35mins
4 Tim Turner	7hrs 6mins [63km]
5 Evan Atkins	3hrs 35mins [37km]
6 Sean Quinlan	3hrs 35mins [37km]

Report by Jan Herrman

The "Gone to the Gong" run was put on by Lawrence Mead, who had sussed out the entire route on his bike in advance. Unfortunately, Lawrence has a nagging knee problem, so he couldn't run himself, instead cycling along providing support. The course is very scenic and varies from massive inner-city intersections over industrial areas, hidden canals and suburban parks to ankle-busting bush tracks, cliff-hugging roadsides and bike paths meandering along dunes and beaches.

As usual, Lawrence put a lot of effort in the course marking, dashing in front on his bike and chalking down "FA"-labelled arrows wherever there was the slightest chance of confusion as to where to go. While he had handed out colour-coded maps and instructions at the start, I did not have to pull them out at all. Besides giving directions, chalk signs also pointed out taps, toilets, shops, etc. Sometimes, at quite busy intersections, Lawrence must have risked his live marking the course... On the bush tracks, there were the familiar twig-arrows made famous at the Katoomba-to-Mittagong run, and in the latter stages, with the rain making chalk marks rather ineffective, Lawrence produced written signs from the depths of his pannier bags which were placed at crucial turnoffs.

Six runners lined up on the Opera House's steps, FatAss regulars Kieron Thompson, Kevin Tiller, Tim Turner and Jan Herrmann, as well as two guys (sorry, I forgot their names) planning to run about 40 kms as training for the upcoming Comrades Marathon. Sean Greenhill had made his way to the start too to see the runners off. Lawrence appeared on his bike, and after the mandatory start line photos we took off up Macquarie Street, south and ever south. It had rained all night and the ground was wet with lots of puddles. From the east, the first light was shining through the cloud patches.

I went with Kieron up to the end of Hyde Park, just enough time for a quick chat before he took off, never to be seen again. Tim caught up with me, and we ran together through Redfern, Waterloo and Alexandria, past the Airport, and through the parks and wetlands near the Cooks River. Tim was going very well, obviously being in decent shape after his recent good run at 6-Foot, so when my rumbling guts prompted me to follow a chalked "Dunny ->" sign near Muddy Creek, I urged him not to wait for me. Here, I saw the two Comrades hopefuls again, passing them on the way to the promenade at Brighton-Le-Sands. They went past me again during my next toilet stop. Lawrence cycled by, hoping to catch Kieron before Captain Cook Bridge. After crossing the bridge, I started to find the going tough and slowed down considerably, finally coming to a halt in Miranda, resting for 10 minutes or so, nibbling on some snakes, and hoping for my bowels to find some peace. Not a good sign with 70 kms to go.

Fortunately, the break seemed to have done some good, and I was able to find my stride again going down the twisting and turning road to Gray's Point. I knew this area from the Royal National Park 50-miler we did in 2001. Here, the bush section started. When I arrived at the RNP Visitor Centre, I saw a 4WD from afar with some people next to it appearing to change shirts. I presume these were our Comrades-bound friends, but didn't have the energy to go and check. At the Audley weir, I stopped at the kiosk and treated myself to an iced coffee, feeling reasonably stuffed already. Again, the rest seemed to help, and I managed to run the next segment following Lady Carrington Dr to the Walumarra Track turnoff. It must have rained quite heavily there, there were lots of puddles, little creeks flooding the track, the Hacking River was swollen and brown. The humid air filling the valley made it hard to see through my fogged-up glasses, although I did spot a lyrebird by the side of the track.

The Walumarra Track turned out to be a shocker. I did remember it from the previous RNP runs, but back then I hadn't run 50 kms already. When I got to the top of the climb, I was well and truly buggered, spending a little while reacquainting myself with the iced coffee I had enjoyed not so long ago. Eventually, I dragged my sorry self up and started walking ever so slowly along the gentle slopes of the fire trail towards Sir Bertram Stevens Drive, along the way contemplating the fact that from there it was only 10 or so kms to the Apple Pie Shop at Otford, where one could honourably go for Short Option No 3. When I approached the road, I heard a cheerful voice calling out my name and saw Lawrence jump off the geodetic pole he had been perched on, looking west for approaching runners. He hadn't seen Tim yet and assumed that he had missed the turnoff.

Lawrence's presence had a magical effect. He loaded my Camelback into his pannier bag and started cycling alongside me as I managed to get some running going. We were chatting about my holidays in NZ and his upcoming USA trip. We passed the Garie Beach and Burning Palms turnoffs, landmarks well-known to us from the RNP run most of which we had done together. Lawrence had to work hard on some of the steeper climbs and descents along the Cliff Track. Eventually, we emerged from the bush, arriving at the Apple Pie Shop at Otford. I was very surprised to find Tim there, sitting outside with a stuffed ankle. What a shame, Lawrence had noticed how Tim hadn't been very far behind Kieron a bit earlier on, and Tim was clearly in good shape to finish in a good time. We had some smoothies, and Tim rang up Kev to find out where he was. No answer, but a short while later Kevin text back that he was only 7 or so kms back at the Garie Beach turnoff.

We left Tim behind to be picked up by his wife and continued south, past Stanwell Tops, and beginning to descend the escarpment. I had caught a glimpse of Wollongong in the distance and wasn't sure whether to be excited that the finish was in sight or to be depressed because it was so bloody far away. In any case, I banned the thought of the finish, instead focussing on the next landmark, the pub at Scarborough where we would have a beer stop. The route followed the narrow coastal strip parallel to the railway line, often just on the side of the road with the traffic flying past. Lawrence patiently cycled along, taking the occasional

photograph. When we went past the impressive walls near Coalcliff, Tim waved to us as his car passed by. Finally, the hotel came into sight just before Scarborough, and we settled down with a nice cold schooner. When it was time to get up again, I did my best Cartman impersonation: "I don't wanna!!" There were still bloody 25 ks to go. In Scarborough itself, we came past another hotel, this one nicely done up. No excuse to stop there, unfortunately.

The next point to aim for was the turnoff into the coastal bike path at Thirroul. I started to slow down now, and Lawrence often had to wait for me, doing doughnuts on the road. There were still a number of short, steepish climbs, and Lawrence would shoot down the hills to build up a bit of momentum for the next uphill. It had cooled down a bit, making the running quite pleasant; now it started to drizzle. When we went through Austinmer, it started to pour, and we took shelter under a roof in front of a video shop. I was glad for the excuse to stop and got myself another coke to gulp down. We continued when the deluge eased a bit, but by the time we got to Thirroul, I was completely soaked. Here, we left the road and went onto the bike track that runs along the beaches all the way to Wollongong (and beyond, as Tim pointed out). Lawrence put up some of his written signs for Kevin, I hoped they would survive the rain.

The bike track was nice to run on, no traffic to worry about, just full of puddles and flooded in parts (as if anyone cared anymore at that stage). It runs through very scenic coastal dunes and grasslands right next to the beach. At one stage, there were many slogans painted onto the path protesting the sale of adjacent land for development. Apparently, there are Aboriginal land claims, and there is a tent-embassy like setup right in the middle of the dunes. Their cause, though, seems to be almost lost, because some dreadful developments are already sprouting right next to the path.

By now, it was slowly getting dark, but the bike path is wide enough to run on even without daylight. I suffered quite badly from chafing, having missed my alarm in the morning and forgotten to Vaseline up. So I pulled down my shorts as far as decency would allow, producing a bad Michael Jordan impersonation. We reached the outskirts of Wollongong, and Lawrence pointed out the lighthouse. I was happy to see it, having expected it further down the coast. We made our way along the foreshore and up one last short hill, finally arriving at the lighthouse. I shook Lawrence's hand, grateful for his nursing me all the way here. Without his support, this would have taken me much longer, or I might never have gotten there. Lawrence is a legend! It was quarter past 6, running time of 12:06 hours. We slowly went down the hill again, the untiring Lawrence to turn around and cycle towards Kevin to ride with him to the finish, and me to finish the job by running the last couple of kms to the railway station. After waving Lawrence goodbye, I made my way up Crown Street, through the Mall, finally arriving at the station at 18:34, total running time of 12:25. Trains weren't running, but luckily for me, only 10 mins later an Express bus left for Sydney.

This run is well worth the effort. It has scenery galore, lots of variation, and easy logistics. Thanks, Lawrence!



"Race Director", Lawrence Mead was all smiles as he kept track of the days proceedings via his pushbike despite the rainy conditions

Waves crash on the shore at Wilson's Promontory, the Milky Way and Southern Cross illuminate the sky on a perfect night as history is made. Amanda Allen becomes the first woman to complete the Wilson's Prom 100 Km Ultra Marathon in 21 hours and 20 minutes a tremendous solo performance.

The third Wilson's Prom 100 was run on Saturday 26 April with three runners participating, Amanda Allan in the 100km run and Andrew Hewat and Paul Ashton participating in the 60km run around the Prom. A fourth runner fronted but was denied entry on the basis that he did not have the required safety equipment and trail running experience. Unfortunately numbers were down due to a clash with the Mars Challenge and the Easter School Holidays. Hopefully next year the Martians will decide to take part in Australia's Premier Coastal Trail Ultra.

The event started on Friday night with 3 runners attending a pre run meeting, they were easily identifiable as each was wearing a Cradle Mountain run jacket. Undertaking the Cradle run is considered good training for this gruelling and energy sapping event. Parks and Wildlife Victoria provided a briefing on weather, tides and safety requirements and wished us an enjoyable run whilst commenting that they thought we were mad, on this note we returned to our tents/caravans to prepare dinner and get ready for the run.

Around 11pm there were shouts and clanging from Andrew and Wendy's tent as they fought off an attack by scavenging wombats. These nocturnal animals have a habit of walking through tents in search of food and the Parks Service now advise campers to leave all food in their cars.

Under a clear sky, brilliant stars and still conditions the runners assembled at the start line at 0545. Good lucks were exchanged and at 6am we were off into the blackness that enveloped Tidal River. As we headed up to Mount Oberon Car Park along the bitumen, Amanda moved into the lead but was then passed by Paul and Andrew as the plunged down into the rainforest towards Sealers Cove. The temperature was already rising as the sun tipped over the horizon. High tide at Sealers was forecast for 7AM and with the slow slog up Mt Oberon behind us we were on track for a 7.30 arrival which would mean that we would not have to swim. As it was the tide was racing out and the water only came up to our knees. Andrew and I were running together and maintaining a good pace. At sealers we filled our water bottles and plunged into the bush leaving stunned campers scratching their heads - "Who are these lunatics?"

We continued to make good time under warming conditions to Refuge Cove and Little Waterloo Bay before starting the climb up the lighthouse walking track. The constant climbing was taking a toll on me and I dropped behind Andrew in the run to the lighthouse. Arriving at the junction I met a group of walkers approaching from Roaring Meg and asked them if they had seen a runner. I was hoping Andrew had continued on and I would not have to drop down 100 metres before clawing my way up to the light house. No such luck. Driven by the desire to have a half hour break and some lunch I plunged down the dirt track and slowly hauled myself up the steep concrete ramp to the lighthouse station to find Andrew relaxing on the lawns. So it was off with the shoes, out with the Sushi rolls, Strained Apple, Chips, Bananas and camera and soak up the sun and a quick break.

After the Lighthouse we climbed back up towards Roaring Meg, Andrew was feeling fine and pulled away getting to the Oberon Bay turnoff 25 minutes before me. But what a pleasure coming into Roaring Meg, I met up with Amanda, she had been running alone for 7 hours and had another 14 to go. She was looking strong and in good spirits. I on the other hand had hit a wall, everything seemed uphill, even the downhill sections and I had to force myself to keep going. As I advanced on the Oberon Bay junction I toyed with the idea of finishing up the road and taking the bus back to Tidal river but my sense of finishing got the better of me and I turned down the track with 10km to go. Finally I got my second wind, at Oberon Bay I refilled my water bottles took on board half a banana, some honey and Apple puree and Staminade and charged down to the beach. The end was in sight, the sea and sky were glorious and I shed my feeling of lethargy. What a day, what a place to be running. 9 hours 38 minutes after starting I collapsed on the ground at the finish. Andrew had come in 8.53. Amanda still had hours to go.

At 7PM, dog tired I crawled in to my sleeping bag and was woken at 10.20pm by Amanda and her husband Ken telling me they were off on the last 20 km loop, Amanda was still feeling good but had sore ITB's. Wishing them well I dropped back to sleep as they started the long haul by torchlight up Mt Bishop and then on to Squeaky Beach. At 0320 I was delighted to be woken up again to welcome Amanda as the first Woman to complete what is truly Australia most scenic and spectacular coastal run. Congratulations to Amanda and Andrew and a special thanks to Parks Victoria for their support.

The run for 2004 will take place either early in May or on the Queens Birthday Weekend. Details have yet to be finalised.

Existing records are	100 Km	Mens	Nigel Aylott	12:07	Womens	Amanda Allen	21:20
	80 Km	Mens	Paul Ashton /Mike Dennis	12:18			
	60 Km	Mens	Andrew Hewat	8:53			
	43 Km	Mens	Andrew Hewat / Paul Ashton	6:25			

WALHALLA WOUND UP 50KM TRAIL RUN

Sunday 4th May 2003

RESULTS

1. Roger Maximiw	4:12:12	9. Robert Embleton	5:04:41
2. Kelvin Marshall	4:18:53	10. Kevin Cassidy	5:13:56
3. Matt Franke	4:34:35	11. Sean Quinlan [Zimbabwe]	5:21:30
4. Sandra Timmer-Arends [F]	4:34:36	12. Barry Higgins	5:46:42
5. Ian Twite	4:54:27	13. Ernie Hartley	6:04:02
6. Dennis Stevens	4:56:31	14. Peter Gray	7:08:27
7. Ian Fromholtz	4:57:55	DNF Bruce Salisbury	
8. David Styles	4:59:11		

Race Directors Report

Roger Maximiw continues to grow in stature. In only its second year the Walhalla Wound-up is showing signs that it will become one of Traralgon Harriers most successful events. The brainchild of club member Bruce Salisbury he has gained the support of the local town folk of Walhalla and the event can only get better. Mike Leaney the proprietor of the famous Star Hotel again was right behind the event giving away accommodation packages to the main winners. Set in the picturesque hills of the famous historic gold fields of Walhalla the race takes in many famous sites. The 50km, 37km and 19km events take in the historical areas of the Poverty Point (old steel) bridge, Coopers Creek and Bruntons Bridge as well as the township of Walhalla.

Mike Leaney sent the 54 runners off at 8:00 A.M. with Roger Maximiw 50km and Darrel Cross 37km taking off with a real purpose. There were several early casualties trying hard to win the much prized arrows given to Roger Maximiw and Ian Twite at the start of the race for becoming totally lost last year. Early contenders were Jodie Healey, Rod Aitkison and Richard Comber but none of their efforts could compare with those of Fay Tomholt and Belinda Issell. Be sure to be there next year girls as I expect a special award will be given to you both. Roger Maximiw made good use of his arrow by winning the 50km event in 4:12:12. His time a little slower than John MacKenzie's time last year but I believe the course may be a little tougher and longer due to the cutting out the 4 or 5km ran along the bitumen road last year. Not that this spoils the event it probably makes it better because who wants to go bush and run on a bitumen road. Roger has added this event to his Victorian 50km Track title and Australian 100km road title. Champion ultra marathoner Kelvin Marshall was second with Matt Franke third. Australian 50km record holder Sandra Timmer-Arends made a strong return to ultra Marathon running winning the female section in 4:34:36. Ian Twite was the first veteran male winner from Dennis Stevens and Ian Fromholtz with Bruce Salisbury the only one of the 15 starters not to finish

Report by Kevin Cassidy

The anticipation of an event as good as last years inaugural "Walhalla Wound Up" was the seed that had me heading back for another dose. The exact relevance of the term "Wound Up" is not overly apparent to me but it certainly gives the event a unique sound to its name. The two hour drive east out of Melbourne consists predominantly of a boring stretch of freeway littered with roadside billboards and scattered farms all the way to the town of Moe before heading north into the lush and spectacular area known as the Baw Baw National Park.

Leaving Melbourne rather late on the Saturday afternoon gave cause for a dinner adjournment in the town of Moe which proved to be an experience and a half to say the least. At 6pm on the Saturday night, Moe as a whole gave the appearance of having shut down. I cruised around the main streets looking for a half decent eating establishment only to be confronted by row upon row of dark windows and closed doors with the only notable exceptions being the proliferation of Video Shops and Fish and Chip outlets open for business, there seemed to be no end to them and they all had those irritating flashing lights littered across their front windows. This obviously explained why the town was so quiet, all the locals were at home watching videos and devouring fish and chips.

I was close to giving up on a meal when suddenly a rather desperate looking woman clad in a flannelette shirt came charging out of the local poker machine venue and sprinted across the road in front of me to the Commonwealth Bank ATM. Whilst puffing furiously on a cigarette, she snatched her money from the machine and proceeded to sprint back inside for another dose of "pokie induced" bankruptcy. Finally, I stumbled upon "Gypsy's" Pizza Restaurant, placed an order that I hoped would fend of my severe famine, then amused myself while it cooked by watching three pimply faced teenagers of decidedly limited mental acuity perform "wheelies" in their hotted up old car with twin chromed overhead dipsticks, or some such sort of mechanical mayhem. A pizza the size of a truck wheel arrived at my table and I polished it off in less than two seconds.....it sure was delicious.

Moe was indeed a slow place, if it had not been for the chilly air, I could have mistaken it for Queensland. The journey north into Walhalla now had to be made in the dark, a task made all the more interesting by having to overtake a slow

moving van without any tail lights, a van that looked very familiar. Yes, it was Peter Gray, Australia's most prolific Ultrarunner.

In my travels, I have become highly sceptical of towns that bestow upon themselves the label "historic". Such claims simply make me groan at the thought of artificial shop facades and all those "genuine" souvenirs with "Made in China" labels. These places have an endless commitment to the tourist dollar, so it is delightfully refreshing to arrive in the old mining town of Walhalla which boasts not one ounce of the tackiness that I have just driven on about. Walhalla is one of Victoria's true homes of yesteryear, having hooked up to electricity only 5 years ago, the mountain tops and genuine old village atmosphere are of a type not found anywhere else. A peaceful, uncomplicated visit is always assured.

With the addition of Ernie Hartley's distinctive old Valiant that would make a scrap metal yard look like a BMW dealership, the car park of the Star Hotel was full as a large contingent of runners gathered for the start. The option of two shorter events [19km and 37km] had swelled the field to a much bigger size than last year. Lots of regular faces blended with a scattering of new ones and the might of the nearby Traralgon Harriers was out in force. I can't think of a more prominent athletic club amongst rural Victoria. They have a host of great events on their calendar and their distinctive black singlet with the large "T" on the front can be seen at races all over the state.

Race Director, Bruce Salisbury, cheekily informed us of a slight course change that would add a degree or two of difficulty, then got things underway by sending us single file down the old tramway. For the first hour, I ran ahead of three women who talked faster than they could run. In fact, they took the terms "chatterbox" and "chin wagging" to a new high. All the way down to the Thomson River, it was yakkity yak, yakkity yak.....I'm sure they would have frightened away all the wildlife within a 50 mile radius and, although I can't confirm it, any fish in the river would most likely have swum off into Bass Strait! Meanwhile up ahead, Ernie Hartley managed a fall that saw him summersault down the slope before a small tree managed to save him from ending up in the river and thus turning his run into a triathlon.

For approximately 20km, I ran with Sean Quinlan. Sean is from Zimbabwe and was visiting Australia for his brother's wedding. He managed to find this race listed on the web page and like all African runners, was in serious training for the Comrades Marathon. It was a pleasure to meet Sean who was both interesting and articulate. I think I may have managed to convince him to move to Australia.

The enjoyment factor of this run changes dramatically at 38km when you are hit with an 8km climb, the benefit of which is that the final 4km seem relatively easier.

Roger Maximiw powered home to add this race to his wins at the Moe 6 hour track race last year and the recent Canberra 100km Australian Championship. Mr. Indestructible, Kelvin Marshall, took second while Matt Franke finished third in a sprint finish with Sandra Timmer-Arends that saw them separated by a split second. Sandra, of course, won the women's trophy in a welcome return to the ultras scene after giving birth.

I was a little bewildered to cross the finish line to discover that I was in the middle of an "Adams Family" episode. A large group of people dressed in long black clothing and wearing dark eye shadow had settled comfortably on Walhalla's main street and rotunda. To say that they looked spooky was a severe understatement, in fact the only thing missing was Lurch playing his organ and Uncle Fester with a light bulb in his mouth. At first I thought they must have been some sort of fringe religious group but when I threw the question to no one in particular, I was told that they were "Gothics". They may well have looked like Morticia Adams, however this did not prevent one of them wearing butterfly glasses and a beehive hairstyle.

