

Marathon man Cliff Young dies at 81

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Famous shuffle: Cliff Young shows his running style in 1999.

Jeremy Calvert

ULTRA-marathon runner Cliff Young, who became a national sporting hero 20 years ago, has died at 81.

Young died after a long illness at a friend's home on Queensland's Sunshine Coast.

"He has had a lot of strokes recently, his body was just worn out with age," his 83-year-old sister, Helen Simmons said.

He had been living in Queensland with carer Helen Powers and her family for four years.

Mrs Powers said Young died peacefully last night in his own bed, realising a vow to stay out of hospitals or nursing homes.

Young, a farmer from Colac, shot to national prominence in 1983 when he won the inaugural Sydney to Melbourne ultra-marathon.

His marriage in 1984 to Mary Howell when he was 62 and she was 23 further cemented his sudden fame in the public arena.

They divorced in 1989.

Renowned for an ungainly shuffling style, Young covered more than 20,000km on foot in his competitive career.

In 1997, at 75, he embarked on an ambitious



Young at heart: Cliff and Mary's 1984 wedding.

attempt to beat Ron Grant's around Australia record.

The attempt ground to a halt in the Northern Territory after he had covered about 6500km, when a member of his support staff became ill.

Mrs Powers said although Young had not run competitively for some years, up until three months ago he would still shuffle around the neighbourhood to get his daily exercise.

She said Young was a compassionate and gentle man who lived his life free of greed or malice.

"When he won the Westfield Sydney to Melbourne race he shared the \$10,000 purse with the other runners be-

cause he thought they had been doing it pretty tough as well," Mrs Powers said.

Former Australian marathon champion Steve Moneghetti last night paid a glowing tribute to the vegetarian who lived most of his life in the Otways.

"They don't make Australians like that any more, he's a unique bloke who certainly was a great role model for our sport," Moneghetti said.

"He took ultra-marathoning into the lounge-room of every Australian."

Young will be cremated in Queensland and a memorial service will be held in Colac his sister said. — with AAP



'He took ultra-marathoning into the lounge-room of every Australian'
Long-distance runner Steve Moneghetti on veteran Cliff Young, left, who died on Sunday

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It isn't often that any one individual can have such a huge influence on so many others. On Wednesday 12th November at the Colac Bowling Club, a very moving memorial ceremony was held in the honour of one such person. The sad loss of Cliff Young has been felt by all. It was only when so many people crowded into the hall that I realised how many people had been touched by Cliff during his lifetime. The press were there covering proceedings as we heard many speakers tell us of Cliff's life. His sister expanded on his earlier years before he found fame and his brother, Sid, captivated all with his lead singing in front of the Laver's Hill Choir. The highlight of the service was when Drew Kettle took the stage to read one of his poems about Cliff. Drew is a legend in his own right and now in his eighties. Suffering ill health, Drew read his poem to the silence of the crowd who gave him a standing ovation as he finished. Cliff was the unlikeliest of heroes. Hollywood could not have scripted a better story when he stunned the world by beating a world class field of runners in the inaugural Sydney to Melbourne race. Fame was thrust upon him. The press could not get enough of Cliff during those heady days. Cliff even made an appearance on the TV show "Prisoner" where he played the role of himself as he preached physical fitness to the likes of "Bea Smith and Lizzie Birdsworth". As Steve Monaggetti said, "He took Ultramarathons into lounge rooms across Australia".

The first 14 pages of this issue is a collection of tributes and memories of Cliff. As a result, a number of other articles have had to be held over [apologies to Brian Jackson!]. In the March issue, we have planned a special "Cliff Young" supplement which should run to about 20 pages. On an equally sad note, we have learnt of the death of Frank Pearson at age 84. Frank was a two time Sydney to Melbourne finisher in 1985-86.

The recent World Cup 100km in Taiwan was run in nightmare conditions. With a 64% drop out rate and very slow times by the top 10 finishers, it was obviously a tough day at the office. Our team managed two finishes with Mark Hutchinson and Tim Sloan surviving the hot humid weather.

At the recent Colac Six Day Race, the level of professionalism was noted by all. The highlight being the computer lap scoring system devised by Malcolm Mathews. Malcolm has been developing and refining his system for almost six years and he had several overseas runners declaring it to be the best system they had ever seen. Such things are a great boost for the sport.

On a different note. Did anyone pick the minor fault in the September issue? It appears that I gave Shirley Young's husband, Ron, a bit more credit than was due. I mentioned that he represented Australia at the 1956 Olympic Games in Melbourne. Ron assures me that although he was in the training squad, he narrowly missed team selection. Being the modest gentleman that he is, he wanted me to make a correction

Also, keep your eyes open for some good performances from Ernie Hartley. Ernie has been getting in a lot of extra training in recent times since losing his drivers license. I hear that Ernie hit 120kph on Doncaster Road one Sunday morning, much to the annoyance of the local constabulary!!

Kevin Cassidy

AURA welcomes the following new members

Safet Badic	David Billett	Michael Booth	Harry Clements	Hugh Dearnley	Brian Evans	Silvia Friedrich
Adam Gould	Benny Hagberg	Stephany Howard	Mary Jackson	Felicity Joyce	Joanne Kriel	Rodney Ladyman
Peter Lahiff	Ian McDougall	Phil Murphy	Rainer Neumann	David Padgett	Lindsay Phillips	Brian Poke Bill
	Thompson	Kieron Thompson	Mark Vickers	Dennis Vlachos	Karina Ward	
		Robert Ware	Michael Wheatley			

Thanks to the following members for their kind donations

Silvia Friedrich - \$20 Dirk Thys - \$20 Carol Baird - \$15 David Padgett - \$10 Dennis Vlachos - \$5

Dave Taylor's World Record Treadmill Attempt

Former Kembla Jogger and renowned local ultra marathon runner, Dave Taylor is once again putting his shoes on for charity in an attempt to break a world record. This time Dave will be out to beat the 7 day treadmill world record and will start his challenge on Wednesday 26th November in the foyer at Wests Illawarra, Unanderra.

The challenge will raise vital funds for the new Coledale Hospital which is currently under construction. Dave will be also joined by Georgina McConnell who will be running to claim the women's 24 hour record starting at 12 noon on Tuesday 25th November.

To successfully claim the record, two people must witness the attempt at all times and the Kembla Joggers have been asked if any club members would be interested in assisting in this task, even if just for an hour or two. If you are able to assist or keen to make a donation please respond to runners@kemblajoggers.org.au or contact Anne-Marie Pegler (Fundraising Assistant - Illawarra Health) on 4275 5132 during work hours.

Obituary: Ultra legend Cliff Young - 1922-2003

Cliff Young, the Australian potato farmer who won the first Sydney to Melbourne Race (880 kilometres) in 1983, died Sunday at age 81 following a long illness with prostate cancer.

Born Feb. 8, 1922, to a poor family, Young spent many years in Queensland. He did not run his first real race until he was 57 years old, an event he recounted in detail when his life story was published in *Cliffy's Book* in 1995.

It was a 10-mile race over the Westgate Bridge, finishing at the Flemington race course.

"I ran as fast as I could," he said. "As I was going up over the bridge I remember one fellow about my age hanging on behind and saying, 'I think I'll stick with you.' Ever confident, I said, 'I don't think you will.' I clapped a bit on the pace and I could hear him gasping behind me and then there was dead silence. I thought, 'He's either kicked it or fallen back. I hope it's not the former.'"

Fast age group times

The race was won by Rob de Castella but Cliff put on a show, trouncing two friends who had entered with him and most of the rest of the field as well. He didn't know his finishing time until a certificate arrived in the mail two weeks later: 64:15.

After that Young ran the Big M marathon in 3:21:41, joined the Geelong Professional Cross Country Club, and cut his marathon time to 3:02:25 at the Victoria professional country championship marathon in 1980.

The Victoria race earned him his first real taste of media attention, and his life as an athlete and celebrated public character grew from there, peaking in 1983 when he astonished the ultra world by winning the first of the famed Westfield Races over the traffic-choked highway between Sydney and Melbourne.

While others slept, Young ran through the night and open such a massive lead that no one could catch him. He won in 5 days, 15 hours and 4 minutes.

Wrong wake-up time

"It was all because his coach made that now famous mistake and woke him at one in the morning instead of 5am on the first night," long time friend and support crew member Mike Tonkin told Australian Associated Press (AAP).

"By the time we woke up to the fact that he was on the road too early it was light and he just kept on going and going and developed a lead nobody could break. Cliff had been running a lot ... his entry was a bit of a joke because he was known here in Colac as the old coot who trained in a raincoat and gumboots," Tonkin recalled.

"Well, he lived in about the wettest place in Australia, so for him it was a practical thing to do."

Tonkin said Young was as surprised as anyone else by his win. "He didn't mind running 20 miles to post a letter, but nobody imagined he would beat the nation's best long distance runners."

One of his first media stops afterward was the Don Lane Show on Channel Nine Television.

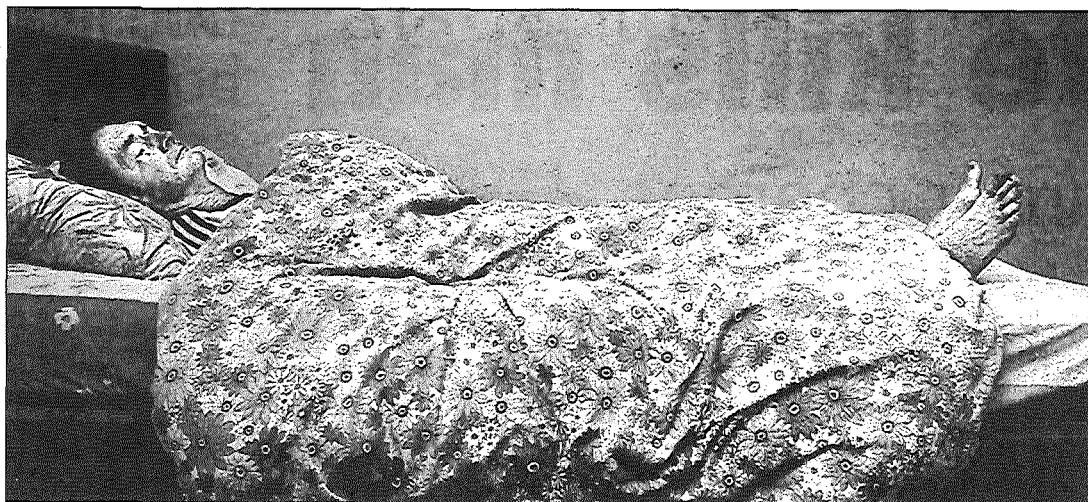
'Home grown icon'

"I think it's fair to say that our show helped in no small way to begin the legend that has surrounded this marvellous character since that historic run," Bert Newton recalled later for AURA, the Australian Ultra Runners' Association.

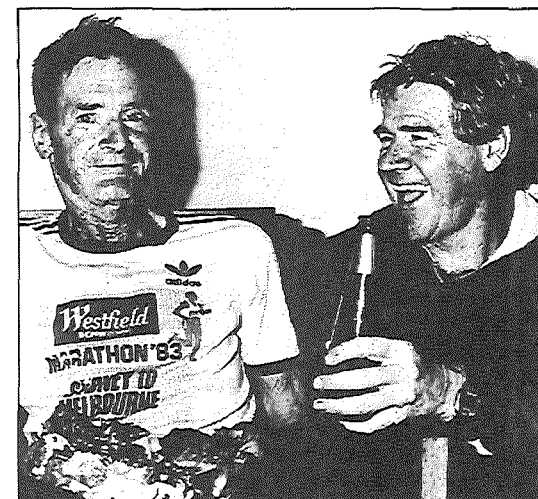
"I clearly remember the studio audience standing as one to applaud and pay homage to a newly acquired hero. However, little did Don and I know that the retirement age athlete sharing the wheel spot with us was more than the winner of a long distance race. He was a genuine home grown icon waiting to be discovered. And discovered he was.

"The hundreds of thousands of television viewers on that night who took him to their hearts proved to be simply an advance party for the rest of Australia, who eventually marvelled at not just his achievements but at the man himself. He was a country boy who had a philosophy, attitude and soul that was surely the reincarnation of all that we believed our Australian pioneers to have been. I remember thinking after the show that I hoped this bloke was for real.

"Over the weeks, months and years that have followed we all know that Cliffy is indeed the genuine article. What you see is what you get and you get plenty - strength, humour, doggedness, humility, courage and a spirit that defies the odds and inspires us all to take on challenges simply because they are there."



Left: Cliff finally gets some rest after the Sydney-to-Melbourne marathon.



Right: John Toleman shares a drink with the "marathon man" after the race.

Legend forever young

Kelly Ryan

CLIFF Young was a bachelor, aged 61, who ran around his farm in gumboots.

But he jogged from Sydney to Melbourne in record time and raced into our hearts and the record books.

Westfield race favourite George Perdon retired from marathon running after finishing 53km behind Cliff.

"I'm going to leave it to the older blokes," he said.

Cliff had not stood a chance when he entered the 1983, \$10,000 winner-take-all Westfield Sydney to Melbourne. But he hit the lead after the first day. He ran, and he just kept running.

Cliff Young ran against the odds. The man who conceived the race and directed it from its tenuous start



**CLIFF YOUNG
1922 - 2003**

to its almighty finish, John Toleman, followed Cliff all the way.

"I watched one night when he told his support crew that he wanted spaghetti and ice cream for dinner," Mr Toleman said. "They handed him a cold can of spaghetti and a spoon and when he was halfway through the canned spaghetti, they

LAST RUN

CLIFF Young's funeral will be held on the Sunshine Coast tomorrow.

Young became a hero when he won the inaugural Sydney to Melbourne marathon in 1983.

He died at the weekend at the age of 81 and will be cremated at the Gregson and Weight Chapel at Caloundra.

He lived most of his life in Victoria but moved to Caloundra a few years ago.

dropped a dollop of ice cream in the can and he ate that too."

Cliff Young hit the road from Westfield shopping centre in Parramatta to run to its sister store in Doncaster, 875km south on April 27.

Publicity for the longest-ever foot race, had also attracted international competition.

Cliff sifted the men from the boys, but didn't realise it until he hit the Kalkallo Hotel where he made his last pit stop.

By then, Australia's media had merged with the international press.

"Cliff went to the toilet and when he came out, he was like a rabbit caught in the spotlight," Mr Toleman said.

"Someone had yelled out to him that Perdon was 5km behind him and he just pulled up his pants and just ran for it.

"Cliff did a circle in confusion and then hit the road again, but he was heading for Sydney.

"I yelled out, 'Hey Cliff, you're going the wrong way' and he turned around.

"I told him it was wrong, there wasn't anyone within 50km of him, but he headed for Doncaster and he didn't stop," he said.



On the run: John Toleman outside the Kalkallo Hotel yesterday with one of Cliff's shirts. Picture: PETER WARD

Six Westfields

Young entered the Westfield Run six times, finishing again in 1984 and 1987, and withdrawing in 1985, 1986 and 1989. He became a prolific ultramarathoner at a time when most people his age are retiring from active life and putting their feet up to take it easy. His book lists over 60 ultras between 1991 and when it was published in 1995.

Some of the runs on the list include a 6:33:46 50-miler at Ballarat, Victoria, on Aug. 24, 1986; 235.969 kilometres at the Sri Chinmoy 24-hour Race in Adelaide on Nov. 9, 1986; 670.4 kilometres at the Australian Six-Day Race in Colac in November 1988; 44:11:28 at age 70 in the Nanango Sth-Burnett 330Km Footrace in September 1992 and 653.6 kilometres at the Australian Six Day Race in Colac in November 1992.

At the time his book was published Young had run more than 17,000 kilometres in ultra races after reaching the age of 70. He was a vegetarian and a teetotaler for most of his life, though he did drink the odd light ale in later years.

One of his greatest dreams was to set a record for running around Australia. He tried three times, abandoning his third attempt (at age 76) after being diagnosed with prostate cancer. At the time he had covered 6,520 kilometres and reached the vicinity of Fitzroy Crossing in the Northern Territory.

Helen Powers

In 1984, Young married Mary Howell when he was 62 and she was 23. They later divorced. In Queensland, he lived with former manager, Helen Powers, and her twin daughters Bridgette and Paula.

He is survived by his six brothers and sisters Anne, 85, Helen, 83, Margaret 79, Barry, 77, Eunice, 75 and Sid.

Young's health gradually deteriorated after that. In June of this year Kevin Cassidy of AURA reported: "Cliff is no longer running or walking the streets and walkways these days as he has been very sick and is being looked after by Helen Powers who is doing a great job and keeping him out of hospitals."

Those wishing to pay tribute to Young's remarkable life are requested to send donations to Waterbird Rescue c/o The Powers Twins, PO Box 372, Golden Beach QLD 4551.

"The Twins and Cliff have been working for Waterbird Rescue for a number of years on a voluntary basis and this would be a great way to remember Cliff," Phil Essam reports on his web site.

Otway shuffler rose to fame in a crazy race

THE greatest myth about Cliff Young is that he was a spud farmer.

Cliff wasn't a farmer — he was a runner.

For decades he shuffled around the Otway Ranges, splashing through the puddles for 20km a day in his trademark gumboots, and none of his hard-working neighbours could understand why he bothered.

Then along came a crazy race, the 1983 ultra-marathon from Sydney to Melbourne, and in his gently spoken bashful way he hoped he would meet some fellow outsiders who shared his loneliness.

When the giants of international running shaped up at Parramatta for the big race, Cliff hid in the background, wearing long pants to hide his ugly skin cancers.

The superstars reached the scheduled first night stop and agreed to set out at first light.

Cliff's team of Colac footy trainers put him to sleep in his van and set the alarm for 5am.

When they woke him and he shuffled off down the Hume Highway, he commented on the darkness,



Neil Kearney

which prompted the crew to shine a torch on their clock.

They had made a mistake. It was 2am, but there was no point putting him back to bed.

Unwittingly, they had made one of the great tactical decisions in the history of international running.

By the time his rivals woke up, the tortoise was so far ahead of the hares that they were never in the hunt.

The reaction along the highway, and the crowds in Melbourne's streets, sparked a frenzy we'll never see again.

My thoughts went back to the first time we filmed him, for a TV feature back in 1982, trudging around the Otways.

The cameraman took a shot of his boots splashing through a puddle, and he turned to me to share our appreciation of the shot.

We forgot Cliff for a moment, and — when we realised he had kept running — we chased him 2km up the road before he stopped.

The cameraman lost his wallet and I rang Cliff to ask if he had seen it.

A week later a letter arrived with a lengthy apology from Cliff for not finding the wallet — and \$10 stuck inside for the cameraman to buy another wallet.

His mum told me later Cliff had run 200km during the week, back and forth over the ranges, looking for the wallet.

He was generous, Cliffy, trusting and loyal.

I saw him for the last time in a Sunshine Coast hospital in May.

The sparkle in his eyes was gone, but his memory was sharp, and he said he was hoping to pull the runners on and get out for a jog.

He was old and weak, but he was still a runner.



The shuffler: Cliff Young runs through the night

Ultra-marathon legend Cliff Young - who died at home in Queensland yesterday aged 81 following a long illness - shuffled his way into Australia's heart in 1983 with his shock win at the inaugural Sydney to Melbourne marathon.

The nation fell in love with the 61-year-old potato farmer who came out of nowhere to defeat the nation's best long distance runners.

He became famous for his shuffle running style and for wearing gumboots and long trousers while training more than 30km daily at his Victorian farming property.

Friend and ultra-marathon historian Philip Essam said while many remembered these eccentricities, people in the sport credited Cliff for revolutionising it after he won the Sydney to Melbourne marathon.

Back then, Cliff's coach made the famous mistake of waking him three hours early at 2am to start the first night of racing.

By the time they realised the mistake, Cliff was ahead of the field and continued the winning tactic for the rest of the 875km race, Mr Essam said.

It was now a standard practice in the sport, he said.

The "Young-shuffle" has also been adopted by ultra-marathon runners because it is considered more aerodynamic and expends less energy, he said.

Australian Ultra Runners Association president Ian Cornelius said Cliff's humble and ordinary personality helped make him the nation's most famous ultra marathon runner in the sport's history.

"He was an ordinary guy who achieved extraordinary things," he said.

"He was wonderful for our sport and will be sadly missed by all in the ultra-marathon community."

Clean living, hard training and a competitive spirit made him a successful athlete, Mr Cornelius said.

In 1984 at the height of his stardom, Cliff married Mary Howell when he was 62 and she was 23. They have since divorced.

Cliff came to prominence again in 1997, aged 76, when he attempted to become the oldest man to run around Australia and raise money for homeless children.

Cliff completed 6,520km of the 16,000km run before he had to pull out after his only permanent crew member became ill.

Cliff grew up in the Victorian Otways and inherited his father's farm in Beech Forest and worked with brother Sid, 73, who now lives in Colac.

Colac Otway Shire Council Mayor Jim Ryan described Cliff as one of the region's favourite sons.

"Many people say Colac was Cliff Young," he said.

"He will be remembered very fondly because he was friendly towards everyone and everyone admired him."

Cliff stopped racing three years ago after a mild stroke.

However his friend of 28 years Gary Parsons said Cliff still liked to have a run as recently as six months ago.

Cliff moved to Queensland in recent years and had been living with his former manager Helen Powers and her twin daughters Bridgette and Paula.

He enjoyed walks along the beach and tended a vegetable garden at his new home until ill-health struck him.

Mr Parsons, who last saw Cliff on Thursday, said Mr Young had been adopted by the Powers family and lived a very happy life in Queensland.

Cliff's sister Helen Simmons, 83, said he had suffered several strokes recently and his body was worn with age.

"It was just old age, he had been very low for the last fortnight, we were expecting it to happen," she said.

COLAC SIX DAY RACE TRIBUTE TO CLIFF YOUNG

The Australian Six Day Race Committee in Colac has paid tribute to Cliff Young who was the inspiration for the Annual Six Day Race in Colac. The Race Committee observed a minute silence in memory of Cliff and stated that he had made an enormous contribution to ultra-marathon running generally and to the Six Day Race in Colac specifically.

In 1982 Cliff attempted to break the world 1000 mile record around a specially created 400 metre track on Memorial Square in Colac – Now named 'The Cliff Young Running Track'. Following his historical win in the inaugural Westfield Sydney to Melbourne Race in 1983, Cliff became the hero of a nation and of Colac, and as a result an organising Committee in Colac staged a 1000 mile Race in Cliff's honour – 'The Cliff Young Colac 1000'. Interest came from all around the world when the City of Colac announced that it would stage a Six Day Race in 1984 – The only one in the southern hemisphere. The Australian Six Day Race was born.

Cliff ran in the inaugural Six Day Race and subsequently ran in 11 out of the 18 Races staged so far – Never failing to finish, and only running less than 500 km for 6 days once – Still achieving 492 km on that occasion – That was in his last Race at Colac in 1999 at 77 years of age.

This year is the 20th Anniversary of Cliff's win in the Sydney to Melbourne Race and the Colac Six Day Race Committee was already planning to commemorate that milestone in this year's Race. Bill Sutcliffe, President of the Australian Six Day Race Committee in Colac, said that a special 'Cliff Young Memorial Trophy' for the most courageous runner to finish the 6 Day Race this year would be presented in memory of Cliff. It is hoped that the Power sisters – The daughters of Cliff's former Manager Helen Power, will run a lap of the 6 Day Race circuit in Colac in Cliff's place, prior to the start of this year's Race.

"Cliff Young personified the Aussie, Anzac, Have-a-go spirit", Sutcliffe said. "In the classical tortoise and the hare Race in 1983, he gave hope to a nation, that 'If you were in it you could win it.' It is my great hope that the City of Colac will continue to embrace the Australian Six Day Race in Colac in memory of Cliff. That the Colac Otway Council in particular will be pro-active in assisting to retain the Race as a monument to Cliff. We would like Council to erect signs on the main approaches to Colac saying – 'Colac – The Home of the Cliff Young Australian Six day Race'.

Cliffy's final run

Family to scatter ashes in the Otways



Coming home: grandchildren Paula and Bridgette Powers brought Cliff Young's ashes and bird, Zac, with them. Picture: PETER WARD

CLIFF Young's amazing race finally came to an end yesterday when his ashes were returned home to Colac.

The legendary ultra marathon runner, 81, died on the Sunshine Coast earlier this month after losing his battle with cancer.

A memorial service in Colac saw 400 family and friends pay tribute to the man known universally as Cliffy.

In 1983 the Beech Forest potato farmer took only five days, 15 hours and four minutes to win the inaugural ultra marathon between Sydney and Melbourne – at the same time capturing the hearts and imagination of every Australian.

But those who gathered yesterday to farewell Cliffy reckon it took 81 years to create and build the legend of the Otway Ranges' favourite son.

Speakers at the service lauded his dry wit, laconic attitude and generosity to those he met.

Former manager Mike Tonkin said the effect Cliffy had on people was unique. "I have not met anyone who Cliff knew who didn't like him," he said.

Champion marathon runner Tony Rafferty said his arch-rival had become far more than a great athlete. "Cliff Young was, is and always will be a folk hero," he said.

Danny Buttler

Cliffy's final journey from Queensland was appropriately made by road, accompanied by his adopted grandchildren, identical twins Paula and Bridgette Powers, and his pet parakeet Zac.

The 29-year-olds, who helped comfort the ailing legend in his final months, wanted to help bring Cliffy back to where it all began.

"We just wanted to bring him back home so that other people could say goodbye to him," they said.

Most of those present knew and loved Cliffy well before he shuffled in to the national spotlight.

His surviving siblings – Ann, Helen, Valerie, Margaret, Eunice and Sid – said their brother was never happier than when at home in the Otways.

"For someone who was so shy, who could hardly talk to people, he was just thrown out into the media," Eunice said.

"I don't know if he enjoyed it all, I think he was always happy to get home to the bush."

Cliff Young's final wish will be granted this week when his ashes are scattered in his beloved Otways.

Cliff Young is not more now with us. It is like going away the Great Grand of Ultrarunners. The biggest tree is fallen but the seeds sprouted from it all over the world, only his physical body is not with us but he will always remain with us.

I first encountered with him some 6-7 years ago in a very simple book on Running having a last brief chapter on Ultrarunning. There I found two greatest (yes to me they were and are greatest) legends Cliff & Yiannis. I was stunned by Cliff's running ability. I know his impact on me and a share in becoming me an ultrarunner (only ultrarunner in India) is also goes to him.

Wish his soul remain in Peace.

- Arun Kumar Bhardwaj

I learnt of Cliff's death from the TV & during the tribute to the great man a clip of him was shown completing a Westfield run. The person beside him raising Cliff's arm in victory was Bryan Smith.

As my wife Betty said - Two great gentlemen in all facets can now keep each other company running forever.

May they both rest in peace yet watch over us running nuts for when I look into the skies complaining of my hardships struggling through the kilometres I am sure the feel of the wind at my back will not be the wind but Cliffy giving me a slight push. RIP

Geoff Williams

Dear Cliffy

To all the special times we shared in the early hours of the morning when there was just the two of us either trackside or in the massage tent. No one can ever know what passed between us or share in the jokes or hear the laughing.

You were the first one to believe that my approach to care of the ultra athlete was the right one to take, and your encouragement down through the years since we first met at the Colac six day run when I was a massage student to research on better ways to keep the athlete going has paid off.

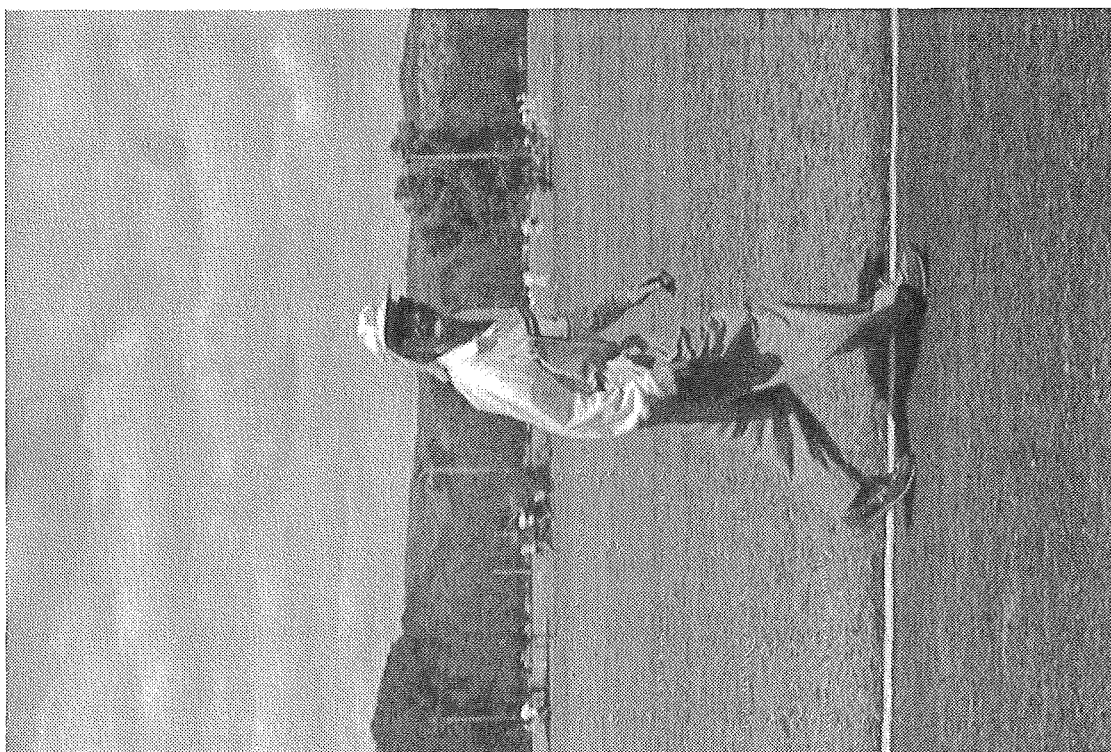
Your letters always had that positive message, and they always came at a time when I was ready to give up on everything. I still have the vision when I was doing the lap counting early in the morning at the 'Cliffies Dream' and you were disappearing into the darkness for another lap of the rough track.

There was just the two of us out there, I watched the lonely figure out there, and could see what made you a what you were. I had an insight into what it would be like to be like you. To quote another ultra runner Kevin Mansell

"I finally found my hero in life and it was me"

Thanks to you on that night I found that out While not being an Ultra competitor, I am proud to say I am an Ultra person, as much a part of the Ultra family as the athletes are. It is as part of the ultra family I grieve at your passing, and at the same time feel proud I was part of the same family as you.

Michael Gillan Ultra Masseur



Cliff Young circles the Adelaide Harriers track

CLIFF YOUNG: FOLK HERO

BY

TONY RAFFERTY

Approaching Euroa, in fifth place, I listened to reports from my head-set radio of Cliff Young's arrival at Doncaster Shopping Town to win the inaugural Sydney to Melbourne race.

Searchlights lit up the night sky, fireworks burst forth, bells rang, bands played as the Colac potato farmer blinded by car headlights shuffled past cheering spectators and a scrum of journalists and photographers, to etch his name in Australian folklore.

Despite endless media interviews, scores of photo opportunities and product promotions Cliff managed time - when I crossed the finish line - to welcome me with a heartfelt hug from spindly arms and a finely wrought body. Instant fame was of secondary importance to him, fellow runners came first. 'There's a hot bath,' he said. His ascetic face showed concern for my welfare. 'We'll talk later.'

After his win wherever he travelled people flocked to him like ants to a honeypot. Yiannis Kouros, Bryan Smith, Cliff and myself accepted an invitation to appear on a television game show produced in Brisbane. Ten minutes after my arrival at the airport I came across Yiannis and Bryan, Cliff, nowhere to be seen. We saw a crowd. Trouble? No. In its centre Cliff signed autographs, trying his utmost not to disappoint, until a final call from the public address system pressed us to board the aircraft. As we rushed off a young girl cried. Cliff turned. 'Tell them to hold the flight.' He rushed away and signed the back of her t-shirt. She smiled and threw her arms around his neck.

Cemented in my mind is the chant, year after year, from busloads of excited school children, 'Cliff-ee. Cliff-ee. Cliff-ee', as he ran laps of Memorial Square, Colac, during the Australian Six-Day Race. Every day a tourist bus arrived. Passengers from all over the country approached the running track to catch a glimpse of the man who glamorised gumboots. They left with memories of his kindness, warmth, gentleness of spirit and zany humour.

When authorities suggested a statue in his honour he said: 'Statue?! My head covered in pigeon shit? No way.'

We ran together for two hours, a day or two from the finish of the second (1984) Westfield classic. I realised then that Cliff had the eye of an artist. As he studied wind-blown clouds in a tattered sky he broke the rhythm of our footsteps: 'Look. Over there. An eagle. Isn't she magnificent.' A strong whiff of eucalyptus greeted us as we approached a number of ghost gums. 'They're so white,' he said. We closed in on one. 'Look. Many colours.' He ran his hand along the trunk pointing out specs of red, blue, brown.

I'll remember Cliff for his open hand and kindness of heart, his laconic humour which produced many moments of joy and laughter - and his immense capacity for endurance on the road and track. Cliff was a quiet, decent vegetarian, his heart and mind as uncluttered as his physique was lean, his character distinct, unblemished. His love of everything good fills me with sunshine. Cliff Young was, is, will always be a Folk Hero.

TONY RAFFERTY - November 2003

From Paul Every

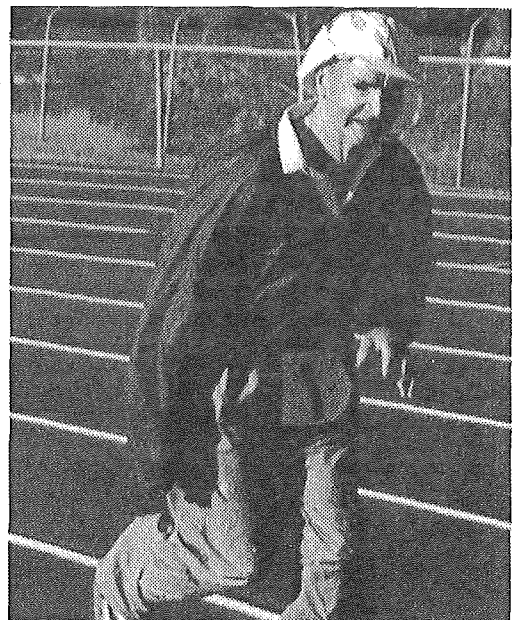
Australia has produced more than its share of great Ultramarathon runners. Cliff Young's name is firmly entrenched in the history of the sport in this country.

Cliff's athletic career commenced as a 57 year old in 1979. His talent brought him early success as a multiple gold medallist at the world veteran games before he was attracted by the allure of ultramarathon. His ability over longer distances was ably demonstrated by a solid time of 14hrs 47min to win the Manly 100 miler in 1982. The following year, Cliff shot to national fame in the inaugural Westfield Sydney to Melbourne Ultramarathon. The race was originally conceived as a match race between former 1,000 mile world record holder, the charismatic Tony Rafferty and the outrageously talented George Perdon, who had raced and beaten Tony in a run from Perth to Surfers Paradise in the 1970's. However, the Westfield was never going to be an easy victory for any athlete with the race oozing quality runners. Kiwis John Hughes (record holder for the solo run between the capitals) and Siggie Bauer (1,000 mile world record holder) had crossed the Tasman. Multiple Australian 50 mile champion Keith Swift was testing himself over the longer distance while his training partner, former Scottish paratrooper Wal McCrory, had won a 1979 stage race from Sydney to Melbourne. The field also included delightfully eccentric Joe Record from WA, a previous winner of France's La Rochelle 6 day race. Joe was fit and hungry having lived and trained with Cliff in the previous months.

As the race unfolded Cliff forged a lead by Goulburn only to be challenged by Record when he wrestled the lead as they ran into Victoria. Cliff responded immediately surging ahead with an authority which broke Joe who was eventually forced to withdraw. Cliff's bold front running dictated the race causing more fancied rivals like Perdon, Hughes and Bauer to abandon their early race strategies. His tactics of minimal sleep and maximum time on the road revolutionised multi-day racing. The strategy has since been perfected by the legendary Yiannis Kouros. Cliff's winning time of 5 days 15 hours for the 875 km was truly world class though the media, unable to put the performance into perspective, concentrated on Cliff's age (then 61) and his characteristic economic shuffling gait.

Three years later, Cliff went on to break the Australian 24 hour record running over 235 km in Adelaide. I had the privilege of competing against Cliff on numerous occasions, his joviality often lifting spirits of both fellow runners and their crews in the ugly pre-dawn hours of several 12 and 24 hour races. His laconic and affable nature endeared him to all he met.

The cheeky smile and bright eyes with a mischievous glint will be sadly missed but fondly remembered by all in the Australian Ultra-marathon community.



**Cliffy in action
at the Coburg
24 Hour event
in 1997**

TRIBUTES TO CLIFF YOUNG

Dear all, May Cliff rest in peace. A great athlete and a delightful person. It is so sad that he is no longer with us. He was such a joy to be around.

David Sill

The sad news from Cliff Young death created very sorry feelings in my soul because another of the greatest Australian ultra-runners (after George Perdon and Bryan Smith) is not with us any more. His name will remain immortal as Cliff was an Australian hero and a great figure of modern Australian history, because he inspired millions of people around the world with his achievements. Please pass my deep sympathy to his relatives and to the ultra-running community in general. I feel twice sorry, because this loss finds me to run a 3-day charity run in Cyprus and I will be unable to be present at his funeral. Lets wish and pray that his soul will rest in PEACE

Yiannis Kourous

I was saddened to learn of the passing of Mr. Young, this AM. I had never met the man, but was always inspired by his reputation "Down Under" and world wide. To have accomplished what he did certainly did qualify him as a legend and even more so as he did it at a time in life when many have either retired, or have lost their ability to compete at the top level, and he did that. His life and running are truly an inspiration to anyone who looks at a total life, and not at a single achievement.

I am especially honoured and saddened, since it does appear that I won the last Colac Cliff Young award while he was still alive. The award, in perpetuity, should continue to serve as a beacon of for those who "give it their best" and each presentation and each person so honoured will have on his or her mantle piece a bit of history to honour his life.

Andrew Lovy, D.O.

I am sorry to hear about the passing of Cliff Young. He has been my hero since my first six day 20 years ago and have always envied his talent and toughness. There will never be another Cliff Young.

