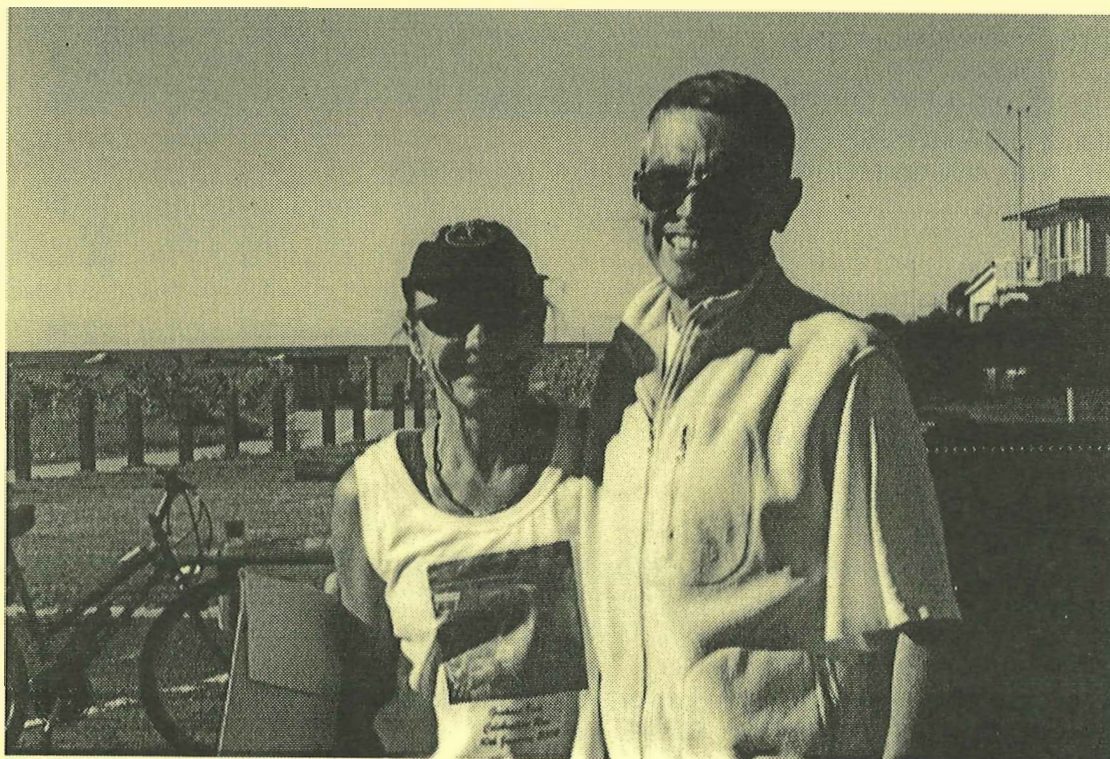


# ULTRAMAG

March 2004

Volume 19 No. 1



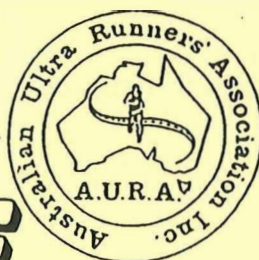
A gathering of runners, both from the ultra world and a variety of other clubs gathered for the Graham Ives celebration run at Altona on January 10<sup>th</sup>. Graham has battled cancer for the last few years and wanted a final run.

Graham [pictured with Jane Sturzaker] has written a book titled "Bugger That" and is as incredible and inspiring a piece of literature that you could ever read.

Graham's book can be found in its entirety at the following web link

<http://homepages.force9.net/tuxford/tgi/pg1.htm>

 **A.U.R.A.**  
**MAGAZINE**



Official publication of  
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Victoria).

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Knoxfield 3180

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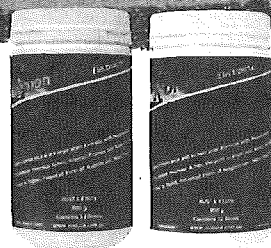
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# ENDURA™

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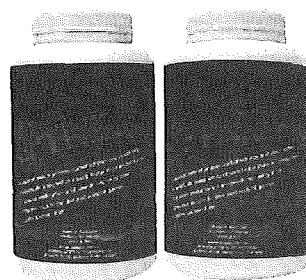
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[www.endura.com.au](http://www.endura.com.au)

The passing of Cliff Young has seen the end of an era with Australia's favourite marathon man and folk hero no longer with us. With the help of Phil Essam, a 12 page supplement with this issue covers the highlights of Cliff's career. The ultra world will never be the same without him.

Sometimes, a golden egg can just land in your lap without warning. We had a call a few months back from Elinor Fish. Elinor is a Canadian Ultrarunner who has extensive experience in the field of publicity. Can you imagine the surprise when she announced that she was now a resident of Sydney and was very interested in taking up the post of AURA Publicity Officer. As Bob Hudson once sang many years ago..."Don't you ever let a chance go by". Welcome to AURA, Elinor.

A couple of outside influences affected two of our events recently. Such things remind us that as much as we would like it, we don't have complete control over everything. A hastily arranged new course had to be set up for the Bogong to Hotham run when bushfires destroyed most of the original trail and then a one week postponement of the Mansfield to Buller run was necessary due to a car race taking over the road on our original date. This was not an insurmountable inconvenience and both events went ahead successfully.

On a different note. Dave Taylor and Georgina McConnell have both written their names into the Guinness Book of Records with some new treadmill running records. More details are in this issue. To use Georgina's words, the challenge was "Different"

Finally, apologies for being a couple of weeks later than usual. To be blunt, I have been snowed under with numerous other things and this issue just got away from me!

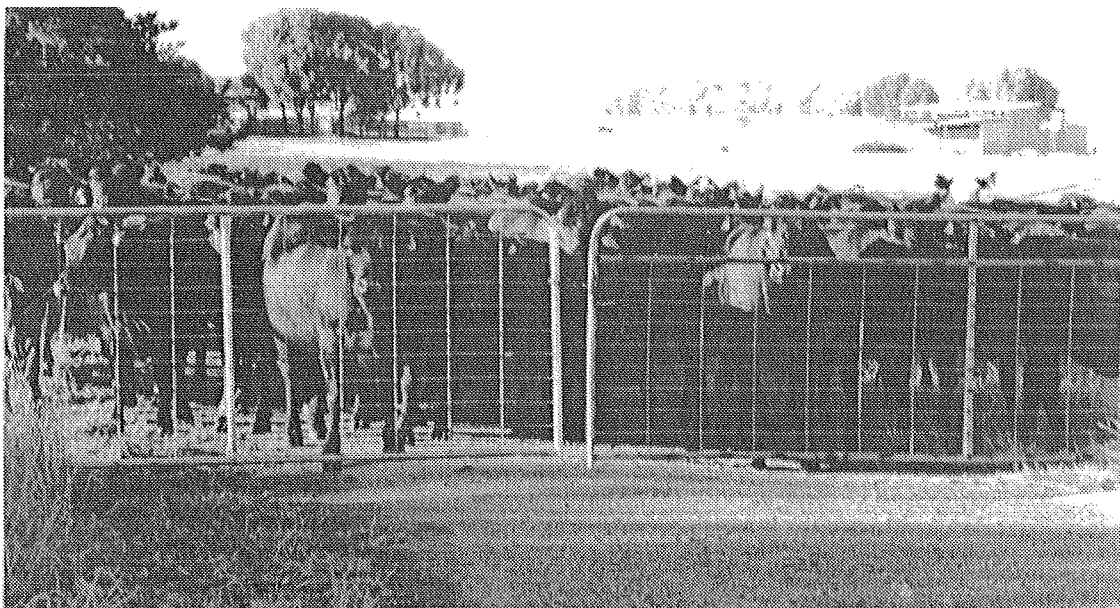
Kevin Cassidy

### **AURA would like to welcome the following new members**

Guy Broadbent	Martin Dowson	Elinor Fish	Patrick Goonan	Robin Haywood
Alan Heap	Peter Hoskinson	Andrea Jackson	Reinier Jessurun	Joseph Khoury
Anne Kidman	Kenneth McIlwain	Ian Roberts	John Robins	Patrick Mickan
	Stewart Vincent	Norma Wallett	Garry Womsley	Julia Thorn

### **A special thank you to the following for their kind donations**

Nick Drayton - \$200!!!!	John McLeish - \$45	Karyn Bollen - \$30	Nicholas Barclay - \$20
Richard Bilewicz - \$20	Bob Fickel - \$20	Stephen Firth - \$20	Chris Gamble - \$20
Ernie Hartley - \$20	Sandra Howorth - \$20	Peter Gardiner - \$20	Jann Karp - \$20
Geoffrey Last - \$20	John Lindsay - \$20	Ken Matchett - \$20	Stan Miskin - \$20
Peter Nelson - \$20	David Sill - \$20	Peter Sinfield - \$20	Kevin Tiller - \$20
Alan Staples - \$15	Peter Allan - \$10	Steel Beveridge - \$10	Michael Booth - \$10
Allan Devine - \$10	John Morgan - \$10	Gregory Reid - \$10	Ross Parker - \$5
			Denis Vlachos - \$5



**A crowd of "interested" onlookers caught the photographer's eye  
at the recent Mansfield to Buller 50km**



# Current Australian UltraMarathon Calendar

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

## 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](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

## March 2004

- 26-28 OXFAM TRAILWALKER MELBOURNE 100km  
The 100km trail will commence at 10am. The trail will start at Jells Park in Wheelers Hill, from here, the route travels through a variety of landscapes, with a dramatic finish at the top of Mt Donna Buang. 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](mailto:trailwalker@melbourne.caa.org.au). More info from the webpage at [www.coolrunning.com.au/races/trailwalker](http://www.coolrunning.com.au/races/trailwalker).
- ?? 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](mailto:kc130860@hotmail.com) or read the website at [www.coolrunning.com.au/ultra/frankston](http://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.
- 9 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](http://www.threepeaks.org.au) or contact Alastair Douglas, Race Director, on (03) 6225-4974 or 0418-127-897.
- 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](mailto:terick@melbpc.org.au) or read the website at [www.coburgharriers.org.au](http://www.coburgharriers.org.au) or phone (03) 9379-2065 or
- 18 CANBERRA 50KM WITH MARATHON  
Check race website at [www.canberramarathon.com.au](http://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.

- 24 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.ultraoz.com/wilsonsprom](http://www.ultraoz.com/wilsonsprom) or contact Paul Ashton via email: [paul.ashton56@bigpond.com](mailto:paul.ashton56@bigpond.com) or phone: (03) 9885-8415 (h) or 0418-136-070 (mobile).

## May 2004

- 2 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](http://www.traralgonharriers.org) or email [harriers@net.tech.com.au](mailto:harriers@net.tech.com.au).
- 16 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](mailto:ijaves@caloundra.net). More info at the webpage [www.glasshouse.ultraoz.com](http://www.glasshouse.ultraoz.com)
- 23 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](mailto:steelyn@hot.net.au).
- 30 TAMBORINE TREK, GOLD COAST  
The Tamborine Trek is a 67 kms event from the Girl Guides Hall in Ferry Road, Nerang to the top of Mt Tamborine and back. The course comprises 20 kms of gravel road within the Nerang State Forest, and 13 kms of bitumen to the top of Tamborine. The event is open to solo competitors and 3 person teams, each runner running approximately 22 kms. The solo and relay sections both start at 0600. Runners not making the end of leg 2 by 1100 will not be permitted to run leg 3. Entries forms are available from Gold Coast Runners Club Inc, Box 6529 Gold Coast Mail Centre 4217, Qld. Tel Ian Cornelius on (07) 5537-8872 or mobile 0412-527-391 or email [info@goldcoast100.com](mailto:info@goldcoast100.com)
- ?? PERTH 40 MILER (64.4km)  
Will be held over a new course "in the hills". Contact John Pettersson (08) 9354-5720.

## June 2004

- 12 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 the steps of the Sydney Opera House, along the old Pacific Highway and other backroads to Gosford Railway Station. No Fees, No Awards, No Aid, No Wimps ! Check Fat Ass webpage [www.fatassworld.com/poormans](http://www.fatassworld.com/poormans) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.
- 13 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 [parsonsg@caboolture.qld.gov.au](mailto:parsonsg@caboolture.qld.gov.au)



## COMRADES MARATHON SOUTH AFRICA

This race regularly attracts 12 - 15,000 starters and is the most popular ultramarathon in the World. The race is between Durban and Pietermaritzburg, a distance of 89 kms. It alternates between up and down from year to year. Year 2004 will be an 'up' run i.e. from Durban to Pietermaritzburg. The race in 2004 will be the 79th running of the race. It is necessary to qualify for this race. A 5 hour marathon is adequate. There is a cut-off time of 12 hours with intermediate cut-offs. Groups are usually organised each year by Sydney Striders from Sydney and Rainer Neumann and Bruce Hargreaves from Brisbane. For more information on the race, see [www.comrades.com](http://www.comrades.com)

## July 2004

## BELLARINE RAIL TRAIL

4

A 64km and 32km run. It will start at 7.30am from the Geelong Showgrounds. There will be a 9 and a half hour time limit and will be open to runners and walkers. The trail is well marked and meanders down to Queenscliff and is very scenic on the way. This is a genuine FatAss event. There will be no entry fee, no help, no support, no assistance and No Wimps. For more information email Phil Essam at [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au) or or phone him on 0407-830-263 or email Kevin Cassidy on [kc130860@hotmail.com](mailto:kc130860@hotmail.com).

## GOLD COAST 100KM

17

This race is the National 100 kms championship. There is also a relay section for 6 to 10 person teams. The relay section incorporates the Qld State Road Relay championships. There is also a section for school teams. The course comprises 16 laps of a 6.25 km loop at the Runaway Bay Sports Super Centre. Contact race director Ian Cornelius on (07) 5537-8872 or email [info@goldcoast100.com](mailto:info@goldcoast100.com). For more information see [www.goldcoast100.com](http://www.goldcoast100.com)

## GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR

24

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](mailto:ijaves@caloundra.net). More info at the webpage [www.glasshouse.ultraoz.com](http://www.glasshouse.ultraoz.com)

## WARRUMBUNGLE MARATHON, NSW

25

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

## August 2004

## HOBSON'S HOBBLE

1

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/](http://www.ultraoz.com/hobsons/) or contact Phil Essam on 0407-830-263 or email [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au) or Kevin Cassidy on 0425-733-336 or Email [kcassidy@mfb.vic.gov.au](mailto:kcassidy@mfb.vic.gov.au) for further information.

## 12 FOOT TRACK - FAT ASS RUN

7

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](http://www.fatassworld.com/12foot) for more info or email Kevin Tiller on [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au) or phone 0419-244-406.

20-22 NATIONAL 48hr CHAMPIONSHIPS (& RELAY) + 24hr QLD CHAMPIONSHIPS  
Starts 09:00 Friday and finishes 09:00 Sunday. 24hr starts Saturday 09:00. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, QLD. The Mondo track is one of only 3 of its type in Australia, the other 2 being the Olympic stadium at Homebush and the AIS track at Canberra. The track features electronic timing, has toilets close to the track, a covered grandstand in which to house lap-scorers, suitable food and drink facilities. Tents can be erected in the track centre and plenty of accommodation is available nearby. Contact Ian Cornelius via Email [ian@fuelstar.com](mailto:ian@fuelstar.com) or phone (07) 5537-8872 for further information or look at the website [www.goldcoast24-48t.com](http://www.goldcoast24-48t.com)

22 100Km & Relay, WA  
A 100km or relay starting at 7am. It will be held on dual use paths near the Swan River, Perth. Contact John Pettersson on 0408-924-555 or email Charlie Spare on [chasnbabs@bigpond.com](mailto:chasnbabs@bigpond.com) for more info. It is being organised by the WA Marathon Club.

27-29 SYDNEY TRAILWALKER 100km  
Starts 10am, Hunters Hill High School, Hunters Hill, Sydney. Teams of 4 only. Time Limit 48hrs. Finishes near Manly. 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](mailto: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](http://www.coolrunning.com.au/races/trailwalker).

## Sept 2004

11-12 GLASSHOUSE MOUNTAINS TRAIL RUNS  
160km, 80km, 55km, 30km, 13km on looped course. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email [ijaves@caloundra.net](mailto:ijaves@caloundra.net). More info at the webpage [www.glasshouse.ultraoz.com](http://www.glasshouse.ultraoz.com)

?? NEW ZEALAND SELF-TRANSCENDENCE 24 HOUR TRACK RACE  
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](mailto:John.Marshall@telecomretail.co.nz). More info at the webpage [www.nz.srichinmoyraces.org](http://www.nz.srichinmoyraces.org) or phone (649) 630-8329 or Sri Chinmoy Organisation, PO Box 56-292, Dominion Road, Auckland 1030, New Zealand.

## Oct 2004

?? SELF-TRANSCENDENCE NATIONAL 24 HOUR CHAMPIONSHIPS, ADELAIDE  
Starts 8am at Santos Stadium, Mile End, Adelaide. (Australian 24 Hours Championship) PO Box 6582, Halifax Street, Adelaide 5000 SA. Phone (08) 8272-5081 or Fiona Baird, Sri Chinmoy Marathon Team on 0421-591-695.

?? BRINDABELLA CLASSIC, ACT  
Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start. The course will be a double Two Peaks Course (2x26km). The traditional course is still closed after the fires in January. We have brought the event forward a month due to the Masters Games being held here in Canberra late October to early November. "*Australia's Toughest Downhill Mountain Race!*". Contact race website at [www.mountainrunning.coolrunning.com.au/events/bclassic](http://www.mountainrunning.coolrunning.com.au/events/bclassic) or Mick Corlis on (02) 6296-3969 or email [mountainrunning@coolrunning.com.au](mailto:mountainrunning@coolrunning.com.au).

?? SOUTHERN TRAILS  
15km or 65km walk/run - team event raising funds for Oxfam Community Aid Abroad. Starts at 10 am in Goolwa, South Aust and finishes at Victor Harbor (15km) or Mt Compass (65km, via Heyden Trail). Contact Brad Butler on (08) 8552-2441.

?? FITZROY FALLS FIRE TRAIL MARATHON, NSW  
42km. Starts 8am from Twin Falls Cottages, Fitzroy Falls. Entry fee \$30. Contact Michael Chapman on (02) 9518-9099 or mobile 0419-515-555 or email [michael@bonnefinchchapman.com.au](mailto:michael@bonnefinchchapman.com.au) or race website at [www.fitzroyfallsmarathon.com](http://www.fitzroyfallsmarathon.com).



### FREYCINET LODGE CHALLENGE

Adventure race on Tasmania's coast around Freycinet & Wineglass Bay comprising Hazards Beach Run, Road Cycle, Freycinet Lodge to Swan River Road, Moulting Lagoon Kayak, Cape Tourville Mountain Bike Ride, Coles Bay Kayak, Road Bike, Friendly Beach Mountain Bike Ride, Wineglass Bay Run. Tim Saul on (03) 6248-9049 or 0438-687-302 or Mark Bowden on (03) 6265-8783 or 0418-145-746 or website at [www.threepeaks.org.au](http://www.threepeaks.org.au).