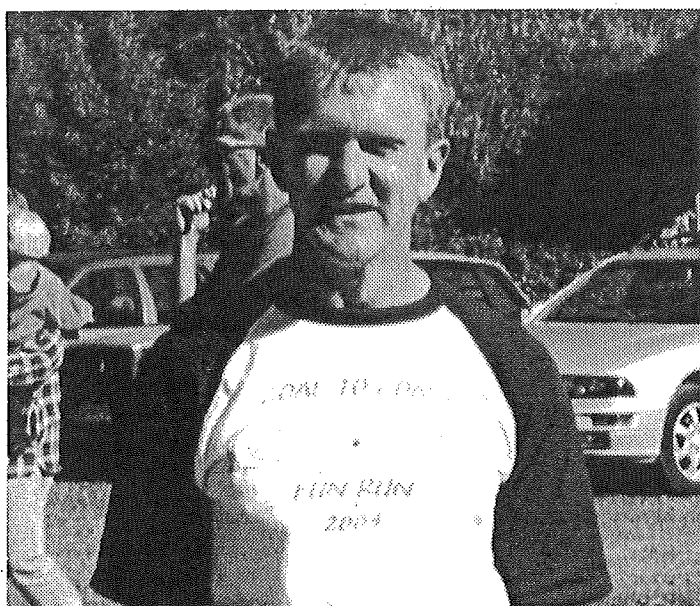
Not long after I had finished, Ernie Hartley came into view and with the small crowd cheering him on, he suddenly took a left turn for reasons best known only to himself and disappeared for about 15 minutes. He finally arrived back uttering many expletives and saying that he realised he had taken a wrong turn when he got to the outskirts of town. Perhaps his fall in the early stages had killed off a few brain cells.

I can't speak highly enough of the "Walhalla Wound Up". Make sure you put the first Sunday in May into your diary for next year.

The trip back to Melbourne involved an overnight stop at the Neerim South Hotel for no other good reason than it was there and it seemed like a decent looking place. This establishment dished up a scrumptious meal and an abundance of icy cold diet coke, an excellent combination. A hearty breakfast the following morning sure made for a comfortably full stomach. Less than riveting was the TV program that I awoke to. "Good Morning Australia" with Bert Newton served up a string of ridiculous "advertorials" featuring a woman with a huge toothy grin named Moira using a series of well worn phrases to sell scores of products of the things-you-never-knew-you-needed variety – a portable fold up golf course, combination gas fired coat rack, musical shoes, electric nail clippers and an umbrella with a radio in the handle. These products must be a boon for the severely brainwashed. I am surprised they don't sell signs that say "I paid \$69.95 for this useless piece of junk" because I'm sure they would sell like hot cakes. Bert even had a special guest on his show in Lisa Curry who has tirelessly devoted her post swimming career to shamelessly taking the terms "ego" and "self promotion" to the utmost extreme. And with that, my return to Melbourne was hastened.



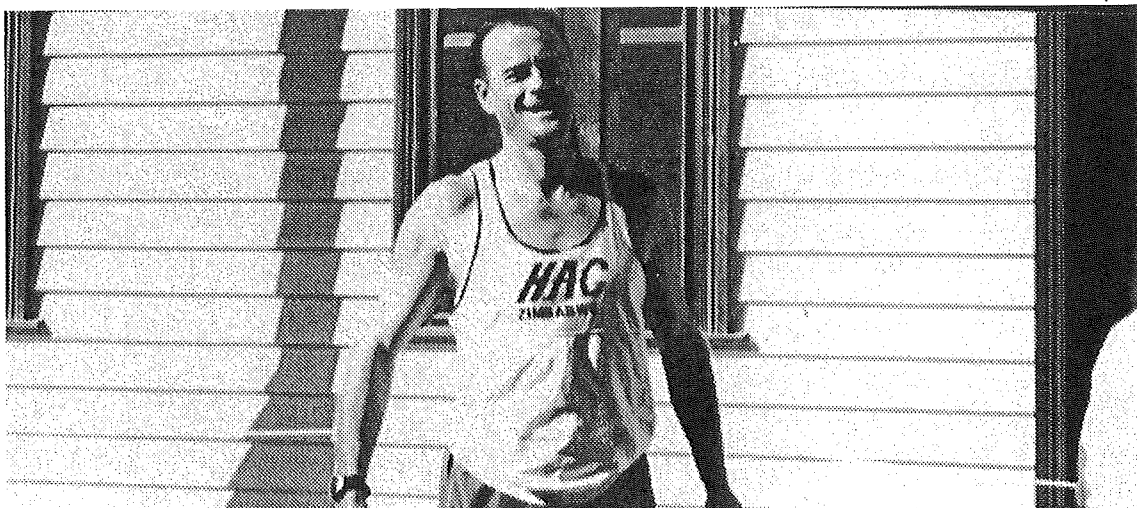
The rustic beauty of Autumn in Walhalla.
Runners gather for the start of the Walhalla Wound Up



Roger Maximiw was a satisfied winner



Sandra Timmer-Arends celebrated
her win with a can of Pepsi



Sean Quinlan was on a brief visit from Zimbabwe and fell in love with the
spectacular beauty of the Walhalla area

Glasshouse Mountains "Cook's Tour" Trail Races

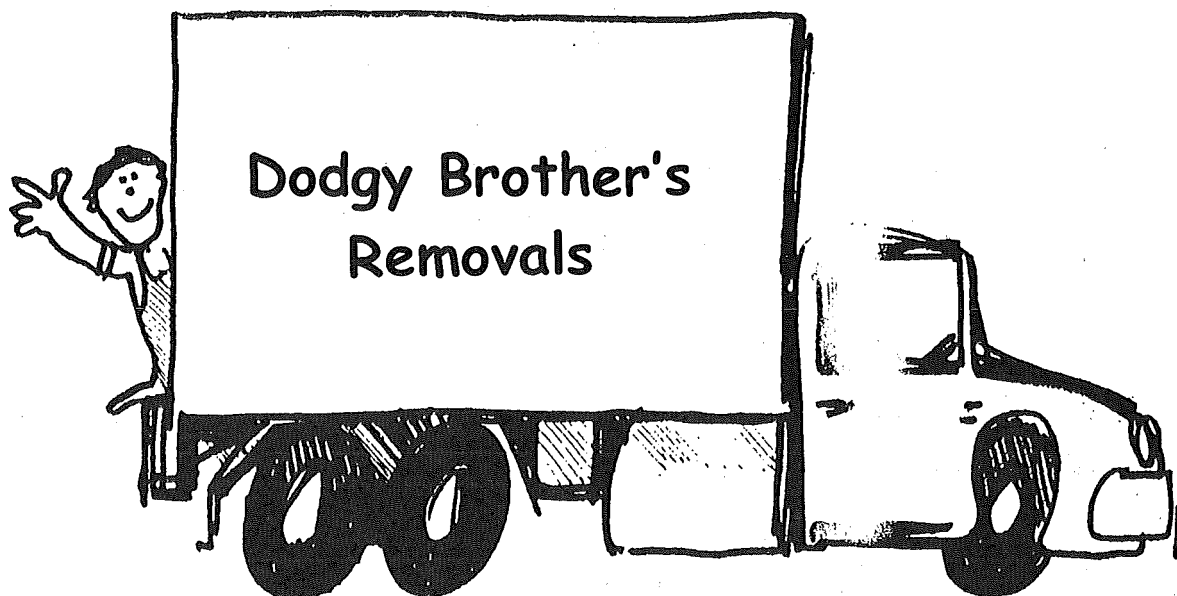
Queensland 18th May 2002

50 mile results

NAME	AGE	SEX	TIME
=1. NIC MOLONEY	25	M	14:05:34
=1. KERRIE HALL	42	F	14:05:34

55km results

NAME	AGE	SEX	TIME
1. DARREN SKILLICORN	37	M	4:01:05
2. MARK PARSONSON	47	M	4:20:41
3. ROBERT WARE	?	M	4:25:51
4. STEVEN HAYES	46	M	5:31:21
5. ANDREW COX	31	M	5:31:57
6. DAVE MEE	38	M	6:03:47
7. ANGIE GRATTAN	54	F	6:07:20
8. RICHARD WEBB	46	M	6:07:21
9. IAN MARTIN	41	M	6:07:22
10. BERNADETTE ROBARDS	32	F	8:00:33
11. JOAN ROBARDS	68	F	8:00:37



Despite the lack of Daylight Savings and that horrible "Four X" beer, it may well be worth us all shifting to Queensland to enjoy the wealth of ultra events on their calendar



Winner: Cliff Young runs through Coburg on his way to win the 1983 Sydney-to-Melbourne ultra-marathon.

Right: Cliffy on the shuffle at the Gold Coast this year.

CLIFFY

You've had a good run

Twenty years ago today, 61-year-old Cliff Young became a national hero when he won the Sydney-to-Melbourne ultra-marathon. But now, Cliffy's running days are over

PICTURE this. An excited crowd, hundreds of them, chanting fervently in sheeting rain outside a toilet at the Kalkallo roadhouse, alongside the Hume Highway, north of Melbourne.

Headlights, torches, three portable TV lights and the flashing signal of a police patrol car create surreal images in the darkness.

The mob, drawn to this bizarre scene by hourly news updates on TV and radio, are howling as persistently as the bitter southerly wind. "Cliff-ee, clap-clap-clap, Cliff-ee, clap-clap-clap, Cliff-ee."

Eventually a haunted figure opens the toilet door, is blinded by the spotlight, adjusts his pants with one arm, raises the other in a shy wave, and stumbles forward.

"Whoa!" yells athletics promoter John Toleman, trying to grip Cliff's arm. "That's the wrong way!"

The mob swarms to turn him around — hordes of people who'd never heard of this frail old man two days earlier are chasing him down the road, yelling "Cliff-ee, Cliff-ee."

How did it all come to this?

The best explanation of why Cliff Young's 1983 Sydney-to-Melbourne marathon affected so many people was in the answer he



**NEIL
KEARNEY**
on Saturday

gave two nights before he shuffled into Melbourne, when we spoke in his van by the Hume as the gas stove purred in the background.

His friend Mike Tonkin had warmed a tin of baked beans, and Cliff offered me his fork for a taste.

"Good stuff," he boasted. "Lots of them carbon hydrates."

Cliff's bush-speak could always bring a smile, but his eyes fixed on me in that chat, as he told how he had always wanted acceptance of his lifelong obsession for running.

He had been ridiculed for trotting around the Otway Ranges while real men worked, and for jogging in rubber boots — even though Cliff thought them entirely practical in a region where, as he said, "It rains nine months of the year and then winter sets in."

Contrary to popular mythology, Cliff was never a spud farmer.

His brother, Sid, was a successful grower, but Cliff's plot by the weather-beaten farmhouse yielded only enough potatoes and pumpkins for he and mother Mary to boil in a saucepan for tea.

CLIFF ran for most of every day, over 25km along the potato-holed tracks of the Otways, and across undulating paddocks.

He put his brother's blue heeler out of a job by rounding up Sid's cattle — even barking at them.

For years he played footy on the wing for Beech Forest, but was devastated when they told him he was too old. He was only 40.

So, when we chatted in the van after two-thirds of the race from Sydney, Cliff was hoping he had finally found a purpose for his apparently meaningless obsession, and that people might accept him for what he was.

"I'm a runner, just a bush runner," he said in his croak. "But I always hoped one day people would see my running was worthy."

In that remarkable week 20 years ago, a nation watched an anonymous little man prove his worth, and isn't that when sport is its most glorious?

We embraced him immediately, because he was the tortoise who whipped the hares, the humble Aussie battler with the laconic wave, the simple bloke who took 61 years to find overnight fame.

You can never get enough of a story like that — or so we thought.

Eighteen months before the Sydney-to-Melbourne run, I first spotted Cliff halfway up the highway from Frankston to Melbourne, in the 1981 Melbourne marathon.

The duffers I was jogging with were falling apart. One chap was so stuffed he dropped his dentures, and the sniggering gave us a few moments of light relief.

When a skinny old man wearing Fletcher Jones pants and rubber boots shuffled by, red-faced but smiling, my first reaction was that he had just joined in, or that he was a drunk on his way home.

I realised it wasn't a prank a few days later, when he accepted his certificate for winning the 55-60 age group.

Albert John Clifford Young was chirpy and inquisitive, and was excited to be in the company of runners, asking them lots of questions about training and gear.

I arranged with him to go to Beech Forest the next Wednesday, to film him for Channel 10 news. Cliff was so eager he said he would run a few kilometres to meet us.

Cameraman Peter Doherty and I took a refreshment stop at a pub

in Colac, lost track of time, and were terribly late leaving Colac for the 50km drive to Beech Forest.

We had driven halfway when Peter woke me from a snooze to ask if the man we wanted might be wearing dark green pants and jumper, towelling hat and gumboots.

Cliff had trotted 25km to meet us, then cheerily scampered up and down the Otways for our camera, running farther than an Olympic marathon in a showery afternoon.

His mother Mary was as obliging as Cliff. The vegies were well boiled and, after we had eaten more than enough, she told us how she had recently undertaken her first overseas trip, in her 80s.

Mum sat one side of the fireplace to read her book or watch TV, with her woollen socks resting in a well-worn groove in the brickwork.

Cliff sat on the other side of the roaring fire, his well-darned socks slotting snugly into the groove worn by his late father.

As simple as their lifestyle was, he and his mum were terrific company, witty, honest and generous.

A few days later, I rang Cliff to ask if he had seen Peter's wallet, which had been lost on the trip.

THE next week a letter arrived from Cliff, apologising that he had run all over the ranges, but had been unable to find the wallet. Enclosed was a \$5 note for Peter to buy a new one.

Television news reports generally run one minute, or a minute 30 seconds on a slow news day.

The "gumboot runner" story ran four minutes 27 seconds, an empire break of the Ten news, and the bushie chasing cows and splashing through the mountains instantly became a national curiosity.

When the world's best ultra-marathoners gathered in Parramatta a year later for the inaugural Sydney-to-Melbourne race, Cliff lined up nervously to one side.

The ultra-distance gurus, among them Tony Rafferty, George Perdon and Englishman Joe Record, planned to run during daylight hours and rest overnight.

On the first night, Colac footy club trainer Wally Zeuschner gave Cliff one of his blistering rub-downs, tucked him into his caravan bunk, had a nightcap or two, and dozed restlessly.

Wally roused his runner with a gruff call at 5am.

Cliff struggled out and trudged through the darkness by the white line at the edge of the road.

As the minutes passed, Wally got to wondering why there was no hint of morning light.

He studied his watch, checked a clock in the van, and realised he had made a fateful miscalculation. It was just after 2am.

Wally and his mate Terry Smith contemplated chasing Cliff and sending him back to bed, but it dawned on them they had orchestrated a manoeuvre of genius.

The others woke at daybreak to learn the tortoise was already four hours down the road and flying.

By late morning, radio stations were broadcasting bulletins about the 61-year-old who had bolted from obscurity in an event that was, until then, equally obscure.

The CB radios on the Hume went berserk. Every passing truckie blasted his horn at Cliff, who gave each his signature wave.

Schoolchildren lined roads as he passed through towns, building up to the amazing crowds which stood 10 deep as his cavalcade



stormed through Melbourne streets on the way to his finish at 1.36am on May 3.

On the second day of the race we filmed an interview with Cliff while he ate tinned pears.

The morning after it appeared on the news, a marketing man from Melbourne motored up the Hume, secured Cliff's signature on a commercial contract and placed a full-page newspaper ad with a photo of Cliff endorsing tinned fruit.

Before he was halfway to the finish, the boss of Channel 10 rang me to say that I would produce a one-hour documentary on Cliff.

The hysteria of his charge through Melbourne that night to the Doncaster finish whipped crowds into a mood as feverish as grand final night.

The days after his win were crazy — he shuffled on to every TV show, was feted at lord mayoral receptions, flew to Canberra for scientific tests with Rob de Castella and got married in a shopping centre.

Yes, it's a pity the story didn't end with that triumphal march up Doncaster Rd at the end of five days 15 hours and four minutes.

If only the crowds who flocked to see him arrive at half-past one in the morning, kids in pyjamas and grandmas waving handkerchiefs, had been able to watch their bush hero shuffle off into the sunset.

But Cliff had felt isolation for too long. He warmed to the glow of acceptance, and was dazzled by the lights of adulation.

HIS mistake was to be too obliging, too trustful of sponsors and media, many of whom should have known better.

The media is often guilty of blitzing a story until it turns from fascination to freak show, and we milked the Cliff phenomenon until a lovely tale about a simple bloke became silly and laughable.

When he got engaged to a girl who was 35 years younger, Channel 10 choppered them from Colac to a motel in Warrnambool, and I stayed in the adjoining unit to "scoop" the other news services.

We were more childish than ever Cliff was. The shopping centre wedding was tacky. The marriage to Mary Howell ended in May 1989, though they remained friends.

When I spoke with Mary recently, she said she believed she had been Cliff's mother in a past life, and that Cliff had wanted her to "mother" him.

Six years ago Cliff tried to run around Australia, at age 75, and shuffled 6520km before quitting.

He still holds records for stages of that trip, including one almighty stint through the gruelling Kimberley region of Western Australia.

HIS support crew on that run — identical twins Bridget and Paula Powers — have remained close to him, and their mother, Helen, has become his carer.

For the past few years Cliff, 81, has lived with the Powers at Caloundra, on the Sunshine Coast — but his shuffling days are over. His health has deteriorated sadly since his stroke 18 months ago.

He has undergone several eye operations, and has become prone to lung infections. This week he was checked into a Sunshine Coast hospital with pneumonia.

When I visited him in a medical ward on Monday, he was on a drip, and very tired, but his eyes lit up and he was obviously glad to have company, and to reminisce.

"Gee, 20 years ago, eh?" he smiled when reminded.

He has stayed in contact with his youngest brother, 73-year-old Sid, and his five other siblings, all still living in western Victoria.

Before Cliff left the Otways for the warmth of the Sunshine State, he lived in a modest weatherboard between Colac and Beech Forest.

One rainy Sunday a few years back I dropped by, and Cliff just happened to have a pot of vegies on the boil, and we sat down to Cliff's standard fare — mashed spuds, pumpkin and beans.

He told me he was having difficulty getting television reception, so together we tackled the antenna alongside his chimney.

Eventually we agreed the job was beyond us, and Cliff got out a dusty video of our one-hour special from the 1983 run.

As we relived the journey, a tear came to his eye when he watched himself waltzing clumsily with his mother in the "welcome home dance" at Beech Forest.

He was feted by his community's elders as "a true pioneer of the Otway Ranges", and a mix of mountain folk and out-of-towners came together in that timber hall to celebrate a unique achievement.

The music for the documentary was a ballad written and performed by Michael Atkinson of Redgum, which contained the lyrics:

*That minute in the spotlight,
Or on the long, hard road,
Is just another moment on your own.*

As we watched those silhouetted images of him shuffling past the crowds, waving through the blinding rain, lit up by blinding camera lights, it did indeed seem like another moment on his own.

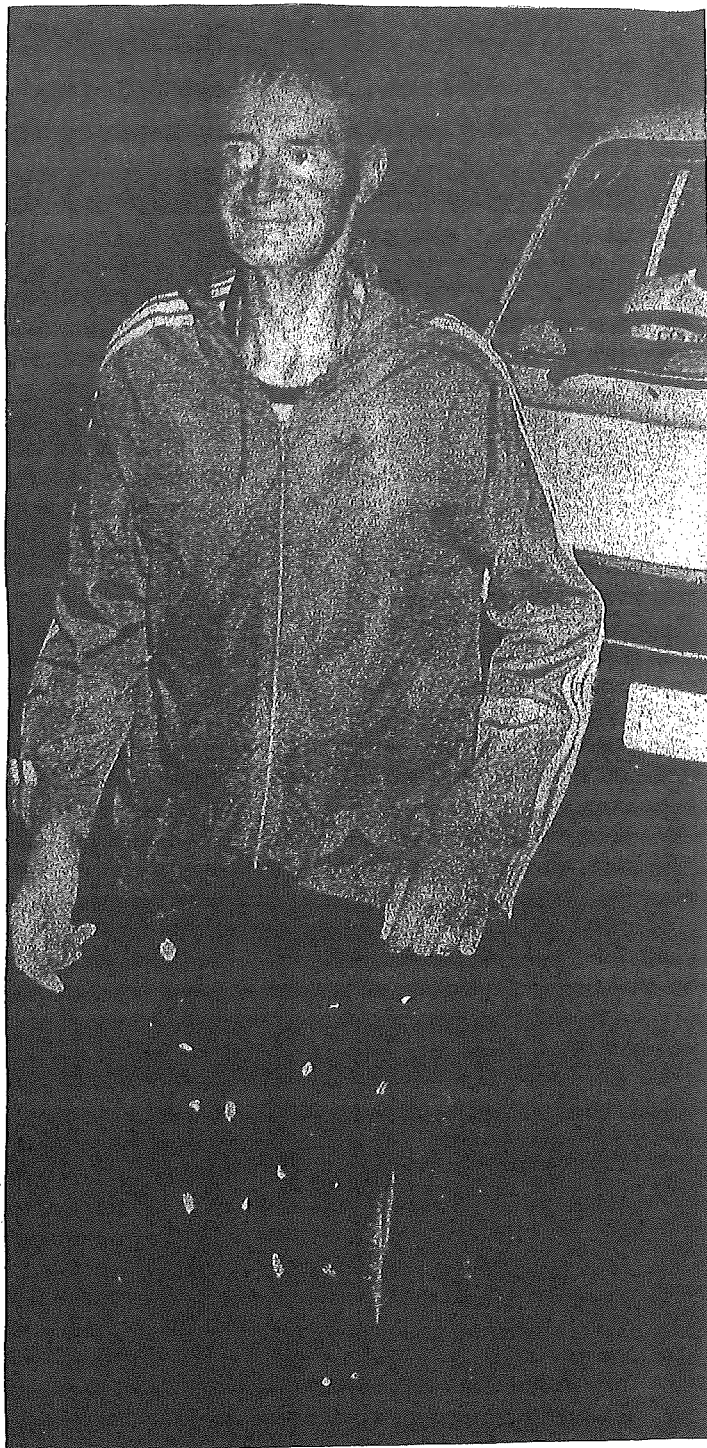
The house midway between Colac and Beech Forest was near where Cliff had run to meet us on the first day we came to film, back in 1982, and I asked — if he had his time again — would he run another 25km to embrace the public attention, and all that followed?