Jim Skophammer

Very sad to hear the news of Cliff (only heard it this morning), i was only thinking of him when driving back through Colac yesterday. Certainly a true Aussie Ultra legend and a great bloke too, remember talking with him a little doing the old "10 K ?? Banana Run" over the Westgate Bridge from Newport to Gosch's Paddock, back in the late 80's. If I remember correctly it was around 1990 or so Cliff did the presentations at the Traralgon Marathon after finishing the race.

All the best,

Kelvin Marshall

Several weeks ago my kids did a study unit on the story of "The Pumpkin Runner," for whom Mr. Young was the inspiration. We've been meaning to seek out information on Mr. Young via the Internet and didn't do so till today. Well, it seems we just missed him.

Nevertheless, his life reminds us that no image bearer of God is ordinary. Tonight, in fact, our pastor spoke about Genesis 50:20 where Joseph forgives his brothers in recognition of God's sovereign purposes: "You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."

Our pastor used Joseph's story, in part, to remind us how God's plan and purpose is marvelously complex and cosmic in scale. When we simply seek God's purpose for our lives and remain faithful to Him, we can not only live our lives well, but also serve God's purpose for others.

I know nothing about Mr. Young's faith, but in learning of his story-from the other side of our world-we're reminded of our pastor's words, Joseph's words, and God's words.

Thanks "Cliffy." Our "gumboots off" to you.

Jim Heethuis,

Thanks for simple good humour over the years. Thanks for the courage that you have shown me and to never give up. Thanks for showing me that anything is possible. Your memory will live on.

Phil Essam

Even though it has been expected for quite some time the passing of our great friend CLIFF has (for want of a better word) left me quite devastated. he was such a gentle man, gentleman too, he was always a help to me & it was through lap counting & helping look after Cliff & a few others that got me into the Ultra scene, he was an inspiration & will remain so, he was loved by many (including me) he will be sadly missed by many & forgotten by none, it is I think an end to an era.

I can still see you Cliff coming through Doncaster in the early hours, what a great night that was, what an achievement!!

May you rest in peace CLIFF my friend.

Sandy Kerr

I was grieved to hear of the death of Cliff Young, a great bloke and Aussie legend for so many years. Most know of him as a great ultra runner but Cliff could knock out a pretty fast half marathon when inclined. I have fond memories of that day, 18th Sept. 1983, when he graced the Cooranbong(NSW) half marathon with his presence. He raced in his famous long trousers and won his M60 age category in a time of 1.26.59. and then proceeded to assist in prize giving, multiple conversations, photo shoots etc with other younger runners and generally making it a great day for all present. A wonderful bloke who will be sadly missed.

Jim Beisty

As Records Officer for the Australian Ultra Runners Association, a position I took up two years ago, I did not realise then what a great athlete our Cliffy was. After looking through nearly twenty years of Ultra Magazines, not only did I realise what a great athlete he was, but a great character. He was generous with his time to other Ultra Athletes but apart from his Westfield run, his effort when he won the Australian 24 Hour Championship at Adelaide in the 1980s is, to my mind was, one of his great runs. Rest in peace Cliffy you deserve it. We on earth are glad that you passed our way.

Fred Brooks



Finish line: mourners at Cliff Young's funeral. Picture: GLENN BARNES

Fond farewell for Young

HIS last race run, ultra-marathon runner Cliff Young was sent on his way yesterday in a bright, blue coffin.

"We've lost the best three blokes in Australia now," mate Bruce Levett said to mourners gathered for Young's funeral at Caloundra, on the Sunshine Coast.

"That's Cliff Young, Slim Dusty and the boot man (R.M. Williams)," Mr Levett said.

Young, 81, died peacefully last weekend in his own bed at the Beerwah home he shared with his surrogate family — former manager Helen Powers, her husband John and their twin daughters Bridgette and Paula, 29.

More than 50 friends and colleagues assembled to again hear the

story of the Victorian farmer who shuffled his way into Australians' hearts in 1983, when at the age of 61 he won the inaugural Westfield Sydney to Melbourne marathon.

Celebrant Jan Gabler said he would be remembered as an independent, strongly determined man who was also kind and compassionate.

"He had an incredible strength of spirit, stamina and endurance and lived his life with dignity, honesty and absolute integrity," she said.

A special memorial service will be held in Young's home town of Colac next Wednesday, attended by his surviving six brothers and sisters — Anne, 85, Helen, 83, Margaret, 79, Barry, 77, Eunice, 75 and Sid, 73.

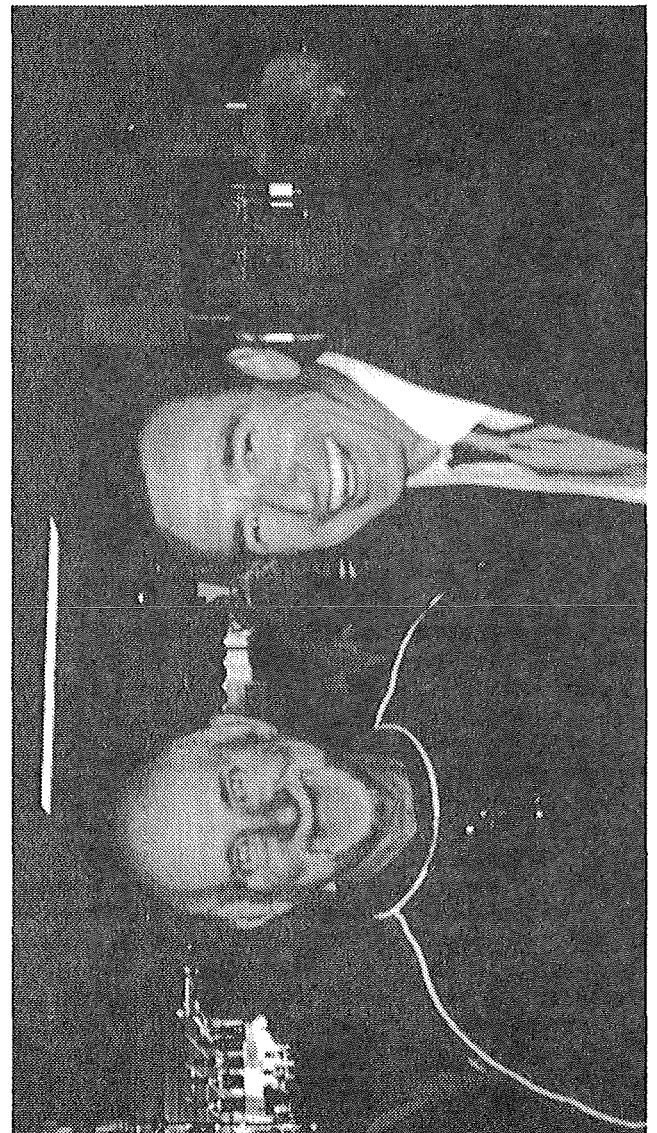
Cliff Young's Memorial Service. Colac, 12th November 2003



The Powers Twins



Greg Wishart stands next to a display of Cliff's memorabilia



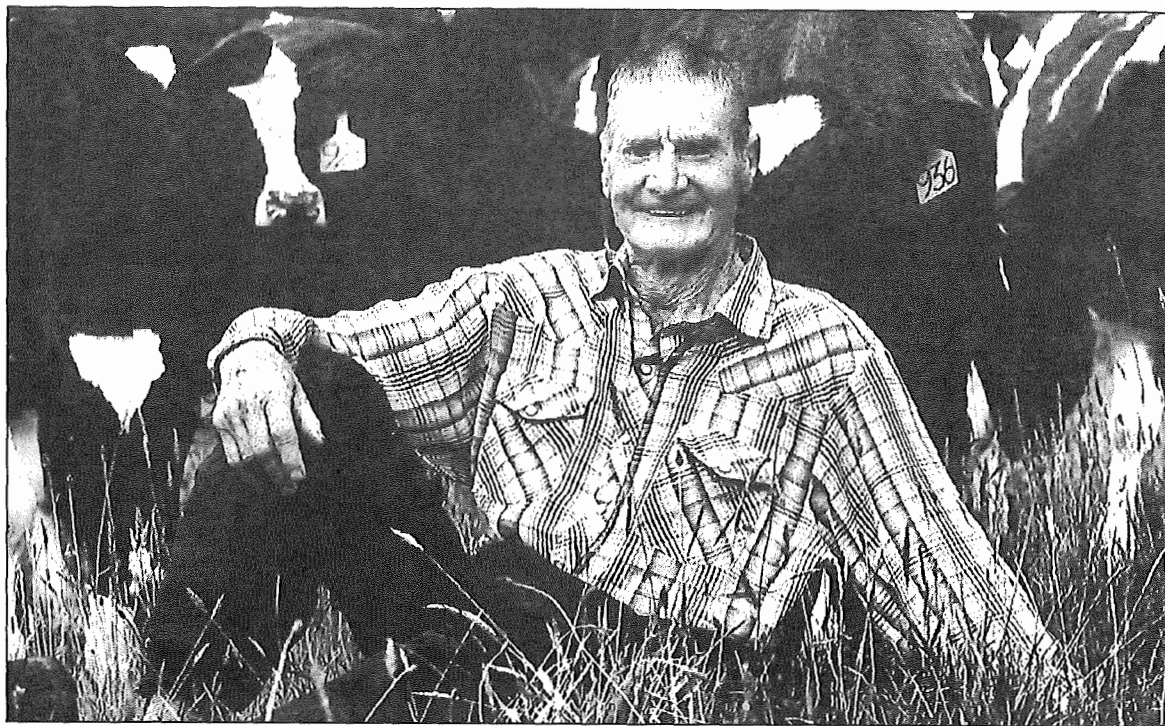
Mark Gladwell and Pat Farmer were two who made the trip down from Sydney

Cliffy was great by gum

IT'S been a sad couple of weeks for Australian folklore with the deaths of music legend Slim Dusty, Outback outfitter R.M. Williams and ultra-marathoner Cliff Young.

I was sad to see Cliff had finished his earthly run, but delighted that he had avoided finishing his life in a nursing home.

I hope he's always remembered as the man who looked after his mum until she died aged 91, for his eccentric training method of chasing the cows while he wore his gumboots, for his epic run down the Hume Highway and for the fun and hope he brought to millions.



Marathon man: Cliffy's marathon training included rounding up the cows in his gumboots.

A quiet achiever

IN the middle of the racing carnival, few would have remembered Cliff Young, who died at the age of 81.

Cliffy, as he became known, was 61 when he won the Sydney to Melbourne ultra-marathon, a race that seems to have passed into history along with its inaugural winner.

I remember Cliffy on his training runs, not loping along in a pair of Nikes but clumping after the cows in Colac in a pair of rubber boots.

Like more than a few horses in the Melbourne Cup, Cliffy was a one-pace runner. In racing parlance he was "a dour stayer", but Cliffy's shuffle

made him a national hero.

He beat faster men to the line because he proved himself a better man.

Ted Egan,
Warrnambool

AND Cliff Young died, aged 81. This column came to know him well when he was amazing the sporting world with his long-distance running — well, shuffling — feats 20 years ago, when he was in his 60s.

He was not only a leading candidate for the title of the most amazing sporting star we have come across, but the most bereft of ego, avarice or duplicity.

Two cliches spring to mind. Every time Cliffy ran, sport was the winner. And, truly, we won't see his like again. Sadly,

Enduring shuffler

CLIFF Young, who has died a forgotten hero at the age of 81, found fame and love late in life.

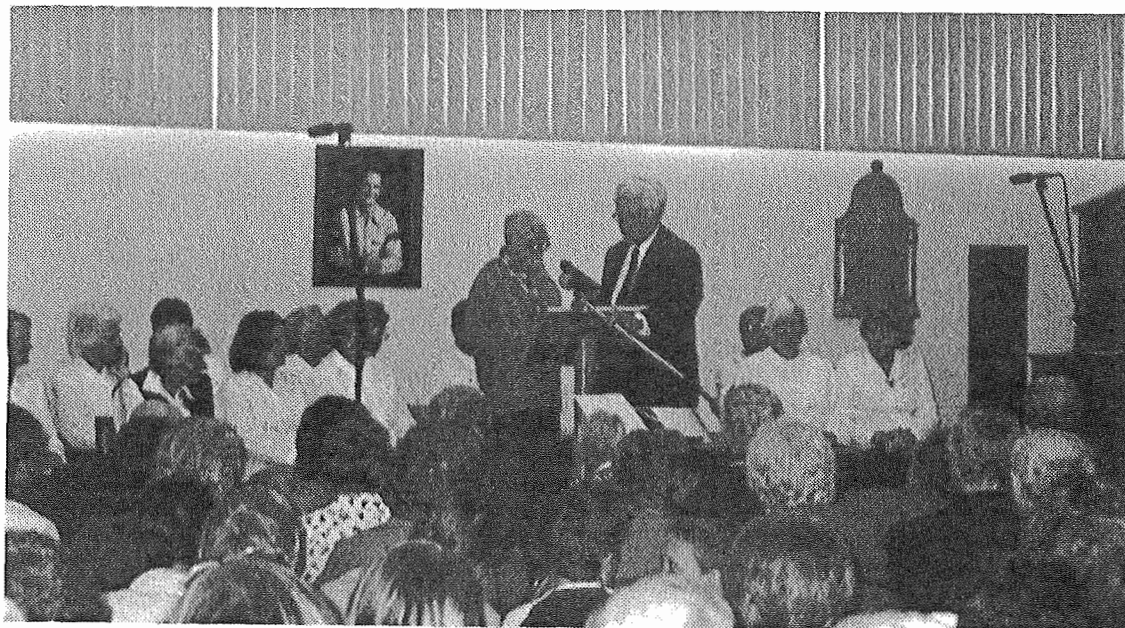
He was in his 60s when he won the Sydney to Melbourne marathon and he fell in love.

He never repeated his great victory but nor did he rest on his laurels.

He endured and made that a triumph. He raced in another four Melbourne-to-Sydney races and was talking about a comeback when he was nearly 70.

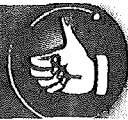
He became an inspiration for others. Blokes like Cliffy don't shuffle along all that often.

Harvey Nettlefold,
Melbourne



Drew Kettle, a legend in his own right, defied his own battle with ill health to deliver one of his poems at Cliff's memorial service

WHY I LOVE ... CLIFF YOUNG



Peter Stone farewells a gentle soul who shuffled his way into our consciousness.

Cliff Young was lying in the Holbrook District Hospital in 1985 and, once again, he told me he was going to quit. He had said it before, usually lying in a caravan or campervan somewhere, with his body, frail by anyone's standards, racked with pain.

"Never again. I've seen the light, mate. I don't want to kill myself," he said once more and, for a fleeting moment, I believed him.

We did not want him to kill himself either, for the little man in gumboots had given us so much in an increasingly materialistic world in which the doctrine of so many was self-interest, where egos are inflated and wallets correspondingly so.

I thought back then that no longer would it be the loneliness of the long-distance runner for Cliff Young, no longer the agonising pain that had forced him out of that year's Sydney-Melbourne ultra-marathon.

He had earned his rest.

I should have known better. Cliff was born to run and the tragedy was that he did not discover it earlier. It was not until 1983 when Young was aged 61 that he first imposed himself on our consciousness.

Melbourne sports store proprietor, John Toleman, a former professional middle-distance runner of quality, had in his employ George Perdon, also a professional distance runner, who was without the publicity machine of Irishman Tony Rafferty, who, in the early 1980s, was setting remarkable solo endurance-running records.

A match race was proposed, with Toleman putting up \$10,000 for the winner. Sponsorship was then obtained from Westfield shopping centres and entries were invited from other ultra-marathon runners.

Young reckoned he could run a bit. He always did, rounding up the cows in his gumboots, and shuffling his way along many a lonely bush track in the harsh Otway Ranges, near Colac west of Melbourne.

Australia unbolted the America's Cup from the New York Yacht Club earlier that year, then the country followed the remarkable tale of Young and the other runners in the inaugural 875-kilometre hike from Sydney to Melbourne.

Cliff was born to run and the tragedy was that he did not discover it earlier.

While the others slept on the first night on the road, Young did a runner more than three hours before them and was never sighted again.

Shy, almost embarrassed, he briefly hid before the victory presentation at Doncaster.

So uncomfortable was he in the public spotlight that when he was presented at many functions afterwards, he would absent himself to the toilet to get away from the fuss.

I wrote of many of Cliff's runs, the old Colac six-day race, attempts on the world 1000-kilometre record around the Colac memorial square. The local council wanted to erect a statue of him in that square, but he declined, saying he did not want birds sitting on his image doing what comes naturally.

We combined to write his autobiography, commissioned by a small Melbourne publisher, and he was a delight to work with, save for the days taping his yarns in the heat at Rock Bottom Farm outside Colac that he had bought a couple of years after his victory.

Cliff wrote stuff down, in laborious longhand but rich in a use

of language and anecdotes that belied his lack of a formal education past primary school. His mind was razor-sharp, his humour was laconic but mischievous.

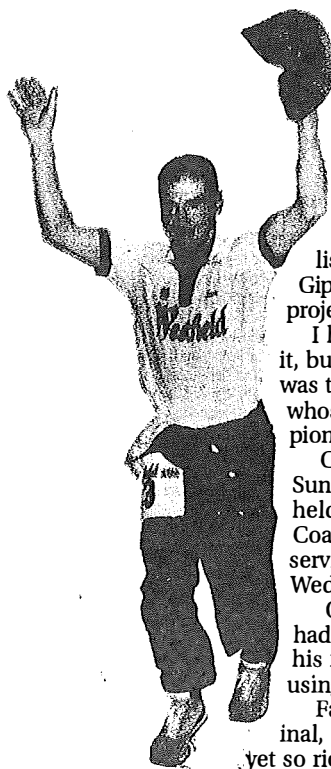
Sadly, when the manuscript was completed, the publisher no longer thought it would sell. The words lay dormant for several years until an even smaller publisher, a running enthusiast from Gippsland in Victoria, rescued the project.

I hope Cliff made a few dollars from it, but I never did ask. My only reward was the friendship of a great character whose spirit was surely that of the early pioneers of this country.

Cliff is finally at rest. He died on Sunday, aged 81, and his funeral was held at Caloundra on the Sunshine Coast on Wednesday, with a memorial service to be held in Colac next Wednesday.

Over the past four years, he had had a series of minor strokes and, in his final weeks, could barely walk, using a frame to help him.

Farewell, Cliff. You were an original, a bushwise man of simple tastes, yet so rich in the values of life.



One of the services highlights was the performance of the Lavers Hill Choir featuring Cliff's brother, Sid, at lead vocal

Current Australian UltraMarathon Calendar

Notes:

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

January 2004

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.

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.

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

\$20 entry fee. 7am start. Entry forms available from Peter Armistead, 26 Williams Street, Frankston, VIC 3199. More info available at www.coolrunning.com.au/ultra/mtbuller.

February 2004

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 Cradle Mountain Run, PO Box 107, Legana, TAS 7277 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.

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 18th February 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.

- 28 100KM SELF TRANSCENDENCE RACE, CANBERRA ACT
Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight on Saturday night 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.
- 14 WATER WORLD GREAT OCEAN RUN
Red Rock to Coffs Jetty Beach & Headland. 45 kms. 6:00am 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 13th March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: a t Woolgoolga Pizza Place (from 6.30pm. Saturday 13th March).
- 26-28 OXFAM TRAILWALKER MELBOURNE 100km
The 100km trail will commence at 10am from Ferny Creek Primary School, Ferny Creek on Friday 26th March. The event concludes at Gallipoli Park in Marysville. All participants must complete the event within 48 hours. Teams of 4 only. Sponsorship required as part of entry criteria - organised by Oxfam. Contact Cameron Wiseman at the Oxfam Victoria Office at 156 George Street, Fitzroy, VIC 3065. Tel: (03) 9289-9486 or email trailwalker@melbourne.caa.org.au. More info from the webpage at www.coolrunning.com.au/races/trailwalker.
- ?? 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.
- ?? TE HOUTAEWA CHALLENGE, NZ
The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz
- ?? 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.

April 2004

- 4 FRANKSTON TO PORTSEA ROAD RACE, VIC
34 miler (55km), contact Kev Cassidy Phone 0425-733-336 or email kc130860@hotmail.com or read the website at www.coolrunning.com.au/ultra/frankston. 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973.
- 17-18 COBURG 24 HOUR CARNIVAL, VIC
Incorporating the Australian Centurians 24Hour Walk, 6 Hour race, 12 Hour race & Relays. Harold Stevens Athletic Track, Coburg. 6 & 12 hour events also available. Entry \$55 for 24 hour; \$45 for 12 hour; \$35 for 6 hour. Starts 10am Saturday. Further information from Tim Erickson at terick@melbpc.org.au or read the website at www.coburgharriers.org.au or phone (03) 9379-2065

CANBERRA 50KM WITH MARATHON

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

EXAMINER THREE PEAKS RACE (Good Friday)

Combined running/sailing event across 3 days approx. Legs are Sail/Run/Sail/Run/Sail/Run. Runs legs are between 30km and 60km each. Starts Launceston and finishes in Hobart. Contact web page at www.threepeaks.org.au or contact Alastair Douglas, Race Director, on (03) 6225-4974 or 0418-127-897.

WILSON'S PROMOTORY 100KM, VIC

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

May 2004

WALHALLA WOUND-UP

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

GLASSHOUSE MOUNTAINS TRAIL RUNS - COOK'S TOUR

50mile, 50km, 30km, 11km. Starts from 5:30am to 8:30am (depending on distance). Fee from \$20-\$30 (depending on distance). Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at the webpage www.glasshouse.ultraoz.com

BANANA COAST ULTRA MARATHON, NSW. 85KM

This year the event goes from Coff's Harbour Hotel to Grafton Post Office, 85km, with the shorter alternative being from Coffs to Lanitza (60 kms). We will insist that runners call a halt at Lanitza if they are going to be on the ROAD in the dark. Entry Fee \$15.00, payable to Woolgoolga Athletics Club (\$20 on day). Own support vehicle / driver required. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hot.net.au.

PERTH 40 MILER (64.4km)

Will be held over a new course "in the hills". Contact John Pettersson (08) 9354-5720.

June 2004

SYDNEY TRAILWALKER 100km

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

POOR MAN'S COMRADES - FAT ASS RUN

A 96km road run, held as close to the race date of the original Comrades Marathon as possible. This is a hilly route from Gosford Railway Station to the steps of the Sydney Opera House, along the old Pacific Highway and other backroads. No Fees, No Awards, No Aid, No Wimps! Check Fat Ass webpage www.fatassworld.com/poormans for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

July 2004

GOLD COAST 100KM

17

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

GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR

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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

TAMBORINE TREK, GOLD COAST

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The Tamborine Trek is a 65km event from the Girl Guides Hall in Ferry Road, Nerang to the top of Mt Tamborine and return, starting at 6.00am. Please note new start/finish venue. This event is for solo runners and 3 person teams. Contact: Contact: Eric Markham, Gold Coast Runners, PO Box 6529 GCMC 4217, QLD. Phone (07) 5545-0209 (h), 0417-647-279 (m) or email Eric_Markham@austarnet.com.au.

August 2004

12 FOOT TRACK - FAT ASS RUN

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A 90km or 45km 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/12foot for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

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

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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 or look at the website www.goldcoast24-48t.com

September 2004

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.

GLASSHOUSE MOUNTAINS TRAIL RUNS

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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

NEW ZEALAND SELF-TRANSCENDENCE 24 HOUR TRACK RACE

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NZ 24 Hour Track Race, NZ Centurions 24 Hour Walk, 12 hour Race, 12 Hour Teams Relay from Sovereign Stadium, Auckland, New Zealand. Starts 9am Sat 27th. Includes food & lapscorers. Contact John Marshall for further information by email John.Marshall@telecomretail.co.nz. More info at the webpage www.nz.srichinmoyraces.org or phone (649) 630-8329 or Sri Chinmoy Organisation, PO Box 56-292, Dominion Road, Auckland 1030, New Zealand.

A.U.R.A. Contacts

Registered Office : AURA Inc, 3 Sundew Court, Knoxfield, VIC 3180

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

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

Committee :

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Vice President:	Nigel Aylott	nigel_aylott@mail.com
Secretary:	Ian Clarke	insian2003@yahoo.com.au
Treasurer:	Graham Ives	grahamives@bigpond.com
	David Criniti	dcriniti@bigpond.net.au

Membership Secretary/Subscriptions : **Membership Enquiries:**
14 Cambridge Ave, North Rocks, NSW 2151 Australia.
(02) 9871-8753

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Publicity Officer:

Rankings and Records: Fred Brooks
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lilfred@iprimus.com.au

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Clothing Officer: Kevin Cassidy kc130860@hotmail.com

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

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

A.U.R.A.

[Australian Ultra Runners Association]

Join the prestigious AURA 100 club

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

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

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

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

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

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

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

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

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC.

LOW COST TRAVEL & ACCOMMODATION

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

Air travel

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

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

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

Hotel accommodation

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

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

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

AURA ANNOUNCES NEW INITIATIVE FOR 2004

Dear AURA member,

On behalf of the AURA committee, I would like to announce the beginning of a new initiative for our members, to commence in 2004. It is known as the Ultra Hosts' Network, and as will be described below, is a resource that will be provided to AURA members in order to save them valuable dollars when travelling to compete in races.

Please read the below information. As the idea is in it's infancy, any feedback would be appreciated. If you are happy with the idea, and would like to participate, that would also be appreciated. Either way, my details are below. Please don't hesitate to get in touch.

Happy running,
David Criniti

ULTRA HOSTS' NETWORK

WHAT IS IT?

The Ultra Hosts' Network (UHN) is a community resource that AURA is managing for its members, which facilitates the exchange of free accommodation between members. People who participate in this scheme will have the opportunity to stay, free of charge, at a fellow AURA members' residence, when travelling to an ultra event. It may be a spare bedroom, a mattress on the floor, or just a bit of lawn on which to pitch a tent, but it's a chance to stay somewhere for free, and with someone who has a similar interest – ultra running!

WHY HAVE AN UTLRA HOSTS NETWORK?

With so few ultramarathons to choose from in Australia, we often have to travel interstate for our races. Often about 1/3 of our travelling expenses are related to accommodation while away. The aim of the UHN is to reduce and often eliminate this expense for our members.

It is also hoped that this network will facilitate more of a community atmosphere between AURA members and allow new friendships to be formed.

WHAT'S THE CATCH?

There are two sides to the UHN: the 'host' and the 'guest'. The UHN is about give and take, so you must register as a potential host, in order to become a guest and hence gain access to the network of free accommodation.

BEING A GUEST:

The easy part! When you decide you want to compete in an event to which you must travel, all you do is call or email a host who lives near that event. Ask if you can stay, and if it's convenient for that host, you've got yourself some free accommodation, and possibly a new friend!

BEING A HOST:

You just fill out the form below, and return it via email or the address provided, telling us what you are able to provide as a host. Then all you do is wait until a potential guest calls or emails you. If you are unable to host when called upon, there are no penalties. It is completely at your convenience.

SECURITY CONCERNS?

Firstly, AURA will not be giving your address to anyone. All we will provide is the introduction (via email or phone). It is up to you, as a host, to reveal your address to someone who calls, if you are willing to host that person.

In order to have obtained your email / phone number, that person must be a member of AURA, and a participant in the UHN.

Remember, you are not obliged to accommodate anyone. As a participant in the UHN, you are in control.

OKAY, I WANT TO JOIN. WHAT DO I DO?

Just fill in the below form, and return to:

David Criniti

14 Cambridge Ave

North Rocks, NSW 2151 memberships@ultraoz.com

Any feedback on this new initiative can also be directed to the same address.

ACKNOWLEDGEMENTS:

The idea of the UHN came to me after joining a similar group for cycle tourists before embarking on a cycle tour in 2002. This group, called the Warm Showers List, can be found at http://www.rogergravel.com/wsl/vh_for_a.html

Another site for travellers also helped in the formation of this idea: www.globalfreeloaders.com.

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

Name

Email

Phone (h)

Phone (w)

Phone (mob)

Fax

Country

Closest city / town

Directions to this city / town

Closest ultramarathon

HOSTING INFORMATION:

Maximum guests

Maximum stay

Notice required

CAN PROVIDE (please circle, or delete inappropriate response if returning this form via email):

Shower	Yes / No
Lawn space (to pitch a tent)	Yes / No
Floor space	Yes / No
Bed	Yes / No
Use of kitchen	Yes / No
Food	Yes / No
Laundry	Yes / No
Directions (via phone)	Yes / No
Pickup from:	
<input type="checkbox"/> Airport	Yes / No
<input type="checkbox"/> Bus depot	Yes / No
<input type="checkbox"/> Train/tram station	Yes / No

From Andy Milroy in the U.K.

The formation of the Association of Road Racing Statisticians has been welcomed with enormous enthusiasm. There is a saying, "There is nothing so powerful as an idea whose time has come!". ARRS is very definitely an idea whose time has come!

ARRS has already attracted support from major road running figures, three of the IAAF Road Measurement Administrators, John Disley [GBR], Dave Cundy {AUS} and Bernie Conway {CAN} as well as the former Americas Measurement Administrator, Pete Riegel. These key figures are committed to ensuring that road records are placed on a sound technical base. Without such a base, road records cannot be credible.

President of the Association of Track and Field Statisticians [ATFS], Australian Paul Jenes is also an ARRS member as are several other notable ATFS members. Paul, like many others, sees ARRS as a way to promote and record accurately the rapidly developing sport of road racing.

With representation from every continent, except Antarctica, and the most of the major road running nations represented, ARRS is set to make a major impact on the sport.

Its website is at arrs.net. can perhaps be considered the first truly international website, its information pages have been translated thus far into 12 different languages, including Dutch, English, French, German, Russian, Polish, Swedish and Turkish.

The ARRS website, built on the pre-existing Analytical Distance Runner website, already has 350,000 performances in its data base, with national and world rankings, records and the complete list of winners, times and dates of well over a hundred long running events.

One of ARRS' key objectives is to ensure that road records are kept on a sound basis, and that the necessary technical requirements are met. By insisting that the separation between start and finish is less than 30% of the total race distance and a course must not drop by more than 1 metre per kilometre, ARRS will ensure that aided marks do not dominate the record list. This is a problem that exists with the current IAAF criteria.

Many people worked hard to persuade the IAAF to recognise world road records. Unfortunately when these records eventually arrived, for political reasons, the criteria chosen was very different from that the IAAF itself had supported for many years. The IAAF have chosen to recognise world records that have a difference between start and finish of 50%.

The 100km performances of Takahiro Sunada and Tomoe Abe were set on the Lake Saroma course. This course has a separation between start and finish of 45% - in other words the start and finish are 45 kilometres apart. Under the previously long accepted criteria, the maximum that the start and finish could be apart was 30% ,i.e at most 30km. So what difference does this make?

A 50% separation means that there can well be substantial wind aid - how much is substantial?

It could be the equivalent of allowing a following wind of 8 metres per second for in sprint races! [The present MAXIMUM allowed is 2 metres per second.]

If a 50% separation is ok for a world road record, it is surprising that Obadele Thompson's 9.69 for the 100 metres which had a mere 5 metres + per second following wind is not recognised as the world 100 metre record.!

There is evidence that both Sunada and Abe's marks were wind-assisted.

Malcolm's Campbell's statement about the 'modernisation' of the Ultra Marathon Race Handbook sounds interesting. Luckily if we go to the IAU website we can see how the Handbook has been 'modernised.' There are a list of 'world ultra best performances' recognised. Now obviously these 'world best performances' were ratified under the 'modernised' rules in the new Handbook.

[Note:some of the newly recognised performances had previously been regarded as unsuitable for world best performances status because they were impossible to prove beyond doubt for various reasons or else were 'aided'.]

The new IAU record rules seem to be:

- 1] Wind-assisted road marks are accepted.
- 2] No need for a road course to be certified.
- 3] No need for three stop times, one will do, even in a race as long as a 1000 miles . [In such a race even a certified watch can drift by + or - 5.25 seconds, which means it is uncertain exactly what the winning time was. Moreover with just one watch, there is no check how far a stop watch has drifted from the correct time.]
- 4] No need for each lap times to be recorded to the second, just hours and minutes will do. [The fact that it is impossible to work out the lap times from such lap sheets and thus check for mistakes appears now to be irrelevant!]
- 5]. Any course is ok indoors - even if it is a road course with long straights bearing no relation to the small loop courses that every other indoor race is run upon!

Unfortunately many of these "rules" are, in fact, in conflict with those of every federation and the IAAF!

Bending record criteria so that certain records can be accepted is a slippery slope; having done that, where do you draw the line in future, particularly in these litigious times?

For those people who want reliable information on how to organise an ultra race, the Association of Road Racing Statisticians are finalising the "Ultramarathon Event Manual." This publication will be available electronically.

From Phil Essam

Two articles really caught my eye whilst reading last night. The first one was the fine article by Fred Brooks about the fine history of the Sri Chinmoy 24hr and the second one was the listing of those that have run 200km in 24hrs and gained membership of the AURA 200 Club.

One fact was very evident though. Except for David Standeven whose already established in the Ultra Elite no new runners have ran 200km in 24hrs since 1999. Once could possibly say the reason is due to the dwindling numbers in the sport and there being no elite race for Ultra athletes to aim for anymore. Reasons aside - I believe there are half a dozen ultra runners in Australia capable with the right preparation to add their names to the "200" Club. Suggestion for AURA - why not give extra points for those that do break the 200km mark towards the Points Trophy...

Basically Guys- the 200km is there, it can be broken, go for it, You are just as capable as the runners of the 80's and 90's. So here's hoping for some Top results to be achieved at the Sri Chinmoy 24hr or the Coburg 24hr next April! Let's reverse the trend!

www.ultramarathonworld.com

AURA Points Race and Ultramarathon Athlete of the Year Awards

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

All race results should be forwarded to :-

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

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

Only financial AURA members are eligible for points 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

Provisional points as of 14th November 2003

MEN

Kelvin Marshall	34
Bruce Renwick	31
Graeme Watts	26
Stan Miskin	17
Trevor Jacobs	14
David Jones	13
Geoff Last	9.5
Peter Gibson	9.5
David Criniti	9
Ian Valentine	9
Steel Beveridge	8

WOMEN

Carol Baird	28
Kerrie Hall	14
Angie Gratton	11
Bernadette Robards	9
Julie Schrag	6
Debbie Woodhead	5
Monica Mohr	4
Pip Thorn	4

Report by Stan Miskin

Kelvin Marshall still leads the men's competition and along with Graeme Watts, are the only two competitors to exceed 1,000km so far.

Bruce Renwick is still hot on Kelvin's heels and is a prolific M55 record breaker.

One of these two men will certainly win the male section for 2003.

Carol Baird still leads the women's competition and looks to be the likely winner with a keen battle for places between Kerrie Hall, Angie Grattan and Bernadette Robards.

Carol set six records in the Queensland 24 Hour race but was limited to 10 points for two records as provided in the rules.

All of the above is subject to membership checks and approval of claimed records.

Message from Barry Stewart

The Wooroolin Wetlands event to be held during August/September 2004 in Queensland is a direct challenge to all ultra athletes around the world. All ages and abilities are welcome, able bodied, disabled, wheelies and intellectually disabled.

The event I will do is 250 days [10,000km] but I am planning to introduce 6 Days, 48 Hours and 24 Hours events at the end with everyone finishing together.

I have had two major surgical procedures back fire on me and am now using a hand cycle, but now I have a cataract in each eye and will have one removed shortly. I have also been diagnosed with Blepharitis

[blurred vision] and I also have another condition which is even worse because it is life threatening. My doctor is doing all he can for me but I could die during the event, in which case I am appealing to all runners and walkers to complete the 250 days for me PLEASE.

The reason for me doing this is because a young athlete and friend of mine got me to promise him that I would run across Australia. He gave his reasons and he was in hospital and dying at the time. I promised that I would do all I could. He died soon after and the promise I made is binding. Although I can't go across Australia, I can do the Wooroolin Wetlands event.

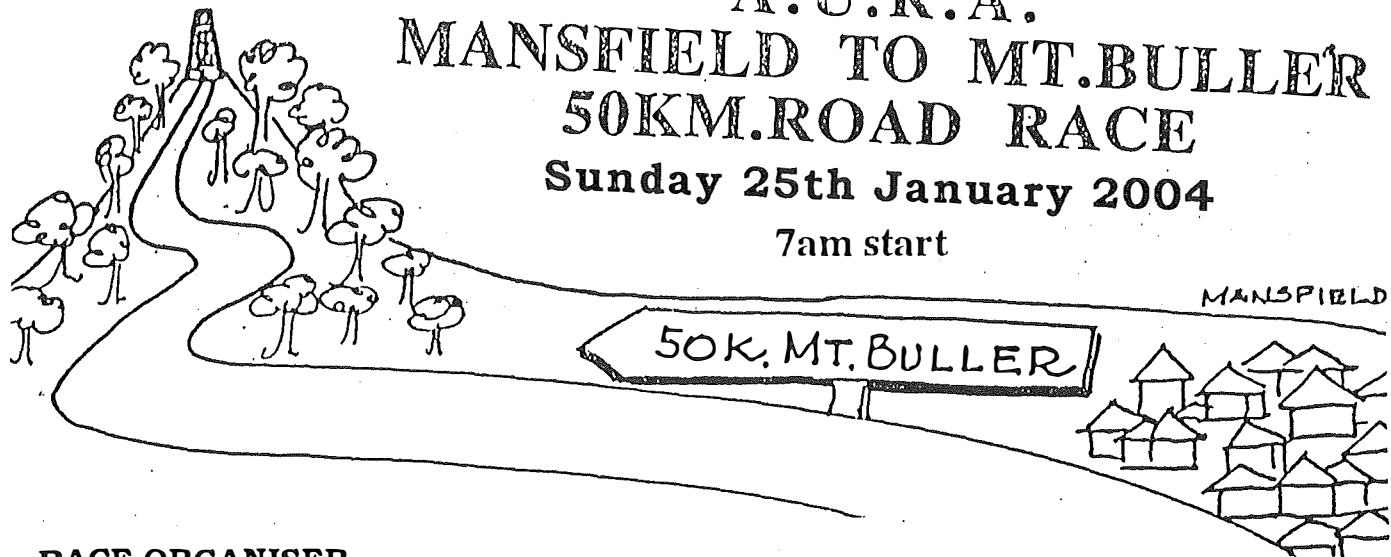
A.U.R.A.
MANFIELD TO MT.BULLER
50KM ROAD RACE
INFORMATION FOR RUNNERS

- Race Date: **Sunday 25th January 2004**
- Start Time: 7am (daylight savings time)
- Report in: 6.30am sharp.
- Entry fee: **\$25 payable to Peter Armistead**
includes an AURA T-shirt
- Entry to: **Peter Armistead, 26 Williams Street, Frankston 3199**
Ph. (03) 9781 4305 or Mob. 0405 237122
- Closing date: **Friday 16th January, 2004**
- Race start Location: Corner of Highton Lane & Malcolm Street. (Malcolm St. is the main road to Mt.Buller, just out from the centre of Mansfield, 400 metres on the Mansfield side of Pullins Ski Hire).
- Accommodation: A variety of accommodation is available at Mansfield and Merrijig, and further details will be advised on receipt of entry.
- Support team: It would be advisable for each runner to provide a support vehicle for themselves. A number of drink stops will be provided by organisers, but further assistance, clothing changes and food stops may be needed by the runner. Runners must be aware that dramatic temperature differences and variable weather conditions occur between the Mansfield area and the Mt.Buller climb. Runners will need to have warm, waterproof clothing available for the final 16km should weather conditions deteriorate. Even in mid-summer this is a necessary precaution.
- Safety Precautions: Runners must run on the right hand side of the road, facing the traffic at all times during the race and take extreme care with oncoming cars.
- Clothing: If no support vehicle is provided by the runner, clothing bags and gear will be taken from the start to the Arlberg Hotel at the finish.
- Finish: Drinks and refreshments available at the Arlberg Hotel at the finish, where the presentations will be held.
- Results: Apart from the major prizewinners, certificates will be awarded on the day and results will be posted to each entrant. within two weeks of the race.
- Cut-off Time: 3 hours 15 min. for 30km.
7 hours 00min for 50km.
Drink stations, official timing or race supervision will not be provided after these cut-off times.