### TRAILBLAZER CHALLENGE

Teams of 2 or 4 for the 25km and 50km events. Teams of 4 for the 100km event (It makes safety sense). The 25km event is wheelchair accessible. Be Inspired. Be Challenged. Be a Trailblazer. Presented by Recreation SA and Adelaide Rotary in partnership with Operation Flinders and Regency TAFE. Starts 8am at Pinky Flat, Memorial Drive, Adelaide. Contact William Ventura by phone (08) 8232-6477 or 73 Wakefield St, Adelaide SA 5000

### BRIBIE BEACH BASH, QLD

3km; 15km; 36km Relay; 30km; 46km Running & Walking Events along the beach on an out going tide. Starting at North Street, Woorm, Bribie Island. Council stipulated, ALL events be on the beach. This is a solo and relay run & walk event to raise money for The Multiple Sclerosis Society of Qld. Post all entries as soon as possible to : Q.U.R.C., C/- Kerrie Hall, 12 Jade St, Caboolture, QLD 4510. or contact Race Director Geoff Williams on (07) 5497-0309 or mobile 0412-789-741 or email [gjcarpet@caboolture.net.au](mailto:gjcarpet@caboolture.net.au)

## Nov2004

### COLAC 6 DAY RACE, VIC

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

### VICTORIAN 6 HOUR & 50KM TRACK CHAMPIONSHIPS

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

### 100KM ROAD CHAMPIONSHIPS, THAT DAM RUN

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

### THE MOLESWORTH RUN

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

### BRUNY ISLAND JETTY TO LIGHTHOUSE, TASMANIA 64km

Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Paul Risley via phone 0438-296-283 or email [riz5@bigpond.com](mailto:riz5@bigpond.com).

## Dec 2004

### MCCARTHY 100 MILER AROUND THE MOUNTAIN RELAY

162km relay and 33km fun walk - both road events. The relay is a 10 person race or solo, the 33km walk is for teams of 6 or solos, all ages. Starts on Raetihi Main Street, New Zealand. Contact Richard Arthurby phone (06) 385-4262 or email [100@raetihi.com](mailto:100@raetihi.com) or check webpage [www.raetihi.com/](http://www.raetihi.com/) for more info.

### KEPLER CHALLENGE MOUNTAIN RUN

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

GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN  
50Km and 2 person relay of 25Km each. Flat course along roads & paths adjoining the Gold Coast beachfront. Start time 5:00am from Kurrawa Park, 200 meters north of Kurrawa Surf Lifesaving Club Carpark, Broadbeach Qld. Contact: Eric Markham, Gold Coast Runners, PO Box 6529 GCMC, QLD 4217. Phone (07) 5545-0209 or 0417-647-279 or email [eric\\_markham@austarnet.com.au](mailto:eric_markham@austarnet.com.au). A Gold Coast Runners Club event. Entry Fee: \$35 solo, \$45 relay per team. For more information and entry forms see website at [www.ultraoz.com/kurrawa](http://www.ultraoz.com/kurrawa)

??

## Jan 2005

### 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](mailto:thomo@zeta.org.au).

8-9



**Bob Burns of Queensland**



**Max Carson has been around the Ultra scene since Jesus was a baby!!**



# 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 :**  
President: Ian Cornelius [fuelstarint@bigpond.com](mailto:fuelstarint@bigpond.com)  
Vice President: Nigel Aylott [nigel\\_aylott@mail.com](mailto:nigel_aylott@mail.com)  
Secretary: Ian Clarke [insian2003@yahoo.com.au](mailto:insian2003@yahoo.com.au)  
Treasurer: Graham Ives [grahamives@bigpond.com](mailto:grahamives@bigpond.com)  
David Criniti [dcriniti@bigpond.net.au](mailto:dcriniti@bigpond.net.au)  
Membership Secretary/Subscriptions : **Membership Enquiries:**  
14 Cambridge Ave, North Rocks, NSW 2151 Australia.  
(02) 9871-8753

**State Representatives:**  
(VIC) Kevin Cassidy [kc130860@hotmail.com](mailto:kc130860@hotmail.com)  
Fred Brooks [lilfred@primus.com.au](mailto:lilfred@primus.com.au)  
(NSW) Paul Every [peverydweaver@hotmail.com](mailto:peverydweaver@hotmail.com)  
Sean Greenhill [bigmig@tig.com.au](mailto:bigmig@tig.com.au)  
(QLD) Gary Parsons [sonjulian@bigpond.com](mailto:sonjulian@bigpond.com)  
(SA) Jerry Zukowski [zuk@centralonline.com.au](mailto:zuk@centralonline.com.au)  
(ACT) Trevor Jacobs [trevor.jacobs@mdbc.gov.au](mailto:trevor.jacobs@mdbc.gov.au)  
(WA) Charlie Spare [chasnbabs@bigpond.com](mailto:chasnbabs@bigpond.com)  
Phone [08] 9538 1152  
(TAS) Tim Sloan [hobart@mountaindesigns.com](mailto:hobart@mountaindesigns.com)

**Other Positions:**  
Public Officer: Mike Grayling  
(03) 9738-2572  
Publicity Officer:  
Rankings and Records Ian Clarke  
3 Sundew Court  
Knoxfield Vic 3180 **Send all results here**  
[insian2003@yahoo.com.au](mailto:insian2003@yahoo.com.au)  
Magazine Editors: Kevin Cassidy [kc130860@hotmail.com](mailto:kc130860@hotmail.com)  
IAU Rep & Organiser Tim Sloan [hobart@mountaindesigns.com](mailto:hobart@mountaindesigns.com)  
of IAU 100km Teams:  
Clothing Officer: Kevin Cassidy [kc130860@hotmail.com](mailto: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](mailto:kc130860@hotmail.com)**

# AURA CLOTHING & BADGES

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

We also have printed cloth badges and car windscreen stickers.

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

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

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

\*\*\*\*\*

## AURA CLOTHING ORDERS

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

COLOURS    RED    WHITE    GOLD    GREY    NAVY

SIZES:        12        14        16        18        20        22        24

## AURA ADVERTISING MATERIAL

### PRINTED CLOTH BADGES

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

COST:                      \$2.50 each, no extra for postage required.

\*\*\*\*\*

### CAR WINDSCREEN STICKERS

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

COST:                      \$3.00 each, no extra postage required.

.....  
Kindly fill in details in **BLOCK LETTERS**:

NAME: .....

ADDRESS: .....

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

TYPE: .....

SIZE: ..... COLOUR: .....

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

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



# AURA Points Race and Ultramarathon Athlete of the Year Awards

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

All race results should be forwarded to :-

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

OR via Fred Brooks at e-mail [lilfred@iprimus.com.au](mailto: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
<b>Category 1</b> 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.
<b>Category 2</b> Placegetters	3	1 <sup>st</sup> place	Irrespective of the number of starters
	2	2 <sup>nd</sup> place	
	1	3 <sup>rd</sup> place	
<b>Category 3</b> 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 FINAL RESULTS

[Subject to Appeal]

## Report from Stan Miskin

I apologise for a couple of errors in the "Provisional Points" as of November 14<sup>th</sup> 2003" as published in Ultramag, December 2003.

To enable members to check their points, I shall include the number of events contested and distances covered which I have used to calculate the points for 2003.

Many thanks to Fred Brooks and Kevin Cassidy who supplied me with the information that I needed.

MEN		WOMEN	
Kelvin Marshall, 12 events, 807km	32	Carol Baird, 4 events, 661km	28
Bruce Renwick, 4 events, 223km	31	Kerrie Hall, 4 events, 376km	14
Graeme Watts, 5 events, 1352km	26	Angie Grattan, 3 events, 148km	11
Stan Miskin, 7 events, 1077km	17	Bernadette Robards, 2 events, 127km	9
Trevor Jacobs, 3 events, 148km	14	Julie Schrag, 3 events, 229km	6
David Jones, 4 events, 838km	13	Pip Thorn, 1 events, 50km	6
Ian Valentine, 3 events, 498km	12		
Geoff Last, 5 events, 397km	10.5		
Peter Gibson, 3 events, 362km	9.5		
David Criniti, 3 events, 285km	9		

Any appeals are to go to Stan Miskin, 1 Brokkfield Court, Berwick, 3806, Vic.  
Tel. 03 9705 8575

Carol Baird was a runaway winner with 3 firsts, a second and 6 records from 4 events and was the only female to exceed 500km. Congratulations Carol.

The Men's race was won by Kelvin Marshall with a margin of only 1 point from Bruce Renwick. Kelvin was the most prolific competitor with 12 events, however he did not exceed 1,000km as I wrongly reported in the December 2003 Ultramag.

Bruce Renwick broke 5 M55 records to earn his points with low distance/high quality performances.

The only competitors to exceed 1,000km were Graeme Watts [3<sup>rd</sup>] and Stan Miskin [4<sup>th</sup>] who both competed at the Colac Six Day Event

# 2004 AURA POINTS RACE UPDATE

Provisional points as of 26<sup>th</sup> February 2004

## MEN

David Criniti	9
Mike Wheatley	7
Tim Cochrane	4
Tim Sloan	4
Nigel Aylott	4
Christopher Lux	4
Kelvin Marshall	3
Keiron Thompson	3
Ian Wright	3
J. Madden	3

## WOMEN

Julia Thorn	12
Carol Baird	7
Susan Olley	4
Felicity Joyce	3
Sally Atkinson	3
Karina Ward	2
Sheryl Macrow-Cain	2

David Criniti, with 2 starts, 2 wins and 192km leads the Male points score from Mike Wheatley with 2 starts, 2 seconds and 100km. Winners other than David are Tim Cochrane, Tim Sloan and Nigel Aylott. Males with a 100km point are David Criniti, Mike Wheatley, Christopher Lux, Kelvin Marshall and Keiron Thompson.

Julia Thorn is the only female with multiple starts [3] for 2 firsts and a second totalling 185km. Carol Baird set an age record for 50 miles and has a point for 100km. No other woman has exceeded 100km but all have points for placings.

Stan Miskin

## Message from Stan Miskin

I am opposed to the suggestion by Phil Essam that extra points be awarded to those who exceed 200km in 24 hours. This performance is already recognised by membership of the AURA 200 Club and would also earn many points as follows:-

a. Starting	1 point
b. Completing 200km	2 points
c. Gaining a placing	3,2 or 1 point
d. Winning National 24 hour title	1 point
e. Setting Aust. Age group records	5/10 points*
f. Setting a World age group record	5/10 points*

- In lieu of points in [c] above.

Further, this would open a Pandora's Box of claims for extra points for noteworthy performances in all 14 time/distance events that AURA recognise for Track Record performances; then, of course, there are road and trail events to consider.

As the majority [all?] of our members compete for personal achievement, there is no need for extra points in any event.

**MEMBERSHIP APPLICATION / RENEWAL**  
**QUEENSLAND ULTRA RUNNERS CLUB INC**

I, .....  
of .....  
.....P/Code .....

Telephone No: ..... DOB ...../...../.....

hereby apply



for membership of the Queensland Ultra Runners Club Inc and, in the event of my admission, agree to be bound by the Rules of the Club

.....  
Signature

...../...../.....  
Date

.....  
Proposer

.....  
Secunder

(The need to have a proposer and secunder is a legal formality. We will supply them if required.)



for renewal of membership.

...../...../.....  
Date

**NOTES**

1. Membership fees are \$20 (family \$30). Please enclose cheque payable to QURC Inc with application, sending both to Kerrie Hall, 12 Jade Street, Caboolture, Qld, 4510
2. New members joining after 1 September will receive membership valid until 31 December the following year.
3. Any donations would be much appreciated.



I have pleasure in enclosing a donation of \$.....

---

QURC Treasurer's Use Only

Date cheque received:    /    /

Date cheque banked:    /    /



# **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](mailto: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 ULTRA 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](mailto: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](http://www.rogergravel.com/wsl/vh_for_a.html)

Another site for travellers also helped in the formation of this idea: [www.globalfreeloaders.com](http://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

# 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](mailto:lilfred@iprimus.com.au)  
Tel 03 9705 8649



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

## PERSONAL INFO

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

## RUNNING INFO

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

**DON'T  
FORGET  
YOUR  
PHOTO**

[www.ultraoz.com](http://www.ultraoz.com)

# COBURG 24 HOUR CARNIVAL

**APRIL 17<sup>th</sup> & 18<sup>th</sup> 2004**

COME AND BE PART OF THE 17<sup>th</sup> ANNUAL COBURG 24 HOUR  
CARNIVAL, INCORPORATING

- THE 21<sup>st</sup> VICTORIAN 24 HOUR TRACK CHAMPIONSHIP
- THE 20<sup>th</sup> 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 17<sup>th</sup> April and will run **THROUGH THE NIGHT** to finish at 10 AM on Sunday 18<sup>th</sup> 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.

For further information, contact

- Tim Erickson (home phone 03 93792065, email [terick@melbpc.org.au](mailto: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 (16<sup>th</sup>) 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.

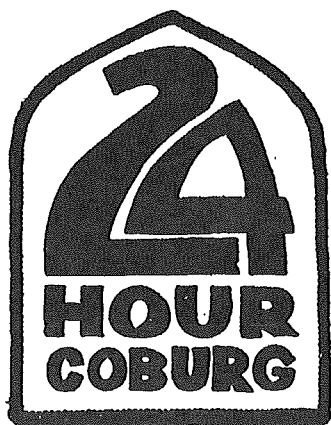
**ENTRY FEES: 24 HOUR EVENTS: \$55.00  
12 HOUR EVENTS: \$45.00  
6 HOUR EVENTS: \$35.00**

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

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name (please print) \_\_\_\_\_



# COBURG 24 HOUR CARNIVAL 2004

## 21<sup>st</sup> ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP 20<sup>th</sup> AUSTRALIAN CENTURIONS 24 HOUR WALK

- 24 Hour Run/Walk 10.00AM Saturday 17<sup>th</sup> April to 10.00AM Sunday 18<sup>th</sup> April
- 12 Hour Run/Walk 10.00AM to 10.00PM Saturday 17<sup>th</sup> April
- 6 Hour Run/Walk Heat A 10.00AM to 4.00PM Saturday 17<sup>th</sup> April
- 6 Hour Run/Walk Heat B 4.00PM to 10.00PM Saturday 17<sup>th</sup> April
- 12 Hour Team Relay 10.00PM Saturday 17<sup>th</sup> April to 10.00AM Sunday 18<sup>th</sup> April
- Presentations 10.30AM Sunday 17<sup>th</sup> 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"/>			<input type="text"/>			
ADDRESS (No. and Street)																														DATE OF BIRTH									
<input type="text"/>															<input type="text"/>			<input type="text"/>			<input type="text"/>																		
SUBURB or TOWN															POSTCODE			SEX (M or F)			AGE ON RACE DAY																		
<input type="text"/>															<input type="text"/>																								
PHONE (HOME)															PHONE (WORK)																								
<input type="text"/>																																							
EMAIL																																							
Please Tick Event: 6 Hour Run Heat A <input type="checkbox"/> 6 Hour Run Heat B <input type="checkbox"/> 12 Hour Run <input type="checkbox"/> 24 Hour Run <input type="checkbox"/>																																							
6 Hour Walk Heat A <input type="checkbox"/> 6 Hour Walk Heat B <input type="checkbox"/> 12 Hour Walk <input type="checkbox"/> 24 Hour Walk <input type="checkbox"/>																																							
◆ PERSON TO BE NOTIFIED IN CASE OF EMERGENCY:																																							
<input type="text"/>															<input type="text"/>																								
SURNAME															FIRST NAME																								
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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 9<sup>th</sup> 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.



# The Gold Coast Runners Club Inc.

presents the 11th Annual

## Tamborine Trek

Sunday 30 May 2003 at 6:00 am

The Tamborine Trek is a 65km event from the Girl Guides Hall in Ferry Road Nerang to the top of Mt Tamborine and return. The terrain is hilly, with approximately 40 kms on 4WD gravel forestry roads and 25 kms on bitumen.

This event is available for solo runners and 3 person teams. The three legs are 22km, 21km and 22km. The 2<sup>nd</sup> leg is all bitumen, with the 1<sup>st</sup> and 3<sup>rd</sup> legs being mostly on gravel. The 1<sup>st</sup> and 3<sup>rd</sup> legs are similar, one out the other back.

Solos and teams both start at 0600. There will be a cutoff time for commencing leg 3 of 11 am. Runners not commencing by this time will not be permitted to start leg 3.

It will be the responsibility of each team to transport their runners to the change over point at the tennis courts in Maudsland road.

All finishers receive a souvenir tee shirt and sausage sizzle at the finish. Trophies to 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> Male & Female in Solo event. Trophies to 1<sup>st</sup> Male team, 1st Female team & 1st Mixed Team. Random Prizes

**Aid Stations:** Aid stations will be provided every 5 – 6 kms. However, it is recommended that all competitors carry a water bottle through the Nerang State Forest legs.

**Rules:** Except for the forest section, keep to footpaths wherever possible. If running on the road, stay on right hand side, facing oncoming traffic. All runners must obey directions from officials. This race is open to persons of 18 years and over.

**ENTRY** Fees: Solo \$30 Relay \$20 each.

Event Entered 65km Solo ( ) Relay ( )

	Solo or team member 1	Team member 2	Team member 3
Name			
Address			
City/Postcode			
Telephone			
Email			
Signed			

Please return this entry form together with cheque made payable to Gold Coast Runners Club Inc. PO Box 6529 Gold Coast Mail Centre QLD 4215. All inquiries to Race Director Ian Cornelius Tel 07 5537 8772 or 0408 527 391 or [info@goldcoast100.com](mailto:info@goldcoast100.com)

Please complete the Race Participation Agreement overleaf.

## RACE PARTICIPATION AGREEMENT

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

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

Signatories must be 18 years of age or older.

	1	2	3
Name			
Signature:			

## **TAMBORINE TREK - HALL OF FAME**

### **68 kms (MacIntosh Island to Mt Tamborine via Mt Nathan and return)**

1994	Steve Roach	6.56.59	
	Dell Grant	7.08.06	
1995	Kelvin Marshall	5.36.54	
	Christine McDougall	6.43.14	* Course record - Female
1996	Kelvin Marshall	6.13.52	
	Aileene Markham	8.15.04	
1997	Kelvin Marshall	5.50.35	* Course record - Male
	Cathy Caton	7.21.27	
1998	Kelvin Marshall	6.07.55	
	Aileene Markham	7.18.55	
1999	Kelvin Marshall	5.59.09	
	Aileene Markham	7.18.13	

### **62 kms (Owen Park, Southport to Mt Tamborine via Mt Nathan and return)**

2000	Kelvin Marshall	5.15.35	
	Aileene Markham	7.01.36	
2001	Darren Skillicorn	5.15.27	* Course record - Male
	Bernadette Robards	6.31.24	* Course record - Female

### **67 kms (Owen Park, Southport to Mt Tamborine via Nerang State Forest & return)**

2002	Peter McKenzie	8:09:29	* Course record - Male
	no female starters		

### **67 kms (Girl Guides Hall, Ferry Road Nerang to Mt Tamborine with forest out & back section and return)**

2003	Darren Skillicorn	5:42:21	* Course record - Male
	no female starters		

### **45 kms (tennis courts in Maudsland Road to top of Mt Tamborine thence to MacIntosh Island)**

1996	Phil Lear	4.21.25	* Course record - Male
	Rachel Cooke	5.22.03	
1997	Rod Morgan	4.57.01	
	Rachel Cooke	4.33.18	* Course record - Female
1998	Harry Davis	4.33.13	
	Theresa Heffernan	6.20.30	

[www.ultraoz.com](http://www.ultraoz.com)

[www.ultramarathonworld.com](http://www.ultramarathonworld.com)

# 2004 Victorian Mid-Winter Fat Ass Ultra Series



**Are you up to the Challenge?**

**2 Ultras in 5 weeks and absolutely Free**

## **4<sup>th</sup> July 04 – Bellarine Rail Trail Fat Ass Ultra**

**A 64km and 32km run.** It will start at 7.30am from the Geelong Showgrounds. There will be a 9 and a half hour time limit and will be open to runners and walkers. The trail is well marked and meanders down to Queenscliff and is very scenic on the way. This is a genuine Fat Ass event. There will be no entry fee, no help, no support, no assistance and No Wimps. For more information read this webpage for more info or email Phil Essam at [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au) or phone him on 0407-830-263 or email Kevin Cassidy on [kc130860@hotmail.com](mailto:kc130860@hotmail.com).