He flashed that impish grin, nodded, and motioned me to watch the next scene on the video.

It was the mad crowd chanting, outside the Kalkallo roadhouse loo.

"Silly buggers," he laughed. "Silly buggers."

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Above: with his new bride, Mary, in 1984. She said she must have been his mother in a past life.

Below: Cliff with his mother, Mary, thanking the people of Colac for making her son mayor for a day.



Cliff Young smiles on the road through Kalkallo, on the way to his much publicised toilet break.





Cliff Young, then 61, crosses the line at Doncaster in 1983. Picture: Michael Rayner

Road feat forever Young

Retirement in the sun suits the former farmer, reports Paul Daffey.

Twenty years ago this week, Cliff Young won the inaugural Sydney-Melbourne road race at the age of 61. His performance in shuffling to victory over 1000 kilometres, lifting his spindly arms to give a quick wave to spectators by the highway, provided an unlikely sporting highlight of the decade.

The victory was made all the more remarkable by later pictures of Young, or "Cliffy", as he was dubbed, training in gumboots on his dairy farm at Beech Forest, in the Otway Ranges. It was nothing for Young to run 20 kilometres into Gellibrand to post a letter.

He wondered at the fuss over his daily gallops along sodden tracks. He never particularly considered it training, even when he totalled 40 kilometres in a day. He simply liked to run.

Today, Young no longer feels the chill of the Otway mornings, and he no longer runs. At 81, he takes regular walks near his home at Golden Beach, on the Sunshine Coast in Queensland, and he doesn't miss his gumboots a bit.

"Too heavy," he said in an email to *The Age*.

Young agreed to be interviewed only if it were done via email through an intermediary

from Westfield, the company that sponsored him after his famous victory in the Sydney-Melbourne event, which was known as the Westfield Classic. He gave honest, no-frills answers and ruled out any chance of a picture.

The main point to come through the tantalisingly limited answers was his love for his new family. At Beech Forest, he lived with his brother Sid before marrying Mary Howell in 1984, when he was 62 and she was 23. In Queensland, he lives with Helen Powers, his former manager, and her twin daughters Bridgette and Paula, whose ages were described as early 20s.

Asked about his plans for the future, he said: "To stay with the Powers family till I die."

When he does die, he wants the twins to read a special poem at his funeral. "They have had it hard and they are kind to every living thing," he said. "They have big hearts. They are my twins. They wouldn't hurt anyone."

Young occasionally returns south visit his family in Victoria, but he makes no time to see Howell. His answer to the question of whether he remains in contact was the only one given in capital letters.

"DIVORCED," he wrote. "SHE HAS HER LIFE AND WE DO NOT KEEP IN TOUCH."

Neither does Young miss his former life in Victoria. In an interview with *The Age* in 1994, he said he was tired of cold, wet Otway mornings and milking

reluctant cows in an old shed. Mostly, he was tired of sending the cows' calves to their deaths.

"The calves think you're their mother," he said. "When you sell them, you know that they're going to, well, you get sick of it. I'm sick of the killing of animals."

Young even stopped fishing because he was sick of killing animals. He became a vegetarian, eating Pontiac potatoes, pumpkin, peas, corn and tomatoes — all steamed.

In Queensland, he tends a vegetable patch and claims to miss farming only a little. When the Queensland sun gets too hot, the twins take him down to the water and he feels refreshed.

His love for running never diminished but, three years ago, after collapsing in his Gellibrand home a week after completing 921 kilometres of a 1600-kilometre race, his powers diminished. The mild stroke ended his running days.

He lists runners as his most admired sportspeople — Cathy Freeman and Yiannis Kourou, the Greek ultra-marathon runner who dominated the Sydney-to-Melbourne with six victories after Young's upset win.

Kourou, who emigrated to Melbourne in 1990, once described Young as a freak. "He's a phenomenon," Kourou said in *The Age* in 2000. "He started so late. He's a natural runner. He has a different attitude to me; he has a lot more fun — I'm more serious."

The staff at Westfield report

that Young has retained his sense of fun. Kathryn Urand, a member of Westfield's corporate affairs department in Sydney and the go-between for this story, said the unlikely hero sends Christmas cards every year and drops the odd letter to keep the company up-to-date with his plans.

"I think he feels some sort of loyalty to keep the friendship going," she said.

The deal between Young and Westfield was always described as an arrangement between friends, not businesspeople. While Young fulfilled his role of flying around the country opening shopping centres, Westfield looked after his welfare as well as his bank account.

The swelling of his funds enabled the reluctant farmer to make a living from running, for which he was grateful. He followed up his victory in the Sydney-to-Melbourne with many determined performances in other events and a starring role in the annual six-day event at Colac, where he was trumpeted as a local.

Young was less welcoming of the unsettling effects of fame. The whirlwind period after his 1983 fairytale seems to have left him with a fearful yearning to be surrounded by trusted people. When asked whether sudden fame had developed a philosophy he would like to share, his answer was short and efficient, like his running style. "Keep your mouth shut and your legs moving."

Bobby de la Motte

[Bob has been a resident of Perth, Australia since 1987]

Bruce Fordyce tells us about the only Comrade to break the record, and still fail to win the race

Only one Comrades runner in modern times has broken the record and yet failed to win. No one could have asked more of Bobby de la Motte and yet he failed to win the race he so richly deserved to win. 'Failure' however is not a word that can be associated with Bobby.

An extremely busy and successful C.A. Bobby really believed he would win the Comrades. This unwavering conviction made him a runner to fear. Unlike so many hopefuls who dreamt, hoped that they might have a great day, or that their opponents would falter Bobby knew he would win. When he narrowly failed he simply returned the following year with a greater conviction.

His approach to the race is best illustrated by his 1982 run. It was a 'down' run and most of the leading contestants ran in a tight bunch against 3 time down winner Alan Robb. Bobby was the exception. He simply ignored the big names and ran on his own, in front. That year he finished 16th. In 1983 he broke his ankle and missed the race but in 1984 he stunned us all with a courageously run 2nd place in 5:30:59.

The popularity of the race, the live television coverage and the knowledge that Comrades winners were paid for endorsements and were sponsored had brought a number of fast marathoners to the start line. That year Bernie Rose, Willie Farrell, Willie Mtolo, Kevin Shaw, Warrick Ewers and Thompson Magawana all entered. Speed was believed to be the key ingredient in the Comrades and many believed that these fast standard marathoners would shatter all records.

I certainly believed the propaganda and feeling vulnerable with a 2:17 marathon PB that was 4 to 5 minutes slower than those of the speedsters, I changed my tactics. I decided to try and keep them in sight at all times. Most of them, in turn, decided to keep me in sight and while we all played cat and mouse with each other Kevin Shaw, Bobby de la Motte and Chris Reyneke slipped away.

When Kevin and Chris faltered Bobby surged and so taught us all that the most important ingredient in Comrades is strength, rather than speed. He ran a near perfect race, and at Cowies Hill held a vice like grip on the race.

On that hill I realised that the lead was significant and surged to try and close a gap. My surge did nothing and the gap remained alarming. I understood the gravity of the situation when one of my seconds Dawie Traub stood poe faced and concerned. At the 3/4 point of Comrades he was usually excited and motivated. The grave look on Dawie's face would not go and as

hard as I chased I could make no impression. The Comrades had unveiled another great runner.

At Huntley's Hill I caught a glimpse of Bobby but he was cresting the hill and running strongly. Finally at Koningkramer Avenue his relentless drive slowed fractionally. Dawie Traub at last became excited. I realised I had a chance. Only when Dawie came running towards me with arms held aloft like a proud mother shouting 'my baby, my baby' did I realise that I would catch Bobby. I had left it incredibly late though I beat him.

The sheer fright of it all stayed with me for the next three years. In 1985 jaundice kept Bobby from the race but in 1986 I had nowhere to hide.

Warning salvos were fired as early as August the year before. Bobby won the City to City and the 56 km Korkie in a fast time. From January to May the grapevine reported him to be in fabulous shape. For much of that time I had no stomach for the war. In 1985 I had finished my Comrades in the medical tent on a drip. Only Johnny Burgess, the world's greatest salesman was able to persuade me to run - and it took all his persuasive skills.

Everyone knew the script for race day Bobby would lead, I would try to keep him insight, 'Hoss' would hover. A record was a certainty. And so it proved. Bobby did not win and yet his race was the race of a winner. His brilliance sent ripples throughout the field. Boysie van Staden ran 5:34 and yet could only finish in 4th place. The first three 411 broke the magical 51/2 hour barrier and Bobby de la Motte became the first record breaker not to win.

The following year Bobby again finished second but his heart was not in the race. He was leaving for Australia and was no longer committed. His leaving robbed Comrades of one of the greatest ever non-winners.

My proudest and fondest memory of Bobby de la Motte was the handshake we gave each other as we neared 45th cutting in 1986. Exhausted and hurting we both acknowledged the honour of jointly leading the Comrades.

In typical Bobby fashion he said to me 'Lunch at the Rand Club next week, Bruce. If I win you'll pay. If you win I'll pay. Lunch at the Rand Club, when you next return to South Africa. I'll pay.'

www.comrades.org

A Sense of Belonging

by Ellen McCurtin

Sometimes I forget how good it is to go to an ultra. Specifically, I mean the feeling of not having to explain myself to anyone and to be around a group of people who just *get it*. The first ultra I ran, ten years ago in Central Park, left me with a feeling of acceptance I had not known before then. Finally, I thought, I'm home. This is where I belonged, and I didn't even know it existed until then. I had become so used to feeling like an outsider—even in running circles—for my predilection of going off for miles and miles, that it had become normal for me.

Two years ago, I was running in the Lake Waramaug 50 Km in New Preston, Connecticut. Ed Finnegan, a prolific ultrarunner from the state, was among the group with whom I was running. We passed the early miles by catching up on the past year and our assorted ups and downs. I must have been complaining about something, because the talk turned to the fact that no matter what, we all seem to stick with the sport. "Do you think you'd ever stop?" he asked. The truth for both us, and for a vast majority of runners, I would venture—even when our best performances are behind us, injuries won't heal, and various other curveballs get thrown our way—is no. I used to think about this more, but not too long ago, I stopped. Maybe I just stopped having unrealistic expectations and got back to enjoying running again. Maybe I had enough bad races that I became happy to just finish. I'm not sure.

When I began running ultras, I used to look around and marvel at the entourages that accompanied some of the runners. What special power did they wield over people to get them to attend these events, often taking time off from work and traveling long distances to support them for hours on end? For years I traveled alone. At three World 100 Km championships, I went alone, not thinking anything of it. When I was assigned someone for handling duties, I felt a bit guilty about that, as I had always run my races alone. I was amazed and even moved by the people who would come to races to crew for their friend or family member. That kind of acceptance was so foreign to my own experience.

When I was 25 and starting out in ultra competitions, I was dating a guy who considered my running in the World 100 Km to be the final straw. Despite his frequent complaints and criticisms of the sport, he had decided to come with me to Belgium, but he made sure to remind me what a favor he was doing me. He used his mother's frequent flier miles. "I'm not sure if I want to give these up," she said in front of me. "Just so you can go see her run?" I was pretty disheartened, but ran a decent race (8:16, which is still my personal best) despite that. "I don't want to be part of this. It's sick," he told me when we returned to New York after the race. Part of what, I wondered to myself? He was getting ready to go to medical school and told me that by spending so much time running and doing ultras, I was wasting my life, going nowhere, and he didn't want to be dragged down by a slacker like me.

I have thought about that accusation a lot over the years and sometimes have asked myself if I had zigged where I should have zagged. Did I spend too much time and effort on something—all those miles—that in some respects, is just written in the sand? Should I have more to show for my life? Most of the time, I don't think so. If anything, I believe I am a better person for all of it. Talking to a friend recently—a marathoner and triathlete, who is also an aspiring actor who has had intermittent success, but is also just as frequently concerned about making the next month's rent—the subject of the measure of conventional success

came up. "Ask me when I'm 99 years old and I'll tell you how I should have lived my life," he said.

What conclusions have I come to from all of this? Primarily, to do unto others as they do unto you. That is, to be conscious of judging other people and dispensing easy advice—or if I do either of these, to evaluate my motives for doing so and think before I speak. Am I doing this out of genuine concern, or do I just want to hear my own voice and feel important? Likewise, I have also disciplined myself to evaluate other people's opinions in the same way—by considering their motives. It makes it easier to let the negative comments roll off.

I have also accepted that it is important for my happiness in life to be around likeminded people, at least part of the time. I used to feel I had to prove something to myself by not immersing myself too far into the running world. My running life was kept separate from the rest of my life because I was determined that it be part of my life, but not everything. I tried to compartmentalize, but it didn't work very well. Eventually, things would give. Friendships and relationships faltered. Among the complaints: I didn't like staying out late at night. I got up too early in the morning. I spent too much time on the weekends on long runs. When superficial criticisms didn't succeed, more general character evaluations took their place: I was selfish. I was too rigid. Why was I doing this? I heard so much of it that it took effort not to internalize these criticisms. I didn't always succeed. It struck me as odd then, and still does, that something as innocuous as running, something generally regarded as positive, could inspire such strong negative reactions.

Fortunately, one thing I have noticed that has improved as I get older is that I'm not nearly as vulnerable to other's opinions as I was a decade ago. Of course I still care, but not nearly as much. During the past ten years, I have become much more at home in the world, largely by becoming part of the far-flung and far-reaching ultra community. In fact, sometimes I even think I've become one of those people I used to envy in my early days of competition. My husband Joe goes to almost all my races, even though ultras remain a foreign concept to him. Each year he says he certainly wouldn't mind if I decided not to do the Vermont 100 Mile (by his own admission, he would prefer to stay home and sit at his computer or watch television and get a normal night of sleep), but I also think he has sort of secretly become fond of it, even though he likes to play up the part of the long-suffering husband who'll tell anyone who'll listen that I'm mean (deny!), which I don't begrudge him. He's got the routine down to a science now, an accomplishment in itself I think. He knows at which point he can go find a breakfast buffet in town and he brings his PalmPilot and reads or calculates splits. He sits and he waits with all the other generous people who are spending the day (or more) to be there for their runners. He likes to sit at the Bill's Barn aid station at mile 83, because he has some time to relax and look out on the great views and the cows in the field. He compares notes with other crews and fills me in the next day on the trip home on the things he saw and the people he met. He's happy when I run well, but he's not invested in the outcome, unless it affects him in a practical way. This year he was happy because I was running faster and he was looking forward to actually getting to sleep before midnight for once. He also told me when I finished that this was probably the fastest I'll ever run there. (I was of course speculating on how much I could improve next year.) Some people might have taken that the wrong way. I just laughed.

CAPITAL PUNISHMENT

An account of the 2003 Sri Chinmoy Ultra Triathlon, by participant, David Criniti

Results in March issue

In a bid to save a few dollars, I'd booked into the Canberra YHA for Thursday night only. After all, I was competing in the 15km swim on Friday morning, and could just lay down on the grass for a few hours sleep on Friday afternoon before the 400km cycle began at 5:00pm. No need to pay for another night at the YHA, because I'd be riding until well after sunrise on Saturday morning. Then after the ride, I'd have another few hours sleep on the grass, saving me on Saturday's accommodation, grab a bite to eat, and try and relax before the 100km run began at midnight. Once the festivities concluded, I'd be off to the railway station and heading back to Sydney. Just a fun weekend in the nation's capital, which would see another ultra ticked off the list.

...and the theory would have worked too, if the drought hadn't turned into a deluge on Friday morning, just in time for the commencement of the Sri Chinmoy Ultra Triathlon. All of a sudden, sleeping on the grass between legs was not looking so appealing.

Anyway, I could worry about that after the swim. First I actually had to worry about finding the swim, whose location had changed in the past two days, unbeknownst to me. Wandering around Yarralumla Bay, half-asleep in the pre-dawn drizzle, I somehow managed to ascertain that the start was now at Black Mountain peninsula, and to arrive before the race began.

Six of us were having a crack at Australia's longest triathlon; last year's winner, Andrew Stanfield, Sri Chinmoy team member, Aryavan Lanham, Team Fatass members Thomas Lezenhofer and Dave Petit, as well as wildcards Wayne Tomasums and yours truly. With a couple teams also entered, and one person doing the swim as a solo event, there were 9 of us set to race the 15km swim.

After a great display of perseverance, I had endured what seemed like an eternity of torture, to overcome the first discipline; putting on a borrowed wetsuit; and was ready to join my fellow competitors on the start line.

With a beach start and a rocky shore, there were a lot of "oh, ah's" and cut feet before we actually got away, but we all survived, although none as well as Andrew "the fish" Stanfield, who powered his way around 30 laps of the 500m, triangular course in 4 and a half hours.

Not only was this my first triathlon, but also one of my first ever serious swims outside a swimming pool, so I took the first few laps out on the tail of a fellow competitor, until I gained the confidence to swim in a straight line without the aid of a black line on the bottom. After that it was pretty smooth sailing, and I was pleased to finish 3rd after Wayne, in just over 5 and a half hours.

What I was most proud of though, was my time-saving mid-swim pit-stop strategy which involved quickly grabbing my muesli bar from the food / drink canoe moored next to the turning buoy nearest shore and eating it while backstroking to the next buoy. Saved me a good minute or two I'd say, with indigestion just a small price to pay.

Thomas and Dave, from Team Fatass had offered to store my gear in their car before the swim start, supposedly to keep it dry, but in what I now realise was a subversive tactic designed to oust me from the event with hypothermia as I waited for them to emerge from the swim with the keys.

Thomas came out first, and proposed a trip into town while Dave finished up, as Thomas wanted to purchase a rain-jacket to wear on the bike leg. I was happy to accompany him, as I knew I wouldn't be sleeping on any grass today; and concentrated on keeping warm, and keeping my eyes peeled for a St Vinnies store where Thomas could pick up a cheap rain-jacket. It was only after Thomas emerged from Snow Gum, jacket in hand, and wallet \$600 lighter for the experience, that I realised how he earned his sobriquet "The Gear Man".

After a quick bite, we returned to watch Dave finish the swim, before they both left, and I again turned my attention to keeping warm and hopefully finding a place to sleep before the bike leg, which was to begin in a couple of hours. Thankfully, Sri Chinmoy team-member Audrey came to my rescue, and, despite having her hands-full with race-organising responsibilities, dropped me off at her house, where a nice warm bed lay waiting.

However, just as I began to regain feeling in my fingertips, she was back to drive me to the bike start. The bike leg was around a loop of just over 2km, throughout a showground on Canberra's outskirts, with one gentle incline that seemed to become less gentle as the km's wore on. The showgrounds provided a great backdrop for the event, and there was a lot of activity on the Friday night as people began to set up dodgem car rides and various stalls for an upcoming show. There was also a lot of support on the bike leg, from lap-scorers and crew members, which helped keep spirits lively on a cold, damp night. Also keeping my spirits (and stomach) buoyed, were the famous Sri-Chinmoy mashed potato's and pasta that were in plentiful supply.

Andrew soon proved that he was a fish who could also ride a bicycle, as he surged ahead of the field from the outset, in the end finishing well ahead of the triathletes, and only just behind one of the team cyclists. I was impressed that his wheels did not stop rotating once in the whole 400km, compared to mine, which stopped at least every hour for a feed.

After threatening to withdraw for some time, Dave Petit called it quits after about 250km, and with fellow Team Fatass member, Lawrence Mead, who had come down to compete in the bike and run legs, already withdrawn, Thomas was left to fly the Fatass flag (try saying that 10 times).

The rest of us managed to get around in our own time. My only problem on the bike turned into a blessing at the 300km mark when I punctured my rear tyre; the blessing being that I had a very generous offer to change it for me, and I managed to grab about 30

seconds sleep in the meantime. Again, I finished in 3rd place, and again it was behind Andrew and Wayne. This time, however, 4th and 5th spots reversed, with Aryavan finishing ahead of Thomas, and moving into 4th place overall.

After being up all night cycling I was again extremely grateful to catch some shut eye back at Audrey's house, but time sped up and before I knew it, I had to haul my stiff legs out of bed and get going again. There was a bit of confusion, as the run location had also changed, but the fact that I was late didn't matter, as I was in the company of Audrey, who had in her possession the lap scoring sheets, and as the saying goes, "she who has the lap scoring sheets, rules the roost" (or something like that).

The 100km run leg also doubled as the Australian Road 100km championships, and therefore attracted more non-triathlon participants than the swim and bike legs. This leg was on a 1.6km out and back course along a bike path which ran around the shore of Yarralumla Bay. With a 12.30am start, and the path being lit solely by glow sticks and the light of the moon (when it wasn't behind the clouds), it made for interesting running, although what I was doing couldn't be classed as running.

A sore knee from the bike-leg, combined with a recurring problem with my iliotibial band (ITB) forced me into a run / walk pattern with progressively more walking thrown into the mix as the race wore on.