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

Sunday 25th January 2004

7am start



RACE ORGANISER

Peter Armistead,

RACE DIRECTOR ON RACE DAY

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

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

First 32km.	Mansfield through Merrijig to Mirimbah	undulating farm-land.
32 - 48km	Mirimbah to the summit of Mt.Buller	uphill climb.
48 - 50km.	Summit of Mt.Buller to Alpine Village	downhill run, 800m on a rocky track.

PRIZES: First Male
Second Male
Third Male First Female

ENTRY FEE: **\$25.00, cheques payable to Peter Armistead.**

ENTRY FORMS TO: **Peter Armistead,**
 26 Williams Street,
 Frankston 3199
 PH. (03) 9781 4305
 Mob. 0405 237122

CLOSING DATE: **Friday 16th January, 2004**

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

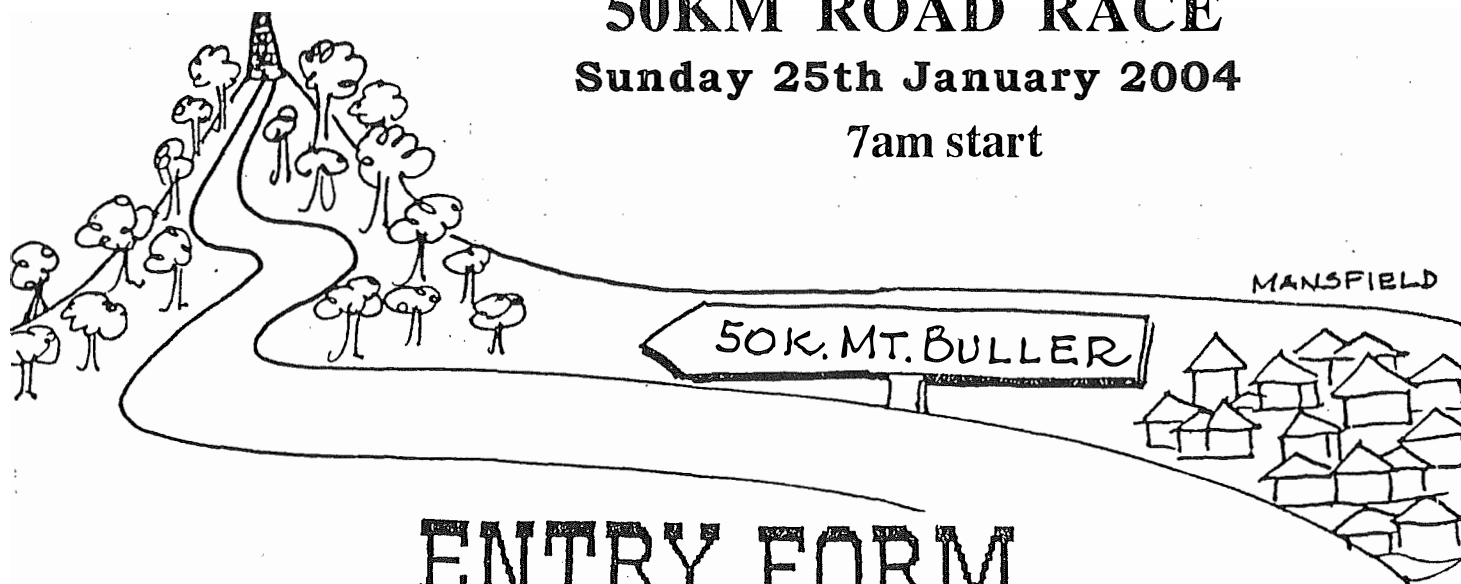
DEDICATION DETERMINATION DISCIPLINE

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

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

Sunday 25th January 2004

7am start



ENTRY FORM

IMPORTANT: PRINT CLEARLY! Please complete this Entry Form in BLOCK LETTERS. LEAVE ONE BLANK SPACE BETWEEN WORDS/NUMBERS where applicable.

<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>	<div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div> <div style="border-bottom: 1px solid black; height: 1.2em; width: 100%;"></div>
SURNAME	FIRST NAME	INITIALS	SEX <input type="checkbox"/> M or <input type="checkbox"/> F
ADDRESS: number and street		DATE OF BIRTH	
suburb or town	POSTCODE	TELEPHONE HOME	WORK

Person to be notified in case of emergency:

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SURNAME	FIRST NAME	TELEPHONE HOME
Relationship		WORK

WAIVER

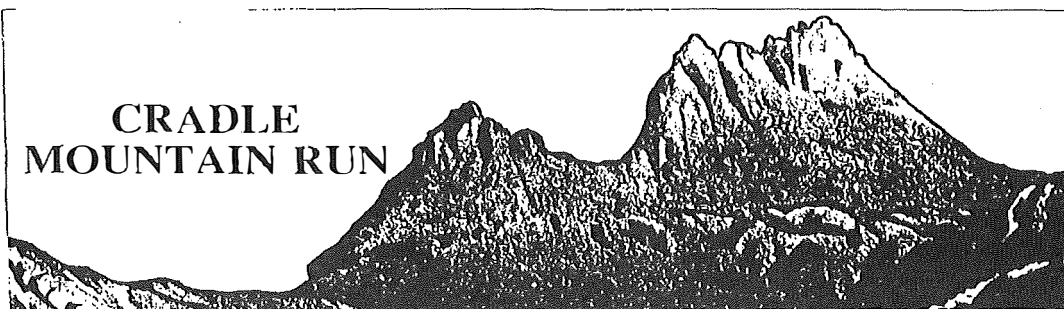
I, the undersigned, in consideration of and as a condition of acceptance of my entry in the MANSFIELD TO MT.BULLER 50 KM ROAD RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or causes of action which I might otherwise have for, or arising out of loss of life, or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon my entry or participation in the event. I will abide by the event rules and conditions of entry or participation. I attest and verify that I am physically fit and sufficiently trained for the completion of this event.

This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them.

Signed..... Date.....

DEDICATION DETERMINATION DISCIPLINE

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



24TH RUN
SATURDAY 7TH FEBRUARY 2004
Information and Entry Form

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

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

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

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

WARNING

**THIS IS EXPOSED ALPINE COUNTRY, ANY PARTICIPANT
JUDGED BY THE OFFICIAL STARTER TO BE UNFIT TO
PARTICIPATE OR NOT SUFFICIENTLY WELL EQUIPPED
WILL BE NOT ALLOWED TO START. THE OFFICIAL STARTER HAS THE RIGHT TO
CANCEL THE EVENT SHOULD WEATHER CONDITIONS BE UNSUITABLE.**

The Run is on a well defined track and does not require bush bashing or anything like it, but there are many track junctions, and many runners have taken the wrong one, some getting into more trouble than others. It is a requirement that runners can demonstrate the ability to read and interpret relevant map and make themselves fully aware of the course well before the event. Normal curtesy applies to others on the track.

The runners must provide some evidence and details of their suitability to tackle this Run. Referees must be intimately acquainted with the runners ability and be familiar with the Run and the runner's capacity to survive in the bush. The organisers specify a minimum amount of safety equipment and clothing. This amount can be carried by a runner in a small pack. Runners will obviously try to carry the lightest possible load, but it must not be flimsy. A safety blanket may be shredded by the winds in this area if used in exposed areas so careful considered use is necessary.

There are strict rules for runners. Adherence to these rules will prevent most of the threats to safety that have occurred or may arise in the future. Park authorities and the search and rescue organisations have indicated to us that we have to be more rigorous in selecting runners.

It is understandable that some potential participants may be offended by this rigorous test but it is an unfortunate fact that some runners have participated without the required knowledge, experience or ability.

The last thing the organisers want is the embarrassment of search and rescue operations for a participant or worse!

RUN INFORMATION

If after familiarising yourself with the information in this entry form you require further information please contact a known committee person or Sue Drake on

(03) 6239 1468

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

TRANSPORT

Please indicate departure point on Entry Form and include full fare to reserve place.

Coordinator from Hobart: Melissa Palfreyman (03) 6267 1567

Coordinator from Launceston: Doug Strohfeld (03) 6257 1512 (H)
(03) 6257 4752 (W)

COMMERCIAL BUS SERVICES:

Tasmanian Wilderness Travel (03) 6334 2306

Maxwells Bus Service (03) 6492 1431

Accommodation North: (Start)

Waldheim (Limit 32): the accommodation will be available on first in first booked. There are a limited number of places.

Withdrawals are not guaranteed refunds. Contact Melissa Palfreyman (03) 6267 1567

E-mail: cwcontrols@vision.net.au

Other:

Cradle Mountain Lodge (03) 6492 1303

Cradle Mountain Cosy Cabins & Camping Ground (03) 6492 1395

Accommodation South: (Finish)

Book Early

Bronte Park Chalet: (mention the run) (03) 6289 1126 or www.bronteparkhighlandvillage.com.au

Narcissus is about 60km from the start and Pelion is about half way between them. It is about 20k from Narcissus to the finish at Cynthia Bay Boat Jetty. The majority of finishers take between 12 and 13 hours finishing at Cynthia Bay between 6pm and 7 pm.

Most of the field finish, with some reaching Narcissus after the 5pm cut-off. It is unusual for runners not to make the 12 noon cut-off at Pelion but very slow runners have been known to do so. Splits for a 13 hour run are:-

Start	00:00	6:00am
Kitchen Hut	00:50	6:50am
Waterfall Valley	1:20	7:20am
Cirque Hut	1:45	7:45am
Lake Windermere	2:30	8:30am
Pelion Creek	3:45	9:45am
Frog Flats	4:15	10:15am
Pelion Hut	4:45	10:45am *
Kia Ora Hut	6:15	12:15am
Du Cane Hut	6:45	12:45pm
Campfire Creek	7:30	1:30pm
Du Cane Gap	7:45	1:45pm
Windy Ridge Hut	8:00	2:00pm
Narcissus Hut	9:45	3:45pm **
Echo Point Hut	11:00	5:00pm
Watersmeet	12:45	6:45pm
Cynthia Bay	13:00	7:00pm

* If unable to be past Pelion Hut by 12:00 noon withdrawal is compulsory.

** If unable to pass Narcissus by 5:00pm withdrawal is compulsory.

ENTRY FORM

Cradle Mt Run
PO Box 107
Legana TAS 7277

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

CLOSING DATE: Friday 5 December 2003

Late Fee of \$20 payable if field limit not exceeded

Limit of 50 runners. If not accepted for the run the entry and fee will be returned.

Withdrawals prior to Run date may be refunded.

DATE: SATURDAY FEBRUARY 7, 2004

Starting time: 6:00am at Waldheim

SECTION A

Name: _____

Address _____

_____ PC _____

E-mail Address _____

Phone () _____ Birth Date _____

Male or Female _____ Estimated time _____

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

SPEED OF MARATHON

Name of marathon: _____ Date: _____

Time: _____ Hours _____ Minutes

If no marathon give details of a run that can be a reasonable comparison to illustrate your pace:

Name: _____ Distance: _____

Date: _____

Your time _____

Winning time: _____

It is calculated that there is a slow down factor 2 for this run. That is, the run is 80k approximately about 2 marathons. If you run a marathon in 4 hours your time will be in the vicinity of $4 \times 2 \times 2$ or 16 hours. 16 hours indicates that you would have almost no hope of finishing. The track is in parts rocky, muddy and duckboarded. This makes running more difficult than most people anticipate, particularly as they tire. Slow runners then have to contend with low light levels in the rain forest in the evening as they near the finish at Lake St Clair.

This can distress some runners unfamiliar with these conditions.

Please give a list of recent runs that illustrate your experience and ability.

As this is a wilderness run through remote and isolated country it is essential you have some experience of bush, or alpine conditions.

Please indicate some of your relevant experience below. E.g. you have experienced walking the Overland Track, orienteering, rogaining, been a Scout, in the Army

Are you competent at map reading and simple navigation?

Yes / No

Please nominate at least two people who are intimately acquainted with your abilities. People who have completed this event or similar will be considered most credible judges. Whoever you choose please give a reason for this choice and why they should be a good judge of your ability in a run such as this.

REFEREES

Name: _____ Address: _____ PC _____
Phone: () _____ or email: _____

Reasons for choice: _____

Name: _____ Address: _____ PC _____
Phone: () _____ or email: _____

Reasons for choice: _____

SECTION C (Previous Run Entrants Only)

I,hereby declare that having completed this event previously in(yr) I have maintained the necessary level of fitness to complete the event in the year 2004.

I further declare that I agree to abide by the rules of the event and the directions of run officials.

Date / /2003.

Closing date for applications 5 December 2003

We aim to let you know if your request for an entry is accepted (or rejected) by mid December 2003. Please send the form to

Cradle Mountain Run

PO Box 107

LEGANA TAS 7277

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

ENTRY FEES

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

Cradle Mt Run entry fee (\$70.00) **Only \$60 for AURA members** \$ _____:

Accommodation at Waldheim (\$27.00) each \$ _____:

Please refer to important notes on page 5

BUS TRANSPORT

We recommend that inter-state travellers fly in to Launceston and travel via the Northern bus to Cradle Valley.

Depart Launceston (\$50.00)/Hobart(\$60:00) \$ _____:

Late fee (\$20.00) \$ _____:

TOTAL ENCLOSED. \$ _____:

MAROONDAH DAM TRAIL RUN 30/50km

www.ultraoz.com/auradam

SUNDAY 22nd FEBRUARY, 2004

COST: \$10.00 (for AURA members) **DISTANCE:** 50km (52.1km) or 30km (31.8km)
\$20.00 (for non-members)

START: 8:00am, Fernshaw Picnic Area (50km) **RACE RECORD:** Sani Badic 4:12:35 (2000)
Lavinia Petrie 5:06:21 (2000)
9:30am, Dom Dom Saddle (30km) **RACE RECORD:** Peter Mitchell 2:30:42 (2001)
Karen Tainton 2:58:27 (2003)

FINISH: Below the Maroondah Dam Wall

CLOSING DATE FOR ENTRIES: Wednesday 18th February, 2004 (\$5 surcharge for late entries)

IMPORTANT NOTES:

1. Please be at the start before 7:30am at Fernshaw or 9am at Dom Dom to allow sufficient time for race preliminaries.
2. Transport will be organised to retrieve your car from Fernshaw Reserve or Dom Dom Saddle.
3. There will be a number of checkpoints with water and limited food (which **may** include provision for personal drinks and food). Don't expect aid stations every 1km but there will be checkpoints with water. The organiser recommends all entrants carry some emergency food, water and possibly a spray jacket (weather conditions can change rapidly in the mountains).

WARNINGS AND RULES OF THIS EVENT

In registering for this event, all runners are bound by the following conditions:

Course Marking: The course will be marked with tape at all junctions. However, competitors are advised to be familiar with the course details and to carry a map. Photocopies of the route can be obtained from the organiser. In addition, you may wish to purchase the relevant topographic maps (Juliet North and Juliet South) from any map store.

Age Limit: The minimum age for an entrant is 18 years old.

Postponement of Run: Should the weather be unsuitable on the day of the race, the organiser has the right to postpone or cancel the event.

Entry Restrictions: The organiser reserves the right to refuse any entry to the run if that person is ill-equipped or unfit for the event.

Withdrawals: In order to avoid unnecessary searching, any entrant who withdraws during the event should notify the Race Director or a Race Marshall as soon as possible.

Accidents: If a participant becomes incapacitated during the run, other participants should assist him/her to safety.

50km run

Time Limit: There is a maximum time limit of 2:45 hours for any runner in the 50km run who wishes to complete the run to reach Dom Dom saddle for the second time (approximately 20km).

Road Crossing: A major road crossing is encountered after the second visit to Dom Dom Saddle. All runners shall only cross the highway under supervision of a Race Marshall and must obey instructions from the Race Marshall.

Disclaimer: Persons participating in this run do so at their own risk. Participants should be aware of the vagaries of alpine weather. A misty morning can clear to a hot day when sun-stroke is a risk, or the weather can deteriorate to snow showers in a matter of hours, even in summer. It is necessary that appropriate clothing be worn or carried, as well as emergency food. On warm days, snakes may also be about.

MAROONDAH DAM TRAIL RUN 30/50km

www.ultraoz.com/auradam

SUNDAY, 22nd FEBRUARY, 2004

A scenic run around Maroondah Dam, Healesville, Victoria

Note: This is an entry application form. The organiser reserves the right to reject any application for any reason. Entry money will be returned with rejected application.

ENTRY APPLICATION

NAME:

ADDRESS:

.....

PHONE: (H) Mobile(or W) Email

AGE ON DAY OF EVENT: DATE OF BIRTH:

INDICATE WHICH RACE (circle distance): 30km 50km

BEST PERFORMANCES in a similar type of event within the past 3 years: (Name of event, date, your performance, winner's performance)

.....

.....

.....

I understand that, as condition of acceptance of my entry in the Maroondah Dam Trail Run, for myself, my heirs, my executors and administrators, I hereby waive all and any claim right or course of action which I or they might otherwise have for or arising out of, loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of, or consequent upon, my entry or participation in the said event. The waiver, release and discharge shall operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents representatives and officers of any of them.

Signed: Date:

Cheque / Money Order / Cash enclosed for: Event Entry (\$10 AURA, \$20 others) \$ _____

Donation \$ _____

Total Enclosed \$ _____

Send entry application to:

Nigel Aylott, 51 Barrington Drive, Ashwood 3147

Ph: (03) 9885 2544, nigel_aylott@mail.com

Cheques payable to: Nigel Aylott.

6 HOUR TRACK CHALLENGE

SPONSORED BY BUNBURY

HOLDEN

6th March 2004-5.00pm
INCORPORATING STATE 50KM TRACK
CHAMPIONSHIPS
500m Certified Grass Track

E N T R Y F O R M

(Limited to first 35 entries)

SURNAME: _____ FIRST NAME: _____
ADDRESS: _____
PHONE: _____ SEX: _____ DATE OF BIRTH: _____

DECLARATION

I, the undersigned, in consideration of and as a condition of entry in BUNBURY'S 6 HOUR TRACK RACE, for myself, my heirs, executors and administrators, hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever, which I may suffer or sustain in the cause of or consequent upon my entry or participation in this event. The waiver, release and discharge shall be, and operate separately, in favour of all persons, corporations and bodies involved or otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them. I undertake to withdraw from the race if I shall suffer from any viral, gastric or other medical complaint in the 36 hours prior to the start of the event, or am otherwise medically or physically unfit on the day of the race.

SIGNED: _____ DATE _____

ENTRY FEE: \$45.00 includes free T-shirt (payable to 'Bunbury Runners Club')
(Entries received after 31st Jan 2003 \$60.00 & no race T-shirt)

Send entry forms & entry fee to:

Vikki Ellis
3/10 Wisbey Street
BUNBURY WA 6230

T-SHIRT ORDER

T-shirt size S M L XL (Please circle correct size)

Additional T-Shirts can be purchased for \$20

T-shirt size S M L XL (Please circle correct size)

Please give an indication if you may like to join us for breakfast on Sunday morning 0800. Venue TBA

YES NO NUMBER (Please circle & indicate how many)

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

Sunday 14th March, 2004

RED ROCK / COFFS JETTY

Water World Great Ocean Run 45 Kilometres

START: Northern End Red Rock Beach 6. 00 a.m.

FINISH: Coffs Harbour Jetty

PRESENTATIONS: Coffs Harbour Yacht Club (Carbo-reload included for all entrants and officials.)

T-shirts \$15.00

ENTRY FEE: \$10 payable to "Woolgoolga Fun Run" (\$15 if entering on the day)

POST ENTRIES TO: Steel Beveridge, 3B Surf St, Emerald Beach NSW 2456 (by 12 March)

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

Email steelyn@hotmail.net.au

COURSE SURVEY: Saturday 13 March (meet at Arrawarra Headland 3 . 00 p.m.)

CARBO LOAD: Unofficial, at Pizza Place , Woolgoolga.(from 6 .30 p.m. Saturday 13 March, 2004)

WAIVER

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

2) I will abide by all the competition rules.

SIGNED _____ DATE _____

(If under 18 parent/ guardian must sign as well) PARENT/GUARDIAN

Previous Ultra Marathon experience _____

Best Marathon time _____ Event _____ Year _____

Name _____

Address _____

Age _____ Sex: M or F

T-shirt size : Small Medium Large Extra Large .

COBURG 24 HOUR CARNIVAL

APRIL 17th & 18th 2004

COME AND BE PART OF THE 17th ANNUAL COBURG 24 HOUR CARNIVAL, INCORPORATING

- THE 21st VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 20th AUSTRALIAN CENTURIONS 24 HOUR WALK
- THE 12 HOUR RELAY TEAM CHALLENGE

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

ENTRIES : \$55 - 24 HOUR
 \$45 - 12 HOUR
 \$35 - 6 HOUR
 \$80 - 12 HOUR RELAY TEAM

- The Relay is a 12 hour event for teams of 8 runners / walkers (16 for junior teams). Join the fun by putting a team together. There are trophies for the winning open, veterans and junior teams as well as certificates etc. for team members. The relay event starts at 10 PM on Saturday 17th April and will run THROUGH THE NIGHT to finish at 10 AM on Sunday 18th April.
- Each relay team member runs 3 x 30 minute legs in any sequence. School, Little Athletics and other junior teams are able to run / walk 3 x 15 minute legs.
- Top quality synthetic athletic track, canteen for snacks & meals (meal tickets available), computer lap scoring, hot showers, massage and St. Johns Ambulance.

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

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For further information, contact

- Tim Erickson (home phone 03 93792065, email terick@melbpc.org.au)
- Harold Stevens (home phone 03 93869251)

or view the latest information on the Coburg Harriers website at

<http://www.coburgharriers.org.au>

.....

P.S. Are you interested in a social get-together on the Friday Night before the event (16th) e.g. pasta meal in a café or restaurant? We are open to suggestions as some runners are keen to meet other competitors prior to the event.

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

YES / NO

Also include any suggestions or preferences!



COBURG HARRIERS



AND THE AUSTRALIAN CENTURIONS PRESENT

21ST ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
20TH AUSTRALIAN CENTURIONS 24 HOUR WALK

INFORMATION

- @ AURA regulations apply.
- @ Computer lap scoring.
- @ Venue record is 294.504 km set by Yiannis Kouros in 1996.
- @ Trophies to male and female winners in both run and walk categories.
- @ Entrants are required to have equipment set up by 8:30 a.m. on the Saturday.
- @ Run on a high quality synthetic athletic track.
- @ 24 Hour canteen will provide hot & cold snacks as well as main meals.
- @ Male and female hot showers in the clubrooms and large multiple toilets.
- @ Masseurs available.
- @ Hourly progress reports.
- @ Trackside camping (no electricity) allowed for vans and tents.
- @ Trackside portable toilet available for all ultra runners.
- @ 24 Hour St. John Ambulance Brigade support.
- @ Entries close on 9 April 2004 or earlier if our maximum field size of 40 concurrent competitors is reached. Late entries accepted only if places are still available.
- @ There are 2 heats in the 6 hour events with the winners being the overall best times. Organisers reserve the right to allocate later 6 hour entries to one or other heat as required to even out the fields. So enter early for the 6 hour event.

Please note: NO CARS ALLOWED ON THE TRACK!

WAIVER

I, the undersigned, in consideration of and, as a condition of my entry into the Coburg 24 Hour Carnival 2004, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequence upon my entry of participation in the said event.

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

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

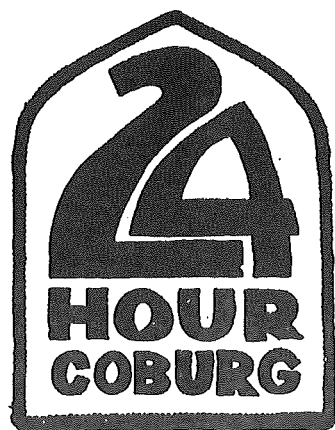
ENTRY FEES: 24 HOUR EVENTS: \$55.00
12 HOUR EVENTS: \$45.00
6 HOUR EVENTS: \$35.00

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

Signature _____

Date _____

Name (please print) _____



COBURG 24 HOUR CARNIVAL 2004

21st ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 20th AUSTRALIAN CENTURIONS 24 HOUR WALK

24 Hour Run/Walk	10.00AM Saturday 17 th April to 10.00AM Sunday 18 th April
12 Hour Run/Walk	10.00AM to 10.00PM Saturday 17 th April
6 Hour Run/Walk Heat A	10.00AM to 4.00PM Saturday 17 th April
6 Hour Run/Walk Heat B	4.00PM to 10.00PM Saturday 17 th April
12 Hour Team Relay	10.00PM Saturday 17 th April to 10.00AM Sunday 18 th April
Presentations	10.30AM Sunday 17 th April

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

ENTRY FEE: 24hr \$55, 12hr \$45, 6hr \$35

ULTRA ENTRY FORM

<input type="text"/>	<input type="text"/>	<input type="text"/>
SURNAME	FIRST NAME	INITIALS
<input type="text"/>	<input type="text"/>	<input type="text"/>
ADDRESS (No. and Street)	DATE OF BIRTH	
<input type="text"/>	<input type="text"/>	<input type="text"/>
SUBURB or TOWN	POSTCODE	SEX (M or F)
<input type="text"/>	<input type="text"/>	AGE ON RACE DAY
<input type="text"/>	<input type="text"/>	
PHONE (HOME)	PHONE (WORK)	
<input type="text"/>	<input type="text"/>	
EMAIL		

Please Tick Event: 6 Hour Run Heat A ☐ 6 Hour Run Heat B ☐ 12 Hour Run ☐ 24 Hour Run ☐
6 Hour Walk Heat A ☐ 6 Hour Walk Heat B ☐ 12 Hour Walk ☐ 24 Hour Walk ☐

◆ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:

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

Details of Your Best Track Ultra Performances:

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

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

Entries close 9th April 2004 or earlier if maximum field size of 40 concurrent competitors is reached.

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

GOLD COAST 24 & 48 HOURS TRACK RACES HELD AUGUST 22-24, 2003

RACE REPORT

The inaugural Gold Coast 24 and 48 hours track races were held from Friday 22nd to Sunday 24th August 2003.

These races have been held in Qld since 1989 and on this occasion, for the first time, were held on a synthetic track. The Mondo track at the Runaway Bay Sports Super Centre is of the type used in the Olympics.

The race was of a high standard and attracted larger number of competitors than in recent years.

48 hours event

This was won by Graeme Watts of Nanango, Queensland with a very respectable 306 kms. Graeme is a long time ultra competitor who is to turn 50 years of age a few days after the event. He has contested no fewer than 4 x 1,000 miles World track championships.

Second was Tony Collins with 283 kms. Tony has won this event on 3 previous occasions (1994, 1999 and 2002). Third was Rainer Neumann with 266kms.

Evergreen George Audley (68) from Albany WA finished 4th and broke the Australian M65 12 hours and 100 kms records in the process.

This event also incorporated the Australian National Championship.

24 hours event

This was won by Carol Baird from Canberra with 188 kms. This was a new Australian W50 age group record and Carol also established records for 50 miles, 100 kms, 100 miles and 12 hours along the way (all subject to ratification).

Second was newcomer and youngster Felicity Joyce (22) from Port Macquarie NSW with a distance of 168 kms. Third and first male was last year's winner Stuart Wagner of Qld. with 166 kms.

This event also doubled as the Qld State championships and the first Qld. lady was Mary Jackson of Brisbane with 158 kms.

Eric Trad was the first walker with 149 kms and winner of the Golden Boot Award.

Electronic ChampionChip timing

This system of timing is normally used for marathons, fun runs and triathlons. It is the first time it has been used in Australia for long distance track racing. Apart from some minor teething problems which have since been remedied, the system worked superbly. The quality of data is very high and the degree of detail of the lapsheets is second to none.

Timing for these races is normally done by a team of hardy volunteers who record lap scores manually. The new system eliminates the possibility of human error and also eliminates the need to find volunteers to lap score.

This system of timing is far more reliable than manual scoring and should prove a boon for ultra track races.

Runaway Bay Sports Super Centre

This centre is arguably the best of its type in the world. Accommodation is available less than 150 metres from the track, which is a great advantage for the athletes. It permits check in one or more days prior to the race to acclimatise and prepare, a place to retreat to for an hour or two for that much need rest during the currency of the event and then a place to retire to for post race recovery.

In addition, the centre provided hot food at 6 hourly intervals. This food is professionally and hygienically prepared and even if not used by all athletes, is available to sustain the crews.

All in all a very successful event.

The benefits of exercise (Use it or lose it!)

Up until 20 years ago, Eric Trad was a keen although social runner. Problems with his lower back, which culminated in the removal of disks at L4 and L5 put an end to that.

Lack of exercise saw the gradual decline in blood circulation and the eventual blocking of the femoral artery in the right leg. That's the main artery between the groin and the knee. Two years ago, this artery was 78% blocked and Eric couldn't walk beyond 20 metres. The inside of his lower right leg turned black and the pain was almost unbearable. He had no feeling in the toes in his right foot.

When Eric was told he would never walk again, he decided that he would make a determined effort to prove the doomsayers wrong.

Eric works at the Animal Welfare League in the Coombabah wetlands. He decided to force himself to walk each day. He started with the 20 metres, then built up to 5 minutes, then 10.

He then decided to approach the Runaway Bay Sports Super Centre for advice. They told him that exercise would be good as a great remedial tool; provided of course that he didn't overdo it.

He started by using the treadmill and gradually increased his walking to 30 minutes per session, 4 sessions per week.

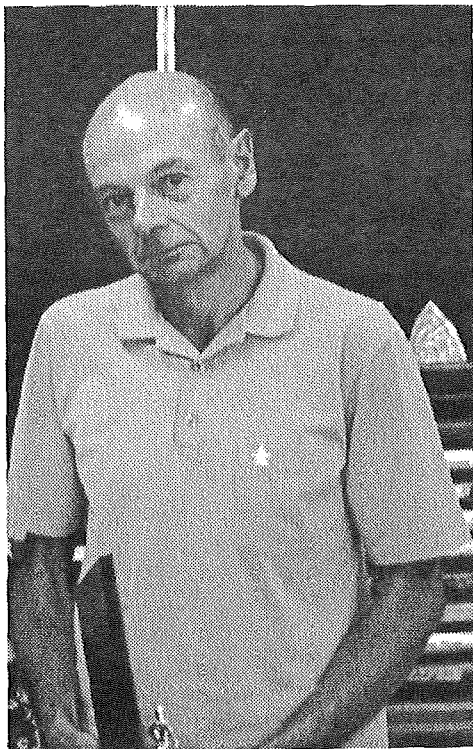
Then, after 12 months, he decided to try a 12 hour walk during the Gold Coast 100 kms run. This is of 6.25 kms loops around the Super Centre. Amazingly, Eric managed to walk 12 laps for a total of 75 kms.

Then, in August 2003 he tackled the Gold Coast 24 hours run/walk. This is conducted on the athletic track at the Super Centre. He surprised the hardened ultra runners by covering an amazing 149 kms in the 24 hours.

For his achievement, Eric won the Golden Boot Award for the Most Significant Achievement.

The benefits of exercise are readily apparent. Use it or lose it!

Ian Cornelius
Race Organiser
27 August 2003
Tel 07 5537 8872



Howard Neville and David Jones had a stirring tussle in the 48 hour event

F

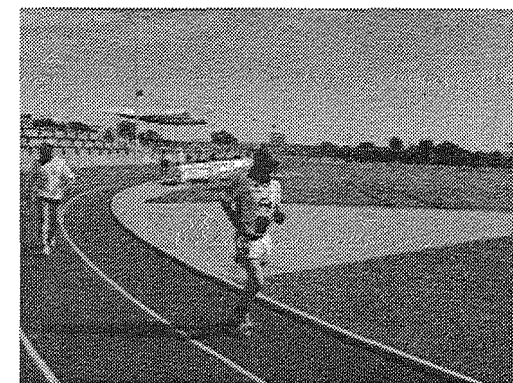
GOLD COAST 24 - 48 HOURS TRACK RACES 22 to 24 AUGUST 2003 - FINAL RESULTS

48 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)

3 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)				Age	12 hrs	24 hrs	48 hrs	100 kms	100 miles	200kms	250 kms	300 kms
1	Graeme Watts	Qld	M45	101.200	170.831	306.800	11:49:48	22:35:59	28:46:02	38:50:11	46:49:12	
2	Tony Collins	NSW	M55	83.200	152.641	283.200	15:08:26	25:14:13	33:21:39	42:56:03		
3	Rainer Neumann	Qld	M55	96.800	129.459	266.064	12:28:43	29:00:53	34:54:05	44:48:34		
4	George Audley	* WA	M65	92.158	151.020	238.480	13:16:06	26:48:06	40:12:10			
5	Dominique Vincent	Tahiti		81.200	131.432	233.065	17:15:44	30:55:29	41:43:50			
6	Howard Neville	Qld	M55	78.800	138.620	227.680	15:45:51	30:45:46	41:32:40			
7	David Jones	Vic	M60	67.200	117.100	224.000	20:53:27	35:42:06	43:06:28			
8	Ian Valentine	NSW	M40	85.600	128.800	222.681	16:50:49	34:52:25	41:17:34			
9	Alan Staples	NSW	M50	82.800	112.194	183.304	20:46:28	38:22:17				
10	Stan Miskin	Vic	M75	74.000	114.800	182.958	21:08:47	40:26:44				
DNF	Peter Gibson	Qld	M50	97.200	167.492	172.000	12:23:06	23:05:33				

24 HOURS (ALSO QLD STATE CHAMPIONSHIPS)

1	Carol Baird	#	ACT	W50	105.865	188.645		11:14:32	19:29:12		
2	Felicity Joyce		NSW	W20	85.600	168.777		12:58:05	22:26:20		
3	Stuart Wagner		Qld	M30	90.800	166.416		13:51:21	22:58:01		
4	Brian Evans		Qld	M60		163.657		12:56:12	23:16:54		
5	Mary Jackson		Qld		94.400	158.235		12:53:07			
6	Geoff Hain		Qld	M55	87.200	153.276		13:53:12			
7	Eric Trad	Walker	Qld	M55	80.800	149.414		15:41:40			
8	Steel Beveridge	Walker	NSW	M50	77.600	134.614		16:30:57			
9	Andrew Townshend		Qld	M35		122.657		17:38:23			
10	Ken McIlwain		NSW		75.600	120.816		17:47:46			
11	Kerri Hall		Qld	F40	70.400	115.510		19:44:06			
12	Doug Black		Qld	M20	74.800	111.653		20:28:30			
13	Adam Gould		Qld	M20		91.610					
DNF	Gerry Riley		NSW	M70	72.000	85.600					
DNF	Lindsay Phillips		Qld	M35		63.200					



George Audley

NOTES

* M65 Records for 100 kms and 12 hours (subject to ratification)

W50 Records for 50 miles, 100 kms, 100 miles, 6 hours, 12 hours and 24 hours (subject to ratification)

100 miles splits were all to the next complete lap except for Carol Baird & Felicity Joyce where the exact time was recorded at the 100 miles mark

12 hours splits were all to the end of the previous lap except for George Audley and Carol Baird where the part lap was added

HOBSON'S HOBBLE FAT ASS RUN 55 km 7 September 2003

Report by Graham Ives

Jaws dropped with amazement and pleasure as runners found they were in a run without an entry fee. No marshals, no prizes, and no support were also the rule in this Fat Ass type run, but a well-written route description and a scenic, 90% footpath course made this an event which was enjoyed by all. Helped along by intermittent cloud and sun with a light breeze producing perfect running conditions. Toilet and drink points are plentiful on the course.

RESULTS

1. Max Carson	5:15:00
2. Keiji Suzuki	5:52:00
3. Peter Gray	6:47:00
Takashi Mitsuraga	49km approx.

Only four hardy souls were there for the 7.00 am start, plus a 'recovering from injury' Kevin Cassidy who ran just the 21 km section and then mounted his bike to keep up with the other ultra runners for the rest of their 55 km – he soon dismounted as the back tyre said 'swoooooosh' and it was rim on road with his first attempt at cycling in 10 years lasting less than 30 seconds

Max Carson, down from Prairie north of Bendigo, took the lead early on as the run went along Altona Esplanade and out to Laverton on the coastal paths around the Truganini swamp. Not far behind him were Keiji Suzuki and Takashi Mitsuraga, two Japanese born runners. Keiji is fairly new to ultras, but he has the Adelaide 12 Hours in his sights – should handle that well – while Takashi, who had not even done a standard marathon before, was getting his long training run in before the Melbourne Marathon. Bringing up the rear was the man who seems to be in all the ultras, Peter Gray. There was little change in the positions as the runners went around Cherry Lake and then through to Williamstown, still all on coastal paths, and on to the Westgate Bridge. The small field was stretching out now as Peter and Takashi started to slow. Takashi called it a day at Williamstown on the return journey, having covered over 42 km by that time. Max was first home in 5hr 15 mins, followed by a very happy Keiji in 5:52. The determined and dogged Peter was last man home in 6:47.