## **1<sup>st</sup> August 04 - 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/](http://www.ultraoz.com/hobsons/) or contact Phil Essam on 0407-830-263 or email [ultraoz@iprimus.com.au](mailto:ultraoz@iprimus.com.au) or Kevin Cassidy on 0425-733-336 or Email [kcassidy@mfbv.vic.gov.au](mailto:kcassidy@mfbv.vic.gov.au) for further information. . This is a genuine Fat Ass event. There will be no entry fee, no help, no support, no assistance and No Wimps.

**There will be a Small Prize for the Combined Winner of both races. So why not pencil in both Events to your Diary?**

**If people wish to make a Donation to the Peter McCallum Cancer Clinic at either Event, it would be gratefully appreciated.**

# Entry Form

# 21<sup>st</sup> Annual

# 24 Hour

# Festival of Running

# 24 HOUR NATIONAL CHAMPIONSHIPS

# 12 HOUR TEAMS RELAY

An exciting and fun event anyone can do!<sup>™</sup>  
The best 'team-sport' I've ever experienced!

# 12 HOUR RACE

# 5 HOUR FACE

October 17-18, 2004

Sanctus Spiritus  
Adelaide, Australia

# Signs

**[POD<sup>2</sup>]** Podiatry Centres

**POLAR.**  
heart rate monitors

First Name												Surname												Sex	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	M <input type="text"/>	F <input type="text"/>		
Street Address												Suburb / Town												Postcode	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Home Phone				Mobile				Date of Birth				Age on 16 <sup>th</sup> Oct 2004													
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>								

**To register for the Self-Transcendence 24hr Festival of Running you must read, understand and agree to all the following terms and conditions:** I understand that in consideration and as a condition of acceptance of my entry in this event that I, my heirs, executors and administrators, waive all and any claim, right or action which I or they might have for and 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 Self-Transcendence 24hr Festival of Running 2004. 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 servants, agents, representatives and officers of any of them and shall operate whether or not loss, injury or damage is attributed to the act or neglect of any or more of them. I agree to receive and pay for medical treatment including transport by ambulance, which is considered by organisers to be advisable and which is provided to me at the request or direction of the organiser before, during or after the event. If you do not wish to have your mailing details recorded and used for future promotions by the event organisers please phone (08) 8272 5081 and ask to have your name removed from the database.

**All entrants must sign.** Under 18 years to be signed by a parent or guardian. (12hr Teams captains to sign, other members please photocopy and sign, one per member.)

Signature \_\_\_\_\_ Date 

--	--	--	--	--	--

 Team Name \_\_\_\_\_

**PAYMENT DETAILS** Please note **ONE entry form per person** (please complete your choice from the 'Event Information' inside.)

You may photocopy entry forms for friends.

Event (ie please write 24hr/12hr team/12hr/6hr)

Amount

T-shirt \$25.00	S	M	L	XL
-----------------	---	---	---	----

Pasta Party \$15.00	number of attendees
---------------------	---------------------

**Souvenir VCD Slideshow \$15.00**

\$
\$
\$
\$

TOTAL ☐ Cheque ☐ Money Order ☐ please circle \$





## WELCOME TO THE *Self-transcendence* 24 HOUR FESTIVAL OF RUNNING.

2004 marks the 21<sup>st</sup> annual ultra running Festival. This year the Festival incorporates the 12 Hour Teams Relay, the National 24 Hour Championship, 12 Hour & 6 Hour Events. There is an event for anyone ready for a new running challenge & hoping to discover more of their real capacity. The Festival will be held at the Santos Stadium, which boasts the best facilities in South Australia and is located on the western edge of the picturesque Adelaide City Parklands.

**Walkers! We encourage you to participate in all events.**

**12 Hour Teams Relay:** Great fun for training squads, clubs, families, schools, corporate and service industries. Up to 6 members per team. Runners free to change when they like. Team captain to complete entry form.

### Service to Runners

- Certified 400m floodlit track
- Personal lap counters
- Splits at Marathon, 50km, 100km, 150km, 200km, 30 miles, 40 miles, 50 miles & 100 miles
- Track-side camping
- Delicious food and drink for all competitors
- Running direction changed every 4 hours
- Rest room and showers

**Medical Services:** Massage, podiatry, chiropractic, and first aid services will be available throughout the 24 hours.

**Accommodation:** Interstate and country competitors may like to stay at the Holiday Inn, South Terrace, Adelaide. When booking request the special "sports rate for the 24 Hour Festival of Running" to receive a considerable discount.

**Prizes:** Medallions for all individual finishers. Certificates for all team participants. 24hour National Championships Perpetual Trophy.

**Location:** Adelaide, South Australia, Santos Stadium, Railway Tce, Mile End (2 minutes west of the City of Adelaide).

### Pasta Party Celebration! Come along and meet the other runners.

Enjoy an awesome pre-race meal and marvel at the achievements of the 21 year history of this great event.

*Where:* the Function Room, Santos Stadium, Mile End

*When:* Friday Oct 15<sup>th</sup>, 6.30pm. (Family and friends welcome)

*Cost:* \$15 per head (includes dessert)

Entries close October 8<sup>th</sup> 2004  
No on the day entries

Event	Start Time	Entry Fee	
		(By 1 <sup>st</sup> Oct)	(by 8 <sup>th</sup> Oct)
24hr	8.00am Sat 16 <sup>th</sup> Oct	\$150	\$170
12hr	8.00am Sat 16 <sup>th</sup> Oct	\$80	\$100
6hr	12noon Sat 16 <sup>th</sup> Oct	\$65	\$85
12hr Teams Relay	8.00pm Sat 16 <sup>th</sup> Oct	\$150	\$180

### Commemorative T-shirts:

24hr National Championships entrants receive a free T-shirt. **All other events may order Souvenir T-shirts on this entry form for \$25.00 each.** Garments are all 100% quality cotton. **Please note T-shirt orders must be received by 1<sup>st</sup> October.**

### Souvenir VCD Slide Show:

Only \$15.00, featuring over 100 photos from the 2004 24hr Festival of Running. Playable on most computers and DVD players. Be sure to tick the box on the entry form.

### How to enter

Fill in the form on the back of this page.

**POST** it along with your Cheque or Money Order with a stamped, self-addressed business sized (DL) envelope to:

Sri Chinmoy Centre  
"24 Hour Festival of Running"  
1<sup>st</sup> Floor, 131 Carrington St  
Adelaide SA 5000

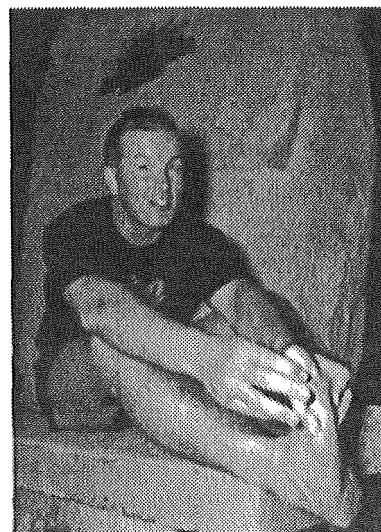
All participants please provide a brief history of previous running / team achievements. Including best time / distance for the event you are entering. Include any personal biographical information that may be of interest to other participants.

More Information: ph/fax (08) 8272 5081  
australia.srichinmoyraces.org

# Brian Jackson.....In Profile

## PERSONAL INFO

<b>Name</b>	
<b>Date of birth</b>	17/10/1966
<b>Place of birth</b>	Taupo NZ
<b>Current address</b>	Townville
<b>Occupation</b>	Soldier
<b>Marital status</b>	Single
<b>Children</b>	none
<b>Height</b>	174cm
<b>Weight</b>	90kg
<b>Best physical feature</b>	Legs
<b>Education background</b>	Year 12 and 1 year of nursing
<b>Favourite author</b>	Yet to find one
<b>Favourite book</b>	don't have one
<b>Favourite non running magazine</b>	'that one'
<b>Favourite movie</b>	"Don Juan De Marco"
<b>Favourite TV show</b>	Simpson's
<b>Favourite actor</b>	Robin Williams
<b>Favourite music</b>	Pop
<b>Book you are currently reading</b>	Intro to I.T.
<b>Hobbies</b>	Canoeing, any kind of endurance events, eating
<b>Collections</b>	Marathon Tee-shirts
<b>Make of car you drive</b>	Nissan Pathfinder
<b>Make of car you would like to drive</b>	F250
<b>Greatest adventure</b>	Trans Australia Race of Fire
<b>Favourite spectator sport</b>	Motor racing
<b>Favourite holiday destination</b>	Greek Islands
<b>Favourite item of clothing you own</b>	Marathon tee-shirts
<b>Most prized possession</b>	Grandfathers medals
<b>Personal hero</b>	Father
<b>Favourite quote</b>	A happiness heart knows no sign of fatigue (sri chimnoy)
<b>Personal philosophy</b>	You don't have to succeed just do your best
<b>Short term goal</b>	Complete nursing degree
<b>Long term goal</b>	return to Perth
<b>Achievement of which you are most proud</b>	being able to carry on in some small way the tradition of the A.N.Z.A.C
<b>Pets</b>	shiatsu
<b>Pet peeve</b>	noisy eaters
<b>Favourite non-running activity</b>	Eating
<b>Greatest fear</b>	bee stings
<b>Happiest memory</b>	a girl called Celia and a place called London
<b>Personal strength</b>	task orientated endurance
<b>Personal weakness</b>	above can lead to tunnel vision



## RUNNING INFO

<b>P.B's</b>	5KM-17:30	10KM-35:15	HALF MARATHON- 1:18:50	MARATHON-2:59:26
	6HR-66.7km	12HR-103km	24HR-142.6	100KM-10:30
<b>Years running ultras</b>	7			
<b>Number of ultras finished</b>	13			
<b>Best ultra performance</b>	1 <sup>st</sup> Place at the 1997 Bunbury 6 Hour event			
<b>Most memorable ultra and why</b>	Capel to Collie 100km 1998 in 10:30 - laid a lot of ghosts to rest			
<b>Typical training week</b>	Unfortunately not much running, a lot of cross training with the job, average 30-40kms			
<b>Injuries</b>	none			
<b>Favourite running shoes</b>	Brooks Addiction			
<b>Favourite food/drink during an ultra</b>	Coke and water and lots of doughnuts (just cant get enough of them mmmmm!)			
<b>Favourite handler</b>	My brother			
<b>Favourite place to train</b>	On a treadmill			
<b>Favourite running surface</b>	Grass track			
<b>Ultra running idol</b>	Pat farmer			
<b>Why do you run ultras</b>	Believe it parallels life with its ups and downs, teaches me peace and to take one step at a time both on and off the track			
<b>Any advice to other ultra runners</b>	Focus on the journey, learn to relax when you run, smile be positive and then you'll be happy with what ever result you achieve			

# ***The Self-Transcendence 24 Hour Festival of Running***

**October 4-5<sup>th</sup> 2003**                      **Santos Stadium, Adelaide Australia**

## **20 Years in the Making**

I had read the night before the start of the 2003 **Self-Transcendence 24 Hour Festival of Running** that every milestone marked a new beginning. This year was the 20<sup>th</sup> Anniversary of this 24 Hour National Championship event and no word seemed more fitting.

With the exception of two occasions, the Adelaide 24 Hour Festival, organized by the Sri Chinmoy Marathon Team, has always been held at the Adelaide Harriers Track, South Parklands (a cinders track). One of these exceptions was in 1991 when the race was held at the Kensington Track (this track has since been closed). It was at this event that Yiannis Kourou broke the 24 Hour World Record covering 303.506km. Most of the Festival's history however is packed in the dust of the Harriers Track. For so many ultra runners from around the nation and beyond it has been 'home' to so many wonderful life shaping moments. Countless personal, Australian and World Records have been set there. Most remembered are the many set by the forever adored Cliff Young in the eighties and early nineties.

The decision to move the 2003 Festival to SANTOS Stadium was a big one that wasn't met without trepidation from both organizers and runners. The Harriers Track Events had a timeless charm and character and many of us wondered how the new and state of the art SANTOS Stadium would compare. Sometimes life has a way of rewarding us *big time* when we take a brave plunge though and this was definitely the case for the 2003 24 Hour Festival of Running. It was the 20<sup>th</sup> Anniversary and it was a new beginning all in one.

The traditional Pasta Party on the Friday night before the race set the pace for an unforgettable weekend. Held at the top of the grandstand in the Santos Stadium Function Room over 50 runners, support crew members and Sri Chinmoy Marathon Team volunteers enjoyed a magnificent view of the new tartan track and City of Adelaide, renewed or made new friendships and enjoyed a delicious 'all you could eat' feast. To mark the occasion of Peter Gray's 39<sup>th</sup> Birthday (Peter was entering this Festival for the 12<sup>th</sup> time!) we all joined in chorus and cake. Many of the runners rose from their seats to share a few words, the most delightful being Keiji Suzuki's who was entering his first 12 Hour event. In his captivating Japanese accent he so humbly exclaimed: "I am very nervous, I have no idea what to expect, I have never run this long before, please help me out on the track". True to the form of the ultra community come race day, the runners did all help Keiji along and his determination and cheerfulness carried him to his dream of 100km (he finished 2<sup>nd</sup> with 101.238km).

This year the 24 Hour and 12 Hour events both started together on Saturday at 8am. There were 15 daring 24 Hour entrants and 6 in the 12 Hour. Of the 15 competitors in the 24 Hour event, 4 were entering for the tenth time or more. Seventy eight year old, Stan Miskin (Vic) was on number 10 and was also the only competitor on the track this year that was also in the original line up in 1982 (not bad!!). For Peter Gray (Vic) and 73 year old Dick Crotty (SA) it was number 12 and for Anyce 'Kip' Melham (NSW) this was no. 16 of 20! Since he first entered in 1984 Kip has entered every event, except for one due to injury.

Returning after 4 years 'retirement' from ultra running was famed Tony Rafferty. Tony had entered this event a number of times before, but not since 1988 (& before my involvement with this race). We were all thrilled about having Tony in the Festival and I personally awaited the opportunity to meet him. I had heard and read so much about him and like everyone from the Sri Chinmoy Marathon Team held him in the highest regard. Despite this, upon finally meeting him, his nobility and generosity of spirit still managed to flaw me. Tony has plans of embarking on some major ultra journeys in the next 18 months and was using this event to tread ultra waters again.

### **The 24 Hour National Championship**

Mick Francis from Perth started as the favourite for the 24 Hour and looked strong for the first quarter of the race. His marathon time was 3:48, with Carol Baird following in second place at 4:13. By the time he reached 100km (9:51:50) he was over an hour ahead his closest rival, Kip Melham (10:57:15). His race however wasn't without grief. Despite a pretty steady performance Mick was suffering badly. His body seemed to be holding up well apart from a dreadful sense of nausea. This feeling lasted with him for a large part of the race. Thankfully Stewart Ward, a Canberra homeopath was able to assist Mick a number of times, however, for the last 6 hours of the race Mick took in only water to prevent any further upsets. Despite feeling far from 100%, Mick went on to become the 2003 National 24 Hour Champion, covering an enviable 211.459km and astonishing us all along the way.

Carol Baird led the race for the Women's National 24 Hour Championship title from start to end. As always her performance was super steady. It is such a joy to watch her race. Like Mick, however, it wasn't any easy race for her. Carol often commented on how tired her legs were feeling and she had a number of brief stops on the sidelines to summons her mind.

wer: "I know this is tough but I can do it, I can do it. I have the determination, I have the determination!" are words she verbalized many times to see her through. Last year Carol was runner up in this event behind David Standeven, this year however she spent most of the Festival in third place behind Mick and Kip Melham. Kip had enjoyed some awesome performances in this Festival (his best was 213km in 1989) however over recent years Kip has struggled enormously due to injuries. This year after placing third in the Canberra Self-transcendence 100km Event, loads of treatment for his back and a awful lot of determination and will power Kip had a fantastic race. He looked strong the whole time and was clearly inspired having his cousin Eric on track with him. His runner-up title didn't come easily however. Carol and Kip finished only 3 laps apart. They spent much of the last hour together on the track both laughing and encouraging the other to take the lead. In the end it was Kip's day. Kip covered 182.119 and Carol 180.919km.

**The 12 Hour Race** In the 12 Hour all six competitor's performances were strong and steady. Max Carson ran very well and covered 105.558 to win the event. Following closing behind was Keiji 101.238 and in third place was 71 year old David Adget. Dave has been running for 20 years but this was his first ultra. He has a marathon pb of 2:54 but for this event had no real expectations. With a strong support crew from his friends from the SA Road Runners, Dave went on to set a new Australian Age Category Record for the 12 Hour Event, covering 94.290km, about one kilometre better than George Bradley's previous record. Nobody was more surprised than Dave to learn about this record. Dave is clearly a natural ultra runner, it was a pleasure to have him in the event and we look forward to supporting him again next year.

**The Six Hour Race** started at 12 noon. There were five entrants. Dennis Vlachos (SA), the only male in the Festival had a great run and won the event comfortably with 58.134km, bettering last performance in this event (1999) of 53kms. First in the women was Sandra Howorth (Vic) who walked 41.861.

**The 12 Hour Teams Relay** started at 8pm on Saturday with a line up of three teams. Back to defend their 2002 title was A's "the Power of Four". Last year they were unstoppable and covered 148km. This year with only two original team members remaining even they were unsure of what was possible. The two over teams were "The Decades and "Team Turmoil", both from SA and entering for the first time. The 12 Hour Relay Runners ran through a chilly but beautiful night and brought with them "fresh" legs to keep the 24 Hour runners inspired. It was a real competition with the placings changing over 15 times, including a couple of times in the last hour. In the end the Power of Four finished in first place with 138.979kms, the Decades came in 2<sup>nd</sup> with 135.391 and Team Turmoil third with 133.872.

For this magical 20<sup>th</sup> Anniversary some runners reached their goals, others didn't. What we did see however was a collective outstanding performance. In my 10 year involvement with this Festival never do I remember so many runners working hard and so consistently. At moments throughout the race we would stand at the top of the Grand Stand for a 'big picture' of the race. At times I found myself thinking (aided by the awesome lighting of this venue) it could have been any time of the day. It may have been 3am but almost all the runners were still on the track and still putting in more than 100%. It was simply breathtaking.

Amongst those that did reach their goals was Eric Trad (Qld). Eric was racing (walking) without his glasses and post race informed us he couldn't read the clock or scoreboard. He would ask his cousin, Kip, as they passed one another how he was doing. Not for a single moment did Eric lose focus of his dream of going an extra 2kms than he did in his first 24 Hour performance only six weeks prior to reach 150kms. He had a smile so sincere and captivating that it allowed us all to feel a part of his achievement. His final performance of 152.519 was a true highlight. Equally inspiring was the performance of David Billett. David (SA) was entering his second 24 Hour (2002 144kms). He dreamed of making the magic 100mile club. They say we always value things we work harder for. This being the case David will probably cherish this performance forever. It was a beautiful display of perseverance and self belief challenging the so-called 'impossible' not for one or two hours, but for 24 long hours. David reached his dream of 100miles to an eruption of cheers and support at 23:44:53, came 15<sup>th</sup> overall and covered a total of 163.779km.

So, it seemed the new SANTOS Stadium proved it had its own special charm to offer this 24 Hour National Championship. The planes gently flying overhead on their pathway to the airport, the occasional train chugging along, the atmospheric candles burning trackside through the night, the Sri Chinmoy singers who sang for hours without a break, the view of the famous Adelaide Hills and that amazing early sunrise!!!!!! There were so many contributing factors to this great weekend ... POD2, the leading Adelaide podiatry group were just awesome, providing two podiatrists for the entire 24 hours to help the runners. The cooks who were in the kitchen for the whole race blew what was an already outstanding reputation out the window with their truly delicious and new selections of food for the runners and helpers.....