Having said that, it was one of my most enjoyable 100km's, with old-friendships renewed, and new ones made. At the lap-scoring end of each lap, the competitors again had no shortage of support with Sri-Chinmoy team member Fiona-Baird coming all the way from Adelaide for a stint in the lap-scorers tent, as well as recently retired ultra-triathlete Dave Petit.

For once, Andrew "bicycle fish" Stanfield wasn't out in front, with Thomas taking the lead amongst the triathletes, and doing Team Fatass proud. Wayne was not far behind, then came Andrew, myself and Aryavan.

As well as encouragement from the lap-scorers and crew members, we also shared encouragement with the triathletes from the Classic (1.5km swim, 40km bike, 10km run) and Long Course (2.2km swim, 80km bike, 20km run) triathlons, as they shared the bike path as part of their running legs, which certainly helped pass the time.

Despite the fact that Andrew didn't take out the run, he'd forged himself enough of a lead for it not to be of any great concern, and he took out the 2003 Sri-Chinmoy Ultra-Triathlon by quite a sizeable margin from wildcards Wayne and yours truly, who filled the minor places on the podium, with Thomas and Aryavan taking 4th and 5th respectively.

The 100km race proved to be a great event of it's own, with Mignon Tucker taking out the women's event, in what was allegedly her swansong (I say 'allegedly' because I've heard the word 'swansong' used very liberally in ultra-circles too many times), ahead of a very tight battle for second, which saw an ever smiling Vicki Godfrey relegate Kerry Campbell to 3rd. The ageless Shirley Young came in 4th to round out all the women competitors.

In the men's race, Roger Maximiw had a great run to finish ahead of last year's winner Ian Valentine and Anyce 'Kip' Melham in 3rd. Kelvin Marshall came in 4th, after a 5 week hiatus from the ultra-world, which for him is an eternity, and Glen Gielissen rounded out the top 5. Also completing the run were Tony Cosoleto, Dave Billet, and ultra-running veteran Peter Gray.

In conclusion, this was another great event put on by the Sri-Chinmoy team. There were some small problems; a bit more notice about the change of venue of the swim would not have gone astray, neither would a bit more lighting on the run course. And of course some finer weather would have been nice, but I won't hold Sri Chinmoy personally responsible for that one! Seriously though, to have the opportunity to compete in the only event of this kind in Australia, and to be catered for the whole way, from the Friday to the Sunday, to such an extent that I competed without the help of a crew, is something for which I am extremely grateful. I eagerly await next year's event.

Tim Noakes 'Lore of Running' - a must have book

Graham Ives writes

I spotted an ad in RW for the new issue 4 of Tim Noakes' Lore of Running at \$61.95 plus p&p, from Human Kinetics Australia. Just in case any of you don't know, this is an absolutely indispensable book for any ultrarunner, being packed with history of the great runs and runners, training ideas, diets and injury analyses - with suggestions on the best recovery. My third edition is a massive 800 pages and has been read through from cover to cover and used many times for various runners' problems. I cannot recommend it strongly enough for any ultra runner regardless of whether you are a beginner or a seasoned veteran.

I have been in contact with the publishers Human Kinetics Australia and set up a special discount deal for Aura members of \$55 plus \$7.70 p&p.

Contact point is Lia Weston liahka@senet.com.au

Human Kinetics Australia Pty Ltd

Ph: 08 8277 1555

Fax: 08 8277 1566

www.HumanKinetics.com

You will need to quote your Aura membership to obtain the reduced price.

Colon Cancer.....by Graham Ives

Most of you will have seen or heard about my performance in the Coburg 24 running for cancer research and to spread the message that cancer and chemo are not the end of the world. I won't bore you with more, other than to say how I appreciated the support of so many runners – your good wishes made it easy, even with crippling blisters.

What I will do is pick up on some of the questions I received on colon cancer, which is something everyone should be watching for. Do not think because you are so fit that you are superman and immune; your fitness will help if you are afflicted, but it may also hide the symptoms. Let's tell you how it hit me out of the blue.

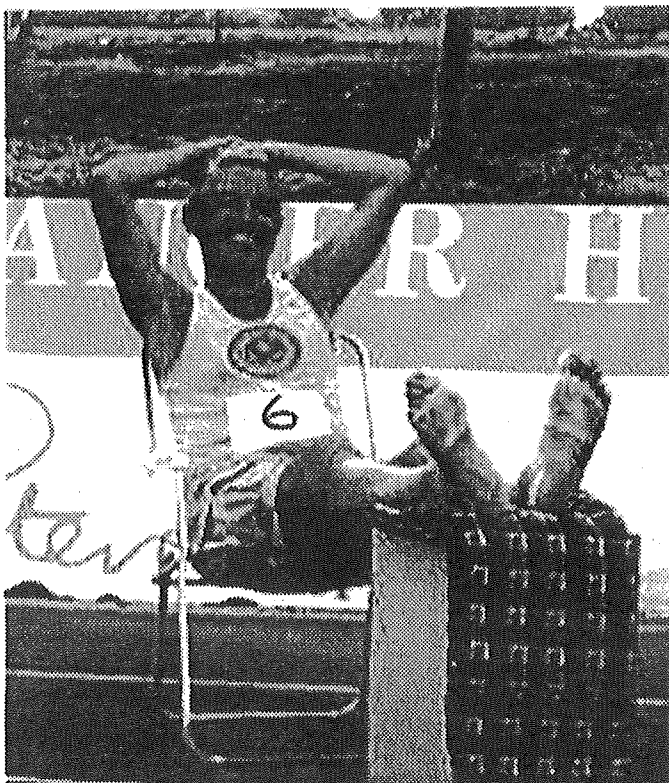
I had moved to South Africa to live with Meg and was running better than ever before, if we take age into account. Running is such a big sport out there, that most races have o/60 categories and prizes. I was racing most week-ends, winning most of those age competitions and loving every minute. In November 1999, we spent a most enjoyable two weeks touring Zimbabwe, just before the troubles really broke out in that beautiful country. We took anti malaria tablets for 3 weeks and when I started having constipation problems we put it down to the malaria treatment – that is a side effect.

Come December and it was still not right, so I visited the GP, who knew me well as a runner. Simply because I had no other symptoms, no blood in the stools, no tiredness and nothing he could find in a rectal rummage, he discounted the possibility of it being anything serious. In late January, I lined up for a 21 km race, constipated and with a stomach pain. As you all know, constipation before a race is normally not a problem for a runner – its usually the other way round. I duly won yet again, but in two days I was back to the GP again. He still missed the problem, but to be fair to him he did suggest I had a colonoscopy to satisfy myself that there was nothing wrong. I felt so well still, that I decided to leave the pipe up the bum for later if it did not improve and returned home to take more laxative.

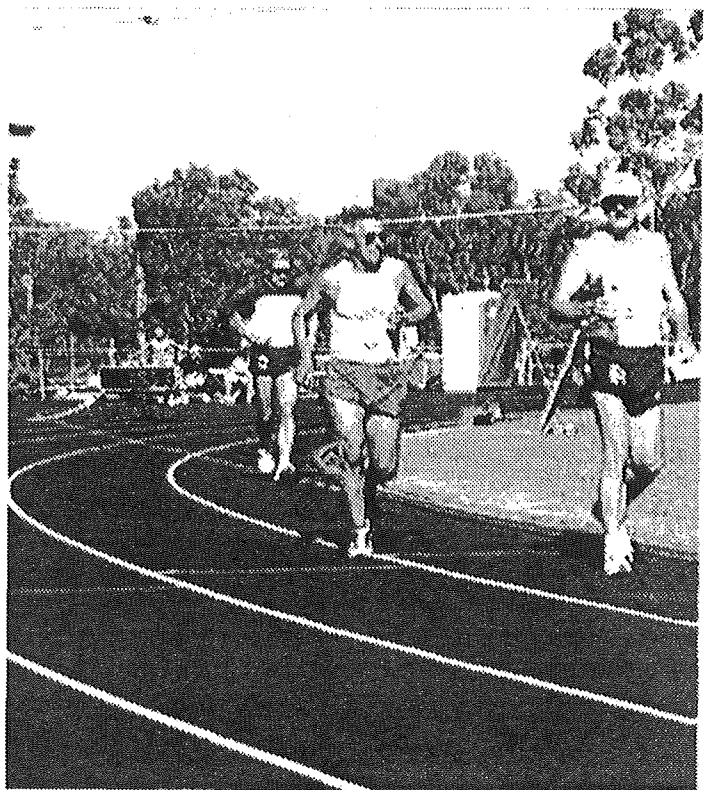
Three days later I was rushed into the local hospital with a complete stomach blockage; an emergency operation saw 6 inches of colon and the cancerous blockage removed. I was very luck not to have to use a colostomy bag, but the cancer had spread into the lymph glands, from where it has progressed to liver and now lungs despite so much chemotherapy.

You will see all the specialists telling how keeping fit, eating plenty fruit and veg and cutting back on the red meat, will reduce the prospect of cancer. That was my lifestyle, so as you see, it is no guarantee at all.

Colon cancer is the biggest cancer problem for men so what do you do? – simply keep an eye on the bowel habits. If you do have blood there, or if your habits change, (not a one off after too much ale or curry), then you should be seeing your GP and seeking what I ignored - a colonoscopy. The pipe up the bum is not the most pleasant experience, but it is a small insurance to pick up the early signs of what happened to me. That way, early growths can be removed before they become destroyers.



**Graham rests his blistered feet during
The recent Coburg 24 Hour event**



Graham clocks up another lap

D.N.S

By Stan Miskin 24-2-03

Since my comeback to Ultras about two and a half years ago after several years away due to illness and injuries, I have achieved several firsts.

1. First multiple falls in a single event.
2. First D.N.F [did not finish]
3. First Australian Age Group [M75] Track Record
4. First Australian Age Group [M75] Road Record
5. First sponsorship [Athletes Foot at Fountain Gate]
6. First Male winner of the AURA Points Race
7. READ ON.....

Ellwyn and I have just returned from Canberra where I was to contest the 100km Road Championships. Our expenses were car costs for 1,500 kilometres, Motel costs, meals and race entry. I lost several days of training, wasted a taper and missed a meeting at my local orchid Club. I also lost 2 points [one for starting and one for 100km] and a possible 5 to 10 points for M75 records towards the 2003 AURA Points Race.

We arrived at the start point at Yarralumla Bay at 3pm-with the race due to start at midnight-and found no evidence of any triathlons or 100km runs. This oddity caused Ellwyn to check the top half of the entry form on which I had written the schedule that I was hoping to maintain.

To my 6 "firsts" listed above, I can now add:- 7. My first D.N.S. [Did Not Start]

Ellwyn discovered that we were a day late due to "my failure to correctly read the entry form".

The race was on Sunday, having started at midnight on Saturday and NOT midnight on Sunday as I wrongly assumed.

To those among you who would say that Stan Miskin has no brains, I would respond **"I have plenty of brains, they're all in perfect order as they have never been used"**

"5.611" What is it?

By Stan Miskin.....26-3-03

Last year I entered the Maroondah Dam Trail 50km and reached Dom Dom Saddle at 20km after having tripped and fallen on six separate occasions. Bruised, bleeding and sore, I went no further on the trail and took the short cut by walking down the road to the finish and thus achieving my first ever D.N.F.

Because of this disappointment, I then resolved to complete the event [Dom Dom to the finish] in 2003. I can now report that I can remove this D.N.F. from my ultra C.V. with a time of **"1 year 6 days 6 hours, 39 minutes and 59 seconds"**

The answer to the question above is:- My average in metres per hour for the Maroondah Dam Trail 50km. Yes, 5.611 metres [not kilometres] per hour. Is this some sort of slow race record?

MY LAST TRAIL RACE

By Stan Miskin

Although I have said "Never Again" at least 100 times after hard events, I always changed my mind within a few hours after a shower, rest and recovery run or walk. However, this time I am serious.....serious enough to put it in writing. "No more trail races for me"

My reasons are:-

1. I now fall more often due to reflexes having slowed with increased age.
2. My skin is thinner and bones weaker so that results of falls are now more serious.
3. Recovery from injury is now much slower.
4. Because the risk of falling [particularly when going downhill on rough trails] is so great I have to proceed very carefully [and slowly]
5. I fell twice during the 2003 Maroondah Dam Trail event [the second time whilst going down hill] and could not get up. My muscles were weak and trembling and my balance was gone.

After failure to get up, I stayed on the ground for about five minutes, tried and failed again and finally rose after about 10 minutes.

I was very weak and unsteady and could walk downhill only with very tiny steps and often had to stop. Unfortunately it was 95% downhill for the last 10km which took 3 hours 50 minutes, whilst the first 20km from Dom Dom Saddle to the summit of Mt. Saint Leonard took 2 hours and 50 minutes with the last 3/4 being very steep. The first kilometre of trail down from the summit was extremely steep and despite being very slow and careful, I finally fell as described above.

To Summarise:- I had never before felt so bad during an event and was very glad to finish. I could not do a recovery walk and still felt very sore and flat a week later. As I also fell many times during the 2002 "Walhalla Wound Up" [in my case "wounded"], common sense dictates that I should retire from trail races. In future I shall compete only in track and road events



Stan Miskin, pictured here with Shirley Young while receiving their AURA Point Score Trophies, has had some "interesting" experiences in his Ultra career during the last 12 months

On the seventh day...

Stories from the Six-Day Race at Colac in Victoria

◆ BY JULIA THORN

I couldn't imagine running continuously for six days, and nor, probably, could you. But the idea of other people, who specialise in this sort of business, running round and round a 400-metre track for such a long time intrigued me. ◆ So I went to watch the Australian Six-Day Race in Colac (population 9700) in Western Victoria. There, in the centre of town, the dirt footpath around the edge of Memorial Square had been transformed into a running track. ◆ Nothing fancy. Just a footpath wide enough for two runners to pass each other without colliding. The simplicity is haunting.

The runners made up a truly international field. Let's face it; there are only a handful of runners in the whole world capable of this kind of running. Twenty-six of them had found their way to Colac. Ultra runners rate the Colac track highly for its shade and scenery. Scenery? Well, the elm trees are certainly pretty. "Wouldn't they rather be running on the open road?" I asked Stan Miskin (age 77), who had retired from the race on Day 2 with a

damaged heel. "Yes," he replied, "but there aren't enough long races on the open road."

There was a line of army tents along one side of the track; the athletes' homes for six days. The other facilities included a cabin for cooking (because runners request delicacies like scrambled eggs as they run), a tent for massage, a prayer tent (the queues would be pretty long to get inside there, you'd imagine), a cabin

for the lap counters (whose job is to monitor every move the runners make) and a commentary box.

Tony Rafferty was in the commentary box. He knows a thing or two about ultra running. He told me that in the heydays of the 1980s (the race started in 1984, or 1983 if you include the 1000-mile race held that year), up to 15,000 spectators attended the start and finish of the race, and in the centre of the park were bands and food stalls. In more recent years there has been no formal seating, and passers-by stand for a few minutes on the footpath to observe proceedings. Some turn their attendance into a habit. Rafferty tells how for six of the 10 years when he ran here, an elderly couple used to hand him a basket of fruit towards the end of the race. Then one year – no fruit. It turned out the couple had died during the course of that year.

There were so many questions I wanted to ask. Here was the loneliness of the long distance runner personified, but it would have been trite to inquire why.

I stared at the drama being acted out. The discomfort was all too evident. There was George Audley, who broke a world record at Colac in 2002 for his time in covering 500 kilometres in the 60-plus age group. The day I saw him he was walking with his upper body leaning at a 30° angle to one side. I was assured he would soon recover from this, and indeed after a short rest he did have a more upright stance. I was also assured that Audley would have no idea whatsoever that he was walking in this position.

There was a lot of walking going on. By Day 5 even race leader, Akihiro Inoue, was reduced to walking. He'd clocked up close to 700km by that

The AUSTRALIAN 6 Day Race

PLACE	NAME	NO	LAPS	KLMS	PLACE	NAME	NO	LAPS	KLMS
1 st	DAVID STANDEVEN	14	446	185.6	16	JOHN TIMMS	3	26	10.4
2 nd	AKI HIRO INOUE	28	426	170.4	17	STAN MISKIN	18	306	123.3
3 rd	PETER ARMISTEAD	7	413	165.4	18	GERALD MANDERSON	20	306	125
4 th	JEVYAN McPHEE	7	411	164.4	19	DAVID JONES	19	279	111.6
5	PETER NOSKIN	7	377	159.8	20	TONY COLLINS	21	271	108.4
6	ALDO MARANZANO	24	395	158	21	ANDREW LOVY	5	262	104.8
7	BEA WATLEY	3	313	127.2	22	WILLIE ERASMUS	1	259	103.6
8	TIM	3	378	151.2	23	ARUN KUMAR BHARDWAJ	22	259	103.6
9			376	150.4	24	JULIE SCHRAG	23	237	94.8
10			362	145.2	25	ROBYN DAVIS	13	222	88.8
11			355	141	26	DREW KETTLE	2	118	47.2
13			340	136	27	ENVER BABEKOV	26		
15			326	132	28	MOLAR MIHALY	27		
12			320	128	29	LAST BOARD UP DATE		NEXT	5 PM
16			316		30				

THE STANDARD

LAPPING IT UP: The score board tells the story in kilometres, laps and retirements.

stage. Some of the walking runners looked fairly dazed and, well, exhausted, but Inoue could have been strolling to the shop for a carton of milk.

I peered at what the runners were eating. David Standeven ate mashed potato from a bowl with a spoon while walking. Elvira Janosi tucked into cubes of rock melon. In one corner of the park icy poles were being handed out to runners. Two competitors ate bread and chatted as they shared a lap of the park. Nothing too unusual here. Peter Armistead had been taken to the local pub for a feed; another runner described

him to me as a human vacuum cleaner, but apparently he drew the line at McDonalds hash browns, finding them too greasy to eat while running.

I asked about music. Dawn Paris was listening to music she'd taped herself. "I listen to a lot of love songs" she told me, "I was listening to Joe Cocker and hoping I wouldn't burst into tears on the straight."

The exciting part of the race comes when the runners change direction, which happens every four hours. Each runner changes direction of travel when he/she reaches the

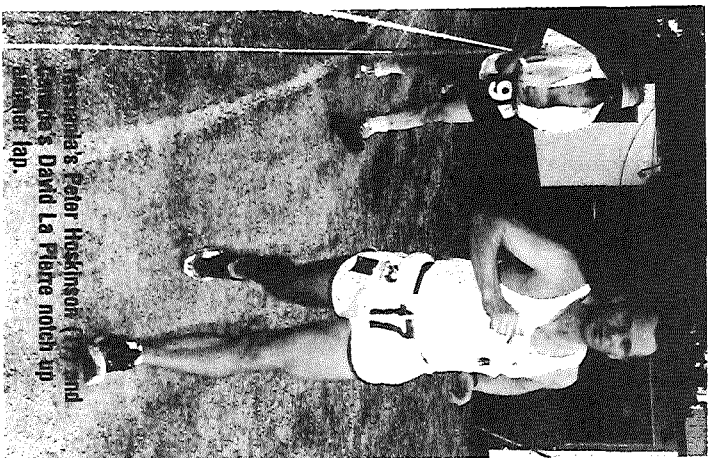
turnaround cone for the first time after the turnaround time, say 1pm; this means that for a few minutes you have runners travelling in both directions. Brock McKinlay told me it was nice to see the other runners face to face for a few minutes after turning. Amazingly they do not seem to bump into each other.

What's more, if a runner has taken a rest break mid-lap and comes back to the track after the direction has changed, he has to finish his interrupted lap in the original direction before joining the others in travelling the same way. So, all of a

sudden you will see a runner apparently going the wrong way around the track. Wiping the sleep from his eyes. How the runner remembers which way to go is anyone's guess.

So, a lovely sunny November day in Colac. The local schoolkids played volleyball and cricket in the middle of Memorial Square. The ultra runners did their laps around the perimeter. The race was nearly over for another year. Next year the organisers hope Yiannos Kourous will be able to run; he holds the Colac Six-Day record of 1023.2km.

Find more about the Colac Six day Race at <http://sixdayrace.standard.net.au>



Moomba's Peter Hossington and Canada's David La Pierre notch up another lap.

Moomba finds a new ambassador

By KATE JONES

A MARATHON walker will lead hundreds of volunteers in the Moomba street parade, replacing the traditional monarch.

Carrie Stoney, who recently completed a 2200km depression awareness walk from Brisbane to Melbourne, was yesterday selected as the first young ambassador of the four-day celebration.

Ms Stoney, 25, will be the symbolic leader of the march down Swanston St and St Kilda Rd, joining the parade at the Melbourne Town Hall.

She will be followed by 900 volunteers and performers on colourful floats — a lead role that was once reserved for the Moomba king or queen.

Melbourne Lord Mayor John So said Ms Stoney would be the first of many other Moomba young ambassadors.

"This year we have a new-look festival so it's fitting that we have a new-look ambassador," Cr So said.

Ms Stoney, from Kew, said the selection came as a surprise.

"I almost fainted when I heard," she said. "I'm really excited. It's an amazing honour."

Melbourne City Council has attempted to revitalise this year's festival, renaming it the "Melbourne Moomba Waterfest" and adding extra events.