All retired afterwards to the wonderful Stella's Pizza Shop in Pier St. Altona to fill their faces and those of their bike back up teams. This is becoming the traditional end of the Hobson's Hobble.

A DAY AT THE HOBSON'S HOBBLE

By Kevin Cassidy

Pulling up to the kerb to purchase a newspaper, I wondered what my ancestors would make of the main street of Melbourne's western bayside suburb of Altona these days. The working class area that they first settled by arriving in tents now boasted a "Tanning Salon", one of modern life's testaments to the arrival of financially flushed yuppies. It was not hard to visualize women who were once probably built like shipping hazards trying to work on the perfect tan for their recently "nipped and tucked" skin. With a freshly printed newspaper safely under my arm, I headed towards the start at the Altona Yacht Club. As daylight started making an appearance, a familiar sight became visible. Peter Gray's camper van, along with Peter, had spent the night in the carpark and was looking as "well lived in" as ever. I had a very strong sense that the van and the local carwash enjoy a relationship that could best be described as "infrequent". Peter was in the process of telling me how he had already been out planting drink bottles along the course when a few other faces made their arrival.

A collection of Four interesting and varied individuals heeded the word "GO" from Graham Ives and headed west towards Laverton and the Truganini Swamp. Intending to follow the run on my seldom used pushbike, I spent 10 minutes dressing for the occasion only to climb aboard to the sinking sound of a rear tyre fast becoming devoid of air. The bike was swiftly deposited back into my ute amongst a kaleidoscope of colorful language as I proceeded to remove my cycling gear. I now had to be content to follow this run by car, a task made less than convenient by the fact that most of the course is on bike paths. On the plus side, however, would be my avoidance of falling victim to the swooping magpie that attacked me last year in the most precise but unsporting of fashions.

Max Carson quickly established a lead with his better half, Carol, navigating the way via the seat of her bicycle. Max had traveled down from his beef cattle farm in central Victoria for this run and was clad in his standard attire of hot pink shorts. Coupled with a bright yellow singlet, Max strongly resembled one of those "Lollypop people" that you see manning school crossings. In fact, I would not have been surprised if Max had stopped at any stage to usher a group of children across the road! As a long time ultrarunner, Max and his pink shorts are well known and I strongly suspect that a surgical operation would be required to remove them. Max actually confided that he got them for free because his local shop could not sell them, but they were comfortable none the less.

Running together close behind Max, were Takashi Mitsuragi and Keiji Suzuki, two Japanese born runners tasting ultras for the first time. They ran together along with their coach who was offering appropriate encouragement from the comfortable confines of a very elaborate looking touring bike. They were certainly enjoying themselves. Bringing up the rear was Peter Gray as the runners wound their way around the Truganini Swamp and into Railway Avenue in the suburb of Laverton. Notable sights along this road were a graffiti clad tattoo parlor and a group of teenagers [who were ten I.Q. points short of a moron] doing "wheelies" in some sort of mechanical contraption. Such sights said a lot about this area but more notable was the fact that Laverton appeared to be hosting a Litter Festival. Locals had taken time out from their busy schedules to drape the otherwise bland and neglected landscape with McDonald's wrappers, cigarette butts and a variety of used biscuit containers and supermarket bags.

The run returned back around the Truganini swamp and onto the Altona beach foreshore passing a long row of beach front houses with gardens that are a model of horticultural abundance. The 21km mark took the runners back through the carpark of the Altona Yacht Club where a Gelati Ice Cream van had made itself a comfortable home. The van was being run by a tall thin man with a severe case of dandruff which ensured that my custom would not be going to this unhygienic clot. I have a very strong ice cream addiction so you could imagine my disappointment.

The course continued along the coastal path before turning right for a lap around the picturesque Cherry Lake. Max was travelling faster than Superman's proverbial speeding bullet with Takashi and Keiji still enjoying their run together. Peter Gray inadvertently missed the Cherry Lake turn off and suddenly found himself right on the tails of "Team Japan".

The procurement of a life inducing "Diet Coke" was the catalyst for my visit to a nearby "B.P. shop". Waiting to be served was a real test of patience behind a man with a hair style like an Old English Sheep Dog who fumbled through his pockets before declaring that he would have to visit the ATM.....leaving myself and three others standing in line and the shop assistant with a bemused expression. An odd thing took my attention in this shop with all the cigarettes being hidden behind a dark curtain while condoms were freely displayed on the counter. Back in my teenage years, I could easily buy cigarettes for my parents without question while condoms were well and truly hidden away under the counter of Chemist shops. As the Americans love to say....Go figure.

By now at approximately 35km, the runners were well and truly in the historic Williamstown area with it's dozy multi million dollar homes. Looking back at the earlier section through Laverton, it was notable that this run took in both ends of Melbourne's socio-economic scale. Williamstown is steeped in history and the section through The Strand and Nelson Place encompasses one of Melbourne's truly outstanding features. A 180 degree turn-around at 43km takes place right under the span of the Westgate Bridge that houses the monument to the 35 bridge workers who died in the tragic collapse in 1970.

Max had bolted away by this stage despite adding a kilometre or two when he pig headedly refused to listen to his wife, Carol's superior navigational skills. Takashi and Keiji were still together but Takashi conceded that he was starting to struggle. He withdrew soon after in an effort that was to be a training run for his first marathon, an effort that saw him well exceed the marathon distance. He had every reason to feel pleased with himself. Meanwhile, Keiji was still smiling and looking forward to the 12 hour event at Adelaide's Self Transcendence festival in October.

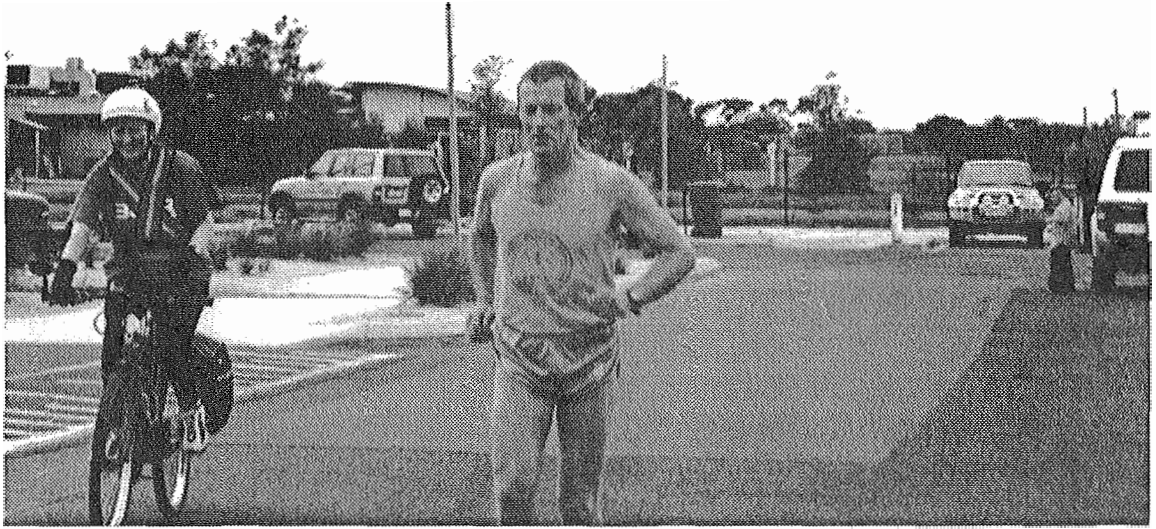
Max powered all the way back to Altona to finish in 5:15 with Keiji not far back in 5:52. Peter Gray slugged it out as always to finish in 6:47

Just like last year, we all retreated back to Stella's Pizza Café in Pier Street, Altona for a great feed of lusciously endowed pizza after an exhausting ordeal. Phil Essam [course official!] was given the task of securing a satisfactory table for approximate 12 of us. Such a task, I am sad to report, proved a tad difficult for Phil when he organized our table right next to the front door which ensured we all suffered a sudden passage of cold air each time someone entered. More entertaining though, was the female cyclist peddling furiously down Pier Street looking like something from a 1950's Horror Movie. Clad in a thick bright green top, red tights and a red and white polka-dot dress, she certainly turned some heads.

Motoring home after a long day, I received news that my Mother had crashed her car.....a long night ensued

www.fatassworld.com
www.ultraoz.com
www.ultramarathonworld.com

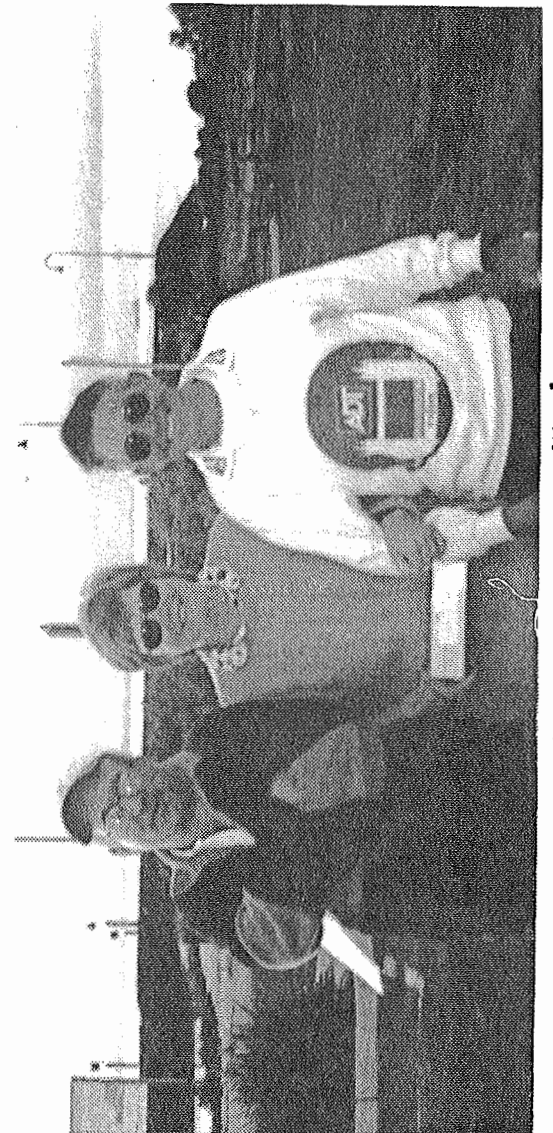
ACTION FROM THE HOBSON'S HOBBLE



Max Carson managed to find the finish with the able assistance of his good wife, Carol pedalling her bike



Keiji Suzuki was all smiles as he approached the Westgate Bridge turnaround



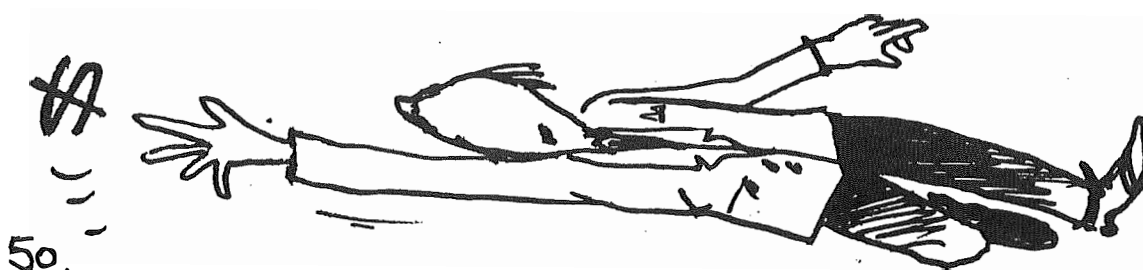
The "organising committee"



Even the Italian Gelati van made an appearance, although I don't think he made many sales



Takashi Mitsuraga, took time out from his Japanese restaurant to tackle his longest run to date. He found the going tough but vows to be back stronger than ever



GLASSHOUSE TRAIL RACES

Glasshouse Mountains. Queensland 27/28 September 2003

55 KILOMETRES

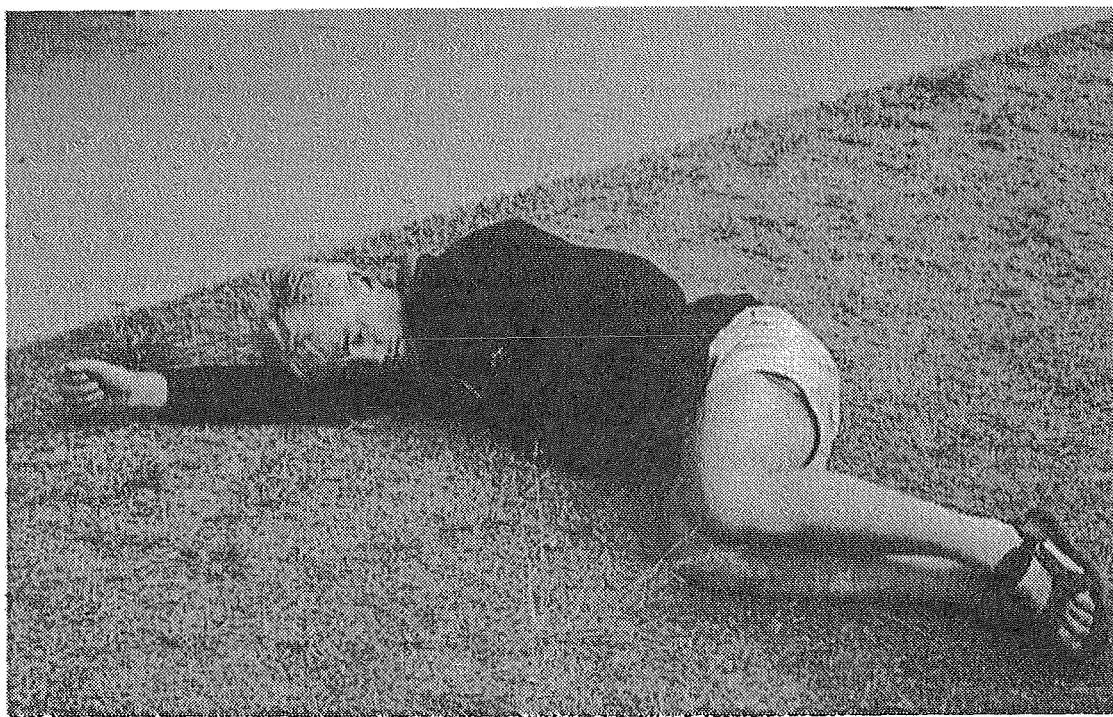
1. Malcolm Buchanan	5:04:34	6. Brian McPherson	6:53:29
2. Jeff Backen	5:15:45	7. Barry Southgate	8:16:12
3. John Lourt	5:20:02	8. Rodney Rutherford	8:29:09
4. John Pearson	5:33:48	9. Phillipa Bolt	9:44:58
5. Dave Mee	6:19:50		

50 MILES

1. Martin Schot	8:40:02	5. Kelvin Marshall	11:18:33
2. Roger Guard	9:39:50	6. Norman Rhind	11:41:49
3. Mark Parsonson	11:03:48	7. Geoff Last	12:11:17
4. Andrew Cox	11:09:11		

100 MILES

=1. Walter Brumniach	22:58:12	6. David McKinnon	28:36:20
=1. Kieron Thompson	22:58:12	7. Bill Thompson	29:06:26
3. Rodney Ladyman	23:18:24	8. Kerrie Hall	30:02:08
4. Sean Greenhill	27:11:47	9. Nick Barclay	30:18:29
5. Jan Herrmann	27:41:30		



Jan Herrmann found the best thing to do after 100 miles of trails

Glasshouse 100 Mile Trail

Report by Rodney Ladyman

Unmitigated joy propels me to write my personal account of this years Glasshouse 100.

My body is currently hating me with sore back, hips, knees, quads and especially feet. But my head is awash with sheer pleasure. What I really want to do is go back to the top of Mt Beerburum and just scream.

I arrived at Glasshouse Mts (Base) Friday arvo to do the medical thing. BP 150/85 HR 56 bit high and 75kg. While I write this I'm 71kg but a little dehydrated and I reckon I've lost 2kg on this run.

Spent my night in a motel room because I didn't know to many people, had a couple of beers and listened to the entire railway freight fleet head north for the weekend. With no air conditioning and the humid night, I think I only got 4 hours sleep.

Saturday morning was cool and the sky clear of cloud with humidity promised after the rain the night before.

I think I was first to arrive for coffee after breakfast of 6 weetbix and 2 Up & Go. Dropped off the esky containing four 700ml bottles of Sustagen made with milk and packed with ice to go to CP8. I also decided to wear my brand new pair of orthotics which had done about 20k the previous week. Wasn't sure if it was a good idea but carried strapping tape just in case in my belt with two 500ml bottles.

With the 5.50am start looming, race organiser Ian Javes, who was also running, explained about the white tape hanging from trees, the red arrows taped to trees and the reflective cones for the night section. He also mentioned about looking for footprints on the track if in doubt.

At 5.32 it's up and away and Ian leads out for a short time until being passed by what is to become the lead group (Kieron Thompson, Adam Barron, Walter Brumniac, Sean Greenhill (MR G) and Jan Hermann. The track follows a dirt footpath paralleling the highway to Beerburum 10.4k away. A clear sunrise on our left promises a warm day. I've settled into a leisurely pace to reach the first checkpoint ironically called checkpoint 2 after passing the unmanned CP1 after 4.9k. CP2 reached in 42 mins and Ian Wright heads passed me as I fill a water bottle to head up to the top of Mt Beerburum for the fabulous view. The climb is very steep in places probably some were between 1 in 1 and 1 in 2. At the top I'm greeted by Geoff Williams, a well known local runner of past renown. Then the descent is nearly as bad punishing the heels and quads. This 2.8k loop back to CP2 takes 25 mins and on the downhill I see Nick Barclay, Ian Javes, David McKinnon, Bill Thompson (soon to be a 5 time finisher), Carol LaPlant and Kerrie Hall.

A short stop at CP2 to fill bottles with water and electrolyte then off to CP3. The country in this section is open and flat on forestry tracks and fairly easy going. Heading up a slight rise to CP3 I see the others in front of me and make the 5.2k in 31 mins, refill the bottles, grab some lollies and into the bush and promptly miss the first turn off the main track. After going 600 odd metres and no white tape for a while I look for footprints and there aren't any. I head back to the last white tape and still no footprints so I keep going and after 100 metres is the best marked turn you ever saw. Back on track I fiercely resist setting off in pursuit and leisurely follow the undulating roads towards CP4 until meeting Bruce Cook the race director who is looking for me. Roger Guard a runner in the 50 miles reported me missing (thanks Roger). It is starting to warm by this stage and am drinking steadily to cover the 6.1k in 45 mins. Refill etc, have a meat and potato sandwich then off about 15 mins behind. The next bit climbs some forestry roads then into the heart of some pine forest with blessed shade before climbing steeply through a very rough and eroded track. Footwork is not easy and the climb is tough to emerge onto a dirt road about 1k to CP5. I pass Jan Hermann here and he doesn't like the heat. The 6.5k takes 48 mins so 28k down in just over 3 hours. Mr. G is leaving as I approach. There is a compulsory weigh in here and my weight is steady. Some sandwiches and coke and I'm away. Unfortunately there is no ice here, the heat is rising and the electrolyte is not palatable.

Heading towards CP6 along the dirt connection road then some moderately undulating forestry road before hitting the goat track, an infamous section of very roughly eroded track with steep ups and downs. Despite previous runs in this area I had forgotten how rough it was. It is just steep up bits followed by steep down bits for over 2k where maintaining footing is difficult and a fall would be easy and hurtful. The quads really get a workout here before the steep climb up Hennessy's Hill over a narrow dirt track winding in and out of the natural vegetation. Towards the top I spy MR G not too far ahead and follow him out onto a road leading to CP6 6.6k 50 mins. Six minutess spent here eating sandwiches and potato and refilling water with ice. It's about 9.30 and getting hot when I leave to follow Mr G about 100 metres ahead through the natural bush. This is mildly undulating but shady and cool and muddy bits from the night before. By this time I'm running with Mr G and we follow a gravel road mostly uphill to the Beerburum Woodford road to some powerlines. The view is awesome and some lunatic has decreed we follow a track under these powerlines for about 4k. Sounds easy eh? This track plunges really steeply then steeply rises back up about 5 times. Many gradients are so steep the shoes can just get a grip and finding a foot hold is equally difficult. Losing your footing guarantees you get hurt. The climbs are equally tough and the legs really work. I'm sure that someone else will give a vivid but better picture than me.

At this time it is very hot with no cover from the sun and I've run out of water and the next 3 ks to CP8 are difficult. After leaving the power lines the track covers gravel roads rising steadily. On this section we meet Kelvin Marshall who has apparently been lost and also Roger Guard heading back. Mr G and I cover most of this 9.7k section in 76 mins.

CP8 is high on a ridge and the next loop drops steeply along the ridge to the valley below with wonderful views over 270 degrees of the surrounding country. For this loop I've now got 700ml Sustagen, 500ml icy coke and 500ml iced water and need every bit. Mr G and I cover this 8k loop in 62 mins. While climbing a steep ridge back to CP8 we meet Adam Barron followed closely by Ian Wright. When we reach CP8 again it's 34 degrees and about 11.30am. I spend 8 mins here refilling and eating then back down the ridge again for a different loop back to CP8. This track follows the old Woodford railway track for some time and is quite shady. Some relics of the old railway can still be seen. Parts of this loop were very rough and eroded with the footing tricky. On the steep climb back to 8, Mr G and I catch David who is finishing the first loop. This 10.8 takes 99 mins. Setting off to CP7, this section is fairly easy along shady roads and sheltered forestry tracks. A cool change is coming but it is still hot and the ice doesn't last long but the cold drinks are lovely. We cover this 10k to CP7 in 88mins. I eat sandwiches and drop back to two water bottles. This pit stop takes 10 mins. The friendly crew here tell us that only Walter and Kieron have gone through about an hour in advance. Somehow we have passed Ian and Adam. We later find out they both got lost on the second loop at 8.

Mr G and I pass the next 11.8k back to CP7 in 95mins. This loop was completely along flattish roads in pine forest. We spend a fair portion just walking and recovering some strength. Arriving back at CP7 it's 85k down 76 to go and about 4.30pm and the Lions have just vanquished Collingwood in the AFL Grand Final. Ian Wright arrives shortly after us after leaving 20 mins behind. After a lengthy pit stop for sandwiches, cold water, coke, fruit juice, banana and water melon, I'm ready to go but Mr G says he is not well. I offer to wait but he's having a rest so I set off alone. The next 7.3k takes an hour over fairly easy terrain and darkness is setting in. I still feel good and my feet are fine. Fifteen minutes at CP6 for pumpkin soup, sugary tea and sandwiches before it's off into the dark with the 3 LED headlight and no sign of Ian or Sean. This was my first time with a headlight and missing your footing on uneven terrain is easy. The track follows gravel road before entering another very hilly eroded track for several kilometres. This section caused me to backtrack for 500 metres as I thought I was lost and couldn't find footprints but it turned out that the white tape was about 1km apart. Very frustrating. A very steep climb leads back to Connection road then onto CP5 for a weigh in. I'm down a kilo but a 20 minute break for more soup and sandwiches helps. I've long ago given up on electrolyte and only carry iced water to the end of race. As I leave CP5, another light is coming but I'm gone and don't know who it is.

Heading down a fairly steep bitumen road the track then veers right into dirt road for relatively easy running except for one very steep but short bit. My quads hate this but I feel good. The 8.2k to CP1 takes 64mins. CP1 has no ice so I'm gone with the next 4.9k covered in 35mins and I'm back at Base. About 2k from Base I meet Kieron and Walter heading back out about 20 mins in front. I reach Base at 9.45pm after 16hrs15mins and 115ks down. A meal of chicken soup and tea and a clean pair of socks and I'm gone. This is new territory to me. My previous longest run was 9 and 1/2 hours and 88km along the river in Brisbane, so I'm 16 1/2 hours down, I feel good, tired legs, feet good and the two leaders 35 mins in front. What a buzz. Only a marathon to go and 7 hours left to beat 24 hours. Backtracking towards Beerburum for 2km, the track turns left over the highway then gravel road all the way to go under the Bruce Highway. This bit was mostly slightly downhill to the highway then a mildly rough climb to CP9 for coffee and biscuits. The 9.1k takes 66mins before a 700 metre steep climb up Wild Horse mountain. Ascent and descent takes 15 minutes with a scenic 360 degree view. Beautiful.

Over to CP10 takes 78mins for 9.8k over mostly bush tracks. The country is not too arduous. I feel that I'm still running strong and the chase is on. From CP10 the track covers an out and back and meet the leaders just before the turnaround. It takes me 14 minutes to get back to where they were. This section is flat and the 8.4k takes 71 minutes. A quick cup of tea and I'm gone heading back to CP9. It takes me 78 minutes again for the same section. I meet Mr G about halfway and estimate he is about 2 hours behind. He says the leaders are only 5 mins in front and go for the win. If only there was some gas in the tank. Sheer bloody mindedness and 50 dollars keeps me going. As I arrive at CP9, Bill Thompson is heading out and looking good. Going past CP9, I head straight up Wild Horse after seeing David McKinnon having a sit. This time the climb takes 18 mins and as I ascend, Jan Hermann and the two leaders are descending. When I get back to CP9, David has gone and the folks at the checkpoint tell me David had quite a rest and was ill but he was on his way.

This is it, 9.1k to go and 105 mins allowed to beat 24 hours. I Didn't think I would make it. On this last section I meet Nick Barclay about 1 km from CP9 then Kerry Hall then Carol LaPlant, who says she is not well. I'm still worried about not making 24 hours when I hear the sound of road traffic on the highway and know I'm there. I cross the line at 4.50am after 23hours 18 mins 22 secs, 20 mins behind Kieron and Walter. They really powered the last section as Kieron told me they thought I might catch them.

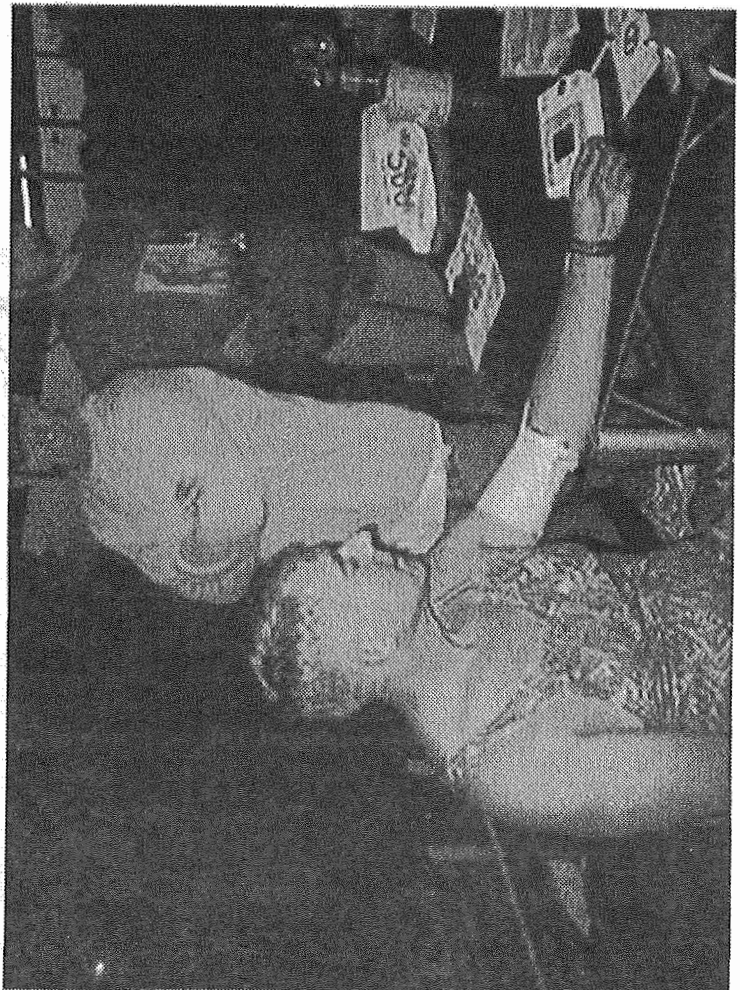
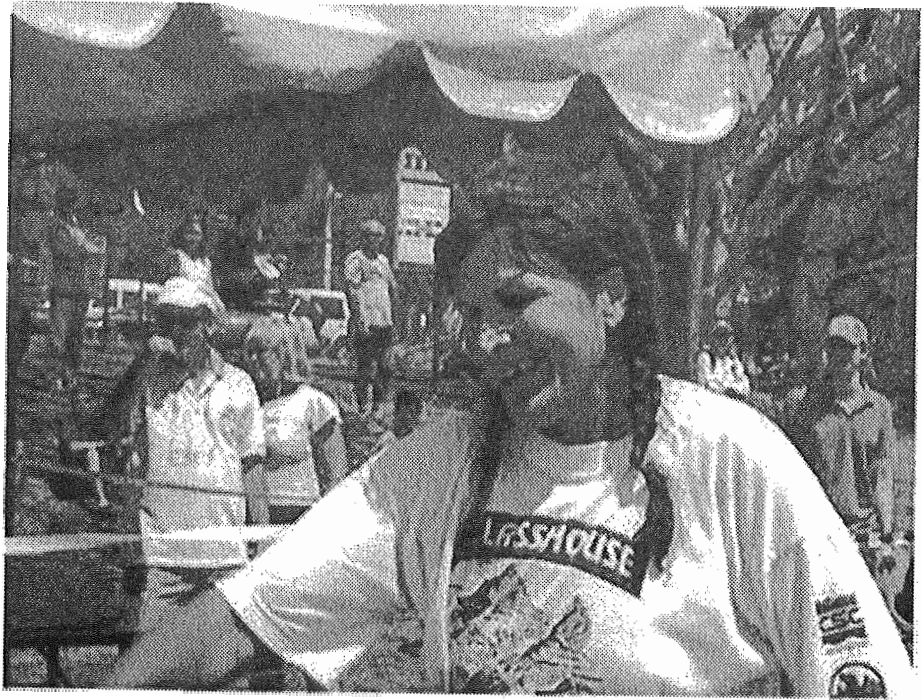
My blood pressure at the end was 140/80.

A special thanks to Jenny Chaston at the finish. I needed all the help I could get.
Congratulations to all runners and a big thank you to all checkpoint people. A mighty job.

Glasshouse Trail

Kerrie Hall [right] is one of Queensland's long term Ultrarunners.

Below is Phillipa Bolt, another perennial Glasshouse competitor



The pre race medical check

2003 Glasshouse 100 Mile Report - David McKinnon

It took me nearly 3 years to complete 100 miles. That's pretty damn slow in kms per hour. I first joked about the event a month or so before my first marathon attempt in 2001. The plan was to do a sub 4-hour marathon, then do the 50km event at GH 3 weeks later, then 'the big one' that September. My failure in the first event and subsequent enjoyment at my first trail run/ultra led me to pledge never again to do a road marathon and to only ever obsess about the trail. That year was also the first time I was ever to hear about iliotibial band (ITB) syndrome. Although training quite well (for me!) that year I had to pull out of the event due to ITB of my Right knee that had flared up about 7 weeks prior. The following year I had that same problem at the opposite time of year. It flared up soon after the 50km in May that year and so I gave up training for the 100 early; only to change my mind 8 weeks before and patch together some sort of form that would see me start but never finish. I pulled out after 70kms. Work commitments in the first half of 2003 gave me ample time to recover. After about 4 months of training it was with great excitement that I would be fit and healthy enough to finally have a good crack at the GH100.

My team from the previous year was to return with me. My long suffering partner Ruth - who I'm sure wishes she never heard the word Glasshouse; and my mate Konrad. Together we form "Team DONUT". This year Ruth and I decided to make our way up the night before and did the traditional Friday night check-in, meet and greet and feed. We sat at a big table with the Thompsons, Team Barron, Roger Guard and his wife and Carol La Plant and her hubbie Phil Brown. Talk was of course all about the weather and the course. I managed to convince myself but no-one else that it would in fact be cooler this year. Of course I passed on the pasta and had the chicken Kiev. I am a true gustatory idiot. All the other runners had a big plate of ravioli (or RAVOLI) as it was spelt on the menu.

Due to a drug induced sleep I woke a little dizzy about 4am and did some packing for the team truck - my not so trusty 10 year old Lancer; that had just spent the last week at the mechanics. I was quite nervous but settled right down as soon as I made it to the Sportsground and saw the other maniacs preparing for their torture. Made the usual checks of equipment and drop bags; did a bit of a stretch and soon we were off at just after 5:30am. Ian Javes led us out of the ground - quite fitting. We all soon settled into a rhythm; with Bill Thompson bringing up his traditional early race position, me catching Nick Barclay, Kerrie Hall and Ian J and eventually passing them before cp2. Everyone else ran off like it was a half-marathon. On the way down from Mt Beerburum Kieron led about 5 others hot on his heels. He stopped to introduce himself - considering the tight finish obviously a critical early error - had he not done this he would have been outright 1st by at least one second. My initial pacing plan was to make it to cp4 at about 3hrs and then cp5 at about 4hrs. I was 5 or so minutes ahead of schedule at cp3 so gave Ruth a call on the mobile just to make sure she wouldn't miss me at our initial meeting point (cp4). On the way to 4 Ian J and 2 of the 50 milers caught up with me and I heard that Carol had missed that damn left turn just after cp 3 (that I also missed in July). Sure enough I saw a slightly worried Phil waiting for her at cp4. Filled my 2l camelbak and took 2 more lots of nibbles with me. At this stage I had eaten very well taking in 6 items of chips/fruit that I had packed at the Sportsground; though I didn't have much breaky because of nerves before starting. Also put on my ugly visor/handkerchief hat for the first time. I passed Ian going up the first hill and eventually arrived at cp5 just before the 4 hour mark. Weighed in at 55kgs which was a little light - was 58 at the official weigh-in the night before but was wearing jeans. There's no way I would've lost anything between start and 5. I had actually forgotten how rough it was out the back of the lookout - quite a few long slippery uphill sections - and was a little worried about the hills on the next 2 sections coming up.

It was already starting to get a tad warm on the way to 6. My thoughts went immediately to the power-line section between 6 and 8 and so chugged along at a comfortable pace. I had already started doing a fair bit of fast walking to save the quads. The goat track was just as I had left it the week prior. Some rain the night before may have made it a little less slippery - or at least so my mind convinced itself so. I took quick breaks to eat along both the goat track and Hennessey's Hill - sitting down for about 2-3 minutes both times. This would be a regular occurrence in the first 10 or so hours of the race. Initially my stomach could take eating whilst moving, then sitting, then not at all! I never like to spend time at checkpoints - the chairs are too comfortable - and initially preferred to sit down in shaded areas of the track to eat. Checkpoint 6 has to be my favourite. From the (?Woodford-lookout) road it is just under a km north. On arriving you see two turns; one to the left that takes you to cp's 8 (or 7) and this long downhill (about 200m) followed by a similar uphill that takes you the long way back to 5. The thought of going down and up that long hill had psyched out many a hardened competitor. I was pleased to see Ruth again and had phoned ahead my order for the next section - some food and another camelback bladder reload. I also took the opportunity to pour cold water over my head and wet my hat. I had brought several litres of frozen water in the car that would prove quite refreshing over the next few hours.

The way to 8 takes you down a hill then thru some shaded cooler areas before out to a road to which cp7 is to your right and Woodford-Beerburum road and cp8 to the left. It was along this initial section that I ran into Jan Herrmann and have to admit was a little surprised. I was listening to my music by now and thought he must have been a 50 miler until I turned around to look at his number as an afterthought. Said something to the effect of "are you alright" then of course realized I couldn't hear his answer and gave a polite thumbs up. Standing on the W-B Rd looking at the track under the powerlines is an awesome sight. I had shown Ruth this the week before when reviewing the course and her only comment was to laugh and tell me I was completely mad. The first time I saw it I thought it wouldn't be so bad because it was all 'a gentle up'. Bad thought. 50 metres past the road is the first sharp down - clearly the worst. It seems to go for about 100m or so. In between concentrating on not falling I was thinking how damn quickly Bill had got down this hill a couple of weeks ago and then

decided not to think about that again. The section then goes mostly down for the first 25 minutes or so then mostly up for the next 50 minutes or so. Every time you get to the top of a hill and see a right turn it gives you a false sense of security that the end is near. And then another 10 minutes later you're still sweating in 40+ degree heat in the direct sunlight. There are a few cool/covered patches (of 20 metres or so) and chose one of these to have a quick bite. Jan had (of course) recovered by now and raced past me. The last 500m or so of rough stuff I caught the 50 milers who had passed me before cp4. They didn't look happy. One had ran out of water and the other had cramp. At the end of the hills (about the 5th right turn at the top of a hill) is a lovely 800m or so of track through bush until you reach another hot road for the last 2kms to cp8. I sat once again in the bush (for about 5 minutes) and thoroughly expected the 50 milers to catch back up but didn't until the road.

Once again at cp8 I cooled myself with ice-cold water and I think I shrieked with joy this time. There are 2 loops to do at 8 both returning to the same point via a track up the middle. For some reason the 'B' loop of 8.0kms was done first and the 'A' loop of 10.8 second. I thought this was a good opportunity to see how everyone else was faring. The first loop was no problems. I had left Jan at the cp and ran down most of the downhill and flat before having another quick bite-break and walking the last 5kms or so back to 8. Sean Greenhill and Rodney Ladyman caught me going up the long hill back to the cp. They of course were a whole loop ahead by that stage. I learnt that Kieron Thompson and Walter Brumniach were running together in the lead. I assumed that I was seeing the third and fourth place-getters as it was about this time I had heard of 'a bit of trouble' occurring with Ian Wright. I also noticed a concerned team Barron waiting for Adam to appear after Sean and Rodney. I got the impression he was running well late.