The 20<sup>th</sup> Anniversary at the SANTOS Stadium venue gave us all memories to last a lifetime. Thank you, thank you, thank you to everyone involved and we hope you can join us for the big 21<sup>st</sup> Birthday come 2004.

Fiona Baird – Sri  
Chinmoy Marathon  
Team

**REPORT BY BRIAN POKE**

What is 64 Km long, has Australia's 2<sup>nd</sup> oldest lighthouse and is the site of the world's most southerly Ultra??

Bruny Island, Tasmania – first sighted by Europeans in 1642 and arguably the most scenic long distance race in Australia.

On 29<sup>th</sup> November 2003, the 16<sup>th</sup> Annual event, saw a record number of seven solo competitors and over two hundred team players, including several families with two of those spanning three generations, enjoying a very well organised event which included local islander participation in the form of roadside encouragement and a delightful country style luncheon after the race.

This speck on the map, south west of Hobart, with loads of accommodation from five star down, a total population of less than five hundred, only had the joy of full road access from the north section to the south some 40 years ago, prior to that cars drove along the beach at low tide.

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

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

What a great future this event has with no insurance problems, quiet rural roads, the local Island Police giving very positive support, including planning to run in the 2004 race. The unique geography where at one stage the oceans laps the road on both sides for some five kilometres (handy to cool off).

A vehicle ferry ride which costs pension card holders \$7 return and lots of recognition and a little something at the presentation for all solo runners, this truly is a classic, credible experience run superbly by Ultra Tasmania Inc. but an obvious A.U.R.A. presence on the committee and amongst participants.

And where did I fit into all of this, well by International Ultra elite athletic standards, very much at the bottom of the ladder, but by my standards, I was the proudest, happiest, DNF ever on earth, at 60 years of age, I had covered 58 Km in my first ever distance over 42.195, my ratio was walking 80%, shuffling 20% and to think that Stan Miskin can walk in the Banana Coast Ultra over 60 Km 10 minutes faster than I can shuffle/walk and he is 18 years older than me, that inspires me to keep at it.

My wife Faye, kindly was my crew, on her bike, and she kept magnesium, meal replacement and glucosamine power in drink form up to me helped. I loaded for some weeks prior on these three and had no cramping, foot or joint problems or debilitation during the event and very little "day after" problems.



Why did I so proudly DNF at 58 Km, well being from the hilly forested much cooler north-western bit of Tassie, the

- 27° + degree heat (taken in the shade which I was not in).
- The hill I was facing, which the Islanders call smilingly, undulations, had no Sherpas or anybody called Hilary.
- The fact that I doubted my speed would allow me to reach the lighthouse door and give it the traditional touch by 2.30 pm.
- The teams had all gone past and I was stone motherless last. However, had I known that another solo runner James Crotty, who had passed me some two hours before was not far ahead of me, I may well have fought on, all good experience.

One delight of being the slowest participant is that by leaving first you meet the other solos as they eventually catch up.

What about some of the quaint customs for the early starters, no marshals, so you start a stop watch and hide it at the C.W.A. hall as you go past and the Race Director and/or Timekeeper picks it up later – only in Tassie – viva the honesty box.

First across the line - over the race's history.

1988	Mike March	5.20.00
1989	Allan Rider	5.02.00
1990	Bluey Phillips	5.47.11
1991	John Jarman	4.28.28
1992	Andrew Law	4.25.22
1993	Andrew Law	4.33.53
1994	Helen Stranger	5.34.35
1995	Andrew Cromer	4.25.06
1996	Tim Sloan	4.12.53
1997	David O'Brien	5.05.43
1998	Tim Sloan	4.19.59
1999	John Cornish	5.33.48
2000	Tim Sloan	4.19.59
2001	Paul Riseley	5.30.03
2002	Colin Oliver	4.12.33

The winners on handicap - for a similar period

1991	John Jarman	4.28.28
1992	Mike Maddock	6.25.44
1993	Barry Dike	5.29.27
1994	Mike Maddock	6.16.40
1995	Andrew Cromer	4.25.06
1996	Peter Hoskinson	5.38.57
1997	Steel Beveridge	7.19.10
1998	Dick Crotty	9.50.08
1999	Steve Bence	6.10.23
2000	Helen Diamantides	6.06.11
2001	Sharen Willing	5.39.55
2002	Trevor Manning	8.36.21

Interesting to note, that the 1998 handicap winner Dick Crotty, who still attends the race now as a team member, was 69 years of age at the time.

Solo participants - names and times for 2003

1.	Michael Booth	6.41.30
2.	Richard Roffe	6.51.24
3.	Michael Burnett	6.52.52
4.	Philip Lawrence	6.58.05
5.	Maureen O'Loughlin	6.59.04
6.	James Crotty	8.32.26
7.	Brian Poke	DNF 58 km

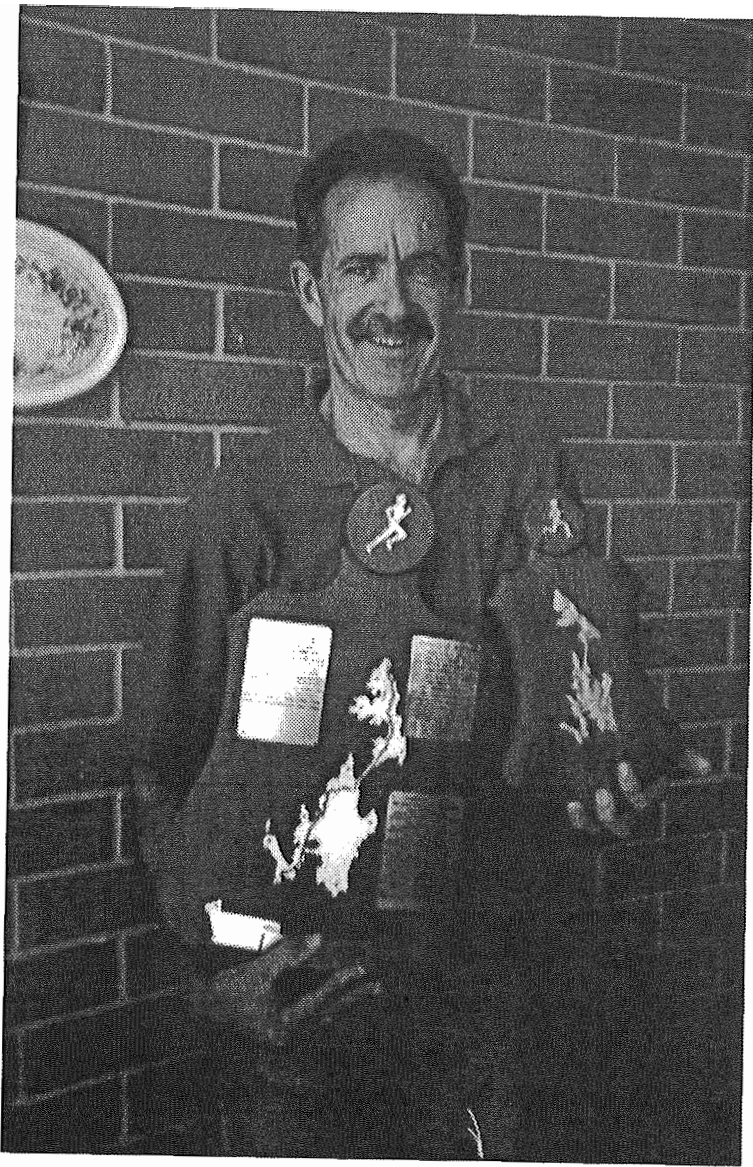
Contacts: Paul (03) 6229 6283 home  
Sharen (03) 6272 8541 home  
Andrew (03) 6228 6090 home

Website: [www.dreamwater.org/run/ultra.html](http://www.dreamwater.org/run/ultra.html)

I would like to thank the following people for helping me in many and various ways, Ultramag back issues, advice etc., to become involved in the Ultra world, Kevin Cassidy, Fred Brooks, Tim Sloan, Vlastic Skvaril, Graham Ives, Paul Riseley, Andrew Law, Sharen Willing, Jan Lynch, Debbie Pauna-Rees, Jerry Zukowski, Dick Crotty, James Crotty, Michael Booth, Kevin Tiller at [www.coolrunning.com.au](http://www.coolrunning.com.au) Peter Hoskinson, John Champness, David Criniti, Barry Stewart, Frank Ward and of course, the late Cliff Young who first made "it" public.



**A couple of legends. Brian Poke [left] talks with Dick Crotty.  
The views at Bruny Island make it all worthwhile**



**[left] A very proud Michael Booth could not wipe the smile off his face after winning the Bruny Island Ultra.**

**Looking at the size of those trophies, I am surprised he still has the strength to hold them**

**[below] The seven hardy souls who tackled the 64km run from the top of Bruny Island to the bottom receive acknowledgement from the crowd**



# 16<sup>th</sup> ANNUAL ULTRA TASMANIA BRUNY ISLAND 64K Ultra Run

Saturday 29<sup>th</sup> November 2003

By Michael Booth

If you look at the bottom of a map of Australia you will see Tasmania.

If you look at the bottom of a map of Tasmania you will see Bruny Island.

If you look at the bottom of a map of Bruny Island you will see Cape Bruny Lighthouse, the finish point for the longest ultra road race in Tasmania. But what a top race!

I live in the north of Tasmania and have run in a local running club for nearly two years. I am 49 and preserved my body by not playing tough sport after I left University. I started running to rid myself of some weight and gain some fitness. It was early November 2002 when I was approached to run in the local Tamar Valley Classic by David MacFarlane, an acquaintance from the running club. Of course I said yes as I also enjoy sailing. I later rang him to ask if he was running the tough first leg. "Of course not. I'm running in the Triple Top Mountain run later in November" I asked all about the event. The rest, as they say, is history. I was hooked on off road running.

Since then I have competed in my first marathon, King Island Imperial 20, Cradle Mountain Run, 2 Triple Top Mountain Runs and the Australian Three Peaks. When I heard of the Bruny Island 64K ultra I knew I had to have a go. I contacted the race organiser, Paul Riseley, who made everything very easy. I contacted the Tasmanian Travel Centre who sent me map and helpful advice on travel times and accommodation. I booked a very nice B&B close to the start for my wife Christine (road crew) and me to stay.

As the start was at 0500 hours on the Saturday, we travelled to Kettering on the Friday and travelled across to the Island on the ferry. We happened to meet 10 of my fellow runners from the local club also waiting at Kettering for the ferry. "Fancy seeing Boothy here" one of them was overheard saying. We found our digs and decided to view the course with what daylight was left. The course was the main road travelling from the northern tip, Dennes Point, to the southern tip, Cape Bruny Lighthouse. The road was about 20% sealed and 80% gravel. This at first was a surprise but realised it was going to be kind on my feet and legs. We drove as far down as Alonnah but the light was fading so we headed back to the B&B for dinner and an early night. I set both alarms for 03:45hrs.

Both alarms worked and I quickly had breakfast. I am a runner that likes to have an early meal to assist in all things to do with the bathroom. I then dressed in my ultra gear and prepared my feet with bandages to cover the areas I know would not survive the distance. We drove to the start and arrived with 10 minutes to spare. I introduced myself and realised then that only about 7 of us would be running the full distance. The rest of the run is for relay teams, and there were a lot of them. They started at 0830 hrs. With 10 minutes to go, my first thought was how to prepare for a 64K race at 0450hrs. So I just went for a warm up jog down the road and back. The weather was kind to us and was a mild morning. I took off my long sleeved top and strapped on my running belt with my drink bottle. I kissed my road crew, stood on the line and waited for the timekeeper to give the GO signal. We were off.

The first 3 or 4 Ks was uphill. What an early morning challenge. Still, the early pace was my training pace so I got through that part OK. I found myself out in front and was catching a runner who started at 0430 hrs. Race organisers allow each runner, within reason, to choose their start time so as to allow them to finish within a time allowance. My wife, Christine, passed me in the car at about the 10K mark and had drinks and fruit waiting for me. She did this at every 2 to 4 K mark. The course was marked out every 2k for the relay runners so this made it easy for Christine to take my 4K splits. I was keeping up with my predetermined splits. I found myself out in front with no one to speak to and it was tough. Christine was a great comfort just being there but there is no substitute for a fellow runner being beside you experiencing the same as you with life stories and running anecdotes. The weather forecast was for a hot day, and the weather bureau was right. The heat hit me at 08:00hrs and was very tiring. "Keep the liquids up" Christine was telling me.

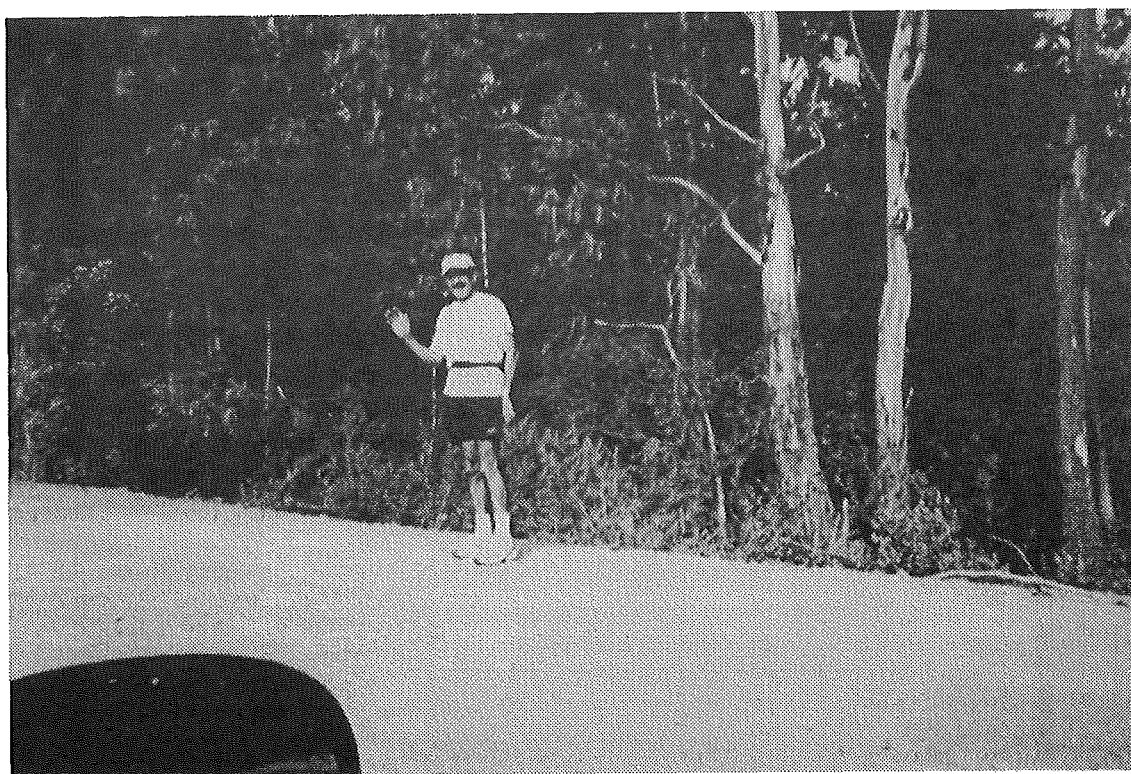
Bruny Island, being a small and somewhat remote island does not have a traffic problem. However around 08:00hrs I noticed many cars travelling in the opposite direction. Attempting to concentrate on the job at hand it did not occur to me they were the teams runners travelling to the start until the two teams from my local running club passed me with windows down yelling encouragement and good wishes. They might not realise it but just that split second of contact with them gave me a huge mental and physical boost to continue. Approaching the Isthmus (thin neck of land joining the north to the south) the legs were tiring and my concentration was waning. Even the magic scenery was holding little for me. Christine had only just passed me and was looking for the next 4K marker. The next thing I found myself taking a rolling tumble. I had tripped on a stone in the hard gravel road. I quickly picked myself up and stood in the middle of the road. I was there on my own feeling really silly. I checked for damage. Blood was running from my right knee but no structural damage. Right shoulder and elbow were grazed but OK. I took a drink and started running. Phew! I think I had better concentrate more from now on.

I hit the 36K mark 8 minutes ahead of my preset time and was running with confidence. The fruit and drinks and chocolate (Cadburys of course) were all hitting the spot. Between the 40 and 44K mark I experienced cramping in my right leg and down the road some cramping in my left leg. I stopped when I caught up with Christine and discussed the problem. I took on some extra fluid and rubbed the affected areas. Unfortunately the problem stayed with me until the

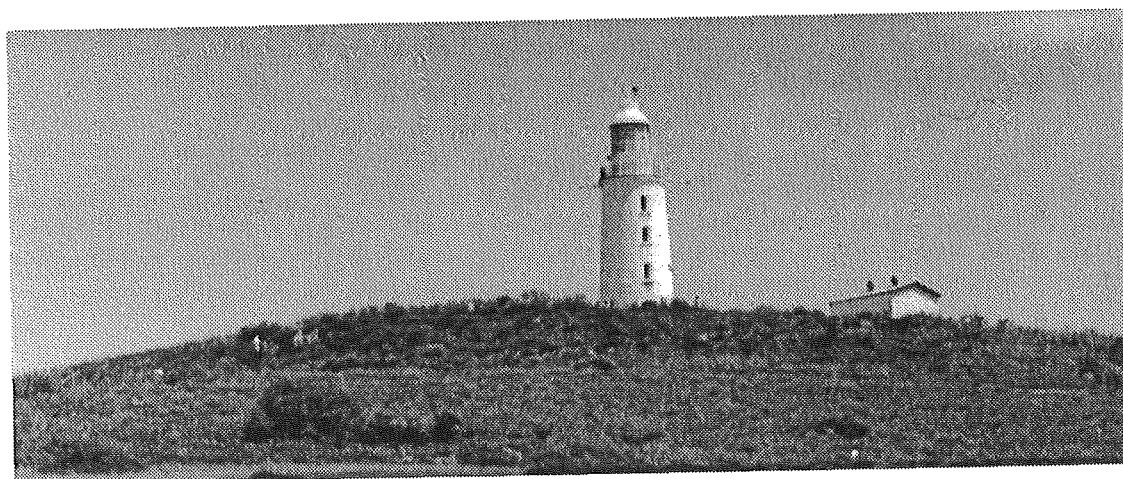


end of the race and greatly affected my time. The timekeeper passed with some 15Ks to go enquiring whether I was the front-runner. He obviously did not wish to arrive after the first home. I rarely look behind in a race but with my now slower running pace I was wary of my fellow runners maybe catching up. I glanced behind several times in the last few Ks and my wife also had a look for me. One of the most memorable moments in an ultra race is seeing the finish line. I came over a rise knowing I must have only a few Ks to go, and there it was. A beautiful sight. The most magnificent Cape Bruny Lighthouse. It was recently featured in an ABC TV documentary on lighthouses and those who tended to them. I had an emotional run up the steep climb to touch the black door and signal the finish. I was congratulated by the kind volunteers, given my certificate, and offered a can of soft drink.

I went to the back of the lighthouse and sat on the grass and contemplated on what I had achieved that day. I put down my drink, stood up and walked around to loosen the muscles a bit. I knew that Tasmania had world-class scenery (I saw some of it on Three Peaks) but the view from the lighthouse was spectacular. It was worth the run just to catch the view of cliffs running down to the sea, and the large expanse of ocean that runs all the way to Antarctica. Christine had now joined me and we looked with awe across at the south west of Tasmania and could see the snow caps while we stood in 27 degree heat. I walked to the car and took off my running shoes and bandages. I had bandaged well, as I did not have any new blisters from previous events. We drove to a beach and I walked in the cool water to ease my aching feet and legs. As no one was about, I stripped off and washed off all the days grime. I put on fresh running clothes and looked forward the eating some unhealthy food at the presentations. I was obviously very happy to receive the beautifully sculptured wooden shield that I get to keep and the many congratulations from my fellow runners and ribbing from my close friends. But I now realise that we do not enter long distance races to win, to beat our friends or to receive kudos. We enter to learn more about our bodies, for the sense of achievement, to go beyond a mental barrier, for the camaraderie and the scenery and the many memories we will have when our bodies will no longer be able to carry out what our minds wish for. We travelled back to our B&B. I sat down and Christine asked me if there was anything I needed. All I wanted was a nice hot cup of tea and a shower.