Leader: Carrie Stoney. Picture: PETER WARD



The winning smile.....Ikkihiro Inoue of Japan

Talk about

Hit by a bus at 22, he fought back to become a champion one-legged endurance runner. At 30, a second accident turned him into a pain-racked quadriplegic, hooked on cocaine ... But as **Elizabeth Gilbert** finds, that's just the outline of Jim MacLaren's story. At the end of the terror and the torment, he found a way to feel blessed.

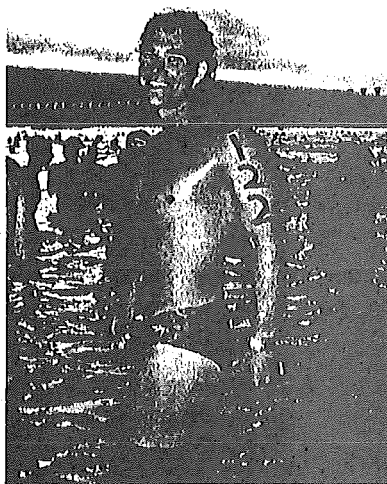
JIM MACLAREN DOESN'T HAVE ANY memory of the first accident. He can't tell you what it feels like to be hit by a New York City bus and thrown 27 metres through the air, to have your bones shattered and your legs crushed, to have your organs pulverised and to be pronounced dead on arrival at hospital, because he can't recall any part of it.

The last thing he remembers about the accident is cruising down Fifth Avenue on his motorcycle, on "one of those balmy October nights when anything seems possible". As well it should have. MacLaren was, at that moment, a handsome, intelligent, ambitious and well-liked 22-year-old who had the world on a string. He'd recently graduated from Yale, where he'd excelled as a scholar, a footballer and a theatre star – not bad for a fatherless kid from a moneyless family. He'd spent the previous evening dancing with debutantes at a society party and was returning home from a job interview that had gone extremely well.

He never saw the 18-tonne bus that ran the red light on 34th Street and demolished him. Nor does he have any memory of the paramedics who scraped him off the sidewalk and delivered him to hospital. The next thing MacLaren recalls – after disappearing into a coma for eight days – is waking up in intensive care and learning that his left leg had been amputated below the knee.

So that was the first accident. Over the next

eight years, Jim MacLaren made a concerted effort to become the best one-legged man he possibly could. He endured a brutally painful rehabilitation but was ever uncomplaining about his loss. He graduated from the prestigious Yale School of Drama, acted on stage and TV, found plenty of girlfriends. What's most astonishing, though, is that MacLaren now became a more accomplished athlete as an amputee than he'd ever been as an able-bodied man.



He initially took up swimming to get back in shape after the accident. Then he began riding his bicycle with a special prosthetic. Within a year of losing his leg, MacLaren was running. First limping, then walking, then hopping, then running. He started running 10-kilometre road races. During his first race, MacLaren's prosthetic rubbed the stump of his amputated leg so raw he had to walk and stumble the last six kilometres, stopping frequently to change his bandages and dress his bloody wound, but he did finish and was thrilled by the achievement. Which is why, the following November, he ran the New York City Marathon. Then it was on to the Boston Marathon, where he broke the world speed record for amputee contenders. MacLaren was now the fastest one-legged endurance runner on earth.

Still as engaging a personality as ever, MacLaren started making a living as a motivational speaker, encouraging people with and without physical disabilities to never accept the notion of personal limitations. He also pursued a serious study of Eastern philosophy, which helped put his amputation into a larger metaphysical context. He was moved and edified by the Buddhist idea that all pain comes from attachment and that therefore we must not become attached to anything in this universe that is impermanent – including, for example, our own bodies. Our bodies are temporary vessels, after all. Attaching our

KURT MARCUS; RICH CLUSER/C PHOTO





"Did I literally choose to have these awful things happen to me? No, but I do believe I was born begging for experiences that would show me who I really am": Jim MacLaren now and (opposite page) one-legged before the second accident, taking part in the 1991 Ironman in Kona, Hawaii.

identities to some ego-based perception of physical self is a sure path to misery. The more attachments we can shed, the closer we can come to enlightenment.

Even as he studied this idea, though, MacLaren kept pushing that temporary body to higher limits. He found extreme physical challenge to be a means of knowing himself better. Pain and endurance were becoming doorways through which he could pass toward greater self-awareness. *How strong is my will? How far can I go without fear? Who am I, really?*

Soon he could run a marathon in just over three hours, routinely finishing among the top third of able-bodied contenders. Then he took up triathlons. Yes, triathlons. Once he'd survived a few of those, he set out to conquer the Ironman, one of the most brutal sporting events ever imagined. Four kilometres of swimming, 180km of biking and a 42km marathon, all in one race, all in one day. And all with one leg.

Which explains what Jim MacLaren was doing in southern California on that cool June afternoon in 1993. He was participating in an Ironman, and he was excelling. He was speeding through the town of Mission Viejo on his bicycle, tearing ass at 55kmh plus. The sidewalks were crowded with spectators, and he was dimly aware of their cheers. He was leading the pack. Suddenly, he heard the crowd gasp. He turned his head to see what was going on, and there was the steel grille of a black van heading straight toward him. He realised he was about to be hit by a goddamn car.

It was supposed to have been a closed racecourse. But for some reason, a cop guarding an intersection decided to let one car through, and he misjudged how fast the cyclists were coming. As Jim MacLaren was approaching, the cop was gesturing to the driver of the van to hit the gas. The driver was merely obeying orders. He floored it and didn't see MacLaren until MacLaren was on his windshield.

This time MacLaren vividly remembers being hit. He remembers the screams from the crowd. He remembers his body flying across the street and smashing into a lamppost headfirst, snapping his neck. He remembers riding in the ambulance and being aware that he could not feel his limbs. He was put under anaesthesia for emergency surgery on his spine, and when he woke up he was in the trauma ward. He could not move. His head was shaved. There was a bolt screwed into the back of his skull, preventing him from shifting his head even a millimetre. MacLaren remembers this well. But what he remembers most clearly is that all the nurses were in tears. "We're so sorry," they kept saying.

Jim MacLaren was now a quadriplegic. He was 30. And this is where his story begins.

I FIRST HEARD ABOUT MACLAREN FROM a former roommate of his at Yale, who described him as "a marvel and a mystery".

"What happens to a person after two accidents like that?" I asked. "How does he survive? How does he reconcile? How does he not kill himself?"

www.ultraoz.com

"That's the mystery part."

I first met Jim MacLaren on the side of a road. It was a sunny afternoon in coastal California. MacLaren had suggested I meet him at the campus of the Pacifica Institute, where he is working on his doctorate. The Pacifica Institute is a small, private university buried in the hills of Santa Barbara and dedicated to the graduate study of mythology and psychology. MacLaren is writing his dissertation on wounds and the wounded male throughout mythological history.

The day was cool and dry. The landscape was all parched browns and olive greens. I drove until I reached the gates of Pacifica, and there, waiting on the shoulder of the lonely and dusty road, was Jim MacLaren – Yale graduate, football star, actor, amputee, triathlete, quadriplegic, scholar. He was in a wheelchair, but he did not look anything close to helpless. He was a big and handsome man, broad through the chest. He was wearing shorts, and there was a peg-like prosthesis attached to the stump of his left leg. His other leg was muscular and tanned. A catheter bag half-filled with urine hung from the side of his wheelchair, and a thin hose snaked up from it and disappeared under his shorts. He was lighting a cigarette with fingers that were frozen into painful-looking talons, bent and twisted like little Joshua trees. I rolled down my window.

"Jim MacLaren, I presume?"

He smiled, "How'd you recognise me?"

"You *smoke*?" I said.

"Don't start," he warned.

THE REASON JIM MACLAREN CAN LIGHT HIS own cigarettes has to do with the nature of his spinal injury. He is what is known as an incomplete quadriplegic. This means that although all four limbs were damaged when he broke his neck, he still has limited nerve activity, allowing him some movement and sensation. He can raise his arms a bit, he can bend forward in his wheelchair, he can use his hands somewhat (twisted though they are), and sometimes he can even lift his legs by a few degrees. This tiny range of movement means everything – the difference between an independent life and one with round-the-clock caretakers. The incompleteness of MacLaren's injury is why he can live alone. With excruciatingly protracted effort, MacLaren can bathe himself, dress himself, feed himself and even drive a van (outfitted with hand controls only). This all came as a big surprise to MacLaren's doctors; they'd initially diagnosed him as a complete quadriplegic, meaning he would never have any feeling or motion below the point of injury.

"So I've been very lucky," MacLaren told me.

We were now sitting in the garden of the Pacifica Institute, eating lunch in the sun. MacLaren is a true sun lizard. His body is deadly intolerant to cold; chills burrow down into his bones and nerves and torment him without mercy, but sunlight can bake out the pain even better than codeine sometimes.

And MacLaren is almost always in pain. This is the kicker about an incomplete spinal injury – there is still just enough damaged-nerve activity left in his spine to keep him in agony. It's a terrible biological irony. If MacLaren's injury were more serious, it would actually cause him less suffering. He would feel nothing from the neck down. His limbs would atrophy, and he could forget about his body. As it stands, though, his nerves are spastic and

unpredictable. He wakes up some mornings, he says, "feeling like I'm encased in wet cement with electrical currents running through it". His legs convulse uncontrollably, his bowels revolt, he goes blind with pain. Other days he's fine. Day by day, he never knows what he's going to get from his body, or when.

So when MacLaren says he's been "very lucky", well ... go ahead and take that with the biggest grain of salt you need to get it down.

WHAT THEY DO IN HOSPITALS TO SOMEONE who has suffered a major spinal injury is unthinkable and torturous, something from a nightmare or the basement of a serial killer. After another surgery to clean the bone chips from MacLaren's spinal fluid, the doctors put him in a halo – a steel ring that encircled his head and bolted directly into his skull. They had to do this procedure without anaesthesia, and MacLaren screamed for mercy while they drilled the screws into his forehead. Then the halo was attached with four long bars to steel plates clamped tightly on either side of his body. This was to keep him immobilised during recovery, so his spine would risk no further injury. MacLaren was locked in this halo for three months. There has never been

His body was a hot chaos of pain. He had no soul any more. He had no self, no identity, no hope. He wasn't even a "who" any more; he was a "what".

a more dreadfully misnamed apparatus than the medical device known as "the halo".

During his time in the halo, MacLaren got such bad respiratory infections that an orderly had to come by every few hours with a long tube, forcing it up his nose and down into his lungs to clean out the infected fluid. Other people came to dig inside his rectum with their hands, pulling out the faeces because he could not empty his own bowels. Others came to take his blood, to catheterise his bladder, to force-feed him or to tighten the screws on his halo.

MacLaren had known physical agony before. After his first accident, he'd been sent to a rehab centre legendary for its toughness, a kind of boot camp for new amputees. There MacLaren worked with a physical-therapy aide named Oscar, a big, bald, muscular black guy who was tougher, MacLaren says, "than Apollo Creed". Oscar used to hoist MacLaren onto a machine to exercise what was left of his leg, make him do squats and lifts. MacLaren would do a few repetitions, and then Oscar would gently lift him off, lay him down on the ground, cover him with a towel and let him sob uncontrollably for a while. Then they'd do it all over again. So MacLaren had endured pain before. But not like this.

The nights were interminable. Paralysed and in the halo, he couldn't reach the call button for the nurse. He lay awake, anguished at being left alone but equally frightened of whoever might come into his room next and what they might do to him. His body was a hot chaos of pain. Every time someone touched him, he screamed. "I was all body," he remembers. "I was all animal impulses, operating from the most primitive core of my being. I was too

He wakes up some mornings, he says, "feeling like I'm encased in wet cement with electrical currents running through it": welcome to the world of Jim MacLaren – Yale graduate, football star, actor, amputee, triathlete, quadriplegic, scholar.



afraid to cry – I'd lost control of my diaphragm muscle and was physically unable to cough. I was afraid that if I started crying, all my tears would fill up in my lungs and throat and literally choke me to death."

As he describes it now, he had no soul any more. He had no self. He had no identity, no "Jim MacLaren", no history, no future, no hope. Because all this stuff is a luxury in the face of real trauma. The metaphysical question of *Who am I?* – that universal question of humanity that had echoed through MacLaren's consciousness for years, was now brutally silenced. He wasn't even a "who" any more; he was a "what".

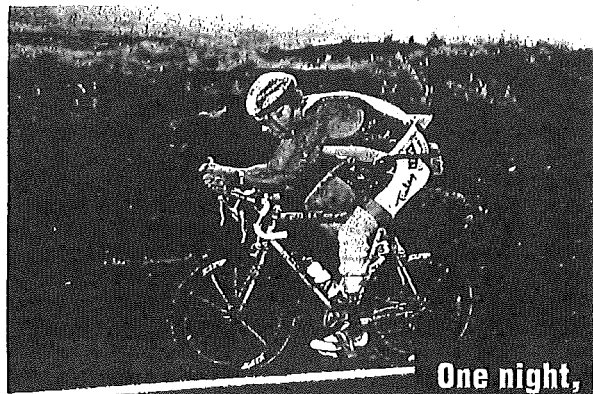
AFTER THREE MONTHS IN THIS UNDERWORLD of pain, MacLaren was released from the steel halo. Moved to a rehabilitation centre in Colorado, he was assigned to a floor with 37 other patients who had recently become quadriplegics or paraplegics. Like MacLaren, most of these patients were young men. They were athletic, healthy men who'd been out there in the world only a few weeks earlier, living at their prime and doing the things that snap guys' necks – climbing rocks, racing motorcycles, driving with the top down and riding in rodeos.

"There was a lot of anger on that ward," MacLaren says. "But it was good anger. Funny anger. Sarcastic, brave, young man's anger. It wasn't as grim as you might think."

Tentatively, in this battered company, MacLaren's sense of self began to re-emerge. His human consciousness crept out from hiding, and he began to recognise that there was something familiar about his situation. Loss, pain, incapacitation, rehabilitation, endurance? MacLaren had been through this already. The amputee-triathlete-survivor within him took over. This was the inner voice that said, "You know how to do this, Jim. Work your ass off in rehab, eat the pain, focus on regaining your independence, keep your spirits up, and get the hell out of this place."

Over the next months, MacLaren became – to nobody's surprise – the model recovering quadriplegic. He was upbeat and stoic and unflinchingly focused. He kept his distance from the other patients so that he could concentrate instead on his own recuperation. He lobbied to get the best therapist in the place and then arranged to have an old issue of a triathlon magazine, featuring an article about this wondrous amputee athlete, sent to the guy.

"Look," MacLaren said. "I want you to read this. This is who I am. This is how hard



I'm willing to work." There is a particular energy to the momentum of recovery, and MacLaren now swung his whole existence into that energy. He defied prognosis after prognosis and recovered faster than anyone had expected. But here's the thing – everyone *bad* expected that. Because he's Jim MacLaren, damn it, and that's what Jim MacLaren does when he's beaten down. He rises up. He never quits. He's a marvel and a mystery, right?

Which is why, just six months after breaking his neck, MacLaren was back in the world. He was living on his own, with only visits from caretakers. About a year after his accident, he made a difficult voyage to Hawaii to speak before a convention of Ironman athletes. He was wheeled out onstage to a standing ovation. When the applause finally died down, MacLaren began with, of all things, a dark joke: "For years I sat out there in that audience and listened to the best Ironman champions in the world speak from this very podium. I always wondered what it would take for a guy like me to be invited up here. I never realised it would be so simple – all I had to do was break my neck."

There was a bone-chilling silence.

Apparently, these people weren't ready for a joke like that. Quickly, MacLaren changed his tone, went back to his old rousing motivational-speaker oration about endurance and the strength of the human spirit. He gave the people what they wanted, and they (with considerable relief) rewarded him with riotous applause and tears of emotion. After the speech, they all gathered around him, telling him what a hero he was, how healthy he seemed, how they all expected to see him running in the Ironman next year.

"Doesn't Jimmy look *great*?" everyone said. "Isn't Jimmy doing incredibly well?"

In fact, though, he wasn't. He wasn't doing well at all.

Yes, there is a galvanising momentum to recovery, but then there comes a moment when the recovery has gone as far as it possibly can. There eventually comes a wall where healing

stops and the truth of what you're left with settles in. MacLaren had just hit that wall. His body had healed as much as it was ever going to. And all the determination in the world could not change these facts. He would never be out of pain again; he would never lift his arms above his head again; he would never be able to control his bladder again. And he would never walk again. Not even if he spent 10 hours a day in physical therapy, as his old triathlete buddies kept suggesting he do. ("Why aren't you in the gym right now?" they'd ask. "Why aren't you trying harder to beat this, Jimmy?")

Because it couldn't be beat, that's why. That was it – the truth, plain and simple. And the day he realised that truth was the day the invincible Jim MacLaren finally began to lose it.

THE NEXT YEAR WAS AN UGLY TAILSPIN OF rage, sorrow, calamity and dysfunction. MacLaren won a big settlement for his accident – \$US3.7 million. After considerable medical and attorney's fees, that still left him with a fair amount of money. He decided to move to Kona, Hawaii, putting an ocean between himself and everyone who loved him.

One night, he found himself drunk out of his mind and drugged to the gills at 3am, wheeling his chair up the middle lane of some desolate highway.



The fastest man on one leg: MacLaren competing in the Ironman competition in Kona, Hawaii (above) in 1991 and (top) in 1992.

ahead," she'd said, full of sympathy. "You've suffered so much, you deserve it.") And MacLaren thought, *Yeah, I do deserve it*. He took the stuff, and it made him disappear for a little while. It took the nightmare of his reality away. Soon he was buying it, doing it alone, needing it – and surrounding himself with the kinds of friends who encouraged the behaviour. Junkies, prostitutes, dealers and lost souls.

"You wouldn't believe how many people were willing to give me cocaine and let me kill myself because they felt sorry for me," he says. "These weren't cruel people, but they were just like, 'Dude, have another line – what else are you gonna do with your damn life?'"

And he drank. There's nothing worse he could have done to his battered body, but he drank and did cocaine every night until he didn't have to belong to his body any more.

His old friends called from California, from Colorado, from Yale. Left messages. *How you*

doin', Jim? He wouldn't call them back for weeks; then he'd apologise – *Sorry, I've been really busy, been working on my book ... Yeah, it's going great ...*

Then one night, he found himself drunk out of his mind and drugged to the gills at three in the morning, wheeling his chair up the middle lane of some desolate highway. He realised he was on Alii Drive – the most famous stretch of road on the Hawaiian Ironman racecourse. He'd been here before – had run marathons up this road. Now he shut his eyes and could almost hear the lost echo of the crowd's roar. Alii Drive had been the site of MacLaren's greatest triumph, but now look at him. Wheeling around at night, seeing double, trying to figure out where he could score more cocaine at this hour. Unwashed, alone, crippled. He looked up, or as far up as he could, given that his head couldn't tilt back and he was too blind drunk to see the sky.

"Why are you doing this to me?" he yelled. "Why are you f...ing doing this?"

AS A HUMAN BEING, YOU HAVE TWO CHOICES as to how you view the events of your life. Either you can believe every act is random, or you can believe every act occurs for a preordained reason. But what if you believe every act occurs for a reason and then hideous, unspeakable things happen to you? Well, you are faced with two choices once more. Either you can believe you are cursed, or you can believe you are somehow blessed.

Jim MacLaren – who lost a leg at 22 and became a quadriplegic at 30 – has decided to believe he is blessed.

This has indeed been a decision. MacLaren made it shortly after that dark night on Alii Drive. He woke up and knew there was a choice he had to make, and soon. Was he going to die, or was he going to live? He'd surrounded himself with people who were essentially saying to him with each gram of cocaine and each grimace of pity, "Go ahead, kill yourself, Jim. You've suffered enough. I give you permission to leave this life."

"But I didn't *want* to leave this life," he says. "I was 33 years old. That's too young to say you're finished. I wanted to live; I didn't want to live as a f...ing quadriplegic, but I couldn't change that. And since I couldn't change it, I knew I'd have to make some kind of peace with it."

Not some facile, life-is-beautiful, made-for-TV, triumph-of-the-human-spirit peace but a true and sustaining and deeply personal peace. And the only chance he had for gaining any peace, he realised, was to start seeing things very differently. He needed a total change in perception, a paradigm shift. He wasn't sure exactly how to do this yet, but he knew one thing: if he couldn't start finding some serious blessings in all this disaster, he did not stand a chance in hell.

So he went inside. What else could he do? He took his intellect, his energy and his spiritual hunger and he turned it all inward, setting forth on a journey to find out all over again, but with a new-found humility, "Okay, seriously now – who am I? Who am I *really*?"

"The first thing I had to do was identify my absolute deepest fear about all this," MacLaren says. "What was it? What was the worst thing about having to spend life as a quadriplegic? Was I afraid of death? Not really. I'd had two

near-death experiences already, with the white light and the tunnel and the whole deal. They were both amazing encounters, not scary either time. I knew that death no longer frightened me. Was I afraid of losing my sexuality? No, I knew as long as I had taste and smell and sensation, I could lead a sensual life. Was I afraid of helplessness? Not really. Managing on my own is a drag, but it's just logistics. Was I afraid of pain? No, I know how to deal with pain. Pain is a bitch, but I know how to beat it, how to wrestle physical pain to the ground. So what was I afraid of? The answer was pretty



long-suffering Job. What was God trying to do to Job, anyhow, by stripping him so ruthlessly of his family, his health, his fortune? Testing: his faith, right? But something more than that, MacLaren suspected. And then he finally saw it on the 10th reading of that biblical book. God was trying to bring Job closer to Him. After all, Job starts off the story as a faithful but somehow detached worshipper of the Lord. By the end, however, his suffering has erased all formality and he speaks to God directly, challengingly, intimately – just the way God speaks to him.