I refilled my camelbak at cp8 but this time with powdered powerade and unfortunately got a blast of powder that must have settled down the bottom. After a few odd facial expressions a better shake solved the problem however after my next quick bite (too) soon after, my stomach decided to object to in the usual manner. This was only about 1km into the loop and I have to admit I was a little worried initially. Fortunately (!) I had learnt from an upchuck in the 50km that July and managed to settle my mind and stomach and make it back to cp8 for the second time a little down on fluid and calories but not too bad. It would've been this loop in which the (shade) temp maxed out at 34.7 degrees. At the start of the loop I was somewhat surprised to see Bill (who walks the whole way) only 10 minutes back from me as I thought I had done a lot of running thus far. It worried me because Bill is a great barometer of where you need to be in order to finish under the 30 hours. He managed to catch me at the end of the 2nd loop at 8; but by that time I figured he was flying over the hills and heading for a 13-hour 1st half; quicker than last year. I decided to spend some 20 minutes at cp8 regrouping before heading out to 7. I figured that I needed to get some fluid and food down and get my brain in order for the last 2 hours of daylight. It was here where I started to fall apart the year before. It also didn't seem any point in racing out along the hot road back to 7. Ian J and Bill met me back at the cp and headed off at least 5 minutes before me (and Jan was long gone!) and Kerry came and left before me also. I thought at the time that this was back to 7 but was actually out onto the 2nd loop at 8. A thought before leaving 8 from my trusty crew was whether I would be needing lighting before 7. This seemed to spring me into action seeing what time it was (about 4pm) and I decided to grab a mini-maglite just incase I got lost - I hadn't done this section for a while! With some running I got within 20m of Ian but decided some cheese and dip was in order and had yet another sit. The section back to 7 had multiple long, straight sections on lightly sandy roads and trails so I could see Bill and Ian several times. At one stage I seemed to be catching them just by walking and was encouraged by this. The sun was getting a little low and with a bit more hurry I arrived at cp7 with Bill; Ian only a minute or so back. I actually felt quite a sense of achievement arriving at 7. I knew the night was coming soon. After the loop at 7 I knew the course very well. Most of the heat and hills were gone. I still felt a little sick but was still eating bits and pieces. I heard here that Ian W had pulled out after getting lost on the way back to 7, running out of water and getting blisters. I had also heard that he wasn't completely well the week prior.

I have to admit I look like a complete idiot in my night gear. I am blind as a bat without glasses and rather than wear my prescription Oakley sunglasses at night I also own a pair of clear lenses with bright red frames. This topped with my need for a white head band under my Petzel headlamp made me the look like the belle of the ball. I can only hope than Mrs T ran out of MB's on that digital camera of hers. My night experience consists of a 2 hour goat track run before the 2001 event that I DNS'd. Crap. Bill had taken off ahead of me again and after running a little I was once again catching him by walking! - no mean feat. Ruth had done her job for the day and Konrad was going to baby-sit me for the night. I was amazed at how long we could do without external lighting. Even with no moon we lasted until 6pm. My old petzl breaking 3 weeks prior to GH was the best thing that happened to me. Somewhat perplexed on the mater of the new LED headlamps, I received some advice from 'Mr.G', went shopping about town and eventually settled on a Petzl MYO5. It quoted 100m range with the xenon halogen bulb and 15m with the brightest LED. I thought yeah right. It was superb. Within minutes I was comfortable. Coming up to a crossroad I could zoom ahead and see the red arrows in the trees. I lighted the whole path in front of Bill and I for most of the long way back to 7. We passed through the halfway mark at about 13 hours.

Konrad had swapped cars with Ruth at the Sportsground and was waiting for me back at cp7. Crap. Actually no he wasn't. Where the hell is he? Aaaah the beauty of a mobile phone .. no answer. Double crap. Blister appearing on my Right heel - carried some tape in my camelback all day so decided to repair as well as have some tea to settle the tummy. Phil leant me some Aerogard. Needed also to re-vaseline the lads and luckily someone 'lent' me some. Bet that poor guy never used that ever again. A terse phone call and Konrad arrived a few minutes later, I grabbed some drink and chips and ran down the

road guided by LED. I decided to stop in the bushes for a bite once more but by this time it was taking well over 5 minutes to get stuff down so I decided it was all sit-down meals at the checkpoints from now on.

Back at 6 I saw a very dejected, ill looking Adam Barron sitting on a chair. After a check of the heel and an attempted feed I summonsed my strength, convinced by the stories of the now benign Beerwah loop. Jan was leaving just as I arrived and Bill just arrived at 6 as I left. As I was leaving Adam headed to his car to go back to the hotel. I also heard that Ian J pulled out at 7 and I think Carol there also. I couldn't see the beautiful long downhill-uphill section I'd seen many times before; but just as well because I was feeling a little bugged by now. The new Beerwah loop is now quite flat on the way out because you go from cp6 instead of 5 (last year). The way back has also been 'graded' so all of the deep ruts made by the damn trail bikers are gone. It is also a lot less slippery - something that always worries me in that section. Bill had told me earlier that he had marked the course and I was quite happy with that -until I didn't see a marker for what seemed like 10 minutes. I have to admit I started to panic a bit. Convinced to go on more by the fact that I couldn't go back over those bloody hills again I eventually saw some tape and fist pumped the air. After what seemed an eternity I reached this huge uphill that I almost couldn't get up it was so slippery and then knew I was almost back to Connection Rd, and then only a km or 2 to cp5.

A quick check of the watch saw that my long sits at cp7 (about 25 mins total) and 6 (another 20 mins) had eroded my time and I was starting to get a little edgy. Jan was sitting at cp5 when I arrived and was wondering where the Greenhill's had left his beer. This of course made me feel worse because this was when I really started to feel quite nauseus. Some more tea and now half a packet of savoury shapes and I knew this couldn't continue. Further time didn't really help me settle and I decided to head back to Glasshouse Mountains Rd and cp1, after my timekeeper Bill had already left. Apart from a brief rough bit around Mt Tibberowuccum (where Jan fell!) the way back to 1 is all on fire trail/road and is quite a net downhill. I was making good time and decided to just do a battery change at 1 (about 30 seconds) and keep going to base. I did a fair bit of running to 1 and a bit to base but was steadily feeling more nauseus. On the way back to base I did some calculating for the Eastern loop. Five 9km (approx) sections at walking pace of 6kms/hr was 7.5 hours. I would lose about 20 mins in addition going up and down Wild Horse Mountain (WHM). Leaving myself 9 hours to do the Eastern section would give me 70 mins up my sleeve. I thought I would need at least this considering my last few sits had cost me about 20 each. I had hardly eaten anything for the last 4 hours and my camelbak bladder was pretty much dead weight. I was only drinking tea.

I made another brave (but actually stupid) phone call to Konrad to state the plan - peaches, tea, 10 mins and I was out of there. Quick weight check and this confirmed the plan - 55kgs, the same as 17 hours ago at cp5. Through gritted teeth I kept the fruit and about half a cup of tea down. Bill was coming down from his shower. Jan had just left before my arrival. I thought it would be good psychologically to leave before Bill and as planned left right on 21:00 hrs into the race. Nick, who had been in front of me after cp2 I heard had gotten lost between 5 and 1 and was still making his way back.

I thought it rather strange that I hadn't heard of the leaders coming in yet and thought a light along Moffat's Rd must have been Kieron or Walter but when it didn't move realized that it was the house in the distance. The whole Eastern loop is essentially flat except for the trip up and back WHM (700m each way). It is about 7.7km to cp9 and then the WHM trip makes it 9.1kms. Walking the whole way I made it to cp9 on time but stupidly decided to crack on up the mountain as 'it would be better to sit down after, not before'. When I got back Jan was looking happy after getting his beer but all I could do was put my head in my hands and look at the tea sitting there for me. The kind cp people asked me how I was feeling .. S#%T, I replied. I really thought I was in trouble here. I really was in trouble here. The leaders Kieron and Walter came through. I had met Kieron's pacer, Tony Howes in previous years. Tony himself has completed the GH100. Bill made the same cheeky comment that I had made a few minutes earlier about the leaders being 'slow' but by this time I realized Kieron's partner was there the whole time and replied 'easy enough for us to say, Bill' - thought that may excuse my previous comment. "The Ladies Man" soon arrived back from 10 and headed up the mountain in pursuit of the leaders. Both Jan and Bill left for 10. The leaders came back down and headed to the finish. And I was still sitting there. It was pretty cold by this time, despite me changing into my long pants at 5 and having a t-shirt, long sleeve top and now a jumper on. Still sat there looking at my tea. Eventually (?30 mins) made a comment to Konrad to the effect of 'well eventually I'll have to decide whether or not I just head out again'. Konrad did a really good job of assuring me that I would feel better, but looked pretty concerned. With a stern voice said that "I don't care if I finish in 34 hours", Pinned my race number to the front of my jumper, put my headlamp back on and announced my imminent departure. Stood up and felt quite dizzy. Can't remember if I sat back down again or stood for a while but toddled off less than a minute later. Meanwhile the leaders were racing home. Kieron and Walter tied for first place in just under 23 hours. Rodney Ladyman in his first 100 miler was fantastic; finishing only 20 minutes behind.

I honestly don't know how I got to 10. My phone rang a short time after leaving 9 and I knew it was either a concerned Konrad or a lost Konrad. Hoping for the best I answered the phone saying I felt a little better than when I left - the answer being "I can't find cp10". I thought it was quite funny. I figured I would be over 2 hours anyway and was unlikely to go on even if I made it there. His question was basically should he go to where I told him I thought the cp was or should he follow the signs ... and I thought MY mind was leaving me. That actually cheered me up and basically staggered the 9.8kms to 10 just as it was getting light. Only a km or so from 10 I saw Sean and his pacer heading home - he was looking quite strong but obviously was now a fair way behind the leaders. I must have been feeling better at 10 because all I could do was bitch and whine about how I hadn't eaten or drunk anything for hours and really should've pulled out hours ago. I could drink again but not eat. In a moment of true enlightenment I announced to Konrad and the Hall boys that "This is *-ing insane you know".

They agreed. The main thought I couldn't get out of my mind was how on earth could I finish this race on "tea, sugar and adrenaline" for the last 9 hours. No amount of convincing myself to think one cp at a time or on distance instead of time could shake this. Both Bill and Jan had long left cp10 for the 8.4km return loop. I had never done a >24 hour event before, but had heard a 'rumor' that once the sun gets up on the second day you suddenly feel reborn. I was thinking about this when it was radioed through that Kerrie was leaving 9 for 10. Even though I had seen it before I couldn't believe Kerrie's toughness in continuing even though she appeared certain to me to finish over 30 hours (in my mind anyway). My self pity vanished, drank the rest of my tea and headed off at a fast walk which soon turned into a run .. Up a slight hill. Konrad was heading back to Brisbane now and was leaving stuff for me at 10 before Ruth would take over for the final push. Ruth called which gave me a huge lift and all of a sudden I felt like I could actually not only finish, but do so under 30 hours. I saw Bill and Jan quite early on the loop which means I had fallen a long way behind (at least 30 mins behind Bill). Jan had gotten lost after a ?well meaning local had moved some of the witches hats marking the way! I didn't run again after my initial spurt but was walking at least at 6.5km/hr pace. A quick change back into day clothes at 10, some fresh drink in my camelbak which I was now sipping again and I was off from 10; Bill was still sitting down - getting a foot massage from Jane. Not long after I saw Kerrie coming towards me; despite my increased pace she had done her 9.8km in the time I had done 9km. She is the toughest person I know. Maybe =1st with Bill.

The 9.8km back to cp9 went forever. I walked the whole way in just over 90 minutes I think. You can see WHM from early on and it seems like 20km until you make the 'final' turn to head back around towards cp9. I was feeling dizzy and weak and thought it was probably hypoglycemia. Some sugar charged tea at 9 saw me head up WHM for the last time. A few quizzical looks from the tourists didn't phase me. I saw Bill for the upteenth time almost on return to 9. The rest of the tea went down quickly and I strode off for the final 7.7kms. Constantly worried about falls, snakes, missed turns I never found I could relax. Even when I got back to Glasshouse Mountains Rd I only felt easier when I saw Ruth's car following me along. Passing by the Sportsground I started feeling very emotional and actually started to cry. This was a bit disconcerting because I didn't want to walk over the line balling my eyes out. I crossed under the bridge at 28:35 and used my last bit of mental energy to keep myself together. Ian J was at the finish line to shake my hand. This was a really good moment because without Ian's help - advice, showing me the course, running the event, training with me - I never would have been there. I stood there for a while wondering what to do. Ian was asking me what coloured mug I wanted but I just couldn't answer. I sat down, threw my hat off and covered my face as I fell apart. Kieron came and gave me a comforting word or two. It took me a while to stop blubbering and be able to talk.

Bill finished about 30 mins later. I popped back to the hotel for a shower and on my return could see Kerrie heading down Glasshouse Mountains Rd with about 1km and 6 mins to go. She came in 2 mins after the 30 hour cutoff. Nick came in another 20 mins later.



The long winding trail of the Glasshouse 100

24 Hour National Track Championship

Adelaide 4/5 October 2003

	TOTAL	Marathon	50km	50miles	100km	150km	100miles	200 km
1 Mick Francis	211.459	3:48:47	4:30:00	7:36:56	9:51:50	15:50:51	17:12:03	22:45:13
2 Anyce Melham	182.119	4:21:22	5:14:27	8:40:58	10:57:15	18:13:18	20:32:20	
3 Carol Baird [f]	180.919	4:13:35	5:14:35	9:08:31	11:50:20	19:11:30	20:52:52	
4 Jerry Zukowski	169.656	4:20:18	5:16:35	9:35:00	12:23:17	20:12:35	22:19:25	
5 David Billett	163.779	5:44:50	6:46:34	10:54:40	13:56:27	22:02:41	23:44:53	
6 Eric Trad	152.519	6:08:05	7:47:21	12:12:50	15:23:52	23:27:50		
7 Tony Rafferty	146.869	5:13:12	6:25:23	11:33:50	14:59:44			
8 Karina Ward [f]	143.617	5:16:55	6:26:34	11:15:02	14:50:59			
9 Dirk Thys	142.057	4:54:18	5:50:40	9:52:30	12:55:17			
10 Don McLurcan	141.666	4:32:30	5:43:53	10:48:07	14:36:08			
11 Peter Gray	140.469	5:18:55	6:31:04	11:18:34	14:33:13			
12 Tony Good	140.000	4:43:45	5:38:53	10:08:21	13:20:41			
13 Stan Miskin	114.620	6:56:42	8:14:26	14:05:40	19:55:20			
14 Tom Naylor	99.647	5:46:15	7:16:45	14:51:20				
15 Dick Crotty	94.887	6:49:15	8:35:52	19:16:50				

12 Hour Track Race

	TOTAL	Marathon	50km	50 miles	100km
1 Max Carson	105.558	4:11:23	5:01:08	8:38:58	11:11:26
2 Keiji Suzuki	101.238	4:13:01	5:32:23	9:27:40	11:44:41
3 David Padget	94.290	4:39:45	5:34:53	10:11:40	
4 Doug Smart	92.784	4:12:17	5:18:02	10:21:30	
5 Brett Molloy	72.909	6:36:59	7:51:25		
6 Sue Bardy [f]	70.909	6:29:23	7:59:36		

6 Hour Race

	TOTAL	Marathon	50km	50miles	100km
1 Dennis Vlachos	58.134	4:16:55	5:09:24		
2 Sandra Howarth [f]	41.861				
3 Lorraine Billett [f]	37.879				
4 Silvia Friedrich [f]	36.459				
5 Ellen Zukowski [f]	27.605				



Sandra Howarth strides out in the 6 hour event

Australian 24 Hour Track Championships, Adelaide 2003

By Jerry Zukowski

3/4-10-2003

Here is this years report on the Sri Chinmoy 24 Hour Self Transcendence Festival of Running and AURA 24 Hour National Championship [Wow, what a mouthful]. The pasta night (Fri) was well attended with an improvised speech by Tony Rafferty which was very well received, It even included a birthday cake for Peter Gray who for once, was at a loss for words.

Saturday 4 October, 8a.m. A perfect(coolish) morning for the race and the 15 runners/walkers were off. Mick Francis took off a bit slower than what was expected as he was using a different game plan but within a couple of hours, he took the lead and never let go. Mick needed a 220 km performance to qualify for the World 24 Hour Titles in the Netherlands, but unfortunately had quite a few problems with keeping down liquids and foods. Ultimately, he fell short of his goal.

Carol Baird entered as a runner this year and churned out another fantastic performance, as did everybody's friend, Anyce Kip Melham, who for once didn't break down (if he was a horse, he would have been shot ten times over) and had an excellent run. This year he brought over his cousin, Eric Trad, who WALKED 152 km (which was quite a lot more than some of the runners!!)

David Billett reached his goal of 100 miles with a couple of k's to spare despite the handicap of running with his shoulders covered in FROST in the early hours.

Tony Rafferty made a welcome return to the ultra scene, not having run an ultra event for the past 5 years. He put in a 146km run. Dirk Thys tried his first 24 hour run and didn't quite reach his goal of 100 miles but there's always next year, Dirk)

As always, Peter Gray put in a good showing with 140km. All the other runners/walkers also did themselves proud.

In the 12 hour event, Max Carson ran 105km to win the event and also added an overnight visit to the hospital!! But I think the best performance came from a Japanese gent called Keiji Suzuki who ran 101km plus in his first attempt beyond the marathon distance!! There were 6 runners/walkers in this event.

The 6 hour event had 5 entrants with Dennis Vlachos winning with 58km. I'm sorry that I'm not sure about the other placing's as I write, but I think Silvia Friedrich (Whyalla) won the ladies section at her first attempt at a distance longer than a marathon.

The Sri Chinmoy folks were once again FANTASTIC and could not do enough for the runners with food (hot/cold) drinks, power bars, fruits, ice cream, toast [with vegemite] and jelly beans etc. Once again, they did a fantastic job and all we had to do was run around the track while they did ALL THE HARD YARDS and made sure we were looked after.

Well, here's to next year..

P.S. To all the other runners/walkers that I didn't mention, I'm sorry that my memory's not as good as it once was.

Whoops.....Nearly forgot. My wife Ellen, walked 27km in the 6 hour event.. See what I mean!!!!.....

AURA also got a bunch of new members: Anyce Melham, David Billett, Karina Ward and Don McLurcan and a few others too...

EDITORS COMMENT: Gee Jerry, how could you possibly forget your good wife's performance? I wouldn't blame her if she fed you cold porridge for a month!!!

Bribie Island 46km Beach Bash

Queensland 19th October 2003

By Race Director, Geoff Williams

Rains are greatly needed throughout our state, but not prior to the start of a fundraising event. They become a deterrent to the novices who believe the conditions would be poor and uncomfortable so they stay home and dry. But in passing a clear sunny day was rewarding.

Our numbers were down from last year but not the spirit of the competitors. Many thanked me for arranging the little showers that they said were cooling and refreshing whilst on the beach.

Local Bribie man, Mark Parsonson [Mr Ultraman], what can one say. He recently ran the 50mile Glasshouse Trail Run, decided to come for a short stroll along his local beach and simply ran away from the field. Mark has set a new course record of 3hours 44minutes 12seconds, bettering the previous time by 8minutes 48seconds. Well done. First lady crossing in a record cracking time of 5hours16minutes 33seconds was the further travelled competitor, Bernadette Robards. Well tanned and smiling Bernadette was actually the second competitor across the line leaving the gents in her wake.

Other trophies were awarded to the oldest competitor, 68 now 69 next week, the ever loving lady of ultra running, Joan Robards.

During the weeks leading up to the event, raffle tickets were sold for a donated gift from Panasonic, thank you, being a DVD. A staff member of MS called Wayne Sanderson won this. Thanks to all who supported this raffle. The major prize was a great package 3days /2nights for 2 adults at Novotel Twin Waters donated by Accor Premier Vacation Club. Many thanks for generously supporting this very worthy fundraising event. The winner of this great prize was Peter Sullivan of Nambour.

It was a good day, showers early followed by a shining sun for the barbie and presentations. With competitor numbers low, our cheque to MS will be disappointing. Without all figures tallied, I estimate a cheque payment of \$713.00 going to Multiple Sclerosis.

Apart from the lows many highs were achieved. Big thanks to my helpers, all businesses and people who made donations. We will be back next year. Watch for us in the paper.

RESULTS

1 st	Mark Parsonson	3hrs:44:12:62 [race record]
2 nd	Bernadette Robards	5hrs:16:33:80
3 rd	Geoff Hain	5hrs:23:34:41
4 th	Ian Javes	5hrs:43:43:55
5 th	Joan Robards	5hrs:56:08:29

Brindabella Classic 52k Trail Race (revised course)

Held near Canberra, ACT on Monday 6th October, 2003

	Name	State	Age	Time
1.	Trevor Jacobs	ACT	51	4:19:02
2.	Martin Fryer	ACT	42	4:31:06
3.	Ian Wright	ACT	48	4:43:34
4.	Paul Every	NSW	39	4:49:49
5.	Chris Horwood	NSW	48	5:03:41
6.	Steve Appleby	ACT	50	5:27:29
7.	Michael Corlis	ACT	44	5:38:54
8.	Jeremy Ballantyne	ACT	32	5:44:07
9.	Dougal Langusch			5:45:33
10.	Graham Butler	NSW	55	6:15:38
11.	Philip Clarke	NSW	51	6:16:10
12.	Dave Gilbert	NSW	43	6:19:42
13.	Bill Rannard	NSW	49	6:38:03
14.	Victor Hessell	ACT	45	7:17:56

Warrumbungle 50km Ultramarathon

Warrumbungle Ranges, Central N.S.W. 19th October 2003

1. John Robins	4:19:08	Dubbo [NSW]	8. Brian Glover	6:28:33	Regent [Vic]
2. Kelvin Marshall	4:50:21	Elsternwick [Vic]	9. Michael Grayling	6:43:42	Heathmont [Vic]
3. Gary Zupan	4:56:43	Gladstone [Qld]	10. Keith White	7:19:20	The Rocks [NSW]
4. David Spencer	5:17:35	Knoxfield [Vic]	11. Nola Gillespie [F]	7:35:36	Panania [NSW]
5. Peter Gardiner	5:41:09	Burleigh Heads [Qld]	12. Lynda Springer [F]	9:04:55	Carrara [Qld]
6. Roger Lebish	6:04:38	Townsville [Qld]	13. Robert Lyle	9:04:55	Forbes [NSW]
7. Angie Grattan [F]	6:11:16	Browns Plains [Qld]			

Blue Labyrinth 94km Fat Ass Run. Blue Mountains, N.S.W. 1-11-2003

Report by Ian Wright

Congratulations to Kevin Tiller, Sean Greenhill & whoever else thought this one up. Having completed the full circuit I would have to rank it as a 9.5 out of 10 and I took half a point off only because the lovely rivers we crossed were not suitable for drinking. It was an absolute scenic delight, traversing every type of ecosystem in the Blue Mountains, from the sandstone tablelands with the Waratahs in full bloom to the rocky heights of Mount Solitary - with 60 kilometre views - and down to the dark rainforests in the shadows of the Katoomba cliffs.

The full circuit was a very gruelling day out. I took a GPS unit and got a distance of 94 km which seems right, and I estimated a total of 2880 metres of ascent which explains the seemingly slow time. I also measured 54 km to the water drop near Leura falls. The latest edition 1:25,000 Katoomba & Jamison topographic maps accurately show all the tracks taken on the run including the track to Mount Solitary and are essential if you haven't done the run previously. The GPS unit was very reassuring; I had minimal kit and didn't want to get lost especially at night. I had entered about 50 "waypoints" and could get a constant reading of the distance to the next road junction or water drop; it was also something to play with and helped pass the time.

Ten starters met at Woodford Station for a 7 am start: Kieron Thompson, myself & Marcus had the 94 km option flagged with Jann Hermann as a maybe. We were very fortunate with the weather, it was about 5 c at the start and probably got to about 14 c maximum. I believe this is a run best held in winter or cool days because of long stretches between water.

Five minutes after the start I had a fall and everybody else disappeared from sight while I recovered for a few minutes. As usual it took me a few hours to get into a nice rhythm: for the first 25 k I was power walking for 15 minutes & running 15 which is probably something usually done in the later stage of the race. I thought it strange though that I never caught up to anybody until the front four other runners who had stopped at the water drop at the locked gate at Kedumba Hill. The other 5 must have taken a wrong turn not long after the start? We all ran together down the spectacular Kedumba Pass vehicle track and then joined onto the foot track which goes over Mt Solitary & on to Katoomba. Of the 94 km total this was the hardest & slowest section, (24 km foot track & 70km fire trails). At the top of Mt Solitary, myself, Kieron and a runner doing the 54 km option were leading. Marcus was just behind and going strongly but I guess the scenic railway escape route was too tempting....

The descent off Mt Solitary is a rocky knife-edge ridge needing extreme care, but after 40 minutes a fairly level track is reached which passes through terrific rainforests. Ross Yates had kindly lugged 20 litres of water to the bottom of the Golden Staircase where I caught up to Kieron. Note that for the 20 km from the water drop at Kedumba Walls to this point I needed 1.8 litres of water - on a hot day, one would probably need to carry another 800 ml bottle.

I set off about 7 minutes after him and we met again at the Leura Creek water drop hidden in a hollow tree by Kevin, about 9 km further on. There were throngs of tourists & day-trippers near the scenic railway, which reduced us to a slow walk for a few minutes. Kieron & I had both miscalculated our food supplies for this one, but fortunately there were some chocolate & energy drinks to supplement our dwindling rations. We set off together on the final 40 k back to Woodford with another 1200 metres of hills to go. We were not racing each other in any sense and kept each other company for most of the next 3 hours. Kieron was a bit faster and wasted less time with breaks. Climbing the track up Kedumba walls I got very weak very quickly: not enough calories. A large bowl of pasta would have been ideal but after a 10 minute break at the water drop and some potato chips & chocolate & energy drinks I set off after Kieron at about 6:45 pm.

The final 22 km run was great: a couple of km up the bitumen and then a southeast turn onto the Ingar Fire Trail. I was now feeling good and picked up the pace along the gradually descending track; unlike the first couple of hours I ran the whole way for most of the last 2.5 hours. Cold enough for a thin jumper & thermal T-shirt. No foot problems at all on this run - what a rare thing - used a pair I had problems with in the Glasshouse event in September, but had chopped bits out with a pair of surgical scissors! I got out the torch about 10 minutes before Bedford Creek; missed the crossing and ran an extra 200 metres before backtracking. Seven kilometres to go. I walked up the steeper parts of Murphy's Fire Trail and charged the final few kms along the Bedford Road to the finish at Woodford Station.

Results: 1. Kieron's Thompson 13h 53m. 2. Ian Wright 14h 10m

Victorian 50km and 6 Hour Track Championships

9-11-2003

At the Newborough Track on Sunday the 9th of November 2003 Traralgon Harrier Roger Maximiw made it back to back Victorian Titles. Roger the current Australian 100km title holder beat a large field to win the 50km Victorian Track title for the second year in a row. Runner-Up to Roger in both events was Gosford's Bruce Renwick who set two new Australian 55-59y age group records for both events. He then continued running to also add the 6-hour Victorian Track title to his resume. In ideal conditions 18 runners joined three relay teams to compete in this years event. Early in the race Collingwood's Jarrod Kanizay set the early pace giving Roger and Bruce Renwick who was aiming to break his age group Australian records something to chase. Richard Comber, Matthew Franke and Sandra Timmer-Arends also set a good early pace. At about the 6km mark Roger let Jarrod slip slightly away after running neck and neck with him for the first part. At about the 18km mark Roger started to catch Jarrod and when he when he got a break on him at about the 23km mark there was no stopping him. Although conditions were perfect there was a sudden retirement of several early pace setters as they passed the 30km mark. With the retirement of Jarrod Kanizay, Matthew Franke and Sandra Timmer-Arends the race for the minor places opened up for several other runners. With Roger and Bruce continuing to run strongly Richard Comber was holding onto third place. Richard began to struggle after 40km and although he continued on bravely, Ian Twite and Kelvin Marshall soon passed him. Kelvin who wasn't feeling too well all day continued on to finish third in the 6-hour. Race walker Brian Glover managed to cover the 50km in 5:56:02 which is an extraordinary effort walking all the way. In the female section there were no finishers in the 50km event. Cranbourne's Sandra Howorth won the 6-hour Victorian title from Traralgon's Sandra Timmer-Arends after completing 48.989km in the 6-hours.

As with all events the success is dependent on a large group of helpers and Sunday saw a large group of helpers on hand to help. The club is grateful to all of you especially Rodney Le Lievere and Belinda Issell for their efforts with the timekeeping. Also female winner, Sandra Howorth for organising the masseurs. Also the Moe little Athletic club conducted a meet the Olympians clinic featuring Kyle Van Der Kup at the same time as our event. The organisation and behaviour of the kids was excellent and the Traralgon Harriers would like to thank them for their Co-operation.

Victorian 50km Track Championship

- | | |
|--------------------|---|
| 1. Roger Maximiw | 3hrs 35mins 20 secs, |
| 2. Bruce Renwick | 3:45:16 (Australian Record 55-59y age group), |
| 3. Ian Twite | 4:11:56 |
| 4. Kelvin Marshall | 4:20:24 |
| 5. Richard Comber | 4:29:14 |
| 6. Robert Embelton | 4:34:16 |
| 7. Trevor Marsh | 4:52:02 |
| 8. Ernie Hartley | 5:13:00 |
| 9. David Jones | 5:16:45 |
| 10. Brian Glover | 5:56:02 |

Victorian 6-Hour Track Championship

- | | |
|--------------------------|--|
| 1. Roger Maximiw | 75.700km |
| 2. Bruce Renwick | 73.793km Australian Record 55-59 age group |
| 3. Kelvin Marshall | 66.280km |
| 4. Rob Embelton | 60.938km |
| 5. Trevor Marsh | 58.532km |
| 6. David Jones | 57.115km |
| 7. Ernie Hartley | 56.348km |
| 8. Ian Twite | 50.8km |
| 9. Brian Glover | 50.518km |
| 10. Richard Comber | 50.4km |
| 11. Sandra Howorth | 48.989km [1 st Female] |
| 12. Stan Miskin | 42.718km |
| 13. Sandra Timmer-Arends | 37.6km [2 nd Female] |
| 14. Matthew Franke | 34.4km |
| 15. Barry Summersgill | 32.8km |
| 16. Jarrod Kanizay | 32.8km |
| 17. Fred Brooks | 29.2km |
| 18. Bruce Salisbury | 17.6km |

I.A.U. 100 KILOMETRE WORLD CUP---Taiwan 16-11-2003

MEN'S TEAMS

1. ITALY	22:04:56
Mario Fattore, Stefano Sartori, Mario Ardemagni	
2. RUSSIA	22:31:54
Murzin Grigoriy, Kharitonov Oleg, Tiazhkorob Igor	
3. GERMANY	23:35:35
Micheal Sommer, Thomas Mikschdr, Joerg Hooss	

WOMEN'S TEAMS

1. ITALY	25:52:04
Monica Casiraghi, Paola Sanna, Giovanna Cavalli	
2. GERMANY	26:29:58
Elke Hiebl, Tanja Hooss, Anke Drescher	
3. JAPAN	26:44:26
Sekiya Akiko, Yamasawa Yoko, Kazuko Kon	

MEN'S INDIVIDUAL RESULTS

1. MARIO FATTORE	ITA	7:04:56
2. MURZIN GRIGORIY	RUS	7:08:20
3. MICHEAL SOMMER	GER	7:15:03
4. STEFANO SARTORI	ITA	7:21:51
5. KHARITONOV OLEG	RUS	7:22:08
6. NOJO HIDEO	JPN	7:22:16
7. WALMSLEY DENNIS	GBR	7:41:02
8. Magroun Mohamed	FRA	7:42:59
9. ARDEMAGNI MARIO	ITA	7:43:28
10. KONDO KIMINARI	JPN	7:47:44
11. VANDERLINDEN MARC	BEL	7:49:46
12. NIPPERT HOWARD	USA	7:59:03
13. TYAZHKOROB IGOR	RUS	8:01:25
14. FINNILL CHRIS	GBR	8:03:34
15. Chen, Yun-yan	TPE	8:03:52
16. V. M. LUST	NED	8:03:53
17. THOMAS MIKSCH DR	GER	8:05:07
18. NETREBA VLADIMIR	RUS	8:08:15
19. KASHAPOV RAVIL	RUS	8:08:31
20. SINIOUSHKIN VALERY	RUS	8:12:44
21. VANDENDRIESSCHE JAN	BEL	8:13:20
22. Kuo, Zun-chi	TPE	8:13:47
23. BRIGHT MARK	NZL	8:16:13
24. HUTCHINSON MARK	AUS	8:17:33 ****
25. LORENZO TRINCHERI	ITA	8:17:45
26. ULRICH AMBORN	GER	8:21:26
27. NICOLAS BOISSELIER	FRA	8:24:48
28. JANG SANGYEUN	MEX	8:28:25
29. MARTINEZ AUBESO	ESP	8:34:13
30. POTTER MIKE	NZL	8:35:09
31. PIO MALFATTI	ITA	8:36:55
32. NOMURA JUNICHI	JPN	8:44:38
33. GREG DELL	GBR	8:45:07
34. GREG HANNAH	NZL	8:46:29
35. HENDRIKS T.F	NED	8:56:37
36. KOBAYASHI YOSHIKI	JPN	9:00:12
37. Liew, chi-yun	TPE	9:02:33
38. ZHALIBIN DENIS	RUS	9:03:41
39. EPSKAMP W.A.C.	NED	9:05:14
40. MAGIER ANDREJ	POL	9:05:37
41. NICOL ANDY	CAN	9:08:08
42. MOLINA ISIDRO VALDEZ	MEX	9:16:32
43. SAINZ RAMON ALVAREZ	ESP	9:16:56
44. Chen, Gin-tsai	TPE	9:17:11
45. HRMO LUBOMIR	SVK	9:19:49
46. KREJCI JIRI	CZE	9:21:22
47. BINDNER ERIC	USA	9:33:38
48. ENRIO VIDILEI	ITA	9:35:09
49. PRADO SANTOS LUCIANO	BRA	9:39:03
50. PIRRUNG ROY	USA	9:43:07
51. HUI CHEN CHING	TPE	9:45:13
52. BUJNAK JAN	SVK	9:45:17
53. POLAK PETER	SVK	9:46:04
54. RUSEK TOMAS	CZE	9:49:47
55. BARTEAUX BRUCE	CAN	9:56:36
56. LOOP W.F.M VAN DER	NED	9:59:10
57. MICHALIK LES	CAN	9:59:21
58. Wu, Shan-ming	TPE	10:04:43
59. SLOAN TIM	AUS	10:05:56 ****
60. MURGUIA JUAN PEREZ	MEX	10:06:29
61. SAMONIL ROBERT	CZE	10:10:20
62. Xu, Ming-Nan	TPE	10:15:57
63. ROSSI RODOLFO	ARG	10:20:00
64. Lu, Chi-pin	TPE	10:21:20
65. Lin, shi-chi	TPE	10:35:37
66. Xu, Gin-sing	TPE	10:40:41
67. HOSTENS IVAN	BEL	10:43:45
68. Chiang, Yun-da	TPE	10:56:52

69. GALVAN JOSE AGUILAR	MEX	11:01:23
70. MANYOUNG NAMGUNG	KOR	11:01:24
71. HEROI FUNG	BRA	11:05:32
72. Fun Her	BRA	11:05:32
73. Chiang, Hon_lung	TPE	11:06:43
74. SWEENEY ROBERT	USA	11:19:00
75. marc progin	SUI	11:19:59
76. Chen, Xin-Yun	TPE	11:25:46
77. Tang, Zun-dou	TPE	11:27:58
78. Giang, Gaie-wen	TPE	11:31:25
79. Sun, An-liang	TPE	11:45:33
80. LEUNG WING LEUNG	HKG	12:05:16
81. Lin, Yan-Shan	TPE	12:10:43
82. Liew, Chun-Pu	TPE	12:27:45
83. Zu, Ming-chung	TPE	12:32:01
84. ALEMAN LUIS GENARO	MEX	12:36:12
85. Wan, Gia-chang	TPE	12:41:23
86. Kuo, Ku-han	TPE	12:47:55
87. CAPONETTO ANTONIO	ITA	12:52:36
88. ARUN KUMAR BHARDWAJ	IND	12:59:01

WOMEN'S INDIVIDUAL RESULTS

1. MONICA CASIRAGHI	ITA	8:04:46
2. PAOLA SANNA	ITA	8:15:12
3. ELKE HIEBL	GER	8:23:05
4. SANDERSON DANIELLE	GBR	8:23:20
5. KOLPAKOVA ELVIRA	RUS	8:24:57
6. SEKIYA AKIKO	JPN	8:26:23
7. TANJA HOOSS	GER	8:27:49
8. MAGALI REMONECQ	FRA	8:38:21
9. NIKKI KIMBALL	USA	8:51:33
10. RIDDLE ANNIE	USA	8:55:03
11. YAMASAWA YOKO	JPN	9:02:33
12. KONDO KAZUKO	JPN	9:15:30
13. LADYZHINA OXANA	RUS	9:25:57
14. GARDNER CONNIE	USA	9:25:57
15. GIOVANNI CAVALLI	ITA	9:32:05
16. CAPEL JENNY	TPE	9:33:44
17. ANKE DRESCHER	GER	9:39:03
18. TERJESSEN SIRI	GBR	9:40:38
19. MIURA YUKI	JPN	9:48:48
20. SYRONIKOVA ANASTASIA	RUS	9:52:52
21. HEASLETT ANN	USA	9:56:45
22. DURAN BAKIYE	TUR	9:59:15
23. SIMONE STOEPLER	GER	10:01:52
24. REUTOVICH IRINA	RUS	10:07:41
25. TASSIE CAROLYNN	NZL	10:08:22
26. PACEV TANIA	USA	10:22:07
27. LUISA COSTELLI MARIA	ITA	10:32:40
28. LORENA ANTONIETTA	ITA	10:47:51
29. MALAFEEVA EKATRINA	RUS	10:51:00
30. GUI JA LEE	KOR	10:52:39
31. JACQUEMART INEZ	BEL	11:20:17
32. MUSKETT VAL	NZL	11:21:16
33. ELVIRA ZOBOLI	ITA	11:22:21
34. NELSON LAURA	USA	11:25:07
35. BERCEC EDIT	HUN	11:42:30
36. walker Hilary	GBR	11:46:45
37. Zu, mei-zun	TPE	11:47:21
38. GAYTER SHARON	GBR	11:49:37
39. Cotton Kathryn	USA	11:56:12
40. HONG YANG SEON	KOR	11:57:52
41. FALETANOAI ANNIE	NZL	12:04:41
42. TANAKA SUMIKO	JPN	12:27:55
43. ANDONIE GRANZIANO BE	MEX	12:47:25
44. Tsai, Wun-Hwa	TPE	12:57:56
45. GIBBS MOLLY	USA	12:58:14
46. VAZQUEZ EDNA	MEX	12:58:23

Australian Six Day Race-----Colac

16 – 22 November 2003

[Provisional results subject to computer lap checking]

Name	Total Km	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
1. Graeme Watts	746.341km	170.0	134.00	111.20	106.40	127.20	97.54
2. Jaroslav Kocourek	662.721km	201.60	122.80	70.40	109.20	90.80	67.92
3. Peter Hoskinson	642.430km	160.40	100.80	110.40	90.80	89.20	90.83
4. Brian Collings	625.996km	118.00	98.80	102.40	97.20	103.20	106.40
5. Elvira Janosi [F]	568.219km	134.00	86.40	94.80	98.00	76.00	79.02
6. Peter Gray	543.021km	118.80	92.80	88.00	78.00	79.20	86.22
7. John Timms	530.800km	132.40	104.00	109.60	103.60	78.00	3.2
8. Howard Neville	525.865km	114.00	96.80	79.20	80.80	71.20	83.87
9. Davic Billet	485.838km	117.60	68.40	69.60	86.00	64.40	79.84
10. Stan Miskin	482.539km	95.60	84.40	82.00	72.00	68.80	79.74
11. David Jones	475.338km	113.20	89.60	72.80	66.80	66.00	66.94
12. Andy Lovy	350.000km	99.20	81.60	75.20	68.40	25.20	0.40
13. George Audley	205.600km	119.20	78.80	7.60	00.00	00.00	00.00
14. Willie Erasmus	180.400km	91.60	65.60	23.20	00.00	00.00	00.00
15. Julie Schrag [F]	98.800km	83.60	15.20	00.00	00.00	00.00	00.00

COLAC GETS A PROFESSIONAL EDGE

The 18th Annual Australian 6-day race is over for another year and has been declared a resounding success by all involved. There were only 15 runners in the field and injuries aside they all performed above their capability and achieved amazing results.