Michael Booth on the road and [below] the imposing sight of the light house signals the finish



## Fat Ass Special.....Kanangra To Katoomba 60km

On Saturday 29th November 2003, David Lancaster gathered a group of 10 adventure-seekers to complete the Kanangra to Katoomba endurance event. There wasn't a lot of running due to the rough terrain. It is approx 60km and everyone made it home again.

### Report by Phil Murphy

"It should take about 7-8 hrs to do" these were the sentiments from both Sean Greenhill and Jan Herrmann in the days prior to the run. So figured should be back in time for the neighbours Xmas party shouldn't I?

We set off for Kanangra at 6:35am (9 of us in all) huddled up in our hire mini bus graciously driven by Stephen Jackson. After lots of chir wagging along the way we arrived at Kanangra at 8:20ish. A quick photo and farewell to Stephen, we set off along the Kanangra Tops staying together as a group for the first few km. The views back towards Kanangra Walls and Thurat Spires along the way were superb. With the waterfalls in full flow after the recent rain, this was a great way to start the day.

The track to Mount Berry along Kilpatrick Causeway was quite rocky which made for slow going. I remember Sean mentioning that the track was obviously forged by smaller bush walkers to which Paul Every replied "shut up Sean, the track's just fine". ;-) Making our way down Gabes Gap and up Mount High and Mighty was a good workout, looking back at one point to appreciate where we'd come from. Mount Stormbreaker next and again we were running as much as we could but truthfully a lot of this track was just not that runnable. We figured the second half was where we would get a stride happening and make up time. Rip, Rack, Roar and Rumble before we head up Mount Cloudmaker, you gotta just love the names that were given to these mountains. Signed the book at the top of Mt. Cloudmaker and stopped to get some food in.

We then headed down Mt Cloudmaker to Dex's Creek, which was beautiful, flowing and clean; time to refill our water bottles. Luckily for Jan, Fulvio noticed a leech taking a drink stop on his neck. After some refreshments we made our way toward Mt Moorilla Maloo and then on to Mt Strongleg. The going was quite good here with a fair bit of decent running. We kind of lost the trail down to the Cox's River coming off Strongleg but managed to come out right at the river crossing! Great that we were in the right spot but we had missed Kanangra creek and hence our water refill. Still it was beautiful here at the crossing so once on the other side and after cleaning out our shoes and socks we got some more food in. Paul had the right idea and did a nudey bathe to refresh. The water was nice and cool and it was warming up. I was a little concerned about water at this stage as the next water was not until Mobbs Swamp, which was at least 2-2.5 hrs away and even that was not guaranteed to be flowing. I wasn't that keen on drinking from the Cox's River so decided to make do with what I had left. Fulvio was desperately low on fluids and decided he could not go further on just half a litre, so he filled his bladder with Cox's finest.

The next leg up the Yellow Dog Mountain was by far the hardest part of the run for me. This was harder than Pluvi in 6 foot and just went on forever it seemed. Paul and Peter quickly made off up the switchbacks ahead of Fulvio, James and I. We were struggling up this bastard of a mountain and all I wanted to do was stop and lie down. It took us around 90 minutes to get to the top. Water was very low now and I had these grand illusions of there being a wonderfully clean and flowing creek at Mobbs Swamp. It was at this point that I started to question why the bloody hell I was giving up my Saturday for this? I guess dehydration had a lot to do with the shitty feeling up there. Eventually we arrived at Mobbs Swamp to find, to my disappointment, there was only a small rock pool there. Stagnant and with little fellas swimming in it, still it was water and I couldn't get it into me fast enough. I took some purification tablets along with me not thinking I would need them but was grateful I did. Fulvio and I refilled here and James decided to rest up and recover. He was suffering from the heat and lack of water too.

So Fulvio and I made good progress along MT Warrigal and Back Horse Mountain running a lot of the way. We came to the four wheel drive track and continued along Medlow Gap to the foot of Mt Debert. The track heads straight up here towards Taros Ladder and Narrowneck. I was feeling a whole lot better here and started to pick up the pace going up Mt Debert. Running along Little Cedar Gap was lovely with the shade of the trees. When I got to Taros ladder I looked for Fulvio but he was away back. At the top of Taros the views were truly awesome. The vista out over both Jamison and Megalong Valleys was breathtaking. I was uplifted by this and stopped here for a bit just to take it in.

The climb up Narrowneck was not as bad as I thought it would be and once on top the running on the fire trail was good. The sun was going down over the Megalong valley casting long shadows over the peaks and troughs. A cool breeze every now and again was so refreshing. After the low I felt on Yellow Dog I was reminded why we do this. Feeling like the end was nigh I found good legs along Narrowneck and ran most of it except for a few hills. I was low on water by now, Narrowneck does seem to go on forever and remembered the water tap not far from sealed road that Jan had pointed out to me on the Blue Labyrinth run. A few km out from Katoomba I passed Paul, he was struggling after running out of water and food. I couldn't help as I didn't have any left myself, apparently Peter who had by now finished, was going to drive back down Narrowneck with some food and water supplies. I didn't see him though??

Finally made it to the water tap and must have gulped down a litre right there and then. Ran up Katoomba street into town and up to the station getting there in 10hrs50mins, had a quick look around to see if Peter was about and then went straight to the Isobar for a milkshake and pasta. I didn't hang around for long and headed back to Sydney almost falling asleep at the wheel! I ended up not making it to the party, instead showered and went straight to bed.

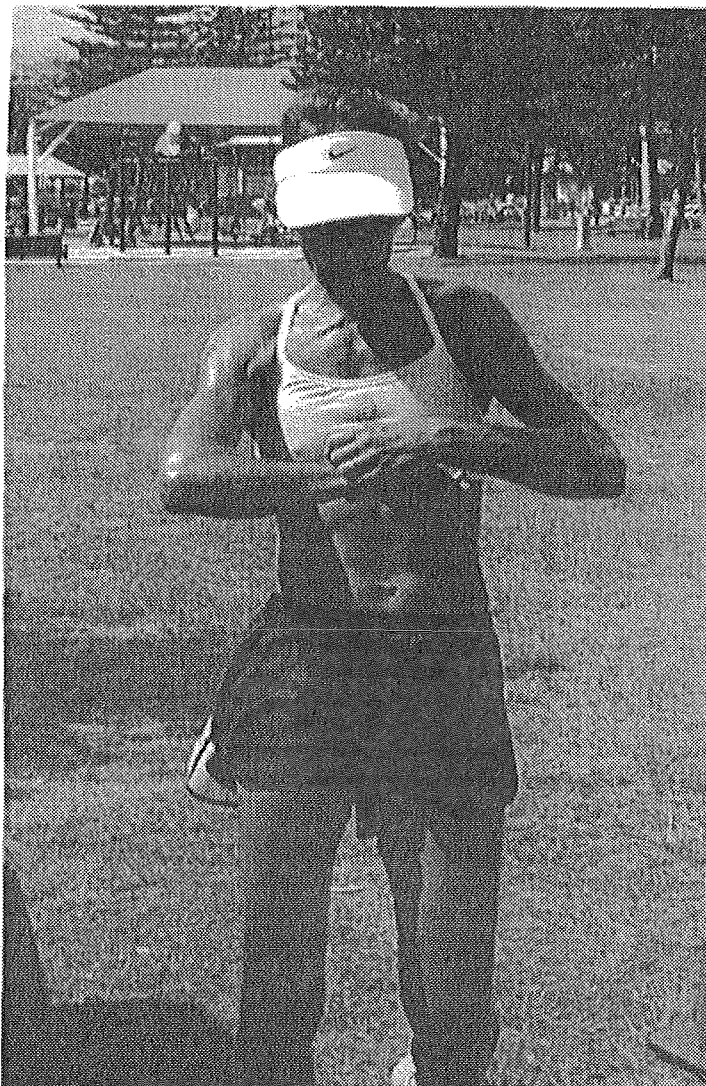
### Lessons learnt.

Stop at all available creeks in future even if it means backtracking. Bring some fly repellent next time in the bush. The flies at the Cox's were brutal all the way up Yellow Dog Mt. Thanks to David Lancaster for organising this awesome run and to Stephen Jackson for giving up his morning getting us all out there.

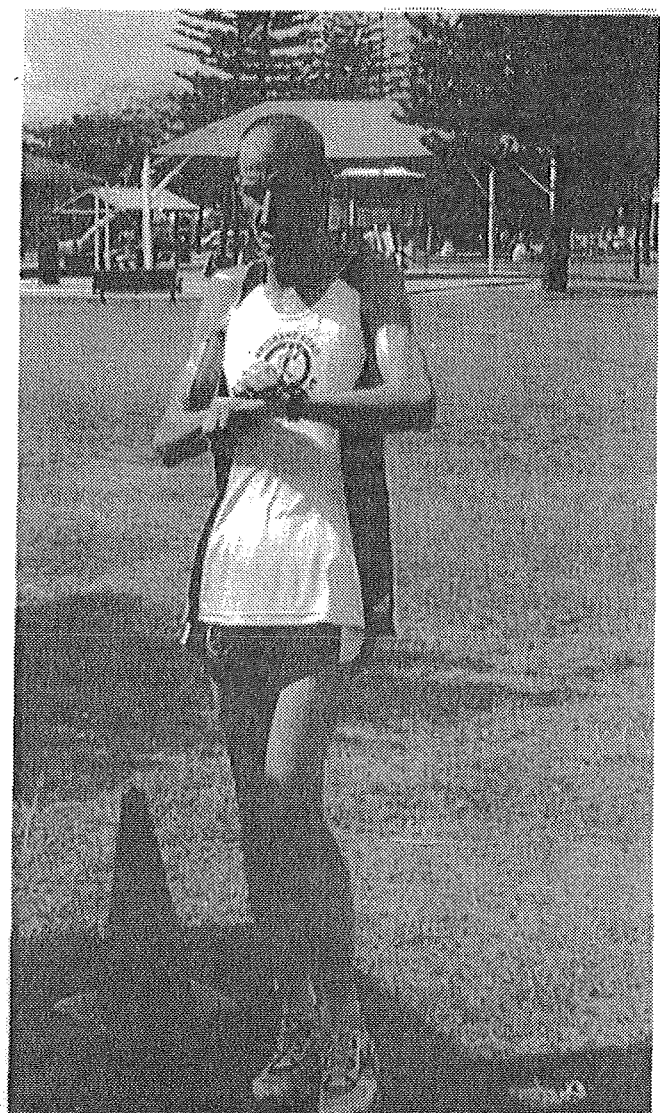


# KURRAWA - PT DANGER - KURRAWA 14 DECEMBER 2003

SOLO			1st 25 kms	2nd 25 kms	50 kms
1		Keith Chaston	1:47:59	1:56:06	3:44:05
2		Jeff Rudd	1:47:55	1:58:11	3:46:06
3		Gavan Reynolds	1:56:05	1:54:44	3:50:49
4		Kelvin Marshall	1:53:12	2:06:22	3:59:34
5		Adrian Pearce	1:59:29	2:06:06	4:05:35
6	1 F	Georgie Wilson	1:53:38	2:19:06	4:12:44
7		Russell Jackson	2:00:32	2:40:44	4:41:16
8	O 60	Gino Evangelista	2:15:24	2:40:21	4:55:45
9		Geoff Last	2:21:00	2:37:26	4:58:26
10	2 F	Alison Coleman	2:16:24	2:49:03	5:05:27
11		Peter McKenzie	2:21:00	2:53:58	5:14:58
12		Peter Gardner	2:16:10	3:02:27	5:18:37
13	3 F	Mignon Auguszczak	2:15:34	2:54:59	5:10:33
14		Peter Anderson	2:24:53	2:57:31	5:22:24
15		Geoff Williams	2:25:49	3:41:19	6:07:08
16		Geoff Hain	2:31:10	3:35:58	6:07:08
17		Faith Anderson	2:52:43	3:28:30	6:21:13
18		Jeff Jackson	2:46:20	3:34:53	6:21:13
19		Joanne Kriel	2:52:43	3:28:30	6:21:13
DNF		Beverley Jackson	2:53:04		DNF
DNF		Col Colquhoun	2:53:30		DNF



Georgie Wilson



Keith Chaston

# Bogong to Hotham Rooftop Run. 3-1-2004

Revised course due to bushfires. Hotham to Langford's Gap and return. 52km

1. Nigel Aylott	6:23
2. Ian Wright	7:05
3. Josh Street:	7:15
4. David ???	7:27
5. Kelvin Marshall	7:47
6. John Lindsay	10:27

## Report by Kelvin Marshall

Thanks to Michael Grayling for organising the run and to the wireless people for keeping us safe out there, was very happy to see them at times.

Definitely not as hard as Bogong to Hotham (not as big a climb), but still not an easy run by any stretch of the imagination. Personally i found i just couldn't get a decent pace going on the High Plains, the track was just too narrow (or my hips too wide ???), causing me to knock ankles and stiffen up badly.

With any luck will be bigger (in terms of numbers running) and back to the old course in 2005.

## Report by John Lindsay

I finished safe and sound, in 10:27. It was a little longer than my anticipated time, but I'm not unhappy with the result.

I'm never going to be in the hunt to match times with most participants in this event, where natural selection seems to concentrate the field with runners, many of whom would be in the top 10% of most big city marathons. I long ago learned to simply go my own pace, with the objective of always to finish, knowing that I've given all that is in me to give.

The storm warning was a concern for race director Mike Grayling when I reached the Omeo Road crossing. However because I had done the event before and knew the way, and because I carried a complete set of alpine safety gear, he was satisfied that I would not present him with an unacceptable risk if I continued. I am grateful for his decision to allow me to go on.

As a matter of course when running in alpine areas, irrespective of how fine the weather is at the start, I always run with a backpack containing thermals, rain clothing, gloves, torch, survival bag, laminated map, compass, extra food ... pretty much everything I would need in the event that I was caught out in a rapid weather change. I also carry an EPIRB, although I would only use it in a life threatening situation. It is only a couple of kgs extra, which is nothing really ... you can put that on in a couple of weeks over Christmas with extra eating.

As it turned out, the storm largely passed us by. There was a lot of wind, but very little rain until I reached the finish. The wind was particularly strong on the Bogong High Plain on the return trip - I'm guessing 50 knots, but I'm not much of a judge of these things. Because there are no trees or hills to act as a buffer, it roars across the Plain in full force.

There were no cattle in the area this year due to the fires. This applied to the Bogong High Plain, even though this area was not burnt. But I did see three brumbies grazing on the lush alpine grass, which was an added bonus.

I want to reinforce Kelvin's and Danny's comments about race director Mike Grayling and the wireless operators. Mike worked tirelessly over the days prior to the event, personally walking in to remote check points with 20 litre water containers, and marking places where you could take a wrong turn with green tape. Then after the race was over and everyone had gone home, Mike was still out there picking up the tape and empty containers.

Seven starters must have been a great disappointment after such a big effort. I'm sure that the main reason for the low numbers was the change of course, however, numbers in this race have been declining in recent years, which is a concern.

It is a great curiosity to me that this outstanding event pulls such low numbers. It would be a great pity if it were to fall by the wayside, because there is no other like it in Australia. What is there to equal the exhilaration of running above the tree line in Australia's alpine areas?

[www.ultraoz.com](http://www.ultraoz.com)

**COASTAL CLASSIC  
12 HOUR RUN / WALK  
GOSFORD NSW 10 / 11 JANUARY 2004  
MILESTONES**

Name	Age	Place	Half	Marathon	50 KM	80 KM	100 KM	12 Hours
David Criniti	25	1	1:45:45	3:31:09	4:10:25	6:40:53	8:24:25	142:495
Christoph Lux	25	2	1:56:13	3:49:54	4:32:19	7:24:24	9:31:54	124:211
Kieron Thompson	39	3	2:01:37	4:01:01	4:47:31	7:55:37	10:10:43	117:731
Carol Baird ( f )	54	4	1:59:41	4:30:00	5:26:54	8:51:08	11:28:25	103:767
Rodney Ladyman	46	5	2:02:24	4:35:06	5:41:20	9:27:30	11:48:46	101:408
Peter Brown	42	6	1:58:53	4:15:34	5:18:45	9:18:42	11:57:45	100:430
Felicity Joyce ( f )	22	7	2:02:03	4:20:00	5:12:55	9:36:20	D.N.R	98:441
Trevor Moore	51	8	2:01:20	4:20:47	5:14:57	9:37:16	D.N.R	96:897
Steve Appleby	50	9	1:56:12	4:18:00	5:21:20	9:37:14	D.N.R	94:865
Tony McGee	52	10	2:11:17	4:47:49	5:48:02	9:43:04	D.N.R	93:201
Alan Staples	54	11	2:30:20	5:03:17	6:07:36	10:28:22	D.N.R	92:163
Karina Ward ( f )	27	12	2:16:04	4:55:00	5:54:55	10:23:10	D.N.R	91:767
Laurie Hennessey	62	13	2:06:35	4:46:25	6:03:08	10:20:10	D.N.R	91:395
Bob Fickel	52	14	2:05:13	4:56:28	5:58:54	10:53:30	D.N.R	88:779
Bernadette Robards ( f )	33	15	2:16:09	5:09:43	6:18:55	10:31:40	D.N.R	88:717
Nick Drayton	46	16	2:31:48	5:08:12	6:20:49	11:18:07	D.N.R	83:750
Robin Whyte ( w )	61	17	2:35:27	6:26:39	7:27:37	11:39:09	D.N.R	82:530
Russell Taylor	40	18	2:02:44	5:27:02	6:56:45	11:25:25	D.N.R	80:400
Joan Robards ( f )	69	19	2:34:02	5:53:01	7:09:09	11:55:42	D.N.R	80:317
Tony Collins	56	20	2:39:35	6:05:46	7:55:15	D.N.R	D.N.R	76:767
Vasilios(Bill)Koumertas	42	21	2:22:31	5:43:06	6:57:13	D.N.R	D.N.R	76:491
Val Chesterton ( f )( w )	63	22	3:02:35	6:34:04	7:59:00	D.N.R	D.N.R	71:524
Stan Miskin ( w )	78	23	3:08:16	6:34:01	8:08:13	D.N.R	D.N.R	70:700
Adam Gould ( w )	23	24	3:48:34	7:42:16	9:02:09	D.N.R	D.N.R	66:153
Chris Graham	31	25	1:51:04	4:12:19	5:09:46	D.N.R	D.N.R	62:400
Wayne Eliot	22	26	1:48:50	5:44:20	6:59:57	D.N.R	D.N.R	60:000
Judy Brown ( f ) ( w )	53	27	3:52:10	8:32:19	9:54:00	D.N.R	D.N.R	59:201
Steve Politi	36	28	1:52:30	3:46:00	D.N.R	D.N.R	D.N.R	54:000
David Drayton ( w )	14	29	3:37:22	7:17:17	9:00:00	D.N.R	D.N.R	51:200
Sandra Howorth( f )( w )	40	30	3:04:11	7:18:29	9:11:10	D.N.R	D.N.R	50:000
Robert Clarke	25	31	3:28:34	7:59:45	9:30:50	D.N.R	D.N.R	50:000
David Canings	43	32	4:15:47	6:43:13	D.N.R	D.N.R	D.N.R	42:800
Paul Thompson ( w )	45	33	4:14:09	D.N.R	D.N.R	D.N.R	D.N.R	30:000
Fred Brooks	70	34	2:48:00	D.N.R	D.N.R	D.N.R	D.N.R	24:400
Brian Sharpe	73	35	D.N.R	D.N.R	D.N.R	D.N.R	D.N.R	19:200
Melanie Vincent ( f )	19	36	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S.