Maybe this is what had happened to MacLaren that dark night in Kona in his wheelchair when he'd yelled up at the sky. No priests or rituals or prayers were needed – he had been able to yell directly in God's face, *I am here right now and I am talking to you. Answer me!* MacLaren had believed that was his low point, but now he saw another possible truth: Perhaps he had been closer than ever to the divine. Perhaps that had been his *highest* moment.

MacLaren came to believe there were other blessings. For the first time, he could see something most people go through their entire

I landed on my head, broke my helmet, took all the skin off my shoulder. But after a few minutes of shaking with adrenaline and pain, I was able to get back on my bike and – very gingerly – ease my way home.

I told this story to MacLaren only because I'd just realised that my little accident took place a mere three blocks from the street where he'd lost his leg. Raising the inevitable question: *Why?* Two separate accidents in two isolated moments. Why did they have such astonishingly different consequences?

"Is it even worth asking why I got *this*," I said, lifting my sleeve and showing the tiny scar on my shoulder, "and you got ... that?"

"Sure, it's worth asking. Any question is worth asking. Why do different people have different destinies? It's an interesting intellectual subject. We could sit here and speculate about it forever, if that's what you want to do. But we'll never know why. And if we did somehow miraculously find out why, would that change anything?"

"So should we just move on to some other question?" I asked. MacLaren smiled, "Well, that's what I've done."

Maybe destiny had looked down and said, "Hate to do this, pal, but you still don't get it. Now will you let go of your attachment to this mortal body?"

clear: I was afraid of being alone with myself, with my mind, with the dark things that lived in me, like fear and doubt and loneliness and confusion. I was afraid of *metaphysical pain*."

MacLaren knew he was going to have to spend much of his life in solitude and stillness. He was often confined to his bed for days at a time. As though wrestled to the ground by God Himself, he had been forced into his own company. This was petrifying, but now MacLaren faced this terror and wondered if he could learn to see it differently.

"Maybe, I thought to myself, this wasn't really a curse at all. Maybe it was actually the most exquisite blessing of my life. Maybe it was the opportunity for true catharsis, if I chose to make it one – an opportunity to see my true self beyond all the noise."

Jim MacLaren? Meet Jim MacLaren.

Continuing to seek answers, MacLaren began to speculate that maybe he'd needed to have the second accident because he'd never fully learned the correct metaphysical lessons from the first one.

"Yeah, sure, after I lost my leg, I talked the talk about how *I am not this body*, but did I really understand that yet? I had the words down, and I appreciated the concept, but I didn't really have the experience yet to carry that wisdom beyond words. As an amputee, I was still vain about my looks, still seeking attention and affirmation from women, still getting approval from the world through applause, still trapped in my ego."

So maybe destiny had looked down at Jim MacLaren and said, "Hate to do this, pal, but you still don't quite get it", and then pushed him in front of a van – not as a punishment but as a favour – saying, "*Now* will you let go of all your attachment to this mortal body? Now will you examine who you really are?"

Or, as Goethe said, "Die, so you can live."

Inspired, MacLaren turned to his books. He went back to the ancients. He examined all the classical images of wounded men – the crippled god Hephaestus, the blinded Oedipus, the

"As an amputee, I was still vain about my looks, still getting approval from the world through applause, still trapped in my ego": MacLaren swaps artificial legs halfway through a 1989 triathlon.

lives blind to – namely, that we are not in charge of what happens to us in this lifetime. We are in charge only of how we perceive what happens to us in this lifetime.

"I started looking around and seeing people everywhere – especially successful middle-class American men – walking around in complete denial, smugly thinking to themselves, *I sure am doing a good job running my life here*. But I could see now that their sense of control was nothing but a mirage. Safety, entitlement, power – these are all fantasies. We don't drive our destinies. Not in that way."

MacLaren realised, to his relief, that once you stop trying to control events you can't control anyway, you can drop all that wasted energy and focus on the one thing you are in charge of. As the teachings of Buddha and Socrates show, you have only one task as a human being: to know yourself.

"Look," he says, "I've honestly come to believe that I needed these accidents in my life. Not in terms of paying dues or getting punished by God, but in terms of getting my attention and bringing me deeper inside myself to a place where I could find honesty and peace. Was it destined? Did I literally choose to have these awful things happen to me? No, not in so many words, I don't believe so. But I do believe this – I believe I was born *begging* for experiences that would show me who I really am. And that's what I've been given."

Sitting across from MacLaren at lunch, listening to him recount his story, I suddenly decided to interrupt and tell him a story of my own. I told him about a bicycle accident I'd had a few weeks before I met him. I was riding my bike at night in New York City, going too fast, getting thrills from dodging taxis and passing buses. I was crossing 37th Street, thinking, *I am so cool!* when I hit a pothole and went flying.

THESE DAYS, MACLAREN LIVES IN A HUGE loft in downtown Pasadena. On good mornings, he can get out of bed, eat, clean out his bowels, attach his catheter, shower, dress and be ready to leave the apartment in just under three hours. Almost the same amount of time it used to take him to run a marathon, and nearly as physically gruelling. It's painful, but he gives his body the time it needs, and then the rest of the day belongs to him. If the weather is nice and he feels strong enough and doesn't have a paper to write, he'll get in his wheelchair and head into the city's Old Town. He'll park at an outdoor cafe, order an espresso and read in the sun, blissfully alone and blissfully comfortable with his own company.

Or sometimes he spends the day with his girlfriend. Her name is Alessandra. MacLaren calls her Ally, or Ally-mander, or Ally-cat. She's beautiful, blonde, smart. They met in an internet chat room and have been together for two years. "People look at me and call me a saint for being with a guy in a wheelchair," says Ally, "and it's so insulting. First of all – the idea of *me* as a saint..." This makes both MacLaren and Ally laugh so hard that the conversation stops for several minutes.

"Anyway," Ally continues, wiping her eyes, "I'm with him because he's the most intelligent and sexy man I've ever known. Period."

As for the sex, yes, they have it. Maybe not the way you have it, but they do have it. MacLaren does have limited sensation in his penis, but he has to be careful because an orgasm could be a serious health risk. (It could put him into a state of hyperreflexia – pulse goes down, blood pressure goes up; he could have a stroke or a spasm or even die). So he expresses his sexuality differently now – with hands, mouth, voice, imagination and lots of time.

Of course, MacLaren and Ally have to deal with the limitations of his body every day. For one thing, they don't get a lot of privacy in public. People stare shamelessly. After all these years, MacLaren is used to this sort of thing. He recognises that his is a public body now. But it still drives his girlfriend nuts when people stare. The three of us all headed into the Old Town one afternoon, with MacLaren

Ross has inspirational walk mapped out

WITH only a map and compass to guide them, Melbourne men Ross Leonard and Maurie Fulford will next week embark on a 700km hike to raise awareness for a cause close to their hearts.

Ross, who was diagnosed with schizophrenia 12 years ago and then schizoaffective disorder — an illness with both symptoms of schizophrenia and bipolar disorder — said he hoped walking the Australian Alps Walking Track would inspire others to chase their dreams.

The 35-year-old said

he also hoped the two-month adventure with his uncle, 61, would show the wider community that mental illnesses did not stop people from leading active lives.

Dubbed the Great Alpine Trek for Sane, the men will have no contact with the outside world apart from an emergency satellite tracking device.

The pair will leave on Boxing Day from Walhalla and navigate the granite plateau linking Baw Baw National Park to the Alpine, Kosciuszko and Namadgi National Parks before arriving in Canberra.

Ross said he had faced his illness with treatment, the support of family and friends and exercise including sea-kayaking, skiing, tai chi and bush walking.

And despite several bouts in hospital, he had completed a university degree and worked as a surveyor.

People wanting to sponsor the pair can call the Sane office on 9682 5933.

Funds raised will support Sane's national freecall helpline.

— NADIA MIRAUDO

rolling along as Ally and I walked beside him. Every person we passed either gaped openly at MacLaren, did a double take or stared at the ground before his own feet, determined not to gawk at the quadriplegic. MacLaren took no notice of this, but Ally grew increasingly tense. By the time a young couple nudged each other with absolute indiscretion and actually pointed at MacLaren, Ally lost it.

"What the f... is the *matter* with people?" she exploded.

"They're just curious, Ally-mander," MacLaren said, reaching for her hand. "It's nothing."

Indeed, MacLaren attracts an enormous amount of attention. And it's not only gruesome fascination, either. He has earned a strange kind of status through his injury. People come to him with their own tragedies in hand, seeking solace or wisdom from him. Even perfect strangers see him as some holy sage of pain, someone who can help them heal their own wounds.

"I'm a walking projection," he says, and then clarifies, "no — I'm a *rolling* projection."

Acquaintances who barely know MacLaren make him the first person they consult when calamity strikes. People call him at all hours from hospitals, jails, funeral homes and rehab centres, everybody begging for the same thing — *please, help lead me out of this fear*. MacLaren tries to help when he can, but he says sometimes it's hard to come across as completely sympathetic. For instance, when he gets a desperate midnight phone call from someone whose brother or son or wife has been in a car accident and he hears that the loved one has lost a limb, it's all MacLaren can do to affect a sombre tone and not say what he's thinking. Which is, Thank

God! Hallelujah! Just an amputation? That's *nothing*. We can *totally* handle that.

And it isn't always easy, because MacLaren still struggles. Jim MacLaren, let's be very clear about this, did not enjoy losing his leg, and he does not enjoy being in a wheelchair. He looks for the blessings where he can find them, and he tries to keep a sense of humour, but there are days when it's not funny and it's not enlightening. Days when he wakes up in so much pain he can't get out of bed at all. Days when he can no longer stand the endless battle over trying to control his bowels ("I'm more obsessed with my faeces than the Marquis de Sade," he jokes darkly). Days when yet another infection lodges in his catheter incision and his testicles swell to the size of softballs. Days when he wonders how he's going to possibly survive this abuse for another 40 years.

"There are moments when I realise all over again what happened to me," MacLaren says, "and it's still unbelievable. I mean, come *on!* Jesus Christ, for f... sake, how much can one person endure? But I can't stay in that place for long or I'll lose my mind. Instead, I have to ask, What is wholeness, really? What is a full life? What are my actual obstacles? And whenever I find myself frustrated with my handicap or looking with envy at an able-bodied man, I ask myself this: If I could get up out of this wheelchair right now and walk across the room, would that really get me there? I mean, would that *really* get me to the place I most want to go with my life? Because let's be honest here — the other side of this room is not my ultimate destination. My ultimate destination is self-knowledge and

enlightenment. Do I have to get there on foot? Or can I find some other path?"

THE DAY BEFORE JIM MACLAREN BROKE HIS neck, he woke up in his house in Boulder, Colorado, stirred out of bed earlier than usual by some strange energy. He left his then girlfriend, Pam, sleeping and went outside to sit in his backyard to eat his breakfast alone. The sun was coming up and the morning light was filmy and gold. MacLaren could hear his neighbour's children playing next door. He'd brought a book outside with him to read, but he couldn't focus on it. He couldn't pay attention to his breakfast, either. He wasn't even thinking about the Ironman he'd be competing in the next day. All he wanted was to sit in stillness and experience the inexplicable bliss that was surrounding him in this moment.

And then the bliss started to grow within him. MacLaren moved from a state of contentment into a state of joy, and soon even the joy could not be contained, and it became a euphoria that spilled out over his whole body. He was overcome by a thrilling sense of what he could later only describe as anticipation. He'd never felt anything like this. He was laughing and crying at the same time, elated beyond his senses. Pam heard the noise and rushed out of the house to see what was wrong.

He looked up at her through his tears and smiled. He was 30 years old. He was 24 hours away from becoming a quadriplegic, and he could not contain his excitement. "Pam," he said, and he was never more certain of anything in his life, "Listen! Something *amazing* is about to happen to me!" ■



Alpine trek: Ross Leonard (right) and his uncle, Maurie Fulford.

Yiannis Kouros Breaks Another World Record in France

14th May 2003

The legendary Australian ultra distance runner, Yiannis Kouros has established the best distance for running in the World Challenge 48 hours track race held in Surgeres France from 2nd-4th May. The greatest feat of human endurance is to run as far as possible in a day. Kouros holds the world record of 303 kms for this feat, established at the 24 hours Australian championships in Adelaide in 1997. The next best performance for 24 hours, by another runner, is 276.209 kms; a mark which Kouros has beaten on no fewer than 18 occasions.

This record performance is so emphatic (average 4 min 45 secs/km for a whole 24 hours) that it appears impossible of being surpassed. Since then, Kouros has concentrated on running for 2 days (48 hours).

The distance achieved in winning the event was 438.813kms, and he finished 58 kms ahead of the next runner. His mark establishes a new world age group record (Kouros is now a veteran at 46 years of age). He also holds the open record, of 473.797 kms established in 1996.

He said that the conditions were very hard - very hot during the day and humid in the night, plus he had problems with hip injuries and hamstring pain, with swollen knees and palms.

It is expected that Kouros, from Melbourne, will contest the 48 hours Australian National track championships to be held at the Runaway Bay Sports Super Centre on 22 - 24 August 2003. For more information, see www.goldcoast24-48t.com

Kouros was recently awarded the Australian Ultra Runner of the year award and already holds many world records from 100 miles to 6 days.

Results

Surgeres 48 Hours Track Race. France. May 02-04 2003

1. Yiannis Kouros GRE	438.813 km
2. Zoltan Kiss HUN	380.304 km
3. Paul Beckers BEL	374.574 km
4. Edit Berces HUN	369.749 km First Lady
5. Irina Reutovich RUS	358.288 km Second Lady
6. Christian Leroux FRA	353.463 km
7. Jean-P Renaud FRA	344.717 km
8. Gilles Pallaruelo FRA	321.494 km
9. Kenji Okiyama JPN	317.875 km
10. Irina Koval RUS	311.542 km Third Lady
11. Heiki Paawzik GER	310.939 km Fourth Lady
12. Miroslaw Lasota POL	303.399 km
13. Cornelia Bullig GER	301.590 km Fifth Lady
14. Chritiane Lecerf FRA	287.716 km Sixth Lady

www.goldcoast24-48t.com



Global News and International Commentary

by Andy Milroy

Regular readers of this column will have noted that I have referred to the fact that no male runner has broken six and a half hours for 100 km for the past two years. In the World 100 Km the number of finishers under seven hours since 1990 has been as follows: 6, 3, 20, 21, 24, 24, 14, 20, 6, 26, 19, 12, 13.

The noticeable decline in the standard in the 100-km prompted French ultra enthusiasts Olivier Brunel, Bruno Heubi, Philippe Billard and Dominique Denot to undertake a detailed study of the top French 100-km runners from 1990 to 2002. Their analysis showed a steady decline in performance over that period.

Intrigued by this I undertook a similar analysis for British 100-km runners with a similar but not identical result. The decline was less regular and stemmed from the 1993 to 1994 period. The British had a narrow base of elite runners than the French, with just three or so 100-km races held each year (including international championships), as opposed to close to 20 in France alone.

In looking at the French and British data there had obviously been a decline in 100-km performances over this period, most markedly in recent years with regard to the British. The obvious thing to do next was to see if such trends were reflected in the world rankings from the top six runners in each year from 1990 to 2002.

The trend was less obvious, but did show clearly a peak in the early 1990s followed by a period of stagnation and a sharp decline over the last two years. The next question to be asked was "Is this situation specific to the 100-km or a general trend in distance running?" Similar data was studied for the most closely related major distant event, the marathon.

The wind-assisted Boston of 1994 caused a sudden dip in the trend, so I have looked at the next relevant marks as a check. The

trend in the marathon was, obviously, not a smooth, straight line, but it clearly showed improving standards over the period. Unlike in the 100-km, 2002 had been the best year yet for the marathon.

To generalize from all this data, there appears to be a decline in the standards that was specific to the 100-km road event, or at best stagnation. Why should there seem to be a peak in the early 1990s and stagnation or decline since then in the 100-km? In my opinion there are two primary factors, both relating to money.

In the early 1990s there was considerable prize money available in the 100-km, particularly in Spain, which was putting money into sport in the years immediately before and after the Barcelona Olympics. The heartland of the 100-km in Spain is in this region. Amiens in France was another major event with prize money. Prize money dried up in the later years of the 1990s; the Amiens event was subsequently cancelled as French runners lost interest in the event. (The domination by foreign runners meant that native competitors seldom figured in the prize money.)

It was this prize money that triggered the emergence of Russian ultrarunners in the West in the early 1990s. Now able to travel and attracted by money which would make them rich at home, many high quality Russian marathon runners made the transition to the longer event.

It was in 1993 that the second major factor entered the equation. South Africa re-entered the global arena. Initially they entered their strongest teams in the World 100 Km, expecting to dominate the event. They discovered that there is a huge gulf between 100-km and the 90-km Comrades. The extra 10 km made all the difference. During the first three or four years the South Africans were a major force in the 100-km, contributing to the overall rise in standards in the event.

However their relative lack of success in the World 100 Km has led to a re-focusing on the Comrades and their subsequent withdrawal from the World event.

This explains why the period 1992 to 1995 were particularly strong years, but why the stagnation since? The answer is the lack of funding in the sport. There is not sufficient prize money to attract high quality marathon runners to move up. Why should an elite marathon runner make the transition to running the 100-km when the sacrifices in terms of time and the longer recovery times from events could actually lead to a diminution in his living standards? One can earn more money running shorter events.

The Comrades itself has also had a major economic impact. In 1992 the 100-km was the only show in town, as the Comrades was off-limits due to Apartheid. Then in 1993 Charly Doll of Germany won the Comrades when South Africa rejoined the international community, and in 1994 Alberto Salazar and Valentina Shateyeva took the Comrades titles. From then on, 100-km events faced increasingly strong opposition in attracting the top short ultra performers. The prize money on offer in the Comrades far exceeds that available elsewhere, so much so that the runners such as Dmitri Grishin and Vladimir Kotov have made their base in South Africa.

Why is there not significant prize money in the 100-km? Partly it is due to lack of commitment in promoting the event worldwide. If one looks at the amount of money and effort that is put into promoting the Comrades with stories on the next Comrades appearing soon after the previous one, there is a massive difference between that and the extent of the promotion for any 100-km, or indeed 100-km running in general. This lack of promotion means there is not the necessary awareness of the event to attract potential sponsors in sufficient numbers.

Another factor is the World 100 Km. The race should be the hallmark of the event, but in recent years it has not been well promoted. The World 100 Km is also a very expensive event to put on, absorbing more than \$200,000 each year. Money in that event is focused on ensuring widespread participation and not on prize money. This is laudable, but does not attract the faster marathon runners to compete.

This was brought into sharp relief in 2002. The top two 100-km runners of the year, Grigori Murzin (6:31:18) and Jose Aubeso (6:32:24), both chose to run the Comrades in lieu of the Torhout World 100 Km. Perhaps it is not surprising that the race was won in the slowest time since 1991 (and that latter event had been held on the tough Faenza course!)

The sheer cost of the World 100 Km does have a draining effect on the 100-km as a whole. Obviously, successful races tend to

host the event, but the cost of putting on the World event can have a major impact on the future development of those races. Cleder, for example, which hosted the 2001 World 100 Km, was not held in 2002. Palamos, which hosted the 1992 event, disappeared soon after.

Without a "career structure" based on prize money in races, support for the 100-km from the IAAF and federations become crucial. IAAF funding to the World event, as far as I know, has stayed the same since 1994. Without any increase in IAAF funding, the number of teams invited to the World event stays the same year after year. New countries may come to the event, but they replace others that are dropped from those invited.

Unfortunately, in a highly competitive sports business environment, the federations are finding life difficult. No British team was sent to Torhout last year, the South Africans have withdrawn from

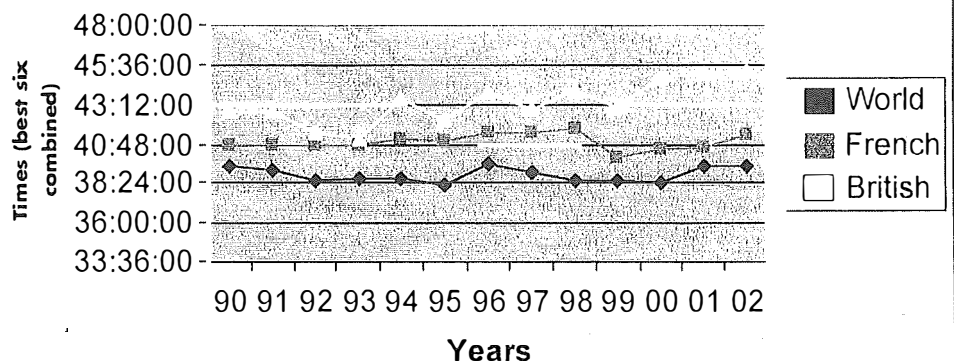
the World event, the Dutch apparently won't be going to Taiwan, and there was talk that the French team would not be going either because of federation financial difficulties. Thus, the stagnation and decline comes down to lack of funding and lack of promotion of the sport. Until faster marathon runners can see the 100-km as a viable career option with substantial prize money available, this is likely to continue.