Ultra running is a very unique sport and doesn't have a mass participation. But the camaraderie between runners, crew and officials doesn't exist in any other sport. This is doubly so at Colac. The race started with a moving tribute to the late Cliff Young. The Powers Twins ran a lap of honour and helium balloons were released for Cliff. The runners then started the race. Simple but effective. There is talk that the race will be named after Cliff. He has to be remembered some how.

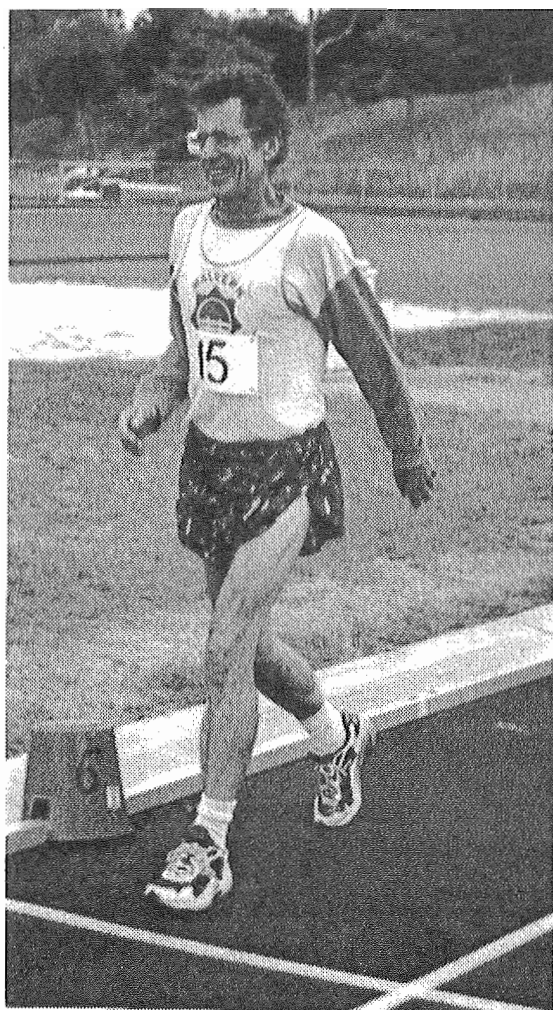
One area that stands out in my mind this year is the professionalism and helpfulness shown by the Colac Committee, helpers and volunteers during the 6 days of the race. This includes especially the areas of management and infrastructure. They have new people on the Committee and new ideas. The Committee, Officials and helpers are prepared to listen to runners and crew. Nothing is too hard.

One new area this year was the introduction of a new improved food kitchen. This was housed in a demountable structure and was open 24 hours a day. Runners and crew could get snacks, meals and drinks at any time and special dietary requirements were looked after. The volunteers in the Kitchen were from the local community and always had a smile on their face. A real winner.

Another area that was a resounding success and declared "World standard" by Elvira Janosi's husband was the new lap counting system devised by Malcolm Mathews from Melbourne. It's computerised and has removed the human error element with a number of checks and balances required during its working. I know Malcolm is working on a windows version of the product which he hopes to market throughout the Ultra world.

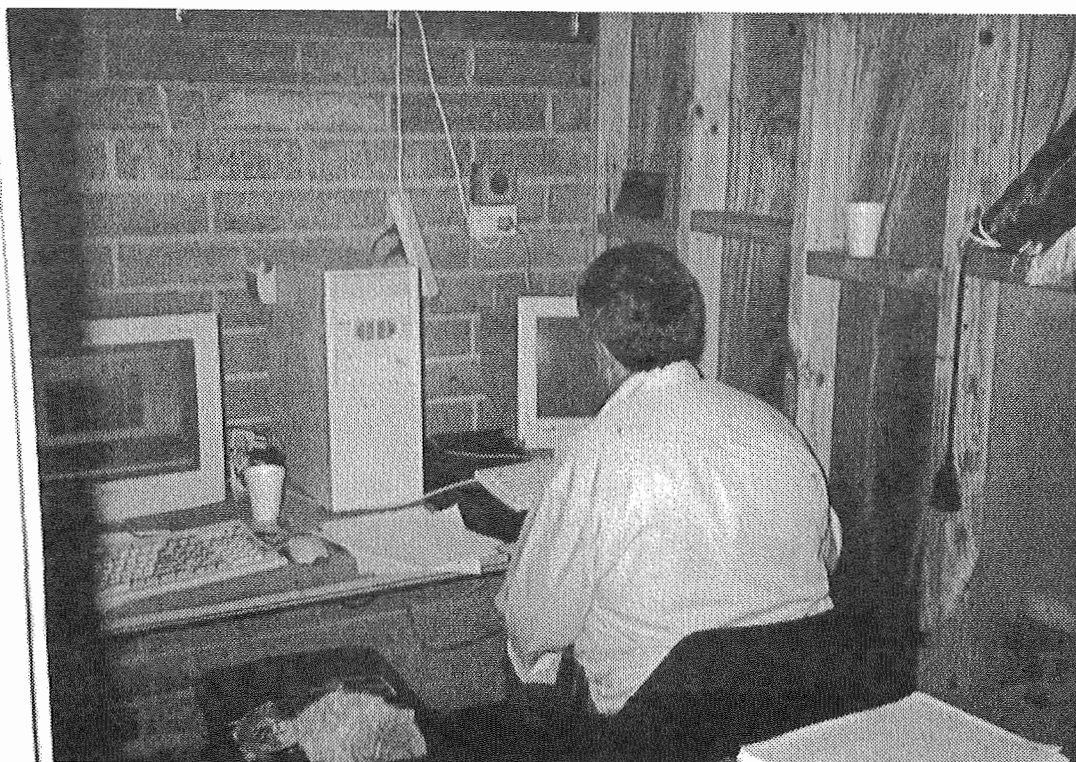
The Australian 6-day race is coming up to its 20th year. It will have a dedicated web site in the next year and other improvements will be introduced each year. Colac Otway Shire are very impressed with the positive professional edge being shown by the race. Here's to another 20 years of the 6-day race at Colac.

Phil Essam



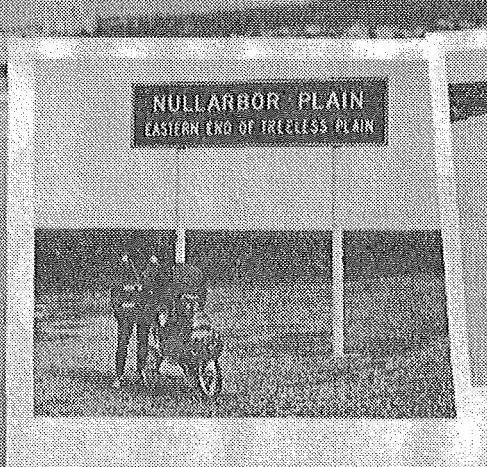
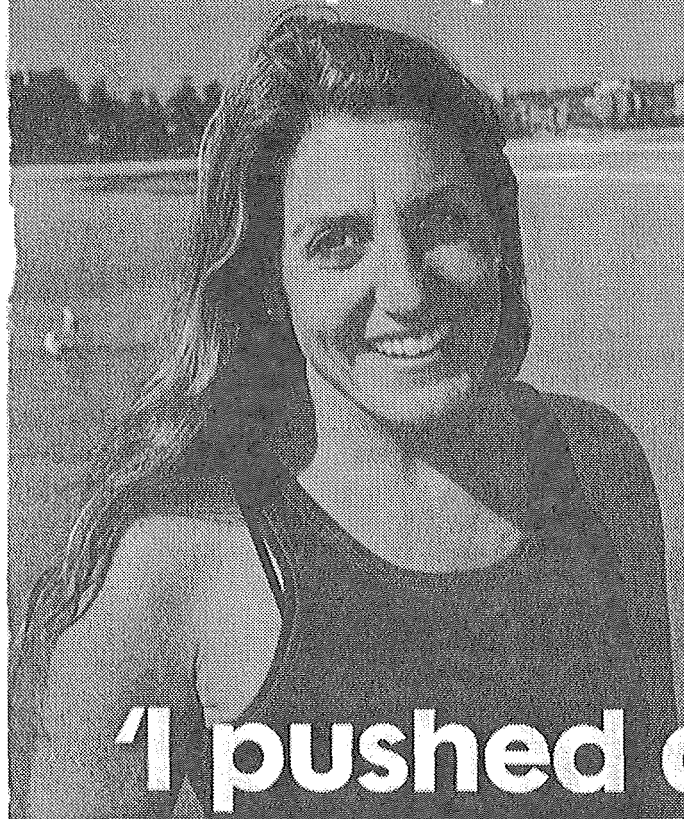
Andy Lovy made the trip to Colac from the US

David Jones fronted up for another crack at the Six Day discipline.
David achieved 475km



Malcolm Mathews at the computer lap scoring nerve centre

fresh people 'This walk was a template for life'



Deanna Sorensen had a dream and worked her way towards it, one step at a time – all seven million of them

'I pushed a pram across Australia'

It took Deanna Sorensen six months, seven million steps and two pairs of shoes to push a pram across Australia.

For Canadian-born Deanna, now 36, it was a journey she named "Mission Possible", a crossing from Perth to Sydney via Adelaide and Melbourne. Despite having no support crew and

Nullarbor Plain meant she could complete the flattest part first. The contents of the pram were all she took on her long journey: a change of clothes, tent, sleeping bag, diary and essential foods.

"The worst part was the blisters; I just couldn't get rid of them. And the cold, which I hate," she says.

"I didn't think it would get that cold, but it got down to -8°C. And it was hard when I was walking

along and there was rain, wind, hail, and no shelter."

Her journalist partner, Jez Ford, 39, whom she's since married, played a major role in keeping her motivated.

"When things got tough, it would be the little goals that kept me going, like wondering what to eat at the next roadhouse, or finding a phone to talk to Jez," she says.

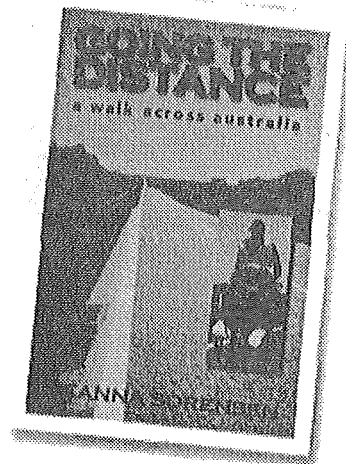
"And Jez would send tapes to the roadhouses along the way, which I really looked forward to.

"Then I'd walk into a roadhouse and staff would say, 'Pram Lady, we have mail for you!'"

Five thousand kilometres later, Deanna's epic journey ended when she dived into the sea at Bondi Beach.

Since her return to Sydney, Deanna has set up a coaching business to motivate people to achieve their professional goals and personal dreams, something she did through her monumental stroll.

In her walk diary, the basis of her new book, Deanna reflected on her motivation for her journey and realised her life was full of recurring themes such as independence, determination and rescuing – be it animals or boyfriends. She raised \$1500 for the RSPCA during her trek.



"I chose the RSPCA because I'm an animal lover. During my travels in South-East Asia I saw a lot of abuse and neglect." Deanna donated \$250 to RSPCA projects in Taiwan and the rest went to the Wollongong animal shelter.

"This walk was a template for life – the dreaming, planning, making of goals and then achieving them," she says. "And celebrating at the end – that's important!" she laughs.

Going the Distance – A Walk Across Australia is available online at www.radiantcoaching.com.au.

'Life is about making your own journey'

leaving her understanding partner on the other side of the world, she willed herself to fulfil her dream. And now, five years on, she is willing others to fulfil theirs.

"Life is about making your own journey, and a big part of it is the destination – your goals," she says.

Deanna chose to begin her walk in Perth, with the wind at her back. And the

Australian 6-day Race history to be documented

6th October 2003

Over the next two years, Ultrarunning Historian, Phil Essam is going to compile the history of the Australian 6-day race. It will be brought together in book form and released in conjunction with the 2005 Australian 6-day race.

Essam first proposed the book to the Australian 6-day Race Committee who are wrapped in the idea and believes that it will document an important part of Australian athletic history. "The precursor to the Australian 6-day race occurred when Ultra-legend, Cliff Young first made an attempt on 1000 miles at Memorial Square in Colac in the 80's. It was shortly after that when the first Westfield Run was held and the rest is history. The Australian 6-day race was born out of Cliff's attempt. The Westfield Run finished in 1991, but the 6-day race has kept going through thick and thin and engraved itself as an important part of Australian Ultra-Marathoning". It is even believed that the Australian 6-day race is the longest running multi day track race in the world.

The book will tell the story of the race, year by year, the runners that ran in each race and the funny stories that weren't seen in the public eye. It will also tell the stories behind the scenes and how different committee members have struggled at times to keep the race going when interest was waning in the race. It will also tell the story of a generation of multi-day running in Australia and the town that supported them. Essam believes that the race is starting to get stronger year by year and it can rival the famous Stawell Gift that's held in Stawell, Victoria each year and attracts 1000's of tourists to the town.

If anyone has any information about the race that they would like to share with Phil, please contact him on ultraoz@iprimus.com.au.

Colac's Special Runners

This year is the 18th time that the Australian 6-day race has been held at Colac Memorial Square. In that time there has been an elite group of 7 runners that have competed at Colac more than 10 times and deserve a special mention for their efforts. Those runners are:

Peter Gray (39) -	12 starts -	8263kms
George Audley (68) -	11 starts -	7219kms
Cliff Young (83)	11 starts -	6817kms
John Timms (61) -	10 starts -	5707kms
Tony Rafferty -	10 starts -	5690kms
Shaun Scanlon -	10 starts -	4524kms
Drew Kettle(84) -	11 starts -	4334kms

Peter Gray's best effort was in 1991 when he ran 810km , but he also won the race in 1997 with 778.7km. George Audley ran a 816km in 1996 and has been a model of consistency over the years. This race started as a result of Cliff Young's 1000 mile attempt prior to his history making Westfield Run in 1983. Cliff went on after that run to stamp his name in Australian Ultra marathon history and was a regular participant at Colac for many years. Colac resident, John Timms has been a regular mid fielder over the years and since taking a scientific approach to his running has been improving. Tony Rafferty will be remembered in Australian running folklore for his Trans Australia attempts and other Solo exploits, but was a very consistent performer over the years at Colac.

Shaun Scanlon from NSW has been a regular visitor over the years and even though he has never been a top of the field competitor he has always given his all to the race. This has included making the ornate wooden trophies for a number of years. Last but not least is Colac Veteran, Drew Kettle. When Drew hasn't been taking part in Desert Walks with his dog over the years he has been doing his best at Colac year after year and has been a perennial favourite amongst the local school children.

As a way of recognising the efforts of any runner that competes at the Australian 6-day race ten or more times, the Committee will present those runners with a certificate as a Thankyou for being part of the "Colac Enduring Spirit" over the past two decades.

Three of these special runners are in the starting line up for this year's race and will be presented with their Thankyou certificates before the start of this year's race. They are Peter Gray, George Audley and John Timms. Organisers are hoping that the Colac township get behind the runners and walkers in the Event this year and not just visit once during the course of the Event, but visit the race every day at Memorial Square and "Cheer" their favourites towards the Finish Line.

SOME TOP TEN COLAC 6-DAY LISTS (PRIOR TO 2003)

Top Ten Overall

Overall	Name	Year	Nationality	State	Total (Km)	Place In Year	SEX
1	Y Kouros	1984	Australia	Victoria	1023.0	1	MALE
2	B Smith	1989	Australia	Victoria	1002.0	1	MALE
3	G Manix	1988	France		963.2	1	MALE
4	R Zabalo	1984	France		954.4	2	MALE
5	J Kocourek	1999	Czech		925.6	1	MALE
6	D Mravlje	1988	Yugoslavia		914.4	2	MALE
7	S Bauer	1984	NZ		907.2	3	MALE
8	B Smith	1988	Australia	Victoria	906.4	3	MALE
9	B Smith	1992	Australia	Victoria	904.8	1	MALE
10	J Kocourek	1998	Czech		901.2	1	MALE

Top Ten Females

15	E Adams	1989	UK		866.8	3	FEMALE
17	S Barwick	1989	NZ		860.8	4	FEMALE
24	E Adams	1987	UK		838.8	4	FEMALE
38	E Adams	1986	UK		808.8	5	FEMALE
42	E Adams	1984	UK		806.4	6	FEMALE
45	D Hudson	1987	USA		785.2	7	FEMALE
50	D Hudson	1984	USA		775.6	7	FEMALE
63	E Adams	1988	UK		751.2	8	FEMALE
73	C Cameron	1988	Australia	Victoria	738.0	11	FEMALE
97	S Andrews	1988	NZ		701.2	13	FEMALE

Top Ten Australians

1	Y Kouros	1984	Australia	Victoria	1023.0	1	MALE
2	B Smith	1989	Australia	Victoria	1002.0	1	MALE
8	B Smith	1988	Australia	Victoria	906.4	3	MALE
9	B Smith	1992	Australia	Victoria	904.8	1	MALE
11	M Taylor	1989	Australia	NSW	894.0	2	MALE
12	J Record	1987	Australia	WA	890.8	1	MALE
13	B Smith	1991	Australia	Victoria	878.4	1	MALE
18	D Standeven	1988	Australia	SA	860.0	4	MALE
22	G Perdon	1984	Australia	Victoria	841.6	5	MALE
23	J Record	1992	Australia	WA	840.8	2	MALE

FOR MORE DETAILS GO TO WWW.COLAC.ULTRAOZ.COM

The Contemporary Development of Ultrarunning

**Extracts from a lecture given by Malcolm Campbell at Soochow University.
Taipei, Taiwan. July 2003**

Using the starting point of 1978 when the Scotsman, Don Ritchie produced his fantastic 100km track performance of 6.10.20 at the Crystal Palace, London I have taken a certain licence with the word, contemporary. In defence I can say that the period of this achievement seems to me like yesterday. In any event the record still stands and will be celebrated in Italy on September 27th this year with a special 100km track race that includes Don Ritchie as a competitor.

I took part in the 1978 track race but with a best time of about 8 hours 30 mins for 100kms and a time limit for the race of 8 hours it seemed likely that I would not cover myself with glory. The reason given for that time limit was that 8 hours was extremely tiring for the Officials. Refusing all suggestions that we abandon the event before the 8 hours a few of us continued until the last minute feeling quite pleased with our distances beyond 90kms and cursing all officials for not enabling us to finish..

Having said that you must play all games according to the rules or they are meaningless. It became very apparent in 1978 that changes were necessary. "The reasonable person adapts to the world but the unreasonable person adapts the world to his or her own designs" and the concept that all progress depends upon the unreasonable person has a certain soundness.

In April 1980 I returned to England from France with the news that the world's best 24 hour runner was a Frenchman. Jean - Gilles Bousiquet had completed over 260kms on the track at Coetquidan. Gerard Stenger was second in that event with 223kms whilst I just managed to edge past 200kms in fourth. Neither Gerard nor I realised that this event was probably a major factor in the formation of the IAU.

In England my news was greeted with disbelief as it was considered that the previous record held by an Englishman was secure against all known challengers. Furthermore the English were not happy with the recording system in France. The French organisers responded with the view that their "raison d'etre" was not to make the English happy.. Gerard and I considered what could be done and the result of our deliberations was that Gerard and Jean-Gilles came to England later in that same year. In a 24 hour track race at Blackburn on October 11th in the full glare of his critics Jean-Gilles ran even further to record over 264kms. Gerard was fourth passing 233kms and I sneaked into sixth position with 217kms. In the following year Boussiquet ran in Lausanne and moved the needle further upwards achieving over 272kms. Later David Dowdle (GBR) ran even further in a 24 hour track race becoming the first man to pass 170 miles.

In 1981 Geoff Richardson (GBR) returned from America with the news that the Six Day Race had been revived -. first in California and later in Pennsauken, Philadelphia - Geoff had taken part in the Pennsauken event

Geoff approached the various authorities in England stating that he wished to revive the Six Day event and the advice he received was that he needed at least two years to prepare and at least £5000 in sponsorship. He replied that he had no sponsors and he wished to stage the event in a few month's time. . He was told by the authorities that the suggestion was crazy and then directed toward Malcolm Campbell who I must assume, that like Geoff, was considered equally distanced from reality.

The Nottingham Six Day Race took place in England with Geoff Richardson as Race Director (and competitor) in November 1981 and was a great success- so much so that four more events took place at Nottingham and one of these had Gerard Stenger as a winner.

The Six Day Event has links with the past that attract historians and many others concerned with the sport. Six Day World Championships took place long before the Modern Olympics and only a few athletes of modern times have passed the distance achieved by George Littlewood (GBR) in 1888- he passed the 1000km marker and the photo above my desk shows him with his belt and quoting his distance as 623miles 1320 yards.

It became very clear that modern day runners with their special shoes and drinks were unable to match the top performances of the earlier pedestrians and it was Boussiquet who first made a serious attack against the 19th Century records.

Yiannis Kouros (GRE) burst upon the scene when he won the inaugural Spartathlon (a 246kms race from Athens to Sparta) in 1983. The organisers had asked me to suggest runners for the Spartathlon, and I had recommended a number of male runners but also included Eleanor Robinson (then Eleanor Adams).

Much midnight oil was burnt on the subject of including a woman in an event organised to commemorate a military feat (Pheidippides ran to Sparta from Athens asking for help in the forthcoming battle against the Persians at Marathon). Common sense prevailed and now we see many women taking part in this event.

When Kouros won the inaugural Spartathlon he did so in a time well under 24 hours and it was clear that at this pace he would have beaten the 24 hour world best performance by an enormous margin. He is now acknowledged as the greatest 24 hour runner of all time and to my knowledge has never been beaten in a 24 hour race. He is the first and only person to have passed 300kms in a 24 hour race.

Doubts were raised concerning Boussiquet's first performance over 24 hrs. Similar doubts were expressed about the performance of Kouros in the inaugural Spartathlon and it became obvious that some association needed to exist to protect the interests of ultradistance runners and to establish standards for development. Enter Dan Brannen (USA) who circulated runners with the concept of an international organisation and the International Association of Ultrarunners (IAU) was formed in 1984.

Gerard Stenger (IAU Vice President) and I are the last two of the founding members of IAU remaining on the Executive Council. IAAF patronage was secured at an early stage in our growth and our concept was to develop ultradistance running within IAAF regulations and IAU guidelines

Our first 100km Championships took place at Torhout, Belgium in 1987 and have been held annually from that time. Our Championships in 2002 also took place at Torhout and during the intervening years we have seen competitions of great beauty and high drama.

As more and more runners, organisations and federations showed an interest in ultradistance running it became quite clear that we needed to develop democratically and our first Congress took place at Winschoten, Netherlands in 2000. Our Constitution was duly approved by Congress and members elected to IAU Records Committee, IAU Technical Committee, IAU Arbitration Panel and IAU Executive Council. I was elected President and Gerard Stenger was elected as Vice President. The voting membership of IAU now consists of more than 35 National Federations and 4 National Ultrarunning Organisation which do not have their federations as IAU Members.

We have established the 100km as an international event for competition on the roads. We are working to see that it also becomes an international competition on the track.

The 24 hour event is firmly established and at Uden, Netherlands in October 2003 we shall see the first IAU 24 hours World Challenge on the Road. The second will follow at Apeldoorn, Netherlands in 2004. Our hope is that in 2005 we may see this competition taking place on the Track in Asia- perhaps at Soochow University.

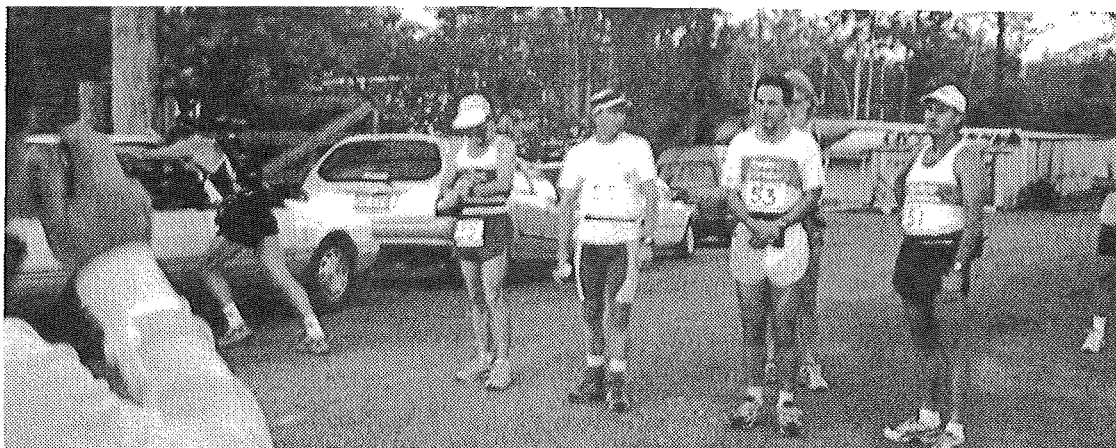
A separate lecture seems necessary for the development of women in the sport. Certainly there are many prejudices to overcome. Eleanor Robinson (GBR) lead the way in the early 1980's and at the present time Edit Berces (HUN) who has been the IAU 100km World Champion and the IAU 100km European Champion heads the ranking list for 24 hour runners on the track with more than 250kms. To name just two women is to ignore many others and we do not forget Ann Trason,(USA), Marcy Schwamm (USA) Valentina Shatyaeva (RUS), Valentina Liakhova (RUS), Hilary Walker (GBR), Sigrid Lomsky (GER), Helga Backhaus (GER), Wynnie Cosgrove (NZL), Sandra Barwick (NZL) - all may be described as pioneers depending upon the starting date you choose. There are many more, of course, but it becomes obvious to most people that ultradistance is not an exclusively male preserve.

The IAU ranking lists for 100kms road for men and women are headed by Japanese runners- they are Takahiro Sunada (6.13.33) and Abe Tomoe (6.33.11). Performances over 24 hours take place on track, road and indoors but the best overall achievements were by Yiannis Kouros (GRE-track) with 303kms 506kms and Edit Berces (HUN-track) with 250kms 106mtrs. In the Six Day Event the Best overall distance achieved was by Jean-Gilles Boussiquet (FRA-Indoor Track) with 1034kms 200mtrs and Sandra Barwick (NZL-Track) with 883kms 631mtrs.

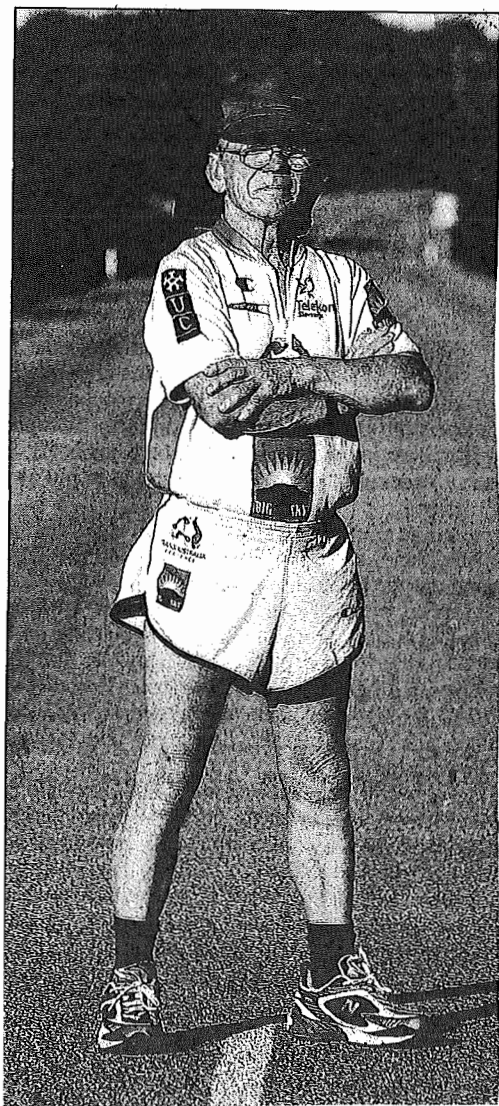
An ultradistance race can be as short as 50kms or as long as your imagination. It has been my pleasure to take part in many such events and, less of a pleasure but still enjoyable, to watch many more. The 1000 Mile Race is of special interest and the Trans America Race is also an ultradistance race with great historic connections. My involvement in the 1000 miler and the Trans America was memorable for me but probably the subject of another lecture.

As I write this the question arises- "What interest is the development of an activity like ultradistance running to an intellectual agency like a University?" The answer is very clear:

The scholar treads a lonely and secretive path and whilst no one denies the effort involved in the search for perfection no one sees it. The athlete, if successful, shows excellence in a highly visible form and this quality comes from dedication and effort. George A. Sheehan (USA) - runner first and doctor second- said it best, "Athletics can set a standard by which every department and every teacher can be judged. Students, once having seen the authentic teacher in the coach and the proper pupil in the athlete, have learned the first great lesson of education: the ability to tell what is first-rate from what is not."



The Sydney Striders are a prominent club amongst the Ultra world



KING OF THE ROAD: George Audley celebrated his 68th birthday with a 238 km run at the 48 hour track championships in Queensland.

Audley just keeps going

GEORGE AUDLEY knows how to celebrate a birthday with a bang.

The ultra-distance runner clocked up 238km on his 68th birthday, which coincided with the 48 Hour Track Championships in Queensland.

He came fourth in the event and managed to reset several records along the way.

Audley said the main barrier to overcome while running for long periods of time was the mental battle.

"Your body keeps saying you want a rest and to stop running, just for a minute," he said.

"I just keep pushing along."

To keep count of how many laps he has to run before walking for a rest lap, Audley wears a special beaded belt but said after a day of running it was easy to get confused about which lap he was counting.

He prevailed over the mental mind games and added 1700m to the 12-hour record in his age division and lowered his 100km time by 27 minutes and 11 seconds.

Audley said the only downfall of long distance running was the travel costs to head east for major races.

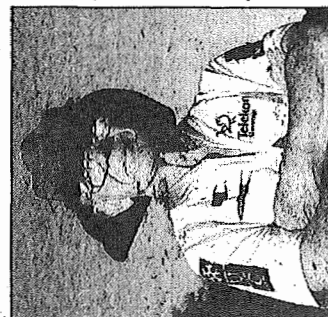
"They only have the six hour race over here and I don't get started until about 12 hours," he said.

Plans are on the boil for a 70th birthday celebration involving a run from Perth to Albany.

— VETERAN —

GEORGE AUDLEY

On his 68th Birthday, George Audley clocked up 238km in the 48 hour track Championship in Queensland. George came 4th in the event and reset several records, including adding 1700m to the 12 hour record in his age division and lowering his 100km time by 27 minutes and 11 seconds.



George runs for his life

HE'S been nicknamed The Flying Fossil and 67-year-old George Audley aims to keep running for as long as he can.

The ultra-distance runner has clocked up more than 120,000km since taking up running at the age of 45 in the early 1980s.

"I was a badminton player and the badminton season had finished in August and I was feeling very unfit, so I went out and did a bit of a jog," he said.

It was a night run and he enjoyed being out under the stars but the novelty wore off until his enthusiasm was reignited by entering a 10.5km fun run a few months later.

Mr Audley, of Elleker near Albany, said he did about a week of training and completed the run in just 45 minutes.

He decided from that he could do a 42km marathon in three hours.

"So I got a book out of the library, studied the training and started slowly and six months later went in the Albany marathon," Mr Audley said.

"I missed my target by one minute and 11 seconds — I was three hours, one minute and 11

seconds.

"It seemed to be natural for me to be able to do this."

About four years after taking up marathons, he competed in a 24-hour race and came third.

Since then, Mr Audley has continued ultra-distance running and highlights include the Sydney-to-Melbourne and a race from Perth across the Nullarbor to Canberra.

He said the key was mental toughness, not physical strength. "It's the mind pushing the body," Mr Audley said.

"Very few below (the age of) 30 will do any good at all because they've not got the mental strength to keep pushing themselves."

He said he did not enjoy ultra-distance running but did it because he was good at it.

"It's my forte," Mr Audley said. "I owe it to myself to do it."

He said there was also a history of heart attacks in his family, so he planned to keep running as insurance.

"In other words, you could say I'm running for my life," he said.



Above: George Audley with Basil Brush.

A Special Australian

By Lisa Smith

Never let it be said that you cannot overcome

Barry Stewart is the epitome of never giving up. This remarkable ex-digger (as he calls himself) has the determination to match any man a quarter of his age. Limitation is not in his dictionary and stretching the boundaries of his 70 year old body is.

Littering his mantle is a stream of trophies – not in the lounge room in the pride of the lion's den, but in his bedroom, modestly tucked away. Many of these pursuits would have been outstanding achievements for most, but for Barry, they are explosions of the human spirit.

A long list of testaments include marathons, 28000m events, six day events, 40 laps up and down Mt Wooroolin – a total of 425km and many others. Most were done in crutches and callipers until inevitably, Barry's broken-down legs reached the point of disrepair. Surrendering to a sedentary life however, was not Barry's intention. Nor was it to roll over and succumb to his disabilities. A new approach was needed. That was all. 'No biggie!'

Out he went to purchase a handcycle, a new vehicle for raising money for the community. Sparing his frazzled legs from the intense workload meant transferring the stress to his arms - two small limbs instead of the larger, stronger muscles of the lower body.

A crook left shoulder also meant an additional encumbrance, but a small thing like that hadn't stopped him in the past and it wouldn't again. Neither would the six decades under his belt. What was age anyway? Then unbelievably, Barry entered several long distance events. How far? Only 85km.

Just to be standing is a credit to him. During his early days in the army, Barry sustained brain damage. He endured depression and suffered several mental breakdowns. He was the victim of surgery gone wrong on his left shoulder and left knee and is still feeling the affects today. He is half deaf, is a reformed alcoholic and can't walk without discomfit, often knocking over objects as he struggles to control his legs. "I was born partly the wrong way," he explains matter-of-factly. "In the 1930's, women couldn't always get the food they needed and after you'd had a lot of children, the last in the litter were often born with diseases. I was the youngest of seven brothers."

Heart problems also threaten Barry's longevity. Down at Coffs Harbour during the recent 85km race, he tackled Red Hill - the first big hill of the day where the heart pounds and the muscles burn regardless of age and fitness. The gears in his handcycle jammed his chest was tight and pained. He fell off. Later, he found out that he had suffered a mild heart attack.

"I was worried about goin' backwards," he explains earnestly. "I really didn't think I was goin' to finish that race." Did he finish? Absolutely.

Surveying Barry's surroundings, it quickly becomes obvious that he isn't a victim to the materialistic mentality ravaging society, but is enjoying a deeper, more personal journey. The sole timber chair in the loungeroom gives testimony to this. So does the television (which Barry freely admits is broken) and the humble stereo sitting on the floor.

"You take the chair," Barry insists, manoeuvring his body with difficulty across the floor "and I'll take the carpet." Touched and flattered, it is easy to decline and dropping resolutely to the floor, the chair remains incongruously empty.

Twenty minutes north west of Kingaroy in SE Queensland, Barry lives alone in a rented house surrounded by hectare upon hectare of grassland where wide open spaces are the norm. His drive way stretches for almost a kilometre. It is riddled with pot holes and large stones embedded in its gravel surface, but it is charming and captivating in that fantastic outback kind of way. It's perfect. So is the solitude.

Everywhere the eye touches, the Australian bush sings its familiar tune. It's a magnificent pocket. Scattered haphazardly through the grass, stones of every size and shape catch the eye. Wattle trees add slashes of brilliant yellow and wallabies scamper through the brush.

Grazing cows, non-existent fumes and birds constantly rejuvenate the mind and it's difficult to imagine Barry living anywhere else. The 'wide open plains' typical of the Australian countryside is the perfect backyard and he blends in well. Later, he admits to enjoying the writings of Dorothy McKellar, Henry Lawson and Banjo Patterson. That is no surprise. Add George Bernard Shaw and Shakespeare and you have his prized collection.

Here, Barry's past is behind him. Almost. History is always reflected in the condition of the body and Barry has endured more than most. On this patch of precious land, his spirit is healthy. This is where he is designing his next amazing project – handcycling 10,000km around an oval in Kingaroy.

An oval? Yes. More on that later.

Not only has Barry suffered from physical disabilities, he lost his mother at 5 years of age.

"Me mum died from a receding colon," he explains quietly, staring at his feet. "She had been sick for 3 years before that and then me father collapsed the next day. He died 5 weeks later from a brain haemorrhage." A short silence. "I was told they were very much in love with each other and that married couples who were deeply in love, died very close together."

From then on, Barry lived with aunties and uncles. "I got as far as eighth grade," he murmurs, "when my brother and his wife made it clear that I had to go out and get some money."