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

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

It was a mighty effort by "Donut" Dave Criniti who now moves to  
number three on the all time 12 hour rankings



# 13TH ANNUAL MANSFIELD TO MT.BULLER - 50KM ROAD RACE

SUNDAY 1st FEBRUARY 2004

## RESULTS

PL.COMPETITOR	5km	10km	15km	20km	30km	40km	45km	50km
1. Tim COCHRANE	19.42	40.48	58.00	1:19:36	2:00:50	2:49:11	3:17:00	3:52:29
2. Mike WHEATLEY	20.25	41.48	1:00:45	1:22:19	2:05:22	2:56:50	3:23:55	3:58:01
3. Yiannis KOUROS	20.25	41.49	1:00:08	1:23:34	2:09:30	3:05:50	3:36:06	4:14:37
4. Roger MAXIMIW	20.25	41.50	1:00:29	1:23:56	2:09:49	3:14:00	3:49:35	4:32:41
5. Michael CORLIS	20.41	42.32	1:01:00	1:25:16	2:13:16	3:22:29	4:01:43	4:50:34
6. Rudi KINSHOFER	22.17	48.00	1:10:15	1:37:05	2:33:22	3:40:22	4:19:46	5:01:30
7. Kelvin MARSHALL	22.31	47.25	1:09:00	1:36:44	2:29:20	3:42:50	4:26:53	5:13:36
8. Brian GAWNE	25.08	50.00	1:11:15	1:36:54	2:28:35	3:44:32	4:28:40	5:19:11
9. Susan OLLEY	25.08	51.40	1:13:47	1:42:10	2:38:00	3:50:10	4:32:26	5:26:14
10. Danny COLE	25.08	51.40	1:13:47	1:42:10	2:38:00	3:50:10	4:32:26	5:26:52
11. Bruce SALISBURY	22.37	46.49	1:07:49	1:34:02	2:30:30	3:53:13	4:42:09	5:37:07
12. Julia THORN (late start)	33.46	60.05	1:34:00	2:06:50	3:07:00	4:16:50	4:54:40	5:42:30
13. Brian O'FARRELL	23.09	48.00	1:10:16	1:37:18	2:35:10	4:06:10	4:58:10	5:58:36
14. Steve TREVASKIS	25.08	56.47	1:26:00	1:58:25	3:03:00	DNF		
15. John NUTTALL	20.25	42.35	1:01:48	1:26:00	DNF			

1. Peter Armistead, founder of the event & Race Director, together with Dot Browne, Race Organiser on the day, wish to thank Ross Shilston, driver of the lead car and our team of drink station helpers: Ian Clarke & Inza, , Clive Davies, Geoff Hook, Kevin Cassidy and Colin Browne for helping to make out 13<sup>th</sup> annual Mansfield to Mt.Buller 50km Road Race a very successful event.

**This was an AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC. EVENT.**

# Mansfield to Mount Buller

report by Kevin Cassidy

After the cancellation of this event last year due to bushfires that ravaged country Victoria, this year's event almost followed suit. Just two weeks before our scheduled date, we were made aware that the course was being taken over by a three day car racing festival. The only solution was to postpone things for a week. Obviously this was not suitable for all and was clearly the reason why the field was a little smaller than usual.

As happens every year, a large crew of helpers gather at the home of Wayne and Marilyn Armistead on race eve. I made the startling observation that there was probably more ultra running experience amongst the crew than the runners. Although, the crew are all a pack of broken down "Has Beens" these days.

With a perfect day looming ahead, 15 runners set off for the Mount Buller summit. In reality, there were only 14 runners facing the starter's gun, with Julia Thorn a notable absentee. As the field disappeared into the distance, a familiar figure approached from the opposite direction. Yes, it was Julia resplendently decked out with a backpack that would not have been out of place on the back of a peace keeping soldier in Baghdad. Julia had been waiting patiently on the Hightett Street corner three blocks away while the rest of the field assembled at Highton Lane!!....Highton, Hightett..OK, they sound the same, so you are forgiven just this once, Julia. I have a very strong suspicion that Julia may be emerging as a female equivalent of Kelvin Marshall. I bumped into her a couple of weeks earlier at a swimming event in Echuca where she was bubbling with the excitement of having done a morning fun run followed by the swimming event in the afternoon and eagerly looking forward to the next day's triathlon. "Next week will be just as good" she enthused, "I'm heading to the peninsula on the long weekend for The Quinn Swim, The Dromana Swim and the Australia Day Fun Run"!!...not to mention several upcoming ultras in the next two months.

It didn't take long for the runners to stretch out with a quality field including Mike "King Willy" Wheatley and the legend himself, Yiannis Kouros, who was being looked after by George Christodoulou. George had Greek music blaring out of the stereo as he zig zagged his car up the mountain. Brian Gawne was back again to maintain his perfect finishing record with Kelvin Marshall hot on his heels having only missed the first race back in 1991. "That's one you can never get back, Kelvin", I quipped. The unmistakable bright orange hat that lives on Bruce Salisbury's head was also present and running well. I'm sure that Bruce was under there somewhere. Special mention of the day surely goes to Lyn Gawne. Lyn had the task of looking after four Shepparton runners. With two of them filling first and last place, poor Lyn was racing back and forth in a manner that would probably have gained her victory in the previous weeks car race.

With runners stretching out along the highway and our swag of mobile drink station operators in full swing, the road sure was a hectic part of the world. It was about this time that Race Director, Dot Browne, decided on a quick call of nature and dashed into the bushes only to squat down on a black snake who was most unimpressed about having his Sunday morning nap interrupted. Testament to the previous weeks car race, was the large "GO BROCKY" sign that had been sprayed graffiti like onto the bitumen, such is the questionable status of mental acuity amongst motor racing fans.

For reasons that escape me, I always seem to get lumbered with the mind numbing task of sitting at the summit to record times prior to the runners tackling the final two kilometres back down to the finish. As per usual, a string of day trippers kept asking me the same questions. "Is this a race or something?"..."Gee, I don't even drive my car that far". I must have heard the same lines at least 50 times and I answered them all with commendable frankness. Eventually, two men dressed in flannelette shirts wandered over and despite their teeth being in various states of disrepair, took a genuine interest in things. Looking at my list of runners, one quipped "Gee, Yiannis Kouros..is he the guy who used to run from Sydney to Melbourne with Cliff Young?". Both my visitors stayed for a while and gave plenty of encouragement to the passing runners.

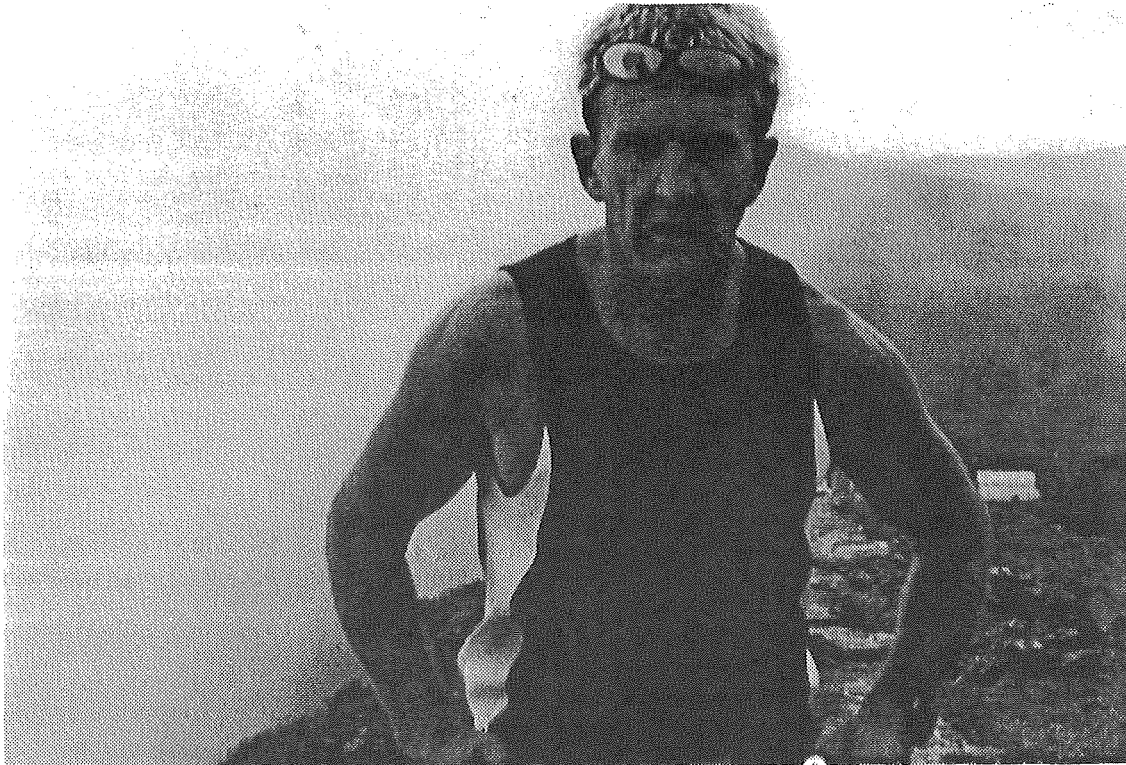
With everyone finishing under six hours, it was not overly late when we all retired to the Alberg Lodge for eats, drinks and presentations. I promptly positioned myself in the queue at the hot food bar and waited a tortured eternity while each and every order ahead of me was hand written on a large docket. The guy behind the counter even wrote the time and date on each order which had me wondering if we were required to take out a loan contract to make a purchase. My bowl of hot chips ultimately arrived at the table while I was making a complete hash of trying to photograph the trophy presentation [one day, I will master my new camera!]. By the time I had got the misbehaving camera back into it's bag, my chips had all vanished at the hands of a hungry group of thieves by the names of Davies, Hook and Shilston.



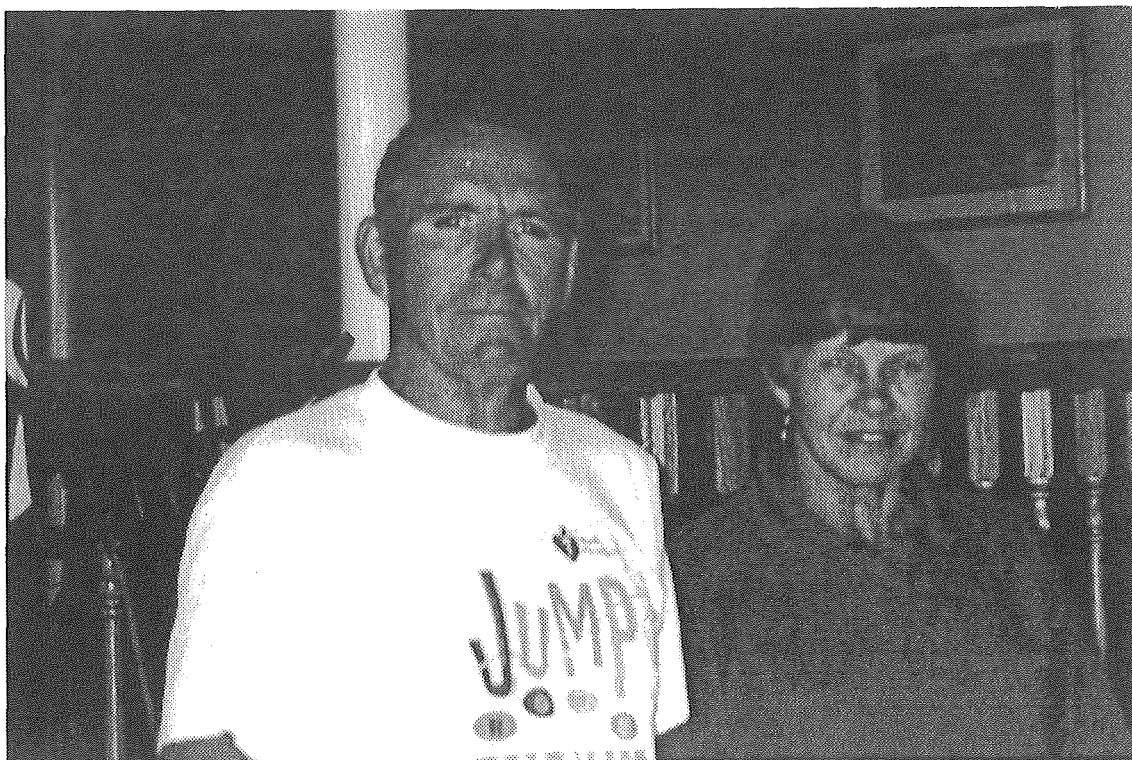
Another Mansfield to Buller had been run and won. I hadn't run a step all day but was tired none the less. The drive back to Melbourne had only one interruption when I called into a supermarket for a few urgent supplies. My mood was less than convivial when I lined up at the check out behind three women who all did the same mystifying thing: they acted surprised when it came time to pay. I must admit that this has had me puzzled for a long while now. Women stand there watching their shopping being tallied up, and then when the check out girl says, "That will be \$45" or whatever, they suddenly look as if they have never done this before. They go "OH!" and start rummaging through their hand bags in a flustered fashion, as if no one had told them that this is what happens.

Men, for all their shortcomings, will spend their time in the queue doing their mental arithmetic. When the bill is announced, they IMMEDIATELY hand over a close approximate of cash, keeping their hand extended for the change, and then –note this –pocket the change AS THEY WALK AWAY instead of thinking it to be an opportune time to sort out six months of receipts and fumble for the car keys.

Pardon my sexist interlude, but it was at the end of a tiring day.



**Roger Maximiw is a picture of determination at the Mt. Buller summit**



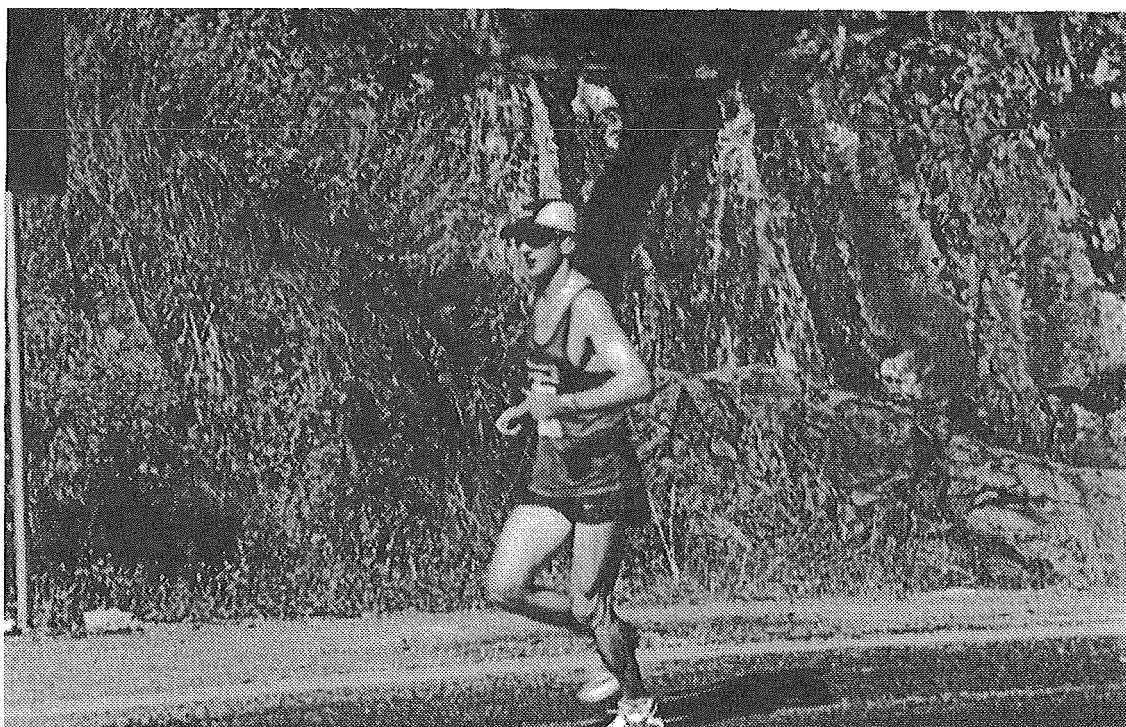
**Pictured with Race Director, Dot Browne, is Brian Gawne, finisher in all 13 Mansfield to Buller races**

# MANSFIELD TO MT.BULLER 50KM ROAD RACE

## HISTORY OF THE EVENT

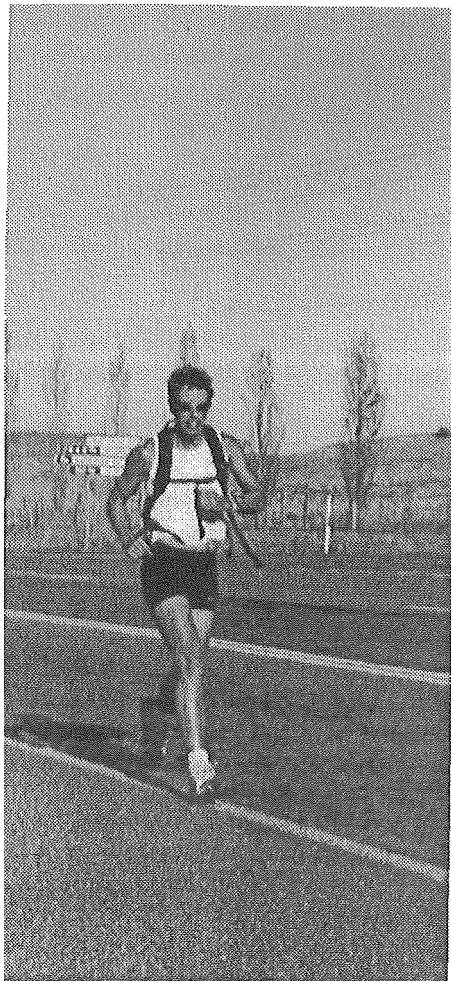
YEAR	MEN	RESULT	WOMEN	RESULT
1991	Carl Barker	3:48:22	Lavinia Petrie	4:35:11
1992	Greg Wilson	3:57:25	Lois Wishart	5:53:48
1993	Clive Davies	4:22:33	Barbara Allen	6:17:06
1994	Greg Wilson	4:07:37	Liz Feldman	6:09:58
1995	Greg Love	3:57:45	Rima McAvoy	5:28:25
1996	Peter Goonpan	4:19:40	Barbara Allen	6:42:36
1997	Kelvin Marshall	4:28:04	Dawn Parris	5:50:17
1998	George Berger	4.15.18	Lavinia Petrie	4.40.25
1999	Sani Badic	4:01:06	Sandra Timmer -Arends	4:29:52
2000	Michael Wheatley	3:52:18	Sandra Timmer -Arends	4:20:40
2001	John McKenzie	3:56:48	Sandra Timmer -Arends	4:13:53 *
2002	Tim Sloan	3:46:25 *	Dawn Parris	5:58:06
2003	Event cancelled due to bushfires in the Mansfield/Mt.Buller area			
2004	Tim COCHRANE	3:52:29	Susan OLLEY	5:26:14

\* Record.