Does this matter to the average, primarily recreational, runner? Yes, because the presence of a high-profile events in the sport bring recognition to all ultrarunners. Employers, friends and families who can see visible evidence that the sport is widely recognized as a worthwhile activity, will have a better appreciation of the sport and of ultrarunners in general. There will be much less chance of the sport being perceived as a marginalized activity undertaken by oddballs!

100 Km

	World	French	British
90	39:24:50	40:42:07	42:47:30
91	39:11:11	40:43:07	42:46:50
92	38:36:33	40:42:55	41:33:07
93	38:39:28	40:46:23	41:09:16
94	38:39:45	41:05:42	43:31:47
95	38:20:00	40:55:54	42:16:02
96	39:33:05	41:27:21	43:52:43
97	39:08:00	41:29:10	42:54:32
98	38:35:32	41:44:40	44:05:48
99	38:31:09	40:00:03	43:03:45
00	38:29:41	40:32:19	44:47:02
01	39:26:59	40:38:04	45:04:44
02	39:27:43	41:22:22	45:08:36

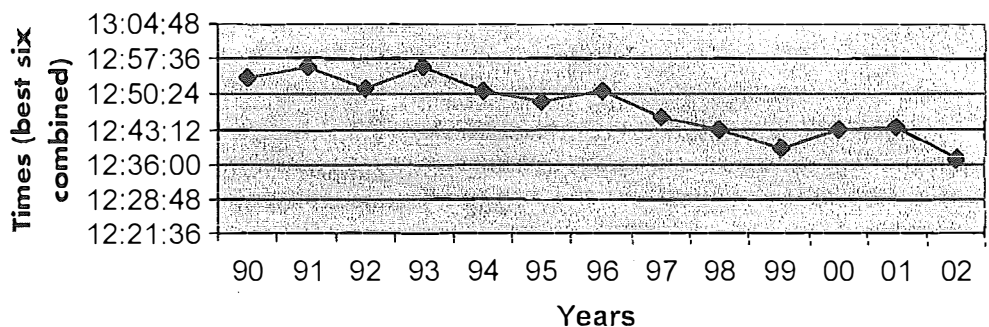
100-km Times 1990-2002



Marathon

	World Times
90	12:53:52
91	12:55:55
92	12:51:26
93	12:56:16
94	12:51:12
95	12:49:10
96	12:51:23
97	12:45:47
98	12:42:45
99	12:38:51
00	12:42:43
01	12:43:38
02	12:36:51

World Marathon Times



24 HOURS ON THE TREADMILL

RAT RACE: ONE DAY ON A TREADMILL

by David Deubelbeiss

January 18, 2003, 9:30 a.m. I am frantic. The cameras aren't even up and operating and it is just two hours until the starting time. I've been organizing this whole affair myself, 24 hours on a treadmill. The organization has been the most tiring. Cameras, sponsors, charity pledge forms, arrangements with Monster Gym, the media, interviews, arrangements with *The Guinness Book of World Records*, and relay teams to accompany me. But finally the day has come. I am here, fully prepared. "Be ye prepared" is my motto. Later my motto will be, "Don't think—just keep moving."

It all started at the U.S. Masters cross country championships (where I placed tenth), sitting around afterwards, sharing a beer and someone mentioning a crazy person who had ran 24 hours on a treadmill. We laughed, shrugging it off as an oddity. But on the drive home, alone with only my thoughts, the thought kept swirling in my head: "I can do that." So I did. "You can do a lot even if you don't think you can," is yet another of my mottos.

I have always been a runner. I love all types of running: one mile, endless miles, up stairs, trails, tracks, mountains, roads, five-km's and 50-km's. It's all the same to me—a challenge. Last year though, I began getting in defining shape, increasing my mileage, doing speedwork, and cutting out the garbage miles. Gradually I began thinking of ultras and entered a few with success. Each one got easier; the recovery was faster and I focused on the next race. My focus became set on a fast 100-km in 2003. The idea of 24 hours on a treadmill would fit in nicely, keeping me motivated and keeping the miles coming.

In preparation I did at least 50 percent of my mileage on the treadmill (a LifeFitnessHR model). I did more than 150 miles in a week three weeks before my attempt and knew I was ready. My pulse after running at seven miles per hour was only 90 beats per minute. It was like I was sitting on the couch at home in front of the television! A quick 15 km in 54 minutes while just jogging the first two five-km loops was another indication that I was fit and ready for the attempt.

The big day finally arrived. Lots of media crowded around as I pushed the button, and we were off. By "we" I mean two other treadmills with relay runners. They were my motivators. In addition to the two treadmills alongside mine, I had tremendous support from the members of my running club, Longboat, arriving at all hours of the day and night. Even people visiting the gym at 4:00 a.m. to work out offered support. I couldn't have had more "mind distraction," and the hours just flew by.

Except for first few hours; they were horrible. I really mean that. I was eating and drinking like crazy and my stomach felt heavy and painful. It was an awful feeling. I adjusted my calorie intake and it cleared up. I had calculated I needed more calories than I actual did. I took in only 500 calories per hour over the course of the event: a bottle of Carbxccelerator (400 calories) my electrolyte drink (one liter) with water, bananas, Fig Newtons,

chocolate chip cookies, and zone caps to balance out the intake. I took a couple of Ibuprofen every four hours and in the wee hours of the morning several caffeine pills. Aside from that all I needed was my trusty pair of Saucony Jazz. They are amazing shoes—I swear by them. I was cruising, running at 6.8 to 7.2 miles per hour, with three-minute walking breaks every half-hour. It felt easy and I chatted with everyone around.

During my breaks I walked at four miles per hour, a steady pace. Scott Eppleman, who had recently and valiantly done 116.05 miles in a 24-hour treadmill run, had advised me to "just keep going." I took his advice to heart. I just kept going, and except for pee breaks the treadmill just kept going forward. I must have peed a lake (actually seven liters in total) which was a great sign that I was working well within my limits. A fan at my side (to avoid wind assistance) kept me cool. Looking at the relay runners, I knew I was having a great day. They looked like they were straining, sweating profusely. I had barely a drop on my skin. But it was still early.

Name: David Deubelbeiss, age 40

Place: Monster Gym in Toronto, Canada.

Date: 12:00 p.m. January 18 to 12:00 p.m. January 19, 2003

Final distance: 130.82 miles.

Old record: 170.29 km (105.18 miles) by Gavin Smith; Tauranga, Bay of Plenty, New Zealand; October 17, 2001.

Currently recognized record: William Sichel, Scotland; 112.46 miles; December, 2002.

Other marks: Scott Eppleman, Dallas, Texas; 116.05 miles; Nov. 2, 2002.

I completed 100 km in 9:41 and felt like I could still have done a speed workout. But I stuck to my game plan, which was to get 200 km and the record, no matter what. I just needed to do the miles slowly and get the record in my pocket, not taking any chances by picking it up and going for broke. It worked. I reached 100 miles in 16 hours and 21 minutes. Then it was on to the record—but it seemed to take forever! That was the longest part of the whole race, the wee hours of morning.

The only glitches were oversights that could have been completely prevented. I lost about 20 to 30 minutes of time in resetting the machine every hour. For some reason the treadmill "marathon" setting wasn't working, so each hour it would shut off automatically. We would record the mileage and as quickly as possible I'd punch the buttons and get the thing going again. That took up precious time. Also, at around 2:00 a.m. the treadmill I was on went blank and shut down. I had to get onto another treadmill (losing the four tenths of a mile that was on

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the display, thus not counting in my final total), and it felt like I was running in mud! It just felt completely different. But after a half-hour, the old treadmill came to life and I climbed back on the machine like it was an old friend. I guess I had become used to its feel and bounce after more than 14 hours. There was one last glitch—blisters. At 10 hours I felt something in my shoe that felt like a stone. I revved the treadmill down to zero and took off my shoe. It was a red, bloody mess! My socks were soaked. It seems the fan had kept me perspiration-free, except for the bottom part of my legs. So my socks had become soaked and blisters ensued. It didn't slow me down; I just ran on. But it was a problem after the run, keeping me off my feet for a few days.

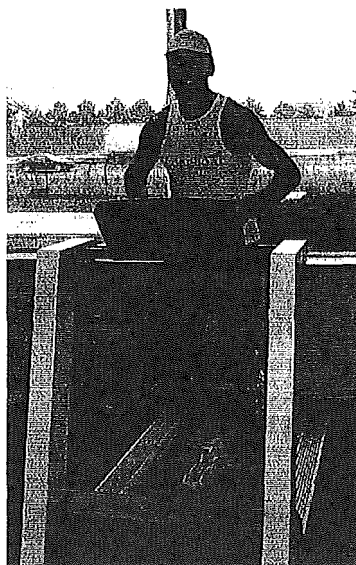
Just before 8:00 a.m. I surpassed the old record. There were few people there, but they all whooped it up with me, swaying to the music that kept me going the whole way, *Rave unto the Joy Fantastic* by Prince. My steadfast handler Mike, who was there the whole way, was among those sharing my joy. My goal was in the bag, so I could relax.

During the remaining four hours I alternated running and walking. I could have pushed for more, since I still had a lot left in the tank, but I was happy with what I'd done. A big grin kept appearing on my face as the sun began to climb behind me. It was an amazing high, a runner's high times 100, a glow and happiness at just being alive. I love that moment. I think all ultrarunners know what I mean: that moment when all things are in their place. You accept all and are at peace.

With an hour to go, the press started to trickle in and so too, more supporters. By the end, the place was packed and everyone was cheering me on. I saw that with a little bounce in my step I could make 130 miles, so I ratcheted the treadmill up to eight miles per hour and let it fly for the last 15 minutes. No problem. In fact, never during the 24 hours did I feel absolutely pooped. I think I could have done much more, but I wanted to be sure. Then came the final countdown—and elation. My lovely sisters gave me a kiss of congratulations. I thanked the sponsors and all of the special people who made it happen, did a few interviews and sipped my Budvar (a Czech beer—I lived and ran for five years in the Czech Republic). The day was mine.

It has been an amazing experience, and I look forward to my next goal. That is what it is all about—goals. Not just world records, but those satisfying challenges we reach for in all aspects of life. If you can dream it, you can do it, I like to say. This year I hope to run a quick 100-km and also try for an outdoor 24-hour record. It seems within my grasp. And your reach must exceed your grasp, or what's a heaven for? Didn't some old poet say that?

Since the record, I have received such support, literally hundreds of e-mails. I thank each and every person. I'm so honored my little life and breath could have an impact. A few people since have tried to break the record, but nobody has gotten near it yet. I am satisfied the mark will last the year. But nothing lasts forever—that is life's biggest lesson. But I will enjoy my 15 minutes while they last.



On the way to a 24-hour record.

People often ask how I could have done it. What about the boredom? While boredom is “like meeting like” as Paul Valéry once insightfully quipped, I see the uniqueness in everything. Not every “like” is similar. I never felt bored, not even for a moment. I never felt more at home; I was just “there,” in that zone, watching everyone, and thinking and thinking. That was the ace up my sleeve. I am steadfast and philosophical and it helped immensely in keeping going, just doing it. Also, I have always been motivated by numbers and on the treadmill. Pavlov's response is a necessary evil. I just kept reaching for the next number on the display.

In addition to my mental approach, I am an athlete who does other sports; I'm muscular and cross trained. I think that made a difference, especially my rowing training. I had conditioned all of my leg muscles. That becomes a factor after my main running muscles became fatigued. I also run all distances. We shouldn't limit ourselves. Three weeks after my 24-hour run, I ran a 4:40 indoor mile on an old, worn out track. I'm just as proud of that accomplishment. My “speed” helped immensely over the long run. I swear by it; all ultrarunners should too.

In retrospect, this adventure was a little surrealism thrown into the winter. We all need to do something crazy, to reach. I did and my words of parting are that you too, should squander your life for a purpose. Live not in the what, but the how. It is the grace in how we attempt anything that shines. It is our human flame that says, “There went a man (or woman).”

Indoors or Outdoors?

I have looked at all the treadmill 24-hour attempts and compared these to outdoor bests. It indicates that the treadmill suffers from a 30 percent differential for the worse. Why? It seems there isn't any “roll,” so energy gets absorbed into the treadmill. You don't use your hamstrings or your Achilles much, which stores energy on landing that doesn't “release.” On a treadmill it is more a glide than a forceful running gait.

That said, it is easier to eat on the treadmill, but also harder in the sense that it is more boring and less “ingrained.” Also, treadmill running is a hotter run, comparatively, because of decreased wind resistance. But this is also a plus; you gain because you don't use energy to fight the atmosphere, pushing your body through it.

I have just recently put together my package to meet Guinness requirements for record accreditation. Most importantly is that the event take place in a public venue with many witnesses. In my case this will be supported with witness statements, signatures and my record run log book listing all info. It will also be accompanied by the many media articles and news clips to support my claim. Also, the treadmill was overhauled by Precor technicians before the run and I will send along their documentation that the treadmill was accurate and calibrated.

- David Deubelbeiss

Race Planning and Equipment for Timed Ultras

By Shawn McDonald

In a recent article, I covered advice for training for long distance set duration races (usually 12 hours or more) that are typically held on a 1/4 mile track or a short road loop. Now I want to delve into some ideas about planning for such a race and actually carrying out that race plan. Many of your concerns will be similar to those you have prior to a 100 mile trail race. Namely, how will your crew work out ? (Tip: try to get them set early and maybe do a trail run with them a few weeks before the race) When should you walk and when to run ? Will I want special food, clothing, or footwear ? How do I mentally handle all those hours and laps ?

Crews can be very helpful at these types of events, but are not at all a requirement. You are not going to get lost like you might at a trail 100 miler, so no pacers are involved. The crew can help you as at a trail race, with mixing of fluid concoctions, getting any particular type of food you want from the aid table or your cooler at track-side, or with shoe or clothing changes, etc. Plus they can keep track of your lap times, how far you have gone, and where you are in relation to your goals. Just remember to fully outfit your crew for the race conditions, as they will not be moving around much and could get cold more easily than you will.

You can bring a lot of equipment to these types of races. Think of what will be essential and will see lots of use, and bring that along with a few extras. There is debate over whether you should bring a tent. It can be good to rest in for events that are longer than 24 hours, and for cover for your crew. A chair is good for shoe and clothing changes, but if left out all the time it can be inviting ! For sure you may want to change your shoes and socks as you go along. Your feet are more likely to get sore compared to a trail ultra, so plan on this and bring one or more pairs of extra shoes that are a half size larger than normal to wear later in the event. Most courses won't have shade during the day so it can get hot. Plan accordingly, by having a hat to wear and put ice in the hat periodically, and bring a bucket for ice water and some sponges to use to cool off during the day. If it is in winter, plan for a cold night and deal with the wind by wearing a shell jacket, nylon wind pants, stocking cap, and gloves or mittens. There will be few or no trees to block the wind.

A race plan is one key way to reach your goals in a timed ultra. One way to approach the race is in thirds, with the first third of the race being a warm-up period where you walk/run easy, the middle third where you expend a moderate effort to maintain your goal number of miles per hour, and the last third where you give it all you have left. For a 24 hour run each period is 8 hours long. If you have an overall goal of number of miles you want to reach, then figure on hitting the 55% level of that goal at the halfway point of the event. So, for a 100 mile goal in a 24 hour run, that means covering about 55 miles in the first 12 hours and 45 miles in the second 12 hours. Through having done some of you long runs on a track, you should know the pace running and walking that you can maintain for the first 12 hours of the event. If you are planning on running for 20 minutes and then walking for 5 minutes, and run at 9 minutes per mile and walking at 18 minutes a mile, then if you don't stop at all, you will cover about 6 miles in 1 hour. This is a pretty good "pace" for the front runners in a 12-24 hour race. Try to start within 10% of the pace you plan to average for the first 12 hours of the race, and allow for a gradual slowdown at night when your you will tire and you legs might get stiff. It is likely that the last couple hours of the race (in a 24 hour race, once the sun comes up and the air begins to warm back up) you will "come back alive" and be able to run more and at a brisker pace. By mixing in walking breaks right from the start, you will extend the time that you can continue to run well and get the maximum number of miles done by spreading out your effort over the entire time of the race.

As to goal setting, I like to use a system of 3's. Three goals that is. Set a mileage goal you think you can reach fairly easily as a base goal, then an intermediate goal that will be difficult but reachable as the challenging goal, and finally a total that you can get if you have your best day, as your ultimate goal. Most likely you will run more miles than you would on a trail over the same length of time, but not necessarily. Running these "flat" events can sometimes be tougher on your legs and feet. One of the cool things about these timed events is that friends and family can stop by for an hour or two to visit more easily that at a trail race, and that you reach your aid more frequently. By stopping for aid only when you need it, you can keep moving forward and minimize your time in the aid station. Having an efficient crew can save you time in this regard, that can add up to a few miles or more in races of 24 hours or longer.

Have fun at your timed ultra race and remember that everyone is going to be moving for the same number of hours. The different strategies, runners, and crews make these events different and interesting !

AURA 100 Club (100 miles in 24 hours)

Family Name	First Name	State	kms	miles	M/F	Place	Date
ALLEN	Barry	Vic	200.776	124.783	M	Box Hill, Vic	28-Feb-87
ALLEN	Greg	SA	189.346	117.679	M	Adelaide, SA	24-Oct-92
ARMISTEAD	Peter	Vic	200.612	124.681	M	Coburg, Vic	10-Mar-90
ASHWELL	Tony	SA	172.640	107.296	M	Adelaide, SA	1-Nov-86
AUDLEY	George	WA	219.361	136.334	M	Perth, WA	18-Oct-86
BAIRD	Carol	ACT	167.290		F	Coburg, Vic	13-Apr-03
BAIRD	Fiona	SA	183.805		F	Adelaide, SA	24-Oct-99
BARKER	Carl	NSW	162.477	100.980	M	Campbelltown, NSW	28-Oct-89
BEAUCHAMP	William	Vic	213.875	132.924	M	Box Hill, Vic	28-Feb-87
BELL	John	Vic	208.450	129.553	M	Box Hill, Vic	15-Feb-86
BENCZE	John	Vic	189.052	117.497	M	Coburg, Vic	13-Feb-88
BIRD	David	WA	167.293	103.973	M	Perth, WA	28-May-88
BIRD	John	WA	162.000	100.684	M	Perth, WA	28-May-88
BIVIANO	Frank	Vic	179.006	111.253	M	Adelaide, SA	1-Nov-86
BLOOMER	Brian	Vic	242.598	150.776	M	Box Hill, Vic	15-Feb-86
BOASE	Geoff	Qld	191.850	119.236	M	Adelaide, SA	28-Oct-89
BOLLEN	Karen	Vic	162.843	101.627	F	Coburg, Vic	14-Apr-02
BOGENHUBER	Max	NSW	175.321	108.963	M	Hensley	28-May-88
BOHNKE	Michael	NSW	182.166	113.217	M	Wyong	27-Jan-90
BOWER	Jill	WA	163.461		F	Perth, WA	12-Oct-85
BOYLE	Brad	NSW	204.717	127.232	M	Campbelltown, NSW	28-Oct-89
BRAY	Steve	SA	168.800	104.910	M	Adelaide, SA	24-Oct-92
BREIT	John	Vic	238.469	148.209	M	Olympic Park, Vic	4-Aug-90
BRISTOW	Ralph	Vic	191.805	119.208	M	Tamworth	9-Mar-91
BROOKS	Barry	Vic	227.574	141.438	M	Box Hill, Vic	28-Feb-87
BROOKS	Fred	Vic	160.934		M	Coburg, Vic	8-Apr-01
BROWN	David	NSW	181.081	112.543	M	Hensley	28-May-88
BRUNER	Bob	Vic	211.584	131.500	M	Box Hill, Vic	15-Feb-86
BRYCE	Michael	Vic	184.699	114.791	M	Adelaide, SA	29-Oct-88
BURNS	Bob	Qld	194.819	121.081	M	Tamworth	24-Mar-90
BYRTH	Robert	SA	166.234	103.315	M	Adelaide, SA	9-Nov-85
CASSIDY	Kevin	Vic	183.695	114.167	M	Hensley	30-May-87
CHAMPNESS	John	Vic	202.934	126.124	M	Hensley	28-May-88
CHANNELS	Robert	NSW	209.146	129.985	M	Campbelltown, NSW	28-Oct-89
CLARK	Gary	WA	167.113	103.861	M	Perth, WA	18-Oct-86
CLARKE	Angela	Qld	175.541		F	Gold Coast, Qld	18-May-97
CLARKE	Tom	WA	165.714	102.992	M	Perth, WA	8-Jun-91
CLARKE	Phillip	NSW	163.766	101.781	M	Hensley	28-May-88
CLEMENTS	Harry	NSW	171.082	106.328	M	NSW	1-Aug-90
COLLINS	Tony	NSW	208.091	129.329	M	Campbelltown, NSW	28-Oct-89
COLWELL	Brian	NSW	183.554	114.080	M	Sydney	
COOK	Bruce	Qld	194.258	120.732	M	Qld University	6-Sep-87
COULTER	Greg	SA	161.336	100.271	M	Adelaide, SA	1-Nov-86
COX (SNR)	Terry	Vic	187.359	116.444	M	Hensley	29-Nov-86
COX Jr	Terry	Vic	217.373	135.098	M	Coburg, Vic	10-Mar-90
CROXFORD	Alan	WA	210.934	131.096	M	Perth, WA	18-Oct-86
DAVIS	Ivan	Tas	200.420	124.562	M	Lota Qld	3-Jun-95
DEVINE	Alan	WA	202.000	125.544	M	Perth, WA	17-Oct-87
DIETACHMAYER	Tony	Vic	184.000	114.357	M	Coburg, Vic	13-Feb-88
DOCHERTY	Andy	SA	162.241	100.833	M	Adelaide, SA	1-Nov-86
DONALD	Colin	Vic	170.842	106.179	M	Box Hill, Vic	28-Feb-87
DONNELLY	Bruce	Qld	207.929	129.229	M	Campbelltown, NSW	13-Oct-90
DUNN	Stuart		185.717	115.424	M	Sydney	
ELLIS	Ray	Vic	168.038	104.436	M	C	13-May-88
EVERY	Paul	NSW	206.588	128.395	M	Adelaide, SA	24-Oct-99