Back in the 1930's, life was tough. Survival was on most people's minds, not acquiring careers or personal assets. Families were large with 8-10 people seated at the dinner table every night and like most families, Barry's wasn't without controversy. A deep rift had developed - one that would forever separate the family.

Barry's tone becomes passionate. "Dad told all his sons that they were never to go near his family and that we had to pass it on to all generations. That's how bitter the divide was." His tone changes. "My father was from a well-connected and very powerful family in Manchester," he explains, "and he didn't get on too well with his family. His own parents died when he was young." He pauses. "And back then, no-one ever married below their class standard. Well, mum was bushranging and convict ancestry. And that was a 'no no' - even over here."

Barry's knowledge of his family extends right back to 1803 and he can rattle off names and dates as if he had been speaking to them yesterday. Pride in his father is evident. "Dad was one of the leading boxers in his division in 1905/1906," he grins. "And I think a well-to-do cousin of his may have been the guy who invented the Garret locomotive."

But Barry also has his own claim to fame. "I became a champion pub drinker at 20," he reminisces. "And for 3-4 years, I drank a coupla' gallons a day. I'd go to the pub with a 100 pound cheque and blow it," he adds. "I even lost me job over it."

And so began another battle in Barry's young life – beating the demons of alcohol at 24. "Back in the bad ole' days," he chuckles, "they had what they called antabuse – it sounds terrible now, but the medication had to be mixed with 4 beers - no more. At least that's what the doctor said. I looked at him and said, 'but doc, I'm tryin' to get off the stuff. Why?'"

"You'll see," was the doctor's ominous reply. And Barry did. "I had the beer and I've never been so sick in all my life. The pain is so bad that you scream out for mercy because you're convinced you're dying. The beer mixed with the medication makes you swear off it. It'll kill ya. They don't give it to people anymore. Too many older blokes died from it."

The treatment worked and Barry won another battle. "After that, I used to go to the pubs and order ginger ale because it was less conspicuous, but I eventually got sick of that," he sighs. "And 90% of my mates wiped me," he murmurs. "If you're not a drinkin' man, you haven't got friends."

"Anyway," Barry continues, "when I was in the army, I had a mental breakdown and wound up in some of the worst mental institutions around the place." He pauses. "But that's the past. After that, I was a bushie and spent my time humpin' me swag, jumpin' rattlers (jumping off trains) and takin' work wherever I could get it. I met a few women, but I was moving around too much tryin' to reform meself."

From cane cutting, mining, gouging, steel works, builder labouring, working on the railway in gangs and many others, Barry has pretty much done it all. He even ran.

In fact, when asked when Barry had been the most content with 'who' he was and 'where' he was in life, his answer is swift.

"When I went back to running," he grins, a spark entering his eyes (an emotion that all the addicted share). "I really loved it. And I ran right up until the end of my service in the army. I'd run for miles and for hours on end."

That was in Barry's early teens and in 1987, he re-ignited his romance with the sport. But why doesn't Barry just give into his debilitating physical conditions and sit? Once again, his answer is prompt and definite.

"Runnin's extended me life. I like doin' it and I like raising money for charities. And that's the whole purpose behind it. There's no point doing it if someone isn't getting the benefit from it."

Perhaps Barry has discovered his destiny, but many health challenges still lie ahead. His doctor has recommended that he drop his weight from 117kg to 90kg and much to his credit, he is halfway there. He also warned Barry that he may not survive another heart attack. Does this put him off?

"I have a home gym," Barry states, thumbing his finger backwards, "which helps. And I stretch too. But my training isn't always consistent. It ranges anywhere from 120-180km per week and for the 10,000km challenge next year, I'll increase it to 200-240km/week.

One of the most staggering aspects of Barry's training is that he does it alone in 1km segments. Huh? Yes. Alone. Barry can only hobble on his legs, so he has to keep the house in close proximity, just in case

"If it broke down," Barry chuckles, "it'd be hell gettin' back."

For most people, just handcycling would be hell, but touring the same 1km stretch of road 200 times would be even worse. Not so for Barry. He just accepts it, just as he readily accepts his lot in life.

"You need two hand-cycles in working order at all times," he informs, "But they cost \$3,500 each and unfortunately, my old one is broken down"

Moving on quickly, he adds, "Anyway, I've asked some of the local businesses to promote themselves at the 10,000km event next August. I've also asked Dorothy Pratt to send a letter to the Premier asking him if he can get Qld Events behind it. It'll be based on the American Fat Ass system - no money. No awards. No support."

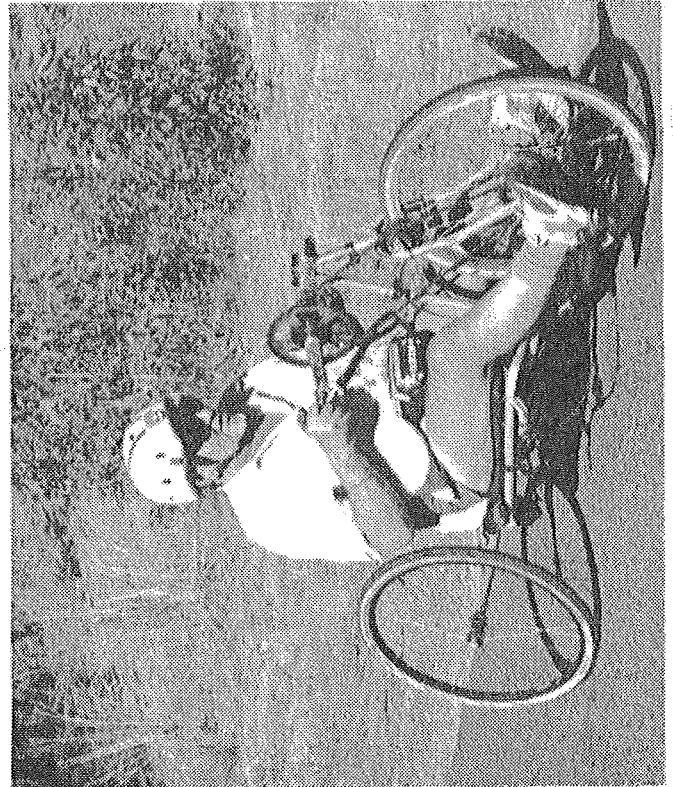
Watching the tenacious man relentlessly turning over the wheels of his handcycle is a sight that deeply touches the heart, especially after hill after hill. Never do you appreciate your legs more. His arms, shoulders and back would ache like Vesuvius, but Barry doesn't give it a thought. So, it's no surprise that even our overseas cousins have heard of him.

"The Chief Statistician of the International Association of Ultra Runners in England," Barry grins, "says that according to their records, there haven't been any other registered athletes with my particular handicap that have done the distances I have. And the records go back several hundred years."

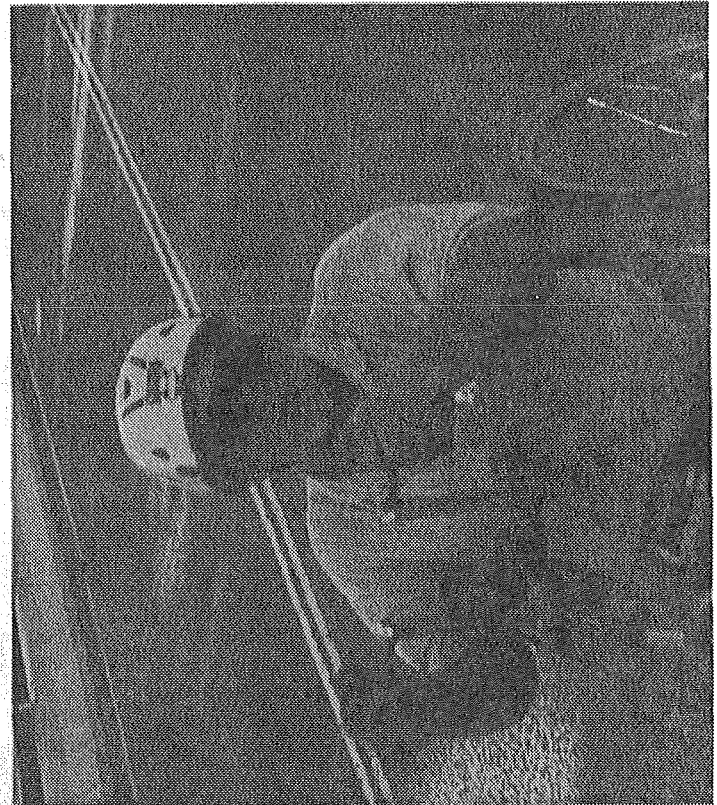
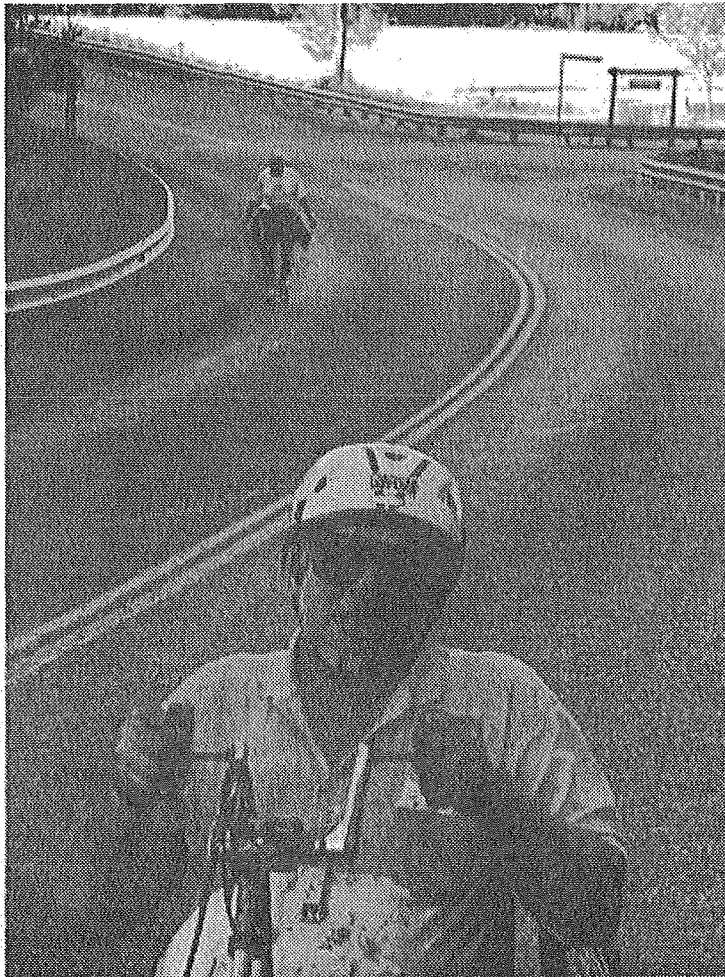
Raising his finger and becoming emphatic, he adds, "but if you stop and think about all the people throughout history that have been in all the wars and suffered all those tragedies well," he pauses, "they have done far greater things than I could ever do!"

To some degree, that's true, but not entirely. Barry's persistence in overcoming personal crises and his unselfish endeavours in raising money for the community proves that he is also a hero, just with a different slant. After all, how many 70 year olds do you know who would get out there and raise money for three charities by handcycling 10,000km in a small circle?

When asked if he was afraid of suffering another heart attack during the 10,000km event, he smiles and replies, "Nah if you're afraid of dying, then you're too scared to be livin'." Think about it.



The amazing Barry Stewart in action



The longest day

The Banana Coast Ultra Marathon is a race small in numbers, large in terms of determination.

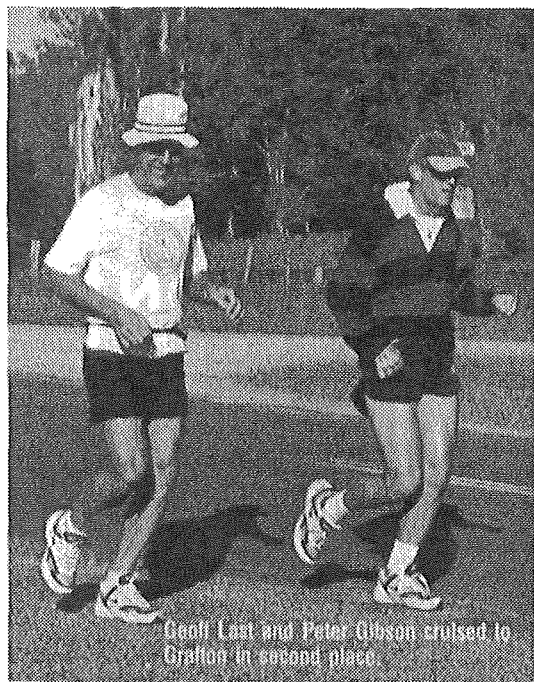
BY LISA SMITH

At 6am, the group was away, disappearing into the misty darkness, their minds filled with the long day ahead. Had their training been adequate? Was their nutrition right? Either way, it was too late. Whatever would be, would be. It is an individual's race and they were alone with their demons.

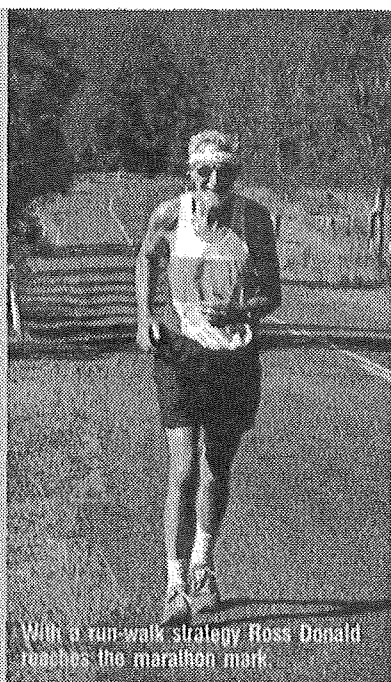
The first hurdle was Red Hill, a steep 1km that sucks oxygen from the lungs and generates muscle burn. Twenty-four-year-old David Criniti conquered it like a child devouring ice cream.

While the runners laboured up the hill, the kaleidoscope colours of dawn spanned the sky as mist hovered above the ground.

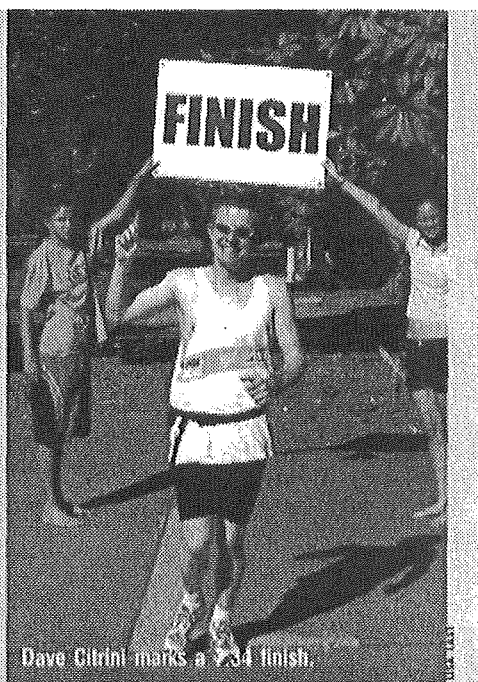
Criniti reached the crest quickly, then disappeared. Peter Wood, an Ironman, arrived next, Jive, his cattle



Geoff Last and Peter Gibson cruised to Grafton in second place.



With a run-walk strategy Ross Donald reaches the marathon mark.



Dave Citrini marks a 7.34 finish.

On a quiet country road between Coffs Harbour and Grafton, a steady hum penetrates the silence of the bush. Plod, plod. They're running the most enduring road ultra marathon in NSW, boasting 21 years of longevity.

Even the origins of the Banana Coast Ultra are unusual. Driving from Grafton to Coffs Harbour, Steel Beveridge noticed a street sign marking the 85km distance between the two. Prone to the ultra marathoning bug, he immediately associated the distance with the famous Comrades

Marathon in South Africa. Why not, he thought.

And on the morning of 25 May, 10 runners braved the bitter, single-digit temperatures to participate in the 21st Banana Coast Ultra Marathon. Ages ranged from 24 to 77, with mature-aged citizens outnumbering the young. A combined count totalled 550 years – proving that age isn't a barrier. For each, the goal was to finish either 60km or 85km.

This year, there was a sombre side. The winner of the 2001 race had died, and this run was in his honour.

dog hugging his heels. Wood's aim was to reach the 85km mark in Grafton.

Lindsay Phillips was next, an experienced ultra runner and one of the youngest to enter the 1991 Sydney to Melbourne. He had had to pull out 26km short of the finish line to comply with cut-off times. Today's strategy was to finish the entire 85km by starting slowly.

Geoff Last and Peter Gibson conquered the hill together. Gibson is an experienced ultra runner with several 1000-mile runs under his belt. In

his earlier days, he mastered the marathon, but later switched to bowls. By 35, he was sedentary and overweight. One day, a friend challenged his ability to run to the corner. He accepted and once again embraced running. Last won the Banana Coast in 2002.

Geoff Hain was next. As a 10-time finisher, he knew exactly what to expect and his strategy was to pace himself and run his own race. A white bobbing head heralded organiser Steel Beveridge, whose goal was to reach Lanitza, the 60km mark. Twenty metres behind him, a chirpy Ross Donald walked strongly, the run-walk strategy being how he planned to reach Lanitza.

All was quiet. Then a large but spritely man bounded up the hill: David Casey on his first ultra challenge, had missed the start by 11 minutes.

Stan Miskin was next, a 77-year-old veteran runner who won last year's Ultra Runner of the Year Pointscore and holds many other event wins in his age group. This legendary runner suffered pneumonia as a child, and had a section of lung removed. His goal was 60km.

Time passed, but Barry Stewart, the handcyclist failed to appear.

Along the road, the runners spread out, but Stewart remained absent.

As the mist finally began to lift, the sun cast its unwelcome warmth on the runners, warning them of what was to come. The 16km mark came and went and still there was no Stewart.

Out in front, Criniti lengthened his lead with 5:00 kilometres. Phillips, Last and Gibson knocked Woods back into fifth. In mid-field, Casey steadily diminished the distance between himself and the others and was soon sitting on Hain's heels. Twenty kilometres later, Stewart still hadn't appeared.

Then suddenly he was visible in the distance, methodically turning the stiff handles on his three-wheeled contraption. Stewart barely able to walk, has undergone two unsuccessful surgical procedures on his left knee and is almost deaf.

"Me gears jammed and I tipped off the back," he explained. "I cut meself and had to push it up the

hill. It's stuck in high gear now, so it'll take me 12 hours to git to Grafton!" he muttered. Blood speckled his shirt, his fingers caked in grease, he relentlessly kept his machine moving.

Stewart caught Miskin on a short downhill stretch, then lost him again as Miskin powered up the hill.

Up the front, Critini was out of sight. Behind him, Phillips Wood and Jive pounded away. Behind them, Hain continued walking the hills, unphased by Casey's encroaching presence. In the rear, Stewart overtook Miskin and began lengthening the gap.

By 10am it was sweltering. Up ahead, Casey began to wilt and the gap between him and Hain widened again. Criteri arrived at the marathon mark in 3:43.

60km mark eventually appeared. Relief was palpable. For some, it was the end of a long day.

Casey was the first to reach it, but fight was still smouldering in two tenacious runners. Two hundred metres from the finish, Woods and Jive cheekily overtook Phillips.

Donald arrived, but ploughed on, heading for the far finish line. Beveridge and Miskin arrived too, their goals achieved.

Hours later, Criniti reached Grafton. Strong and confident, he crossed the finishing line in 7:34. "Pain kicked in at 30km," he admitted, "and got progressively worse, so I played mental games."

Seventy-five minutes later, two more crossed the line in 8:45. Ask the pair why they did it and Last will murmur, "Years ago, everyone



Barry Stewart hand cycled his way to Grafton.

"You're flying!" a supporter yelled as he streaked past.

"Early days yet!" he replied, his casual stride propelling him forwards.

Phillips was next, his pace markedly slower. Gibson and Last followed in 4:15, missing Gibson's target of 3:50.

Woods arrived in 4:37, Hain four minutes later. Donald powered past like a champion in 10:51, his walk-run philosophy clearly paying off.

At 46km, Casey finally retired, legs done in. Woods was also slowing.

Time seemed to slow, but the

walked everywhere. Who's to say it's abnormal?" Now there's a thought.

Next was Stewart, followed by Hain and the stunned 65-year-old Donald who couldn't believe he had made the entire 85km.

The day was a mix of elation and disappointment. Some realised their goals, some didn't; some excelled. Determination was at work and so was the human spirit.

For details of the 2004 Banana Coast Ultra watch the Australian Ultra Runners Association website at www.ultraoz.com

World 24 Hour Challenge. Uden, Netherlands

October 11/12th 2003

The first 24-Hour World Title event in 13 years was held Oct. 11-12 in weather described locally as perfect.

A field of nearly 200 (including national teams from 21 countries) ran the race on a 2.5km certified loop, taking advantage of the weather and the rare opportunity to deliver the greatest all-day run in history, as measured by depth of performance. Unprecedented totals of 54 men and 16 women broke 200km.

Favorites Valmir Nunes of Brazil and Edit Berces of Hungary, both former World 100km champions now converted to the longer event (Berces having recently set a new world 24 mark of 155+ miles), led early and for most of the day and night, only to falter in the last quarter of the race.

The finish of the men's race was probably the most dramatic in world class history. Although the event was held on a closed, 2.5km road loop, the entire field was diverted with 45 minutes remaining onto a 400 meter track.

Japan's Ryoichi Sekiya spent the entire night working his way to the front of the field, and he held the lead going into the last hour. But once on the track, Belgian Paul Beckers began to close the gap, and with 15 minutes remaining had closed to within 600 meters.

Final minutes thrilling

With less than 10 minutes remaining on the clock, Beckers caught and passed Sekiya, who then glued himself to the charging Belgian for the next few minutes. Finally, with only three minutes left in the race, Sekiya collapsed in a heap on the track, leaving the world title to Beckers.

Russia's Irina Reutovich, undisputed women's world No. 2 for the past half-decade, had gotten used to playing second fiddle to Berces in all the major international 24-hour competitions. This time, with the stakes the highest, the persistent Russian turned the tables, winning easily over countrywoman Galina Eremina and Joelle Semur of France, as Berces finished fourth.

Belgium and Russian won the men's and women's team titles respectively.

Tero Toyryla of Finland comments:

A couple of comments to the report about 24 hr WC in Uden: There was actually 78 competitors running more than 200Km if those in the open race are included. About the 'Thrill' in men's race: Sekiya did not collapse "just three minutes remaining"; it must have been about 20 minutes remaining when that happened. I was running quite close behind at the moment. I passed him lying on the grass several times as he lay there with eyes closed and smile in his face. There were officers taking care of him, but it took maybe 10 minutes before the ambulance men arrived. And then, there was still about 10 minutes left in the race.

MEN'S RESULTS

1. Paul Beckers	BEL	270.087km	20. Vlastimil Dvoracek	CZE	228.788km
2. Ryoichi Sekiya	JAP	267.223km	21. Vincenzo Tarascio	ITA	228.214km
3. Etienne van Acker	BEL	264.967km	22. Sigurd Dutz	GER	227.497km
4. Andrei Kazantsev	RUS	258.037km	23. Peter Seman	SVK	227.129km
5. Lucien Taelman	BEL	256.847km	24. Vladimir Kurbatov	RUS	226.230km
6. Dmitriy Tishin	RUS	255.302km	25. Lucio Bazzana	ITA	225.712km
7. Valery Kanarcki	BLS	254.992km	26. Muneharu Kuroda	JPN	225.689km
8. Wim Epskamp	NED	251.572km	27. Josef Wagner	AUT	225.138km
9. Mophammed Magroun	FRA	248.170km	28. Katsuhiko Tanaka	JPN	223.869km
10. Sergio Orsi	ITA	246.150km	29. Gerald Dudacy	GER	222.667km
11. John Geesler	USA	239.313km	30. Raimonds Senfelds	LAT	221.500km
12. Antonio Mazzeo	ITA	238.998km	31. Ron Teunisse	NED	219.526km
13. Kaname Sakurai	JPN	237.044km	32. Roy Pirrung	USA	218.386km
14. Karl Graf	GER	235.041km	33. Ivan Shynkarov	BLS	217.340km
15. Harek Gulbierz	POL	234.230km	34. Vladimir Bychkov	RUS	216.161km
16. Loie Lebon	FRA	233.832km	35. Lajos Barakonyi	HUN	215.859km
17. Dominique Provoust	FRA	233.790km	36. Walter Hill	GBR	214.656km
18. Scott Eppelmann	USA	230.714km	37. Alfons Vekemans	BEL	214.334km
19. Gyungseork Seo	KOR	230.027km	38. Arvids Sefanovskis	LAT	213.539km

39. Tero Toyryla	FIN	210.871km
40. Pekka Aalto	FIN	208.993km
41. Zoltan Kiss	HUN	208.868km
42. Antal Ludvig	HUN	206.224km
43. Andriy Solodovnikov	UKR	205.791km
44. Seppo Leinonen	FIN	205.552km
45. William Sichel	GBR	204.814km
46. Rudi Ohme	AUT	204.405km
47. Osvaldo Beltramino	ITA	202.581km
48. Tatsuya Maeda	JPN	202.530km
49. Ivan Seryy	UKR	202.449km
50. Leif Franzen	SWE	201.780km
51. Dirk de Pooter	BEL	201.639km
52. Jean-Pierre Guyomarca	FRA	201.265km
53. Leo Tichelen	BEL	201.073km
54. Antonio Mammoli	ITA	200.732km
55. Ben Mol	NED	199.518km
56. Laszlo Fendrik	HUN	195.622km
57. Henrik Trantum	DEN	195.055km
58. Mikalai Hrybayedov	BLS	189.812km
59. Tom Hendriks	NED	183.645km
60. Adrian Scott	GBR	181.424km
61. Dymbryl Ghamsaranov	RUS	181.187km
62. Johnny Granqvist	FIN	180.241km
63. Janne Kankaansyrja	FIN	177.518km
64. Aleh Bykou	BLS	173.882km
65. Byounghwan Jin	KOR	173.518km
66. Jari Lehtonen	FIN	170.225km
67. Jens Lukas	GER	170.068km
68. Wolfgang Schwerk	GER	170.068km
69. Alex V. Hendriksen	DEN	167.990km
70. Miroslaw Lasota	POL	167.086km
71. Viesturs Dude	LAT	166.592km
72. Manyung Namgung	KOR	164.283km
73. Kjell-Ove Skoglund	SWE	161.113km
74. Jan Sourek	CZE	154.398km
75. Levente Kalotai	HUN	153.846km
76. Andriy Stcherbanovskiy	UKR	150.876km
77. Georgijs Jermolajevs	LAT	150.698km
78. Waldemar Pedzich	POL	150.173km
79. Ewald Eder	AUT	145.058km
80. Andreas Falk	SWE	142.365km
81. Ivan Durkovsky	SVK	141.524km
82. Rudolf Ottitsch	AUT	133.162km
83. Siarhei Koval	BLS	130.052km
84. Evgueni Anisimov	RUS	127.826km
85. Stuart Buchan	GBR	120.048km
86. Petr Solnicka	CZE	115.046km
87. Lubomir Hrmo	SVK	100.040km
88. Umr Andersen	DEN	100.040km
89. Viktors Suborins	LAT	90.036km
90. Kenji Okiyama	JAP	82.533km
91. Alain Prual	FRA	70.028km

92. Milos Skorpil	CZE	70.028km
93. Jasper K. Olsen	DEN	60.024km
94. Thomas Blumtritt	GER	57.523km
95. Andris Dudels	LAT	50.020km
96. Jan Bujnak	SVK	32.513km
97. Jaroslav Kocourek	CZE	27.511km

WOMEN'S RESULTS

1. Irina Reutovich	RUS	237.052km
2. Galina Eremina	RUS	232.050km
3. Joelle Semur	FRA	227.279km
4. Edit Berces	HUN	225.710km
5. Masae Kamura	JPN	222.895km
6. Pam Reed	USA	217.048km
7. Irina Koval	RUS	215.756km
8. Guija Lee	KOR	215.623km
9. Lioudmila Kalinina	RUS	214.556km
10. Colette Musy	FRA	212.849km
11. Nina Mytrofanova	UKR	212.217km
12. Nadezhda Tarasova	RUS	210.714km
13. Fumie Sata	JPN	210.520km
14. Veronique Jehanno	FRA	209.175km
15. Sharon Gayter	GBR	205.865km
16. Heike Pawzik	GER	202.051km
17. Rimma Paltsova	RUS	198.694km
18. Nathalie Firmin	FRA	197.614km
19. Christine SEXTL	GER	196.929km
20. Sandy Powell	USA	196.275km
21. Marianne Dahl	GER	195.324km
22. Hiroko Okiyama	JPN	195.025km
23. Lorena Di Vito	ITA	194.530km
24. Monika Moling	ITA	192.029km
25. Krisztina Nagy	HUN	184.082km
26. Sue Olsen	USA	183.715km
27. Mereth Rose	GER	182.463km
28. Erika Soros	HUN	181.445km
29. Irena Lasota	POL	179.591km
30. Maria Teresa Nardin	ITA	179.192km
31. Cornelia Bullig	GER	174.255km
32. Brigitta Werderits	HUN	170.068km
33. Christiane Lecerf	FRA	167.496km
34. Illona Schlegel	GER	167.486km
35. Alicja Banasiak	POL	164.344km
36. Yangsun Hong	KOR	160.921km
37. Larisa Cherniy	UKR	159.966km
38. Anita Liepina	LAT	151.586km
39. Nunzia Patruno	ITA	147.559km
40. Nadezda Kavtaskina	LAT	142.764km
41. Sunghee Lee	KOR	127.569km
42. Inita Bistrova	LAT	122.758km
43. Kateryna Mytrofanova	UKR	109.159km
44. Barbara Szlachetka	POL	80.469km

A really bad run

Long-distance runners looking for international experience would be well advised to steer clear of South Africa. This week, a Japanese runner taking part in the Comrades 89-kilometre ultramarathon from Pietermaritzburg to Durban had to pull out at the halfway mark after a mugger attacked him and stole his running shoes. But a South African runner fared worse. In the lead-up to the event, gunmen bundled him into a taxi and took all his running gear, money and watch. Organisers replaced the running gear, but a few hours later, while he was in the toilets in the supposedly secure media centre, thieves struck again and ran off with all the replacement gear.

Home wanted for
friendly Labrador.
Will eat anything -
loves children

TRANS-EUROPE-FOOT-RACE

5,100 km from Lisbon-Portugal to Moscow-Russia

By Jurgen Ankenbrand

1. Idea

During the 1st Trans America Crossing in 1959, Manfred Leisman thought about a Trans Europe Crossing with a theme of uniting the people through sports. Due to personal matters the idea did not surface again until the year 2001 when the Trans Australia race took place. Being a long distance runner himself, he wanted to run the event himself. He also needed at least one man who could put the entire package together as the organizer and planner. For that he eventually engaged Ingo Schulze, a race director of the "Spreelauf", a seventeen-day event in Germany. Ingo, I am sure, never realized the gravity of what he had committed himself to, when he discussed the matter with Manfred. Ingo must have had a temporary lapse of sanity when he signed the contract to be the RD/Organizer of this momentous event, a decision I am sure, he has since regretted many a times.

2. Route outline

Manfred looked at the map of Europe, and pencil out a course, trying to avoid mayor cities wherever possible to avoid mayor traffic jams and also considering the safety of all.

In the Spring of 2002 Manfred and his wife Brigitte took their three weeks vacation and drove the entire 1st halve of the route from Lisbon, Portugal to a small town in Poland called Zalesie, 20 kilometers before the border of Belarus. In mid September of 2002 they took their second three-week vacation and scouted out the second halve from Poland to Moscow. All the while Manfred spoke into a tape recorder, what eventually became the daily traffic directions for all to follow. One problem emerged from all this. Manfred spoke the town names as he interpreted them, which often presented a problem for drivers (especially in Poland and Russia), not finding anything similar on the map.

2. Nightly lodging

Also on their two scouting trips Manfred and Brigitte (his wife) tried to make as many contacts as possible regarding nightly quarters such as dormitories, schools or similar housing. Some places made commitments, which were not always kept, or we arrived on the day and time as scheduled and the hall would not be available till later in the evening, while runners arrived with no place to go. Others took some continuous follow-up letters and others had to be made almost upon arrival like in Belarus and Russia. Originally we were scheduled to camp several times, but we were spared and rather stayed in Gyms 95% of the time, with a couple of 3rd grade hotels, an Army barrack in Portugal and a couple of girl dorms.

3. Setting up an organization

For tax a business entity had to be created and thus the Trans -Europe-Organization was born, keeping track of all business and financial dealings. This included potential financial contributions as well as expenses plus any traffic or road permits required, especially through Germany.

Basically the management team consisted of Ingo Schulze, Manfred Leisman, Heiko the financial man and a few volunteers that did whatever needed to be done. Initially few people thought it possible to pull off such an event, where almost seventy people would cross Europe on foot, meeting the challenge of seven borders, languages and whatever red tape officials may decide to throw our way.

4. Rules, regulations, does and don'ts

Like any race or organization, there had to be rules, regulations and stipulations of what is acceptable and what is not.

A multi-page document was created, trying to cover as many points as possible.

Items such as cost for participation, equipment needs, document requirements, conduct during the race and many more items of similar nature, giving all guidelines of what to expect.

5. Will enough runners come

Any undertaking needs a financial feasibility study to see if the incoming money would cover anticipated expenses. Potential sponsors were contacted but when money is tight it's difficult to get anything from any large company unless they have a product that happens to fit into the theme of the event. Bayer (the Aspirin maker) had such a product. They had developed a new fiber for clothing, thus shirts and wind jackets were made and worn by runners that were sponsored by Bayer.

6. Setting the price.

Setting the entry fee would be a very crucial procedure since this would be the financial basis for the well being of the event and it's main source of capital other than donations by sponsors. The Euro 45.00 per day figured per stage and full-time runner multiplied by 63 came close to Euro 3,000,00 a sum, I thought was too low.

7. Establishing a criteria for participants running qualifications

The idea of having qualified runners is that as many runners as possible will finish the over 5,100 kilometer race to Moscow. Ideally runners with multi-day running experience would be good candidates. As it turned out, several of the known good runners did not finish and several "unknowns" with little multi-day experience made it all the way. Naturally, injuries will always play a factor in a 63-day race, and this race was no different, as we would find out later.

8. The Logistics of:

- a. Getting volunteers
 - b. Arranging/finding enough transportation
Conventional Car Rental was not available into Eastern Europe
because rental companies would not let their cars there for safety reasons
 - c. Finding lodging in places like GYMS, school dorms or even once a military barrack
 - d. Food & beverages for 70 people twice a day plus aid stations
 - e. Writing daily Routing directional Sheets for runners & drivers
 - f. Getting traffic permits for eight countries, especially Germany with it's very regulated way of life
 - g. Visa info for all runners and staff especially for none European runners
 - h. Liability Insurance for all staff & runners
 - i. Possible medical emergencies and where to take runners should they arise in any of the eight countries we would pass through
-

A country-by-country recap of events in a nutshell.

PORTUGAL

Lisbon is a very nice and colorful city, which I discovered during my three-day stay prior of meeting the runners and Ingo. During a press conference most runners, the Bayer rep and the local press met. On race day the sun shone brightly making for a great start and all where happy. Initially the entire contingent of 44 runners started as a group and ran at a slow pace on the edge of town till they crossed the river TEJO on a ferry, after which the race officially started.

Portugal is a relative small country and after two days of running across the mountainous landscape, we crossed the border into Spain.

SPAIN

It turned out that I was the only one with any kind of Spanish language skills and all of a sudden I became the official spokesperson for the group. Living in Southern California for many years, I had acquired a basic skill, but it often proved insufficient to get across to our hosts what we needed. The major questions we usually had upon arrival were:

1. Where are the (hot) showers, the toilets?
2. Where were the showers? More often then not, they were cold.
3. When can we get into the Gym?
Unfortunately, sometimes we arrived at a new location and we were told that either we could not get into the Gym itself till much later because of local activities, pissing off the runners when they arrived.
4. Is there a phone line we can use to get onto the Internet?
I had to post 25 digital images to two websites daily with one new article in German and English, which our webmaster Sebastian Seyrich posted whenever possible. Initially we were on the web as late as 11 or 12 pm at night, getting less sleep then the runners.
4. Food to feed 44 very hungry runners and another 20 or so volunteers and other staff twice a day, meaning we were always on the lookout for "inexpensive" restaurants very close to our GYM that would either deliver or be able to seat about 75 people at once.
5. Grabbling with all the above proved often frustrating but also produced many humorous situations and having a few experienced volunteers along, helped too.
6. In most countries we passed through smaller towns avoiding having to navigate through traffic congestions. Our brightly colored orange stickers with black arrows would be THE direction to follow throughout Europe. As far as I know, no other group of any kind has ever left such a trail over 5,100 kilometers across an entire continent, but it did the job and always got us safe to the next place at night. That does not mean that runners or drivers didn't get lost at times, but with a little help from locals, volunteers or police, nobody was ever lost for too long.

One day we passed by a cemetery and I took pictures of a few runners with the cemetery as a backdrop. That night I put a couple of these images on the website with the comment, "should one or the other runner not make it, "he/she would not have far to go to rest". The following day the RD got a call from his wife in Germany, saying the local paper had written that at the Trans America race there were injured and DEAD runners. He was not too happy about that, BUT from that day on the numbers of visitors to our site increased considerably and any attempt thereafter to "censor" my daily reports were a fruitless attempt on his part.

Spain left us with two memories:

1. Much colder than anticipated and windy as hell
2. A broken luggage trailer, causing an extreme challenge
3. The great hospitality and help everywhere were afforded by the locals

FRANCE

Several of our runners and or volunteers spoke French, so communication was less of a problem here. Here many runners had an anticipation of great food. Although we did eat "out" a few times the food was pretty good, but apparently it was not always what the runners thought they ought to get, but such is life in the big city and a reality, something many had trouble getting used to. France overall had been very good to us with warm welcomes, good food and a nice country-side, especially the many nice smaller towns and villages many had heard about.

The runners by now had gotten into a running routine and about 15 had already left the race, mostly due to injuries or the inability to keep up (if you can't stand the heat, stay out of the kitchen).