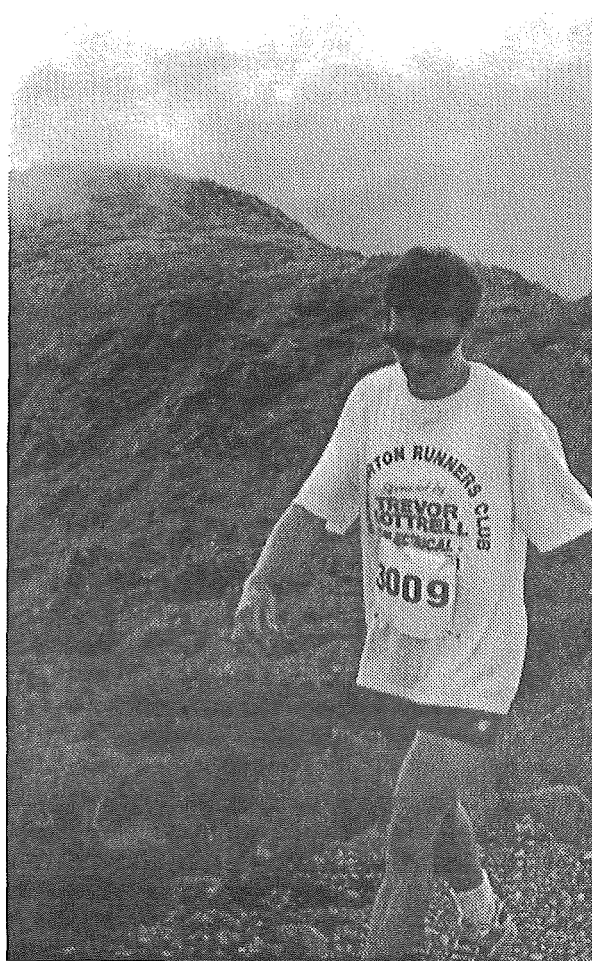


**Mike Wheatley strides up the mountain to take second place**

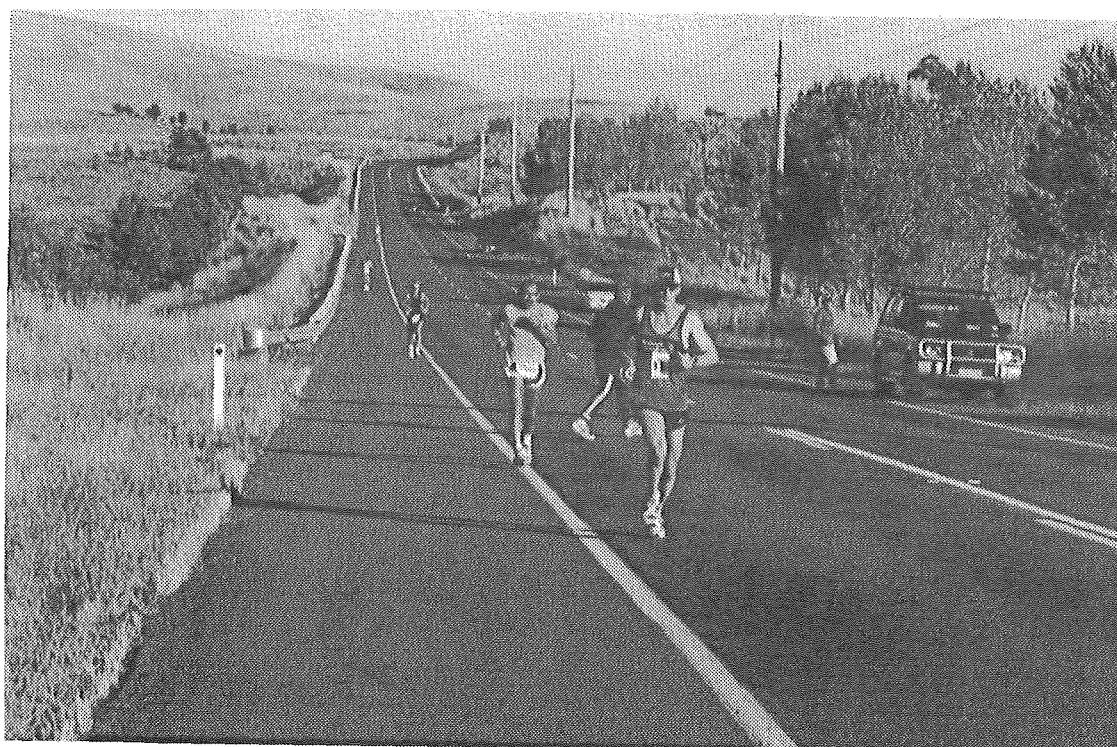




**As if missing the start wasn't a big enough handicap, Julia Thorn also carried a huge pack before finally tossing it aside midway up the mountain**



**Female winner, Susan Olley, reaches the summit**



**Mike Wheatley strides ahead of Yiannis Kouros and Roger Maximiw**

# CRADLE MOUNTAIN RUN 85KM

7-2-2004

First name	Surname	age	Pelion	Kiora	Windy	Narcissus	Cynthia	cradle age/gen factor der	correct ed time	
Tim	SLOANE	37	3:07	4:02	5:08	6:02	7:59	0.9556	7:37	
John	MADDEN	50	3:39	4:45	6:12	7:17	9:36	0.8315	7:58	10:30
Robert	TATCHELL	48	3:36	4:44	6:07	7:17	9:36	0.8510	8:10	10:50
Philip	LESTER	37	3:45	4:50	6:12	7:17	9:38	0.9556	9:12	11:15
Bill	PROCTOR	37	3:53	5:09	6:38	7:49	10:20	0.9556	9:52	
Paul	CARMODY	23	4:15	5:29	6:54	8:03	10:21	1.0000	10:21	14:00
Peter	HOARE	46	3:58	5:12	6:36	7:52	10:23	0.8701	9:02	10:50
Marcel	BROWN	30	3:58	5:15	6:47	8:01	10:48	1.0000	10:48	10:50
Chris	HEADLAM	25	4:03	5:24	6:58	8:18	10:55	1.0000	10:55	11:20
Richard	HEADLAM	28	4:03	5:24	6:58	8:18	10:57	1.0000	10:57	11:20
David	ROSS	47	4:10	5:31	7:01	8:21	10:59	0.8607	9:27	9:59
Sean	HENDERSON	36	4:11	5:29	7:05	8:22	11:00	0.9651	10:36	11-12
Alex	HOVE	53	4:10	5:29	7:06	8:29	11:23	0.8015	9:07	10:30
Philip	COCK	29	4:32	5:51	7:37	9:07	12:12	1.0000	12:12	13:00
David	STARY	53	4:24	5:50	7:43	9:16	12:33	0.8015	10:03	13:00
Julia	THORN	F 46	4:50	6:16	8:03	9:41	12:35	0.6961	8:45	13:00
Alan	MARLOW	52	4:59	6:22	8:08	9:37	12:37	0.8116	10:14	11-12
Scott	CAMPBELL	30	4:12	5:39	7:40	9:25	12:43	1.0000	12:43	10-12
Vlastik	SKVARIL	64	4:42	6:11	8:03	9:41	12:43	0.6864	8:43	
Sally	ATKINSON	F 36	4:41	6:15	8:00	9:28	12:44	0.7721	9:49	11:59
David	MACFARLANE	45	4:36	6:04	7:57	9:33	12:59	0.8794	11:25	13:00
Paul	ASHTON	47	4:34	6:09	8:08	9:49	13:27	0.8607	11:34	11:30
Ras	SIMPSON	54	4:53	6:25	8:20	10:00	13:40	0.7913	10:48	14:00
Doug	STROHFELD	45	4:42	6:25	8:32	10:28	14:08	0.8794	12:25	11:30
Michael	SEATON	50	5:21	7:08	9:01	10:18	14:25	0.8315	11:59	14:00
Sheryl	MACROW-CAIN	F 45	5:25	7:08	9:01	10:30	14:56	0.7035	10:30	12-13
James	WATSON	38	5:20	7:11	9:23	11:07	boat out	0.9460		12:30
David	SWEETMAN	40	4:54	6:45	8:58	11:01	boat out	0.9269		13:00
Amanda	ALLAN	F 42	5:33	7:19	9:23	11:07	boat out	0.7263		14:40
Neville	SWEETMAN	44	4:32	5:51	7:37	9:29	boat out	0.8889		12:30
Michael	BOOTH	49	4:54	out at Pelion				0.8414	0:00	12:00

I trust you're all well rested and seriously looking at CMR for 2005!

We'd like to get a full field of 50 next time so make sure you spread the word and get your mates to enter early. The Information /entry sheet will be emailed out about August.

Dave Ross reports that he picked up about 6 Sports Gel wrappers off the track (from early on until late) - blue with PB Sports in red on the wrapper. The guilty party was obviously one of our runners who was ahead of Dave (who finished #11). Next year you have to 'own' your wrappers and bananas - and have your name on them. I am told that the track was rubbish free apart from that report.

One black fingerless glove given to Dave on instruction from a walker (who was asked to help by a runner...) and handed in to someone at Pelion. have you got it Richard? and who is the owner? One CMR jacket (size small) left at Bronte Chalet. I have this one.

Sue Drake [R.D.]

49

## **Caboolture Historical Dusk to Dawn 6 & 12 hour Event – February 7, 2004**

By Race Director, Geoff Williams

What can one say but thanks for a beautiful evening (no rain) and a track full of keen enthusiastic athletes, totalling 72.

In the 6hour, 19 solo competitors with 7 x 3 person relay teams.

The 12hour had 10 solo along with 2 x 6 person relay teams.

This year the 12hour-relay team was introduced hopefully to keep company with the solo competitors. It proved successful & exciting with fresh athletes circulating every 2hours.

They enhanced the spirit of the solo competitors whilst entertaining the lapscorers.

The mayor once again sent the field on their journey with the rattling of the famous cowbell.

Quickly the fast relay runners found their stride circulating lap after lap shoulder to shoulder whilst the ultra solo competitors having prearranged their tactics put them into play.

Two relay teams being the men from Toowoomba called "The Mountain Men" and our local heroes "The Caboolture Road Runners" battled for first place for the 6 full hours. Finally "The Mountain Men" succeed in reaching 86.354 kilometres over 85. 830k's

Adrian Pearce was first with 68.349kilometres, followed by John Pearson with 65.849 k's & Daniel Darcy with 60.752k's.

The fastest lady was Theresa Fabian with 56.742 k's, followed by local walking star Judy Moller walking a total of 46.58k's.

In the 12hour excitement & interest was always present with the close competitiveness & humour between the relay teams and watching the ease inwhich Martin Schot circulated accumulating kilometre after kilometre. Martin is believed to have set a track record (which will be confirmed) of 118.236 kilometres. After finishing he went for a shower walking back barefooted over the

deco track without any obvious limp or sore muscles.

2<sup>nd</sup> was Ian Valentine with 113.732 k, followed by Paul Woodhouse with 111.162k's Wamuran lady, Lyn Lewis was the fastest reaching 88.843 k, keenly followed by Caboolture women Kerrie Hall with 74.340 k's.

The event was held totally in good spirit encouraged by great music & regular telephone radio updates. Competitors had the opportunity to talk on air whilst circulating. This gave listeners first hand an inside of the suffering, yet enjoyment competitors experience. It was a great night, numbers far exceeded expectations. Even the canteen closed slightly earlier due to food shortage caused by the unexpected large interest.

Thank you to the competitors, the lapscorers, the crews, the Mayor, my wife, business supporters, and all volunteers from the Caboolture Historical Village, each of you have helped to make this a successful year. We again look forward to the sportsmanship future of this event.

### **6 HOUR**

1. Adrian Pearce	68.349
2. John Pearson	65.849
3. Daniel Darcy	60.752
4. Geoff Holmes	59.087
5. Errol Holmes	58.511
6. Theresa Fabian [f]	56.742
7. Adam Barron	53.008
8. Adam Ewing	51.500
9. Eero Periaho	50.612
10. Chris Clark	50.261
11. Col Colquhoun	47.725
12. Judy Moller [f]	46.508
13. John Harris	42.260
14. Julie Schrag [f]	39.869
15. Tina Fiegel [f]	38.240
16. Bill Thompson	38.000
17. Mark Sparshott	32.508

### **12 HOUR**

1. Martin Schot	118.482
2. Ian Valentine	113.732
3. Paul Woodhouse	111.162
4. Geoff Last	106.395
5. Graeme Watts	100.500
6. Peter Gardiner	96.662
7. Lyn Lewis [f]	88.843
8. Joe Rafferty	80.807
9. Kerri Hall	74.340

# Maroondah Dam Trail 50km

## Sunday 22nd February 2004

### RESULTS

1. David Criniti	4:04:54 [record]	12. Andrew Hewatt	5:48:41
2. Michael Wheatley	4:23:36	13. Steve Hyde	5:50:09
3. Jeff Rudd	4:33:19	14. Garry Wilson	5:51:41
4. Ian Twite	4:54:54	15. Brendan Jones	6:11:12
5. Ron Aimer	4:57:38	16. Jonathon Bryant	6:21:01
6. Peter Bignell	5:22:31	17. Lucas Renieris	6:27:16
7. Bob Lee	5:22:41	18. Ernie Hartley	7:28:05
8. Kelvin Marshall	5:25:03	19. John Lindsay	7:32:57
9. David Styles	5:33:43	20. Richard McCormick	7:37:25
10. Kevin Cassidy	5:36:57	21. David Jones	7:45:50
11. Julia Thorn [F]	5:41:18	22. Paul Howley	8:10:57

### Report by Kevin Cassidy

A subject as boring as the weather would not generally consume space in a race report but Race Director Nigel Aylott's decision to move the event to a February date had us all tuning in to the weather reports all week. The scorching 40 degrees two days prior caused many a worry but ultimately, the Gods smiled upon us on race day with a cool and overcast 20 degrees making for an agreeable, albeit decidedly strenuous, day on the trails.

Close to 10km of winding road separates the start and finish areas which requires a bit of pre race car shuffling. As planned, I linked up with Julia Thorn and John Lindsay at the Maroondah Dam Picnic Ground in the breaking early morning light and we were soon disembarking [that's an airline term that I have never fully understood!] from Julia's rather accommodating silver ducoed car at the Fernshaw Picnic Ground which was humming with activity.

It's amazing what a little publicity can do. 22 runners hovered about like a gaggle of stray geese with another 40 or so ready for the shorter 30km option, making it the most successful year yet. It was gratifying to say the least, to meet and put faces and real names to several alias's who post regularly on the Coolrunning web site. Amongst the starters and looking most excitable were Pastyboy, Pbig, Greybeard, RMC, Blackhole, Kelvin and UncleDave. Kelvin Marshall was looking resplendent as he prepared for the start in his "Meatloaf" T-shirt that looked like it had been made from a bread wrapper. "I went to his concert last night", he enthused. The concert had made an obvious impression, with Kelvin taking off at the start like a bat out of hell! Unable to repeat his win 12 months ago, he most likely failed to see paradise by the dashboard light.

One who could not be present due to his required attendance at a hastily convened Tea Party was Rob McConnochie. However, he was kind enough to allow his 8 seater van to be used to ferry weary finishers back to their cars. Rob is a true gentlemen, although I should not say that to loudly as his head may swell.

To be running on this course once again is a feeling that is hard to describe. In a world of constant changes [not all of which are good], this forest in the Yarra Ranges remains as a constant reminder of the natural untouched beauty that we have at our finger tips. It always fills me with gratitude and wonder. The mist in the trees, the varied terrain, the long gruelling climb to Mount Saint Leonard and that quad thumping descent to the finish are all moments to be savoured with meaningful appreciation. The area is so fragile that venturing off the tracks is not permitted. This fact was rammed home to me when I wandered off the tracks while training a few weeks ago only to be caught by a Melbourne Water Ranger who proceeded to escort me out of the forest. This sad faced, flinty eyed individual who would not have looked out of place in an episode of "The Beverley Hillbillies" had a self appointed air of superiority that you would expect from someone whose solitary perk of employment is a cheap monogrammed blue jacket! Surely, his time could be better spent chasing Easter Bunnies.

Personally, it was not all beer and skittles due to a couple of runners pressuring me all the way home. Much gratitude to Julia Thorn, Steven Hyde and Andrew Hewatt for selflessly inflicting this upon me!

The rise and rise of Sydney's Donut Dave Criniti continued as he powered his way to a new course record that had many shaking their heads in a state of disbelief while "Journo Julia" had the women's trophy sewn up as the sole female runner. She managed a huge P.B. despite running both Cradle Mountain and Mansfield to Buller in recent weeks.

One by one, runners arrived in dribs and drabs at the finish of the 10th Maroondah Dam Trail 50km having conquered both the course and the abundantly stocked aid stations. George Start had once again provided his beautiful hand crafted wooden clocks as prizes. For Kelvin Marshall and myself, our perfect finishing streak of 10 from 10 earned us



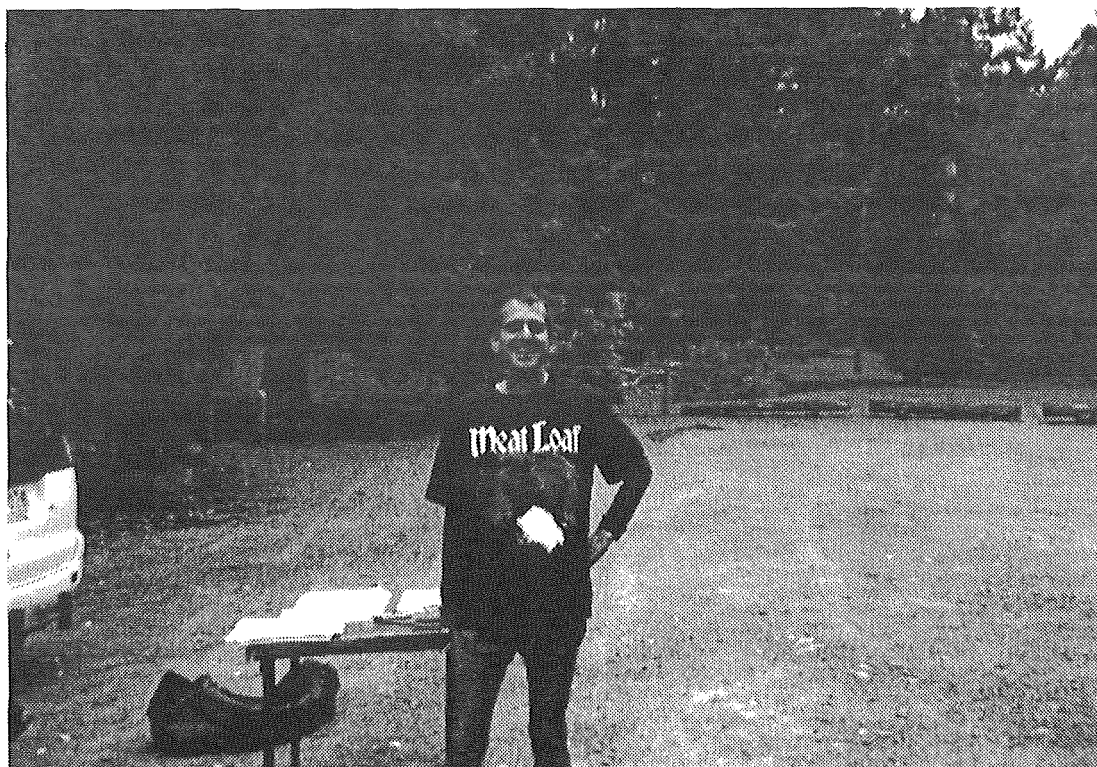
each a "Deca-Dam Medal", "500km - 10 Years" was the caption. Given the events of the first run in 1995, this is probably a very conservative estimate. If it has ever appeared odd to anyone that the 1995 run does not appear on the website, it probably has something to do with the fact that we all got totally lost. This then required spending the entire day bashing through the bush before arriving at the finish from a variety of different directions in what was a geographical nightmare of the most monumental kind.

This event is as tough a 50km as you are ever going to find and I can safely say that with a reasonable amount of authority. To the first timers [of which there were several], let me tell you that finishing was one hell of an achievement all on its own.

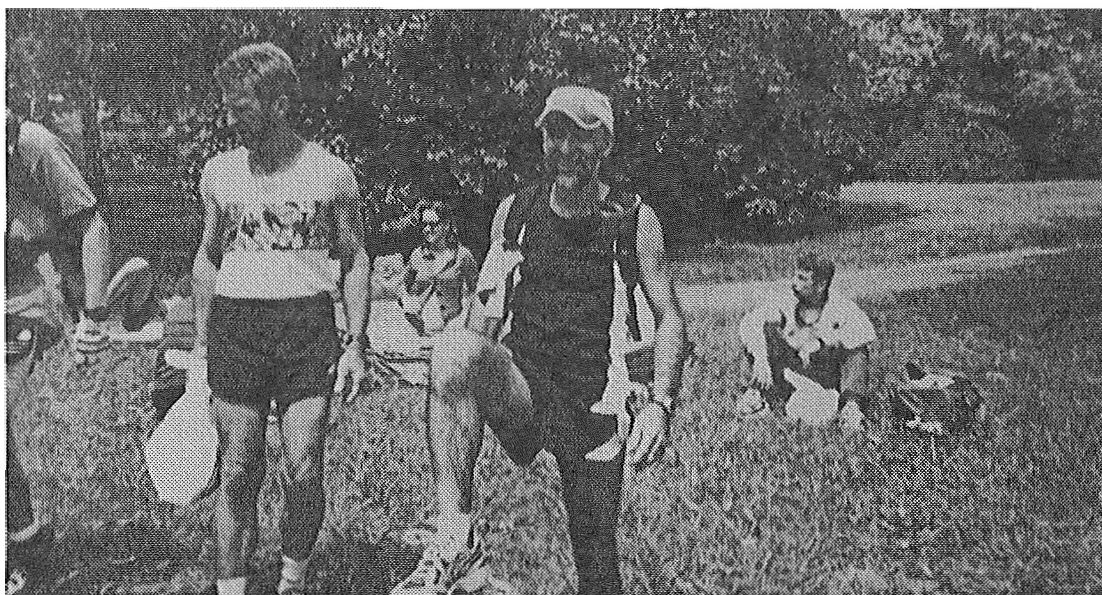
With the 2004 event now complete, I packed my car knowing full well that barring any fatal accidents or diseases, I would be back next year.

The trip back to Melbourne required passing through the small foothills town of Healesville where an urgent call of nature topped my list of priorities. Among the many things that have come a long way over the years, and if you think about it you'll know that the list is impressively long, few have come further than the public toilets now on offer. These days, you get automatic locking doors, instant orchestral music, and sensor beamed combination washers and dryers. Even the seats rise automatically. A visit to the loo now takes in more technology than the space shuttle. With much haste, I headed straight for the space age facility in Healesville's main strip. Imagine my dismay to discover that a bus load of "toilet hungry" tourists had formed a queue at the door. I waited impatiently behind this group of rotund individuals who had clearly spent their earlier lives winning championships for overeating. In no time at all, the entire toilet block had taken on the most putrid smell that I could no longer tolerate. Making a quick dash to the old toilet block that I knew existed behind the local pool was to be my saviour; however it presented problems of its own. The misfortune of hurriedly seating yourself in the cubicle only to discover that the paper is hanging on the back of the door some three metres away is hard to describe. No amount of twisting and straining is ever going to get you close enough to grab the desperately need paper. Now think about this. The toilet block did not just appear spontaneously. Some person – perhaps, for all I know, a whole committee in the Toilet Design Division of the Local Council – had to invest time and thought into designing a facility with a paper dispenser that no human could ever hope to reach from the seated position. Am I alone in thinking it odd that no one during the construction stage woke up to such an obvious design flaw?

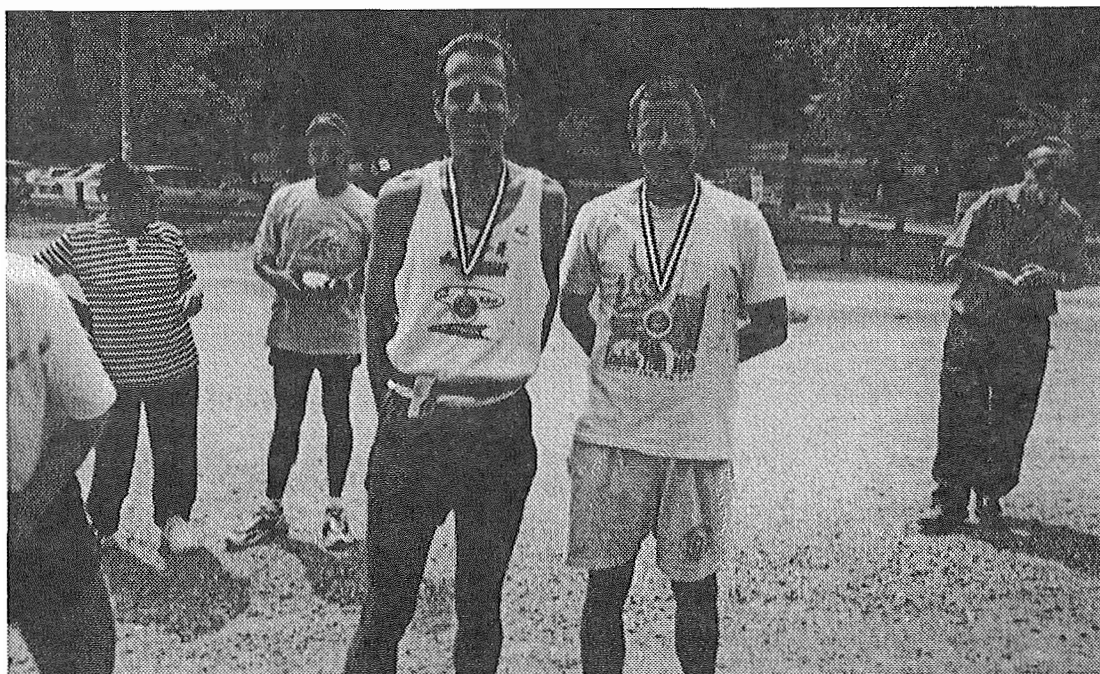
I shall be journeying to the 2005 Maroondah Dam Trail much the wiser.



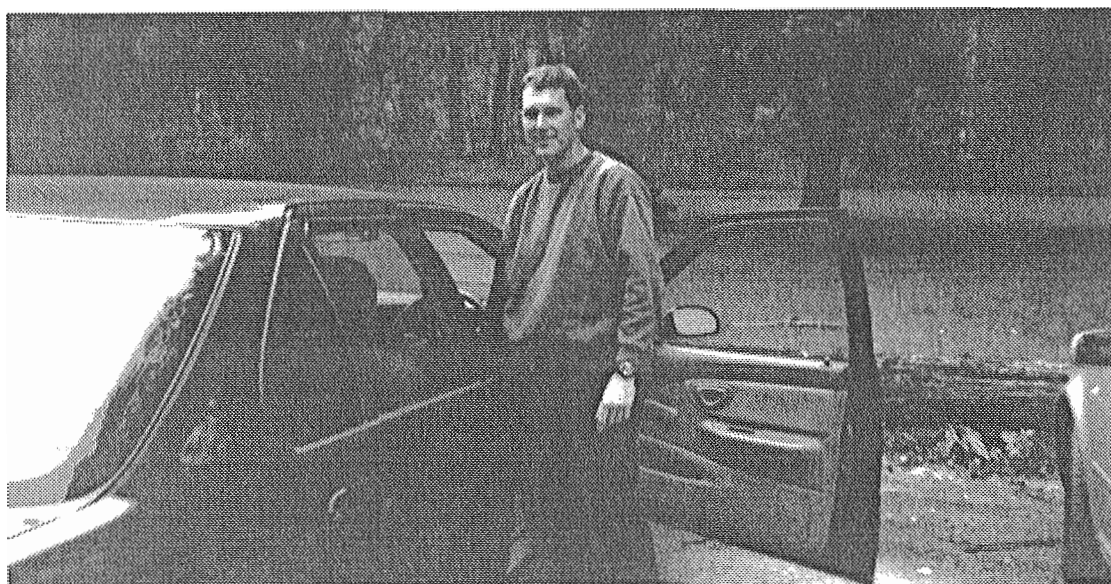
**"Meatloaf" fan, Kelvin Marshall, was all smiles before taking off like a bat out of hell**



**David Styles [left] and Peter Bignell relax at the finish**

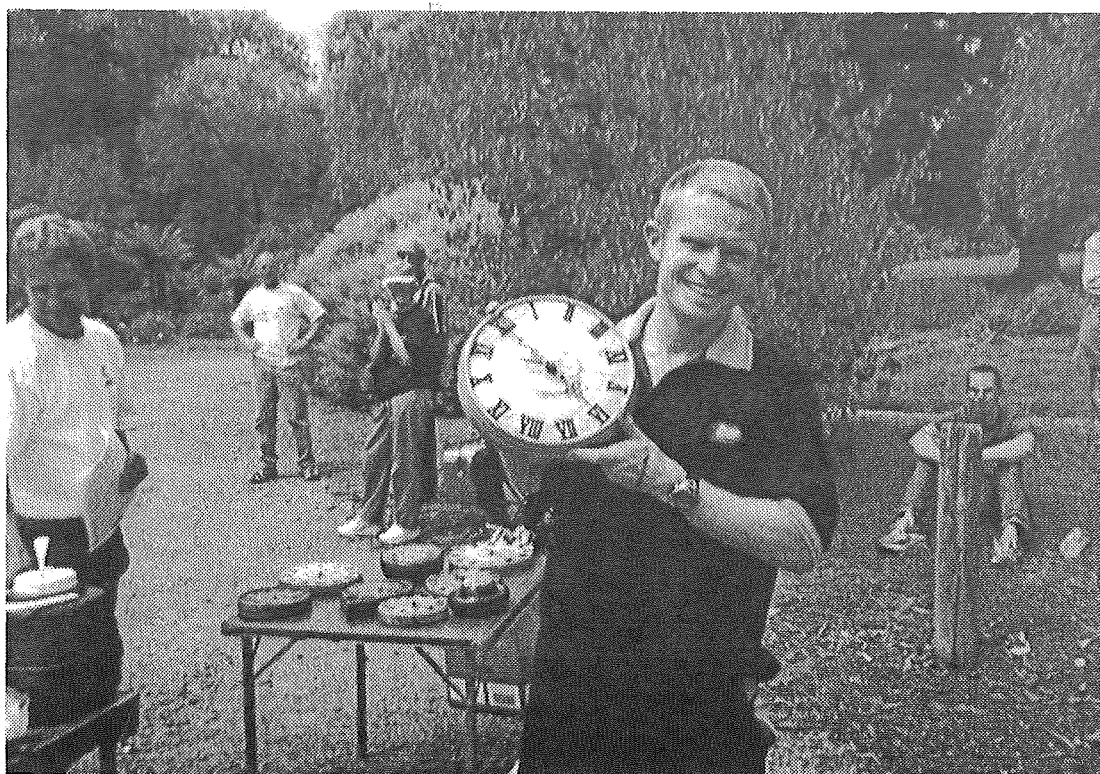


**Ten time finishers, Kelvin Marshall and Kevin Cassidy, with their "Deca-Dam" medals**



**A pensive Richard McCormick prior to the start of his first Ultra**





**David Criniti [above], also known as Uncle Dave or Donut Dave, has been setting the Ultra world on fire in recent times. The Maroondah Dam Trail was no exception as he powered his way to a new course record that will take a lot of beating.**

**Julia Thorn [below] took out the Women's prize for the second consecutive year [or should I use "football speak" and say "back – to – back"?] Julia is on the rapid curve of improvement and shows no signs of slowing down.**





# It's as Simple as 1,2,3,4,5

By Jeff Hagen

Most ultra runners would agree that walking in ultras, especially races in the 100-mile range and beyond, is a good idea. However, there are as many different walking strategies as there are ultrarunners, with little agreement on which walking strategy is best. In this article I will present one approach to walking breaks that seems to work well for me, and could perhaps work for you as well.

Let me state at the outset that my strategy is not meant for world-class runners who perform well regardless of what type of walking strategy they choose to employ. These athletes are gifted, well-trained men and women, who have tremendous aerobic capacities, who seem to thrive on what I consider to be extremely short walking breaks. Many of them use ultrarunning guru Tom Osler's method of running for 25 minutes and walking five minutes, covering awesome distances at a pace that sometimes exceeds my five-km race pace. But what about the rest of us? The vast majority of the ultrarunning community consists of those of us of more modest abilities, who cannot train 100 miles per week, either because of life commitments or because our bodies fall apart every time we try to boost our mileage. Thus, it becomes a matter of using whatever natural ability we have as efficiently and effectively as possible. That's where a good walking strategy comes in.

After trying various techniques for the last 20 years, I have distilled what I have learned into a simple concept that I call the "1,2,3,4,5 walking formula." This strategy applies more to road and track races than to trail races, because on the trails it is imperative to walk the uphill and run the flats and downhill. If hills are present in road races, then walking breaks should be timed to coincide with the uphill sections to the greatest extent possible. If wind is a factor, then it also makes sense to time walking with the segments of the course that are against the wind. But for the purpose of describing the "1,2,3,4,5" formula, let's assume that the course is relatively flat and that wind is not a significant factor.

The "1,2,3,4,5" refers to the number of minutes of walking per mile. For all long-distance races of the marathon distance or longer, I run the first mile and then take my first walking break. After that I continue taking these breaks each mile until approximately the last 20 or 25 percent of the race. Then if I feel strong, I might reduce or eliminate my walking breaks for the remainder of the race. The length of the walking break depends on the length of the event, as follows:

- 1 minute of walking per mile: marathon up to 50Km.
- 2 minutes of walking per mile: 50 miles
- 3 minutes of walking per mile: 100Km to 100 miles
- 4 minutes of walking per mile: 24 hours
- 5 minutes of walking per mile: 48 hours

The rationale behind this formula is simple. The longer the race the greater the proportion of walking compared to running, which I believe is necessary to maintain strength throughout the event. For me this translates to approximately 11 to 12 percent of my time spent walking in marathons, 20 percent for 50-milers,

27 percent for 100-km races, 35 percent for 24-hour races, and 36 to 37 percent for 48-hour events.

Marathon guru Jeff Galloway has long advocated the one-minute-per-mile strategy for marathons. It works, especially for those of us who use marathons primarily as training runs and don't want to beat up our bodies with a full-bore effort. I last used the technique at the Yakima River Canyon Marathon, where the second half of the course is much tougher than the first half, including a 1.3-mile uphill at mile 23. Conserving energy early on with one-minute walking breaks made it possible to eliminate the breaks after 20 miles (except for a portion of the giant hill) and finish with a four-minute, twenty-second negative split. My 3:50 finishing time was unimpressive by marathon running standards, but it was great fun.

At the other end of the range, 24-hour and 48-hour races, I have adjusted my walking strategy during the last 10 years. After originally starting with two minutes per mile of walking for 24-hour events and three minutes of walking for 48-hour races, I realized that this was not enough walking, so over the years I have lengthened the walking breaks. I have had my best performances at the current levels.

While walking breaks are beneficial in all ultras, the benefits become more pronounced as the distance increases. A sound walking strategy has produced consistent results for me in the longer events; my lifetime averages of 125.01 miles per race for fifteen 24-hour races and 204.75 miles per race for five 48-hour races are what I consider to be my greatest running accomplishments. Most of these performances occurred after reaching the age of 50, from a runner whose best marathon and 50-mile times are nothing to brag about. The difference is that the shorter events rely more on aerobic capacity, while the longer events depend more on mental toughness and a sound race strategy, the most important of which is a walking plan.

Other ultrarunners have occasionally asked me for advice about walking, and it has become apparent that the length of my walking breaks does not work for everyone. It all depends on aerobic capacity. Just as my strategy would result in too much walking for world-class runners to run efficiently, it would not be enough walking for runners who are mid-pack and back-of-the-pack runners. Someone who runs marathons in the four-hour to four-and-a-half hour range might try walking two minutes per mile for a marathon and five or six minutes per mile for a 24-hour run, while someone who finishes marathons in the five-hour range might try three minutes of walking per mile for the marathon and seven or eight minutes of walking per mile for a 24-hour. Feedback I have received thus far suggests that runners rarely find the walking breaks they selected were too long. Usually the opposite is true. Even if they start more slowly than they could have, it only means that they will have energy left at the end for a strong finishing kick, which allows them to gain back most or all of the mileage and time they lost early in the race.

Courses that do not have mile markers complicate my walking formula, but adjustments can be made. For those courses, the formula can be converted to a certain number of minutes of walking during every ten minutes of clock time, to coincide roughly with the "minutes of walking per mile" concept. Ten-minute segments are convenient to use, because whenever the watch reaches another 10-minute mark, it is time to walk for the designated amount of time. For example, if my average pace in 24-hour races is 11.5 minutes per mile, I could convert from four minutes of walking per mile to three-and-a-half minutes of walking every time my watch hits a number divisible by 10. The calculation is made by multiplying four by the fraction 10/11.5.

Perhaps the best measure of success for a walking strategy is whether it enables a runner to finish the event with relatively even splits or negative splits. Being able to finish with a finishing kick provides a feeling of satisfaction that is indescribable, regardless of a runner's place in the race results. I encourage ultrarunners to think about their own walking strategies and experiment until they find one that works for them. Once you have that strategy and employ it effectively, if you happen to catch other runners who have more natural ability and training than you do, but who started the race too fast, remember to be polite as you pass them and leave them in the dust.

## Mark Page: Comrades star, now resident of Perth

**Bruce Fordyce believes that Page should have dominated the 90s'**

1988 was a watershed year for the Comrades. The 150th anniversary of Pietermaritzburg saw almost the last appearance of the late 70s and the 80's, and the arrival of the new names that would dominate the race in the 1990s.

Mark Page and Nick Bester were 2nd and 3rd respectively, Jetman Msutu (6th), Charl Mattheus (7th), Shaun Meiklejohn (17th). All these runners would become household names in the ensuing years and all but one would go on to win the Comrades. The one who didn't, Mark Page, was the one runner I would have bet on that year to win in the future. In fact if anyone had told me that in the next decade, Nick, Shaun, Jetman and Charl would all win once then I would have bet that Mark would win at least twice.

Bad luck, poor training and possibly a slight lack of self-belief robbed Mark of a Comrades win that many would have guaranteed after his bold 1988 run. Possessed of all the right winning ingredients, Mark brought speed, strength and a perfect frame to the race. In 1988 he struck at the top of the Inchanga Hill and in his novice run came close to winning. His second place 5:38 was still a fantastic time and everyone knew Mark Page was set to dominate the next decade.

That this didn't happen still puzzles me. In 1990 he came very close. Had Mark been able to crest Polly Shorts in the lead he probably would have won. In 1992 he appeared to have the race sewn up when severe cramps reduced him to a hobble. Despite that he was still able to finish second.

This harrowing experience and his other near miss appeared to kill the competitive desire in Mark and he really never gave himself the best chance to win the race he should have. Having raced against Mark, at many distances and been soundly thrashed in most of our confrontations I can report that his greatest strength lay in his ability to skate down hills. Amazingly Mark chose only to try two 'down' runs (89 and 91) and did not do well in either. Had he kept plugging away I am certain he would have won at least one Comrades. At his peak he had the talent and ability to win more.

### Mark Page at Comrades

Year	Position	Time
1988	2	5:38:28
1989	0	
1990	4	5:46:42
1991	58	6:19:51
1992	2	5:48:58
1993	0	
1994	0	
1996	78	6:19:31



**Iron willed:** Shaun Daniel hopes to play 219 holes in 12 hours. Picture: CAMERON L'ESTRANGE

## Teeing off on record chase

**GOLF** is anything but a leisurely pursuit for Shaun Daniel.

He is on a mission to play 219 holes in less than 12 hours — a feat he hopes will earn him a place in the *Guinness Book of Records*.

But his main motivation