FARMER	Pat	NSW	188.180	116.955	M	Campbelltown, NSW	8-Oct-88
FARNHAM	Tony	NSW	170.417	105.915	M	Campbelltown, NSW	12-Oct-91
FAULKNER	Joe		187.522	116.546	M	Sydney	
FICKEL	Bob	NSW	208.440	129.546	M	Liverpool, NSW	2-Oct-94
FIRKIN	Graham	NSW	203.608	126.543	M	NSW	1-Sep-90
FISHER	Keith	Vic	232.207	144.318	M	Coburg, Vic	15-Feb-89
FOLEY	Wanda	Qld	170.179		F	Adelaide, SA	28-Sept-91
FORSYTH	Ian	NSW	207.167	128.755	M	Liverpool, NSW	15-Oct-95
FOWLER	John	Qld	180.360	112.094	M	Maryborough	22-Aug-99
FRANCIS	Mick	WA	224.521	139.541	M	Adelaide, SA	24-Oct-99
FRENCH	Cliff	Qld	188.819	117.352	M	Gold Coast	17-May-96
GIBSON	Peter	Qld	185.566	115.330	M	Lota Qld	3-Jun-95
GLADWELL	Mark	NSW	163.956	101.899	M	Hensley	29-Nov-86
GOBEL	Joe	Vic	175.518	109.085	M	Box Hill, Vic	15-Feb-86
GOODPAN	Peter	NSW	178.731	111.082	M	Coburg, Vic	14-Apr-96
GRANT	Stephen	NSW	179.898	111.807	M	Coburg, Vic	13-Feb-88
GRANT	Ron	Qld	172.000	106.899	M	Brisbane	10-Jun-93
GRANT	Dell	Qld	176.800		F	Qld University	5-Sep-87
GRAY	Peter	Vic	230.732	143.401	M	Coburg, Vic	23-Feb-91
GRAY	Dan	NSW	198.571	123.413	M	Hensley	30-May-87
GRAYLING	Michael	Vic	173.679	107.942	M	Adelaide, SA	27-Oct-96
GRINBERG	Bill	Vic	161.010	100.068	M	Box Hill, Vic	2-Feb-85
GUTTERIDGE	Bill	SA	168.311	104.606	M	Adelaide, SA	1-Nov-86
HAARSMA	Kay	SA			F	Adelaide, SA	13-Nov-82
HAIN	Geoff	NSW	165.513	102.867	M	Gold Coast	18-May-97
HAMILTON	Kevin	WA	160.934	100.021	M	Perth, WA	12-Oct-85
HANNAMAN	Martin	Qld	167.240	103.940	M	Tamworth	24-Mar-90
HARBER	Tony	NSW	161.331	100.268	M	NSW	1-Aug-90
HARGREAVES	Bruce	NSW	178.333	110.835	M	Caboolture, Qld	23-Jun-90
HARRIS	Trevor	Qld	181.390	112.735	M	Qld University	5-Aug-87
HARRIS	John	Qld	160.934	100.021	M	Centurions 24 HR	20-Aug-98
HARRISON	Bill	Vic	161.910	100.628	M	Box Hill, Vic	2-Feb-85
HART	Gerry	Vic	166.870	103.710	M	Box Hill, Vic	2-Feb-85
HAYNES	John	SA	162.811	101.188	M	Adelaide, SA	5-Nov-83
HEPBURN	Brickley	Vic	239.320	148.738	M	Coburg, Vic	23-Feb-91
HEPPELL	Barry	WA	160.934	100.021	M	Perth, WA	10-Oct-85
HERBERT	Cynthia	Vic			F	Adelaide, SA	1-Nov-86
HICK	Bill	NSW	164.211	102.058	M	Coburg, Vic	14-Apr-96
HILL	Ron	Vic	196.715	122.259	M	Hensley	29-Nov-86
HOLMES	Chris	NSW	164.028	101.944	M	Adelaide, SA	22-Oct-95
HOOK	Geoff	Vic	202.532	125.874	M	Coburg, Vic	23-Feb-91
HOSKINSON	Peter	Tas	176.960	109.981	M	Coburg, Vic	9-Apr-95
HOTTERAN	David	q	163.074	101.351	M	Coburg, Vic	22-Feb-92
HOUGH	Ken	Vic	176.061	109.423	M	Coburg, Vic	25-Feb-89
HUNTER	Bob	Qld	213.453	132.662	M	Qld	1-Jul-89
HUTCHINSON	Ian	NSW	171.200	106.401	M	Hensley	19-Jul-86
JACKSON	Keith	NSW	168.720	104.860	M	Sydney, NSW	
JACOBS	Trevor	ACT	201.238	125.070	M	Adelaide, SA	28-Sep-91
JANOVSKY	Peter	NSW	162.102	100.747	M	NSW	1-Aug-90
JAVES	Ian	Qld	217.070	134.910	M	Box Hill, Vic	28-Feb-87
JERRAM	Col	Vic	182.149	113.206	M	Coburg, Vic	10-Mar-90
KAPARELIS	John	Vic	179.268	111.416	M	Coburg, Vic	25-Feb-89
KELLY	Frank	NSW	225.275	140.009	M	Hensley	28-May-88
KENNEDY	Brain	WA	173.000	107.520	M	Perth, WA	27-May-89
KERR	Sandra	Vic	165.009		F	Coburg, Vic	10-Mar-90
KERRUISH	Graham	NSW	167.612	104.172	M	Coburg, Vic	13-Feb-88
KEWLEY	Doug	ACT	166.285	103.347	M	Adelaide, SA	16-Oct-93
KIDD	Trudi	Qld	161.600		F	Liverpool, NSW	2-Oct-94
KINCHEN	Marilyn	NSW	162.527		F	Campbelltown, NSW	12-Oct-91

KING	Les	SA	162.518	101.006	M	Adelaide, SA	24-Oct-92
KING	Peter	WA	162.097	100.744	M	Perth, WA	17-Oct-87
KINSHOFER	Rudi	SA	232.431	144.457	M	Coburg, Vic	23-Feb-91
KIP.MELHAM	Anyce	NSW	213.287	132.559	M	Adelaide, SA	28-Oct-89
KIRKMAN	Geoff	SA	220.560	137.079	M	Adelaide, SA	9-Nov-95
KIRKMAN	Bruce	Vic	184.408	114.610	M	Coburg, Vic	28-Feb-89
KITTO	Max	SA	180.649	112.274	M	Adelaide, SA	4-Oct-87
KOUROS	Yiannis	Vic	303.306	188.506	M	Adelaide, SA	1-Mar-97
LAW	Andrew	Tas	179.002	111.250	M	Olympic Park, Vic	19-Aug-89
LEAHY	Marcia				F	Campbelltown, NSW	13-Oct-90
LEAR	Phil	Qld	161.600	100.435	M	Box Hill, Vic	4-Feb-84
LEWIS	Stephen	Qld	164.712	102.369	M	QLD	1-Jul-89
LEWIS	J		164.400	102.175	M	Campbelltown, NSW	18-Nov-90
LOGAN	Peter	Vic	179.280	111.423	M	Adelaide, SA	5-Nov-83
LOVE	Greg	NSW	162.400	100.932	M	Campbelltown, NSW	28-Oct-89
LUCAS	Andrew	Tas	202.652	125.949	M	Adelaide, SA	5-Oct-97
LYNN	Charlie	NSW	213.839	132.902	M	Adelaide, SA	9-Nov-85
MADDOCK	Mike	Tas	174.850	108.670	M	Coburg, Vic	9-Apr-95
MAHONY	Paul		162.400	100.932	M	Campbelltown, NSW	28-Oct-89
MANSELL	Kevin	SA	191.637	119.103	M	Campbelltown, NSW	13-Oct-90
MARDEN	Bob	NSW	194.562	120.921	M	Hensley	30-May-87
MARKHAM	Aileene	Qld	169.234		F	Gold Coast,Qld	17-May-96
MARIN	Kevin	WA	167.358	104.014	M	Perth, WA	8-Jun-91
MARSH	Mike	Tas	260.099	161.653	M	Coburg, Vic	25-Feb-89
MARSHALL	Keith	Vic	167.903	104.352	M	Box Hill, Vic	15-Feb-86
MARTIN	Ross	SA	194.695	121.004	M	Adelaide, SA	9-Oct-85
MARTIN	Rod	NSW	181.387	112.733	M	Hensley	28-May-88
MARTIN	Claude	Vic	165.498	102.858	M	Aberfeldie	24-Jan-88
McCARTNEY	Stan	SA	162.677	101.104	M	Adelaide, SA	5-Nov-83
McCLOSKEY	Ian	Qld	178.756	111.098	M	Gold Coast	18-May-97
McCLOSKEY	Ian	Qld	160.920	100.012	M	Brisbane	3-Jun-94
McCOMBE	Andrew	SA	190.138	118.172	M	Adelaide, SA	3-Nov-84
McCONNELL	Georgina	NSW	195.335		F	Olympic Park, Vic	18-Aug-89
McCOOL	Tony	SA	180.483	112.171	M	Adelaide, SA	9-Nov-85
McCORMACK	George	Vic	163.630	101.697	M	Liverpool, NSW	2-Oct-94
McKELLAR	Jack	Vic	208.915	129.842	M	Box Hill, Vic	25-Feb-86
McKEOWN	Gordon	Vic	176.421	109.646	M	Adelaide, SA	3-Nov-84
McMANUS	Alistair	O/S	196.340	122.026	M	Hong Kong	17-Nov-86
MEDILL	Graham	Qld	205.350	127.626	M	Caboolture, Qld	26-Sep-92
MILBOURNE	Colleen	WA	161.044		F	Perth, WA	27-May-89
MILLS	Brain		161.034	100.083	M	Campbelltown, NSW	28-Oct-89
MILNE	Peter	Vic	191.634	119.101	M	Coburg, Vic	13-Feb-88
MISKIN	Stan	Qld	187.104	116.286	M	Adelaide, SA	3-Nov-84
MOLLOY	Geoff	Vic	232.400	144.438	M	Box Hill, Vic	2-Feb-85
MORROW	Tom	NSW	175.786	109.252	M	Sydney	
MURRAY	Ken	NSW	185.445	115.255	M	Hensley	23-Feb-85
NASH	Robert	Vic	197.778	122.920	M	Coburg, Vic	13-Feb-88
NASMYTH	Chilla	NSW	204.213	126.919	M	Campbelltown, NSW	13-Oct-90
NEUMANN	Rainer	Qld	167.102		M	Coburg, Vic	14-Apr-02
NEVILLE	Howard	Vic	177.027	110.023	M	Chelmsley UK	9-Jul-83
NORDISH	Steve	NSW	166.251	103.326	M	NSW	1-Aug-90
O'CONNELL	Keith	NSW	188.957	117.438	M	Hensley	28-May-88
O'CONNOR	Helen	SA			F	Adelaide, SA	1-Nov-86
OOSTDAM	Bert	WA	209.539	130.229	M	Perth, WA	30-May-92
PARCELL	Ashley	Qld	234.959		M	Hensley	23-Feb-85
PARKER	Ross	WA	217.237	135.014	M	Perth, WA	20-May-92
PARRIS	Dawn	Vic	202.650		F	Olympic Park, Vic	19-Aug-89
PARSONS	Patrick	Vic	203.812	126.670	M	Coburg, Vic	10-Mar-90
PARTINGTON	Ian	WA	181.261	112.654	M	Perth, WA	10-Oct-85

PEACOCK	Alan	Qld	207.410	128.906	M	Qld University	5-Sep-87
PEARCE	Phil	WA	200.808	124.803	M	Perth, WA	26-May-90
PEARSON	Frank	NSW	181.621	112.878	M	Hensley	23-Feb-85
PFISTER	Peter	Vic	176.725	109.835	M	Box Hill, Vic	2-Feb-85
PHILLIPS	Lindsay	Qld	171.350	106.495	M	Campbelltown, NSW	1-Oct-88
PICKARD	Terry	Qld	181.232	112.636	M	Qld University	5-Sep-87
PIERCE	Simahin	SA	179.127	111.328	M	Adelaide, SA	23-Oct-94
POWER	Tony	Vic	164.955	102.520	M	Coburg, Vic	10-Mar-90
PRITCHARD	Mark	WA	191.697	119.140	M	Perth, WA	8-Jun-91
PURCELL	Ashley	Qld	234.959	146.028	M	Hensley	23-Feb-85
QUINN	Peter	Vic	201.708	125.362	M	Olympic Park, Vic	4-Aug-90
RAFFERTY	Tony	Vic	175.198	108.886	M	Box Hill, Vic	2-Feb-85
RAMELLI	Ray	Vic	175.756	109.233	M	Box Hill, Vic	15-Feb-86
READ	Nick	ACT	208.859	129.807	M	Coburg, Vic	13-Feb-88
RECORD	Joe	WA	230.029	142.964	M	Crystal Palace	12-Oct-79
RICHARDSON	Peter	Vic	174.109	108.209	M	Hensley	30-May-87
RILEY	Gerry	Vic	210.272	130.685	M	Adelaide, SA	1-Nov-86
RILEY	Geraldine	Vic	164.412		F	Box Hill, Vic	15-Feb-86
RISSTROM	Peter	Vic	161.744	100.525	M	Coburg, Vic	23-Feb-91
ROONEY	James	NSW	218.421	135.750	M	Liverpool, NSW	2-Oct-94
ROSS	Howard	Vic	205.634	127.802	M	Box Hill, Vic	15-Feb-86
ROWE	Craig	Qld	179.701	111.685	M	Tamworth	9-Mar-91
SALTER	Bronwyn	WA	162.342		F	Perth, WA	31-May-92
SCHNIBBE	Klaus	Vic	191.890	119.260	M	Adelaide, SA	9-Nov-85
SCHUBERT	Guy	SA	177.652	110.411	M	Adelaide, SA	1-Nov-86
SCHULTZ	Peter	SA	174.080	108.191	M	Adelaide, SA	13-Nov-82
SCOTT	Dave	WA	162.000	100.684	M	Perth, WA	27-May-89
SHERMAN	Andrew		161.722	100.511	M	NSW	1-Aug-90
SIDEBOTTOM	Ced	NSW	163.097	101.365	M	Sydney	
SILL	David	NSW	193.640	120.348	M	Humberside U.K.	3-Aug-97
SINCLAIR	John	Qld	170.549	105.997	M	Qld University	5-Aug-87
SKROBALAC	Joe	Vic	210.430	130.783	M	Coburg, Vic	9-Apr-95
SKVARIL	Vlastik	Tas	193.087	120.004	M	Coburg, Vic	8-Apr-01
SLAGTER	Michael	SA	186.076	115.647	M	Adelaide, SA	24-Oct-92
SMITH	Bryan	Vic	254.515	158.182	M	Olympic Park, Vic	19-Aug-89
SMITH	Jeff	Vic	204.852	127.316	M	Coburg, Vic	23-Feb-91
SMITH	Ronald	Vic	195.382	121.431	M	Coburg, Vic	13-Feb-88
SMITH	Margaret	Vic	177.600		F	Box Hill, Vic	02Feb.85
SPAIN	Trisha	WA	191.207		F	Perth, WA	27-May-89
SPARE	Charles	WA	163.000	101.305	M	Perth, WA	18-Oct-86
SPENCER	Don	SA	170.616	106.039	M	Adelaide, SA	3-Nov-84
STANDEVEN	David	SA	256.157	159.203	M	Adelaide, SA	28-Oct-89
STANDEVEN	Cheryl	SA	168.584		F	Adelaide, SA	29-Oct-88
STANGER	Helen	NSW	228.680		F	Coburg, Vic	23-Aug.98
STAPLES	Alan	NSW	171.636	106.672	M	Campbelltown, NSW	10-Oct-90
STENNER	Graham	SA	203.526	126.492	M	Coburg, Vic	25-Feb-89
STEPHENSON	Chris	NSW	187.631	116.613	M	Box Hill, Vic	15-Feb-86
STUART	Roger	SA	189.962	118.062	M	Adelaide, SA	1-Nov-86
SUTCLIFFE	Roy	SA	180.517	112.192	M	Adelaide, SA	13-Nov-82
SWIFT	Keith	NSW	196.400	122.063	M	Hensley	23-Feb-85
TAGGART	Bob	SA	206.849	128.557	M	Adelaide, SA	29-Oct-88
TALBOT	Kim	Vic	168.493		F	Coburg, Vic	25-Feb-89
TAYLOR	Maurice	NSW	203.526	126.492	M	Sydney	
TAYLOR	Ian	NSW	184.456	114.640	M	Hensley	30-May-87
TAYLOR	Dave	NSW	182.047	113.143	M	Box Hill, Vic	15-Feb-86
TAYLOR	Bill	WA	163.692	101.735	M	Perth, WA	18-Oct-86
TELOAR	Roy	Qld	176.289	109.564	M	Gold Coast	17-May-96
THOMPSON	Mike	WA	201.228	125.064	M	Perth, WA	27-May-89
TILLER	Kevin	NSW	176.412	109.641	M	Liverpool, NSW	2-Oct-94

TIMMS	John	Qld	170.734	106.112	M	Adelaide, SA	23-Oct-94
TOLLIDAY	Owen	Qld	253.063	157.280	M	Adelaide, SA	29-Oct-88
TOWNSEND	Graeme	NSW	196.770	122.293	M	Hensley	28-May-88
TRIPP	Tony	WA	177.027	110.023	M	Coburg, Vic	13-Feb-88
TURNBULL	Jim	WA	167.969	104.393	M	Perth, WA	28-May-88
TUTTY	Peter	Vic	177.470	110.298	M	NZ	22-Aug-87
TWARTZ	John	SA	203.522	126.490	M	Adelaide, SA	22-Oct-95
TWARTZ	Peter	SA	201.222		M	Adelaide, SA	22-Oct-95
VALENTINE	Ian		175.887		M	Coburg, Vic	12-Apr-03
VEGA	Eduardo	SA	201.200	125.047	M	Adelaide, SA	22-Oct-95
VENUS	Graham	NSW	180.988	112.485	M	NSW	1-Sep-90
VERNON	Peter	SA	163.812	101.810	M	Adelaide, SA	25-Oct-89
WALDECK	David	Vic	163.200	101.429	M	Box Hill, Vic	28-Feb-87
WARREN	Morris	SA	164.306	102.117	M	Adelaide, SA	3-Nov-84
WARREN	Val	WA	160.934	100.021	F	Perth, WA	12-Oct-85
WATTS	Graham	Qld	164.331		M	Campbelltown, NSW	28-Oct-89
WEINSTEIN	Roger	Qld	164.331	102.132	M	QLD 24Hour	6-Sep-98
WHITEOAK	Michael	Vic	180.920	112.443	M	Coburg, Vic	23-Feb-91
WIESE	Bob	Vic	193.300	120.137	M	Adelaide, SA	3-Nov-84
WILKINS	Michael	SA	163.857	101.838	M	Adelaide, SA	27-Oct-90
WILKINSON	Graeme	SA	165.122	102.624	M	Adelaide, SA	22-Oct-95
WILLIAMS	David	NSW	204.716	127.232	M	Hensley	29-Nov-86
WILLIAMS	Reg	NSW	172.387	107.139	M	Lota Qld	3-Jun-95
WILLIAMS	Geoff	Vic	165.642	102.947	M	Box Hill, Vic	4-Feb-84
WILSON	Greg	Qld	162.460	100.970	M	Brisbane	3-Jun-94
WISHART	Greg	Vic	189.910	118.030	M	Wollongong	26-Mar-94
WOLSTENCROFT	James	Vic	216.784	134.732	M	Coburg, Vic	25-Feb-89
WOODHOUSE	Paul	Vic	205.848	127.935	M	Coburg, Vic	25-Feb-89
WOODS	Graeme	NSW	166.417	103.429	M	Hensley	30-May-87
WOODS	Kelvin	Qld	212.559	132.106	M	University, Qld	5-Sep-87
WORLEY	Sue	Qld	170.774	106.137	F	Gold Coast	17-May-96
YEAMAN	David	SA	183.514		M	Coburg, Vic	13-Feb-88
YOUNG	Cliff	Vic	235.969		M	Adelaide, SA	9-Nov-85
YOUNG	Shirley	Vic	176.810		F	Coburg, Vic	9-Apr-00
YOUNG	Nobby	NSW	204.083		M	NSW	1-Sep-90
ZUKOWSKI	Jerry	S.A.	177.550		M	Coburg, Vic	15-Apr-02



Karyn Bollen strides out to her first 100 mile performance

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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