BELGIUM

After France, a two-day tour through this very scenic and hospital country proved a good time for all. We had warm welcomes, good food and despite the rain on one day, all enjoyed this short interlude through the smallest country we would pass through and we had no problem with the language as we had several members of our running family that spoke French.

GERMANY

By now most that were to quit the race had done so by now and the rest were pretty sure that they would reach Moscow.

Since there were many German runners and Bayer was the sponsor and is headquartered in Leverkusen, we were looking forward to running through Germany. We expected to see a few "STAGE-RUNNERS" joining us on most days, running one, two or more days along with our runners. The welcome mat was laid out by Bayer at their headquarters and in several other "home-towns" of a few runners. We enjoyed home-cooked food and warm hospitality and life was good, at least from my viewpoint, since I did not have to run. However, we knew that things would change once we reached Eastern Europe, and boy, did they ever.

POLAND

We crossed the border in record time of less than 15 minutes each, due the good work of one of our contacts and landed in the border town of Slubice. Next morning one of the crew vehicles had a busted window and a missing car stereo. This unfortunate incident was not the start we hoped for, but after that we actually were always welcomed and enjoyed warm hospitality from all we came in contact with. Food choices became fewer and several "Krauts" started to complain. I told them they had it too good at home and were spoiled and this was an adventure event and not the Ritz Carlton.

BELARUS (WHITE Russia).

One mayor loss, the darling of many, Japanese female runner Hiroko Okiyama, a world-class runner had to quit in severe pain after just a couple of hours one morning and left the group next day. This was a shame because she had the ability, but would not listen when many told her to "slow" down and now she paid the price.

The border crossing was a nightmare, taking almost five hours for no apparent reason, other than that the communist apparatus showed itself from it's best (or worst) side, working like it was designed to do, slow and infuriating to most that came into contact with it.

Here the proverbial shit started to hit the fan, as sanitation really became the pits with toilets and showers, nothing any of us had ever seen. I personally can put up with lots of crap for a while; having traveled to several third-world countries, but many Germans and a few other runners had a huge problem with this. This started to contaminate the overall mood and cohesiveness of the entire group with their daily bitching and complaining as if that would change anything.

Naturally, the food many had expected was none existing and not available in stores, so all had to go with what was there, all along moaning and groaning about it.

One morning the couple that had bought all food supplies up to this point had enough and just announced they would leave NOW, leaving us unexpectedly in somewhat of a lurch.

RUSSIA

Everyone figured that all that were still in the race at this point would finish, and that they did in great fashion and courage. The race had come down to only two runners having a realistic chance of winning. Robert Wimmer from Nuernberg Germany (my home-town) who had said from the beginning that he ran to WIN the race and Martin Wagen from Switzerland, who last year had won the Trans America event.

Now get this. Robert had a four and a half hour lead when he got a stomach problem, causing him to lose all his lead to Martin and then some.

Not sooner was Robert well again, Martin became ill, all due to the "bad" water as all runners said, resulting in many stomach ailments. Only problem Martin had, his illness lasted almost a week and thus he lost any chance of winning. This showed once again that in a long race like this, one never knows and that it's not over till the fat lady sings and it's useless making any predictions.

Was this race tougher than the Trans America or the Trans Australia race?

The daily stages were longer, the conditions often more primitive and the overall feel of being a harmonious group was missing, several runners had told me.

From my perspective as a none-runner I want to say this:

This event definitely had to be much tougher to organize and keep control over in every aspect and much credit must go to Ingo Schulze, the RD. Granted, Ingo is a capable race director, but a lousy PR person which caused a few problems along the way.

However, overall I want to say that the Trans Europe Foot Race was a success since 22 of 44 runners had reached Moscow without any serious accidents happened, not counting the one time when Bernard, the French Wheel-chair participant got hit by a car, throwing him from his chair.

Will there be a second Trans Europe race?

At this point I would have to say NO. For one, the novelty is gone, it's the longest race and I doubt that many of the volunteers and people that helped would do it again? Would I, perhaps but then I may never have to make this decision anyway.

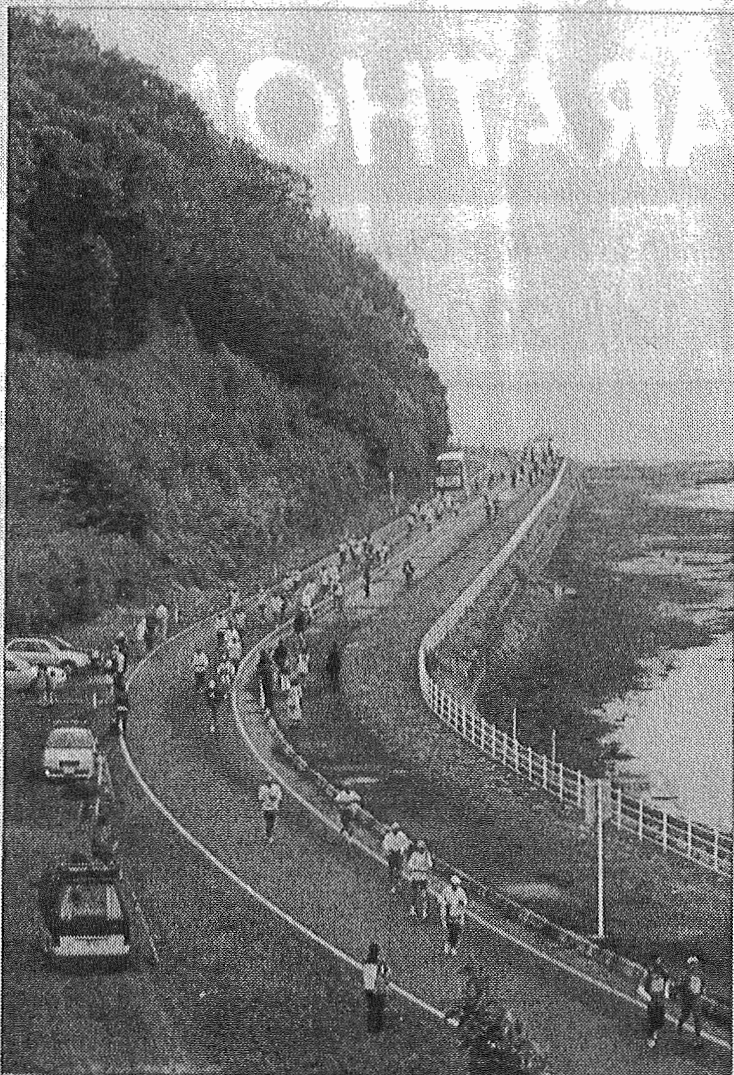
Thus another milestone in Ultra Running has been set, with the one question remaining:
WHAT WILL BE NEXT???



Runners gather at the start of the Trans Europe Race.
The world's longest footrace.

Saroman Blue

Lake Saroma 100km Ultramarathon, Japan. 29 June 2003



By Isao Furuichi

The Mauritian Blue is the world's rarest postage stamp. The Blue Marlin is one of the world's most prized deep-sea fish. But Saroman Blue isn't any particular thing at all. It is a colour.

It describes the particular colour of the water of Lake Saroma, which is legendary among participants in the 100km ultramarathon run around its shores. Once you have run this race, Saroman Blue is branded in your memory for life.

This year, in the eighteenth running of the race, there were 2753 participants whose ages varied from 19 to 81 years. Not yet rivalling South Africa's blue riband events, since 1986 this race has even so grown to rank as one of the most popular ultramarathons in the world – and it is longer than both Two Oceans (56km) and Comrades (89km).

It was the pioneer event for ultrarunning in Japan, as nowadays more and more ultras are held throughout the country.

Cast your eye over the map of the Japanese archipelago, from south to north. Pass over the in parts crowded island of Kyushu (Fukuoka) in the south and the central island of Honshu (Osaka, Amagasaki, Lake Biwa, Nagano, Nagoya, Tokyo).

These places suffer the awfully hot and humid summer of our country, and most of the marathons are held in winter or early spring. The promised land for runners during the Japanese summer is in Hokkaido, the northernmost island.

The island's capital, Sapporo, plays host to both a half marathon in early July and a full marathon at the end of August – by which time the heat has crept even this far north.

But Lake Saroma is a further haven. Beyond the central mountain massif, Lake Saroma nestles on the northern shore at 44°N, bordering the Sea of Okhotsk – that's the next one Arcticwards after the Sea of Japan.

To be accurate, it is more properly Lagoon Saroma. The inland body of water is sheltered by spits which project from east and west, and the island which lies between them does not quite seal the gap.

Runners cannot make a circumnavigation, but they come very close to it, going out-and-back along the spits and taking the inland loop between them. And they come close to nature.

All around there are beds of wild flowers beside the lake and its inlets, views out to the ocean, and a cooling breeze blowing in from Siberia.

At 55km runners can stop to re-charge at a well-stocked food and drink station, and can even change their gear. A different level of hospitality has to apply for those runners who dare to test themselves over such a distance.

Every 5km there is massage and ice available to fight against fatigue and pain and to cool off. But runners must pass through the 80km mark in under 10hours or face elimination from the race.

The course, at least, is kind to the runners – it was designed as flat as possible, following the lakeshore and winding through the woods.

This year we were blessed cool and comfortable weather for both the 100km and the 50km races. At the 05.00 start it was cloudy and unseasonably cool at 11°C. A light drizzle may even have made a few runners shiver slightly before they set off.

The highest temperature of the day was only 13°C, but by the end these conditions were the cause of more smiles at the finishing line, as runners celebrated the joy of their accomplishment.

So many, in fact, that instead of the normal success rate among runners of 50-60 per cent, this rose to 73.5 per cent.

The time restrictions imposed as a cut-off caught far fewer runners out thanks to the cool conditions. But such unexpected success did catch out the organisation – as there was a shortage of finishers' medals at the end.

Lake Saroma bears comparison with all the world's most scenic marathons. You become immersed in nature, seeing and smelling the sweet scent of the wildflowers in this immense natural park.

In particular, at the marathon distance, there is a panoramic view of Lake Saroma, the third largest in Japan. This prospect, imbued with Saroman blue, becomes the image of the race, and lingers in the memory.

1 Yoshiaki KOBAYASHI	JPN	6:38:06
2 Junichi NOMURA	JPN	6:43:36
3 Hideo NOUJOH	JPN	6:47:38
4 Hidenori NAKAYAMA	JPN	7:08:02
5 Kiminari KONDO	JPN	7:11:43
6 Hiroshi SUNAGA	JPN	7:29:31
7 Kazuhisa SETO	JPN	7:45:48
8 Shigetaka ISHII	JPN	7:47:05
9 Hiroaki INOO	JPN	7:52:06
10 Hiroyuki YOSHIDA	JPN	7:55:30

1 Norimi SAKURAI	JPN	7:20:02
2 Kazuko KONDO	JPN	8:34:29
3 Yoko YAMASAWA	JPN	8:37:54
4 Yumiko UNE	JPN	8:38:02
5 Sumiko TANAKA	JPN	8:50:32
6 Reiko HIROSAWA	JPN	8:51:18
7 Yasuko KANEHIRA	JPN	8:59:02
8 Hifumi FUKUYASU	JPN	9:18:02
9 Yuuki MIURA	JPN	9:25:09
10 Hisako TANAKA	JPN	9:26:47

DNF: When Success is a Three-Letter Word

by Garrett Graubins

"Failure is the opportunity to begin again more intelligently." – Henry Ford

It's unlikely that Henry Ford ever ran an ultramarathon; he was far more likely to drive one of his innovative automobiles past the marathon distance. Yet his words echo the feelings of many an ultrarunner who has suffered the heartbreak, frustration, disappointment, and sadness of the most lamented acronyms in the sport: DNF (did not finish).

Within the pages of *UltraRunning* each month, there are stories of successes. There are the victories, the personal triumphs, and the stories of those who have successfully completed a daunting distance. With each race report, there is a list of finishers to accompany the story of the battles that took place to decide the winners.

But what about the others; the runners who toed the starting line with high hopes of winning, improving on a previous performance, proving something to themselves or somebody else, or just crossing the finish line? Consider the following:

- In the 2003 Leadville Trail 100 Mile, 246 runners who started the race did not finish.
- In this summer's Western States 100 Mile, 133 runners failed to endure through the race's heat, canyons, and quad-pounding downhill.
- In July's Hardrock 100 Mile, 42 runners—37 percent of the field—who started the race did not experience the exhilaration of "kissing the Hardrock," signifying they had conquered one of ultrarunning's most difficult races.

That adds up to more than 400 DNFs in these races alone. To put that into perspective, imagine if the *entire* field of this year's American River 50 Mile failed to finish. That would be the approximate equivalent.

DNF's are a fact of ultrarunning that virtually every ultrarunner, regardless of his or her ability or where he or she normally finishes in the placings, has experienced. In fact, many ultrarunners feel a DNF is a rite of passage on the way to becoming a stronger runner. It's akin to the adage, "That which does not kill me makes me stronger." In order to graduate to higher levels of the sport, everyone needs to experience their medical wristband being cut or the surreal moment when they hear themselves say, "I'm done" in a sport in which you're never supposed to say those words.

The process of a DNF transcends the moment of dropping out of a race. It also involves coping with both the psychological and physical ramifications, and seeking redemption. To illustrate this process, three accomplished ultrarunners recently shared their DNF stories with *UltraRunning*.

The Drop

This step of a DNF may also be known as "I quit", "I can't take no more", or "Put a fork in me, because I'm done." In 2001, Deb Pero of Dublin, New Hampshire traveled to the high

mountains of Colorado's San Juans for arguably the most extreme of the ultras: the Hardrock 100 Mile. Like almost everybody else standing at the starting line of the race in Silverton, she had trained like never before, researched the course, spoken with others about it, and devoted her entire year to preparing for the race. She and her soon-to-be-fiancé, Steve, even scouted the course for two weeks prior to the race, just to physically and mentally acclimate. In short, they did everything the "book" says to do when preparing for Hardrock.

Race day was not Pero's day. After battling an asthma-like condition for two weeks prior to the race—most likely caused by the chemicals sprayed on the dirt roads to control the dust—she still roughed it through the race before dropping at mile 70. She did everything possible to finish the race, battling through vomiting spells, "blind spots" in her vision caused by the altitude, and even a miscommunication that led her to think she was dangerously close to the cut-off. When she dropped, it was a painful decision, as she recalls in Neal Jamison's *Running through the Wall*: "It was gut wrenching to watch that dream slip away, then to finally give it up for good. . . I felt so guilty, like I had utterly failed and disappointed him (Steve). This was so damned unfair."

In the 2001 Wasatch 100 ultrarunning veteran Roch Horton also experienced the feeling of failure. Horton had prepared well for the race and entered race day healthy and injury-free. In his words, "I was trained and ready; I even ran (parts of) the course." Still, there were surprises in that year's race that caught everyone off guard, including him. That year, the middle miles of the race across Alexander Springs and Lamb's Canyon were hot. At Wasatch, that is not too unusual. However, beginning at dusk, the temperature dropped approximately 50 degrees over the course of ten hours. Horton fell victim to the weather: "At Mill Creek (mile 62), I sat comfortably by the space heater, oblivious to the nosedive in temperature. I ate and was feeling good. Then I faced a big decision. Should I bundle up in layers or head out with what I had (on)? I chose wrong when I left the station with only a long sleeve top and gloves."

Horton made a classic mistake at Wasatch and paid for it at the next major aid station, Brighton Ski Lodge (mile 75). He somberly recalls, "The ridge before Brighton (Red Lover's Ridge) was bitterly cold. And when I arrived at mile 75, I was not right. My body was shutting down." Despite these warning signs of hypothermia, Horton set out from Brighton to climb Catherine Pass in the cold of night. "It was darker than dark as I began the 1,500-foot climb and, at that point, I was barely walking," remembers Horton. He barely choked down a gel as he shivered his way up the pass, further from the warmth of the aid station. The lights of the Brighton Ski Lodge down below still beckoned him and he tried everything to warm his exhausted body. "I was cold to the core," he says.

At a distinctive fork in the trail—still well below the top of the pass—Horton made the decision. He remembers the moment

of his DNF as clearly as yesterday, "I said to my pacer, Virgil, 'We need to go down. I can't go anymore.'" With that, he and his pacer turned around and struggled to return to the Brighton Ski Lodge. Back at the Lodge, Horton stuck out his wrist and watched as an aid station volunteer cut his wrist band. Horton, who had several difficult 100-mile finishes under his belt, had failed to cross a finish line for the first time.

One of the most notable DNFs in the history of ultrarunning took place in the 2001 Leadville 100. That was the year Chad Ricklefs, an accomplished ultrarunner with many notable records and titles to his name, dropped out just five miles from the finish line. After trailing for a majority of the race, Steve Peterson passed Ricklefs near mile 91 on his way to his fifth Leadville victory.

After Peterson passed him, Ricklefs continued to about mile 95. Yet Peterson only widened the gap between the two as he put on a dramatic push to the end. Ricklefs had been experiencing extreme fatigue and nausea for several miles and simply could not continue. After crossing a road and beginning down a forested hill, he discussed his decision with his pacer, former world marathon champion and physical therapist Mark Plaatjes. "I made the decision and Mark supported it. I turned around and went back to the road where my crew had a car. I hopped in, and that was it."

Acceptance

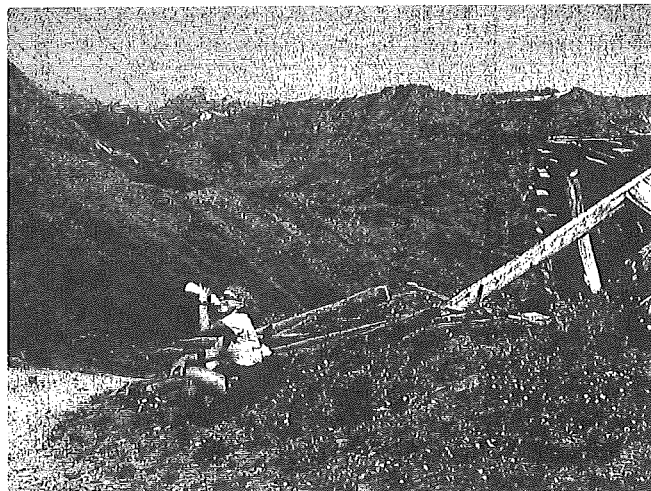
Following an unsuccessful race, most ultrarunners undergo their own versions of the soul-searching process, ridden with pangs of self-doubt, frustration and a feeling that a dream has been left unfulfilled. There is also a realization of one's mortality, a concept that is often discouraged in a sport that challenges athletes to accomplish superhuman-type feats.

For Pero, the time after the 2001 Hardrock 100 was an emotional rollercoaster. On one hand, she experienced the elation of a trip to the beautiful San Juan Mountains, her engagement (during the race itself, no less) and fiancé Steve's inspiring finish. On the other, she felt disappointment over her inability to finish the race. It had been a dream to finish the race with Steve, and this dream lingered like an unfinished book. "Leaving Silverton without a buckle, without a finisher's print, was sort of a bummer," she says, adding, "after we returned home, I think I felt the disappointment more keenly."

Pero also experienced the self-doubt common to anybody who's tasted a DNF, secretly wondering if Hardrock was beyond her capabilities as an ultrarunner. "You begin to tell yourself things like: 'Maybe if I'd just waited a little longer, then I could have recovered and gone on. If I wasn't such a wimp I could have pushed through it, Maybe I just don't have what it takes.'"

Like Pero, Horton also worked through a process of regret and self-doubt. After the Brighton Ski Lodge staff cut his wrist band, his inner psychologist went to work. "I remember telling myself—actually trying to convince myself—that dropping was an act of courage. It was a tough thing to do, but I was going to be o.k. I also had to remind myself that my friends wouldn't think any less of me," he recalls.

Even hours after experiencing early signs of hypothermia, Horton's body still felt cold. He recognized this as further evidence that he had made the right decision, albeit a difficult one. Still, he had second thoughts, just as Pero did. "When the sun was coming up, I began trying to convince myself that I still had time to go back and finish," Horton laughs. Sitting at the finish line, remorse set in as he watched more and more people crossing the finish line. "That could be me," he would think to



Deb Pero at Hardrock.

himself. The most important part of Horton's recovery process was the acceptance that he made a poor decision in dealing with the abnormally cold temperatures at that year's Wasatch. With a heavy tone of nostalgia, he recalls, "Everybody had a cold story that year and, the more stories I heard, the less bad I felt. I had made a good decision."

Accepting the DNF and moving on was also a part of Ricklefs' post-Leadville experience. When asked if he regretted the decision to drop so late in the race, he said, "I definitely got upset . . . to work so hard and fall short. It's the failure of a goal." But Ricklefs' definition of failing to accomplish a goal is different from many others. For him, the goal at the 2001 Leadville 100 Mile—or any race, for that matter—is to win. If a race is going against his plan or if it is not his day, he adopts a big-picture perspective on his running. "If I do not feel good, there is no reason to go through extreme pain and risk causing permanent injury. There are other days." Yet dropping out of the Leadville 100 did seem to bring on some self-doubt. After the race, Ricklefs immediately shifted his sights to another major challenge, the JFK 50 Mile. "I wanted to run JFK to prove something to myself. It was a shot at immediate redemption."

Redemption

That brings us to the third step of fully experiencing a DNF. After the DNF has sunk in and a process of acceptance and realization has taken pace, most ultrarunners think about the best way to exorcise the DNF demons once and for all. A few disappear from the sport, retiring to shorter distances. But most—those who love the sport far too much to surrender—turn their sights to new challenges, chances at redemption.

Many ultrarunners who DNF will seek out another race almost immediately. Horton signed up for The Bear 100 Mile just a few days after his Wasatch experience. Ricklefs immediately turned his intense focus toward the JFK 50, later in the autumn after his Leadville DNF. Despite this, virtually every ultrarunner will not experience full recovery from a DNF until they return to the "scene of the crime," the race that stole their dream of succeeding.

Pero had to return to the Hardrock 100. She felt she had no choice. She remembers, "having experienced the DNF, I definitely felt I had something to prove, and I was not going to drop out this time, come hell or high water." But Pero had to experience an agonizing wait before taking another shot at the Hardrock course. The 2002 race was canceled due to forest fires in southwestern Colorado, and she was far down the waiting list

for the 2003 race. Yet she crossed her fingers and hoped. Then, just one week prior to the event, she received a phone call notifying her that she could run the race if she could make the trip. Despite the fact she had resigned herself to not running it this year, and one week allowed little time for acclimatization to

the thin air of the San Juan Mountains, she gleefully set off for Silverton, Colorado, eager to redeem herself.

Speaking about the chance to run the race with husband Steve again, Pero reviews her strategy going into the race, "The plan was to run very conservatively. We would stick together, and just try to get a finish. We didn't care about time. I was totally serious when I said that 47:59 was o.k. by me." (The final cutoff is 48 hours.) Pero's finishing time turned out to be fairly close to 47:59, but most importantly she finished. She battled through the heat, dehydration, fear of steep drop-offs, vision problems, and lingering self doubt from the DNF in 2001.

Many ultrarunners who return to the site of a DNF describe an odd, almost haunting connection they feel with the place where their decision was made and they realized they would not complete the race. For Pero, this moment came at the Sherman Aid Station. "I remember distinctly that I did not want to go into the tent, the spot where I had laid down on a cot for several hours in 2001. I told the aid station volunteer, 'I gotta get out of here for sure. Last time, this is where I dropped.'"

Similar to visiting a gravesite to make peace with a portion of the past, these parts of the race course hold deep, hallowed meaning for many runners. In 2002 Roch Horton also returned to the site of his DNF: Wasatch. When he came to the point where his 2001 Wasatch race ended—the Lake Catherine trail junction—he felt a strong tie to his history at that spot. With reverence, he recalls, "When I reached that point, I felt something right there. I felt like a part of me died there, like I lost a part of my ultrarunning innocence." After a long pause at that spot, Horton continued up the pass, putting his past behind him once and for all. He went on to finish the 2002 edition of Wasatch in 29th place, in a stellar time of 28:11.

In returning to Leadville in 2002, Ricklefs showed that even the champions feel a need to redeem themselves after a DNF. Ricklefs remembers, "After a DNF, it's natural to take a little uncertainty into the next race. But the DNF helped me in that it was a motivating factor that day." Ricklefs ran a strong race, just as he had the previous year. In fact his splits were nearly identical to 2001. "They were within 30 seconds," he states matter-of-factly. The major difference in 2002 was that he made it past the final stages of the race without any nausea like he had experienced in 2001.

When Ricklefs passed the spot where his DNF was sealed in 2001, he didn't stop and reflect. "I did make a mental note of the spot and mentioned it to my pacer," he says, "at that point, the adrenaline was kicking and I could feel the end was near." However, it is possible that Ricklefs would have reflected if he had not been in such a hurry; his finishing time that day smashed the Leadville course record, one that had stood for eight years. That is redemption with an exclamation point!

Deb Pero, Roch Horton, and Chad Ricklefs are three very different ultrarunners. They differ in age, body type, experience, natural ability, strengths, and weaknesses. Yet there is a common bond between them that is also shared by virtually every ultrarunner who has spent any amount of time pushing the limits of endurance. This bond is the DNF. Every runner experiences one at some point. The true test of an ultrarunner, however, is not the miles of the next race, but how he or she works through the moment the myth of invincibility is shattered.

Garett Graubins is associate editor of Trail Runner Magazine (www.trailrunnermag.com). He DNFed in the Leadville 100 Mile in 1999 and found redemption there in 2001.

Not every ultrarunner suffers heartbreak or disappointment upon dropping from a race. There are those who adopt the mindset that they gave the race all that they had, but for one or a myriad of reasons, things did not align properly for them to finish the race. In this case, they did not DNF as much as they accepted a WMD (Wasn't My Day).

Eric Clifton, an accomplished ultrarunner and winner of at least one ultra a year for the last 17 years, is the undisputed current champion of this approach. Noted for starting races hard in hopes he will not crash and burn, Eric does not seem fazed when he drops from a race. "For all my races, I can't think of one (DNF) that I've regretted," he says.

Clifton's approach is an anomaly in ultrarunning. Instead of a driving intensity, he has a competitive spirit with a dose of indifference thrown in. In his races, he does not try to conserve energy or run with later stages in mind. Instead, he says, "I just let my body set the pace. When I just let go and have one of those good races, some people think it's brilliant and when I let go and fall apart and finish poorly or not at all, then I'm a moron."

Unlike most runners, Clifton does not make his primary goal to finish the race, but to run as long as he feels good. "If I'm having a race that doesn't feel good then, yes, I often drop out." The lone exception to this rule is when he is leading a race. "I feel it is bad form to drop while leading; it's only right to let the next person pass so they have a clear victory rather than (attain it) by default."

When asked whether he ever feels frustrated or disappointed with a "WMD," Clifton recalls a time when he slipped into a mindset when he ran ultras primarily to finish. During this time, he was unhappy with the results. Finally, he realized this approach was contrary to his nature. "I was not running free and with abandon. I had a very real fear of failure, which I felt was the major contributing factor for all my failures."

Perhaps most interesting is that, despite Clifton's unique approach, he is still occasionally motivated when he drops out. "The ones (DNFs or WMDs) that motivate me are the ones where I'm not really concentrating on a specific race but feel I am fairly fit and then get trounced by the miles, the guys, the gals, the weather, everything or nothing," he says. "Then I realize I need to knuckle down and do more homework if I want to perform at my prior level again."

Many ultrarunners may joke about and scoff at Clifton's approach to racing, saying he has become the "king of the DNF," feeling his attitude is not a sporting one. However, it is difficult to argue with the success Clifton has experienced. As of late August 2003, he had started 163 ultras and finished 119. With 44 drops, that may seem like a low finishing percentage by some standards, but consider that he has also won 54 of those races (not counting two ties). Adding it all up, he has a 73-percent finishing rate and a 33-percent winning rate. Many ultrarunners would trade the disappointment of several DNFs or WMDs for the feeling of crossing the finish line in first place just once.

—Garett Graubins

World Lists MEN 100 Kilometers 2003

Mark	Athlete	Birth	CAT	Nat	Pos	Venue	Date
WBP 06.13.33	SUNADA Takahiro		M	JPN	1	Lake SARONA	21.06.1998
EBP 06.16.41	PRAET Jean-Paul	08.11.55	M	BEL	1	Winschoten	09.09.1992
06.26.38	AUBESO Jorge	05.12.66	M	ESP	1	Madrid	16.05.2003
06.28.27	GANIYEV Farit	13.12.64	M	RUS	1	Chernogolovka	19.04.2003
06.29.41	MURZIN Grigoriy	23.01.70	M	RUS	2	Chernogolovka	19.04.2003
06.33.22	ARDEMAGNI Mario	02.04.63	M	ITA	3	Chernogolovka	19.04.2003
06.33.42	RUDEKNO Oleg	72	M	RUS	4	Chernogolovka	19.04.2003
06.36.32	TYAZHKOROV Igor	04.12.67	M	RUS	1	Torhout	19/20.06.2003
06.37.07	KRUGLIKOV Anatoli	9.10.57	M40	RUS	5	Chernogolovka	19.04.2003
06.38.06	KOBAYASHI Yoshiaki		M	JPN	1	Lake SARONA	29.06.2003
06.39.32	GANIYEV Farit	13.12.64	M	RUS	2	Torhout	19/20.06.2003
06.40.22	MURZIN Grigoriy	23.01.70	M	RUS	3	Torhout	19/20.06.2003
06.41.39	JANICKI Jaroslaw	07.06.66	M	POL	2	Madrid	16 03 2003
06.43.36	NOMURA Jun-ichi		M	JPN	2	Lake SARONA	29.06.2003
06.45.27	TYAZHKOROV Igor	04.12.67	M	UKR	6	Chernogolovka	19.04.2003
06.46.48	AKHMETSHIN Ildar	70	M	RUS	7	Chernogolovka	19.04.2003
06.47.38	NOJO Hideo		M	JPN	3	Lake SARONA	29.06.2003
06.47.45	SINYUSHKIN Valeriy	31.03.67	M	RUS	8	Chernogolovka	19.04.2003
06.48.03	AKHMETSHIN Ildar	70	M	RUS	4	Torhout	19/20.06.2003
06.48.10	RADYUCHENKO Dmitriy	27.11.70	M	RUS	9	Chernogolovka	19.04.2003
06.50.00	SARTORI Stefano	28.05.65	M	ITA	10	Chernogolovka	19.04.2003
06.51.40	LAZYUTA Stanislav	24.10.72	M	UKR	11	Chernogolovka	19.04.2003
06.53.00	SOMMER Michael	2.03.64	M	GER	12	Chernogolovka	19.04.2003
06.53.07	VANDERLINDEN Marc		M	BEL	5	Torhout	19/20.06.2003
06.54.02	FATTORE Mario	16.06.75	M	ITA	1	Firenze-Faenza	24/25.05.2003
06.54.03	VISHNIAGOV Alexandre	76	M	RUS	13	Chernogolovka	19.04.2003
06.54.35	SOMMER Michael	2.03.64	M	GER	1	Endingen Nat.Champ	6.09.2003
06.55.26	BLANCHARD Bruno	20.07.60	M40	FRA	14	Chernogolovka	19.04.2003
06.55.59	SINYUSHKIN Valeriy	31.03.67	M	RUS	6	Torhout	19/20.06.2003
06.56.02	HOSTENS Yvan	17.11.63	M40	BEL	15	Chernogolovka	19.04.2003
06.56.30	IZMAILOV Alexey	70	M	RUS	16	Chernogolovka	19.04.2003
06.57.00	OKSENYUK Sergey	80	M	UKR	17	Chernogolovka	19.04.2003
06.58.00	ZDVIALOV Igor	63	M	RUS	18	Chernogolovka	19.04.2003
06.59.35	LAZYUTA Stanislav	24.10.72	M	UKR	7	Torhout	19/20.06.2003
07.00.05	MIKSCH Thomas Dr.	26.05.62	M40	GER	2	Endingen Nat.Champ	6.09.2003
07.02.27	SUKAMOTO Masaru		M	JPN	3	Lake SARONA	29.06.2003
07.02.38	PEREIRA Adilson Dama	2.11.63	M	BRA	1	Viana de Castello(POR)	28.06.2003
07.03.15	ARDEMAGNI Mario	02.04.63	M	ITA	2	Firenze-Faenza	24/25.05.2003
07.03.56	BOISSELIER Nicolas	7.08.66	M	FRA	19	Chernogolovka	19.04.2003
07.04.07	VANDENDRIESSCHE Jan	6.06.61	M40	BEL	20	Chernogolovka	19.04.2003
07.04.38	MIKSCH Thomas	62	M40	GER	21	Chernogolovka	19.04.2003
07.04.50	HOSTENS Yvan	17.11.63	M40	BEL	8	Torhout	19/20.06.2003
07.05.22	PIVETEAU Pascal	7.10.61	M40	FRA	22	Chernogolovka	19.04.2003

World Lists WOMEN 100 Kilometers 2003

Mark	Athlete	Birth	CAT	Nat	Pos	Venue	Date
WBP 06.33.11	ABE Tomoe		W	JPN	1	Lake SARONA	25.06.2000
EBP 07.18.57	LENNARTZ Birgit	22.11.75	W	GER	1	HANAU	28.04.1990
07.19.51	ZHYRKOVA Tatyana	70	W	RUS	1	Chernogolovka	19.04.2003
07.20.02	SAKURAI Norimi		W	JPN	1	Lake SARONA	29.06.2003
07.28.00	CASIRAGHI Monica	04.04.69	W	ITA	2	Chernogolovka	19.04.2003
07.31.14	NURGALIEVA Elena	76	W	RUS	3	Chernogolovka	19.04.2003

07.31.14	NURGALIEVA Olesia	76 W	RUS	4	Chernogolovka	19.04.2003
07.33.21	MYSHLIANOVA Marina	16.06.66 W	RUS	5	Chernogolovka	19.04.2003
07.35.01	KARASEVA Nadezhda	18.12.60 W	RUS	6	Chernogolovka	19.04.2003
07.41.30	MAGGIOLINI Magalie	21.05.69 W	FRA	7	Chernogolovka	19.04.2003
07.47.53	HOOS Tanja	25.09.72 W	GER	1	Endingen Nat.Champ	6.09.2003
07.59.42	CASIRAGHI Monica	04.04.69 W	ITA	1	Firenze-Faenza	24/25.05.2003
08.02.06	BERCES Edit	16.05.64 W35	HUN	1	Torhout	19/20.06.2003
08.08.16	HIEBL Elke	12.06.64 W	GER	8	Chernogolovka	19.04.2003
08.08.37	BILLET-DENIS Christine	03.12.71 W	FRA	9	Chernogolovka	19.04.2003
08.09.40	MALAFEYEVA Yekaterina	67 W	RUS	10	Chernogolovka	19.04.2003
08.11.24	HERRY Karine	02.01.68 W	FRA	1	Chavagnes-en-Paillers	30.05.2003
08.18.17	COSTETTI Maria Luisa	31.07.61 W	ITA	11	Chernogolovka	19.04.2003
08.19.20	STÖPLER Simone	5.04.64 W35	GER	12	Chernogolovka	19.04.2003
08.19.48	KORAN Eva	18.12.67 W35	HUN	13	Chernogolovka	19.04.2003
08.22.09	TEREJESSEN Siri	29.06.75 W	GBR	1	Edinburgh Nat Champion	6.07.2003
08.21.43	WEISS-DUMARCHE Nadine	14.08.62 W35	FRA	14	Chernogolovka	19.04.2003
08.27.29	MITROFANOVA Nina	26.04.57 W45	UKR	15	Chernogolovka	19.04.2003
08.28.45	SYROMIATNIKOVA Anastasia	70 W	RUS	16	Chernogolovka	19.04.2003
08.29.46	DRESCHER Anke	14.12.67 W35	GER	2	Endingen Nat.Champ	6.09.2003
08.31.19	WAGNER Constanze	23.01.63 W40	GER	17	Chernogolovka	19.04.2003
08.31.31	SANNA Paola	19.03.77 W35	ITA	2	Firenze-Faenza	24/25.05.2003
08.34.29	KAZUKO KONDO	W	JPN	2	Lake SARONA	29.06.2003
08.37.54	YOKO Yamazawa	W	JPN	3	Lake SARONA	29.06.2003
08.38.02	YUMIKO Nue	W	JPN	4	Lake SARONA	29.06.2003
08.40.42	JACQUEMART Inez	08.08.62 W40	BEL	2	Torhout	19/20.06.2003
08.42.05	HILDEBRAND Carmen	69 W	GER	3	Endingen Nat.Champ	6.09.2003
08.42.10	KASUKO-Kono	W	JPN	5	Lake SARONA	29.06.2003
08.42.42	BRIONNE Murielle	9.12.67 W35	FRA	18	Chernogolovka	19.04.2003
08.43.27	ROSSEL Tsilla	64 W35	SUI	1	Bienne	14/15.06.2003
08.44.20	MITROFANOVA Nina	26.04.57 W45	UKR	3	Torhout	19/20.06.2003
08.45.04	BERCES Edit	16.05.64 W35	HUN	3	Firenze-Faenza	24/25.05.2003
08.46.42	GAUTHIER Monique	16.06.54 W45	FRA	2	Chavagnes-en-Paillers	30.05.2003
08.47.00	BERNHARD Isabella	66 W35	GER	1	Bienne	14/15.06.2003
08.47.31	ZOBOLI Elvira	20.12.66 W35	ITA	20	Chernogolovka	19.04.2003
08.47.54	TAILLEBRESSE Patricia	W40	FRA	2	Chavagnes-en-Paillers	30.05.2003
08.49.28	ZOBOLI Elvira	20.12.66 W35	ITA	4	Firenze-Faenza	24/25.05.2003
08.50.07	KOLENC Jutta	60 W40	GER	1	Bienne	14/15.06.2003
08.50.21	JARA Laudelina	W40	ESP	1	Viana de Castello(POR)	28.06.2003
08.50.22	BERCES Edit	16.05.64 W35	HUN	1	Wien SCMT	01.06.2003
08.50.32	TANAKA Sumiko	W	JPN	6	Lake SARONA	29.06.2003
08.56.30	BRAUN Marion	57 W40	GER	4	Endingen Nat.Champ	6.09.2003
08.56.51	EREMIA Galina	53 W50	RUS	8	Chernogolovka	19.04.2003
08.59.22	DUVAL Dominique	2.03.54 W45	FRA	2	Chavagnes-en-Paillers	30.05.2003
08.59.09	AESCHLIMANN Heidi	56 W45	SUI	1	Bienne	14/15.06.2003



Judy Wines in her professional lapscorer mode

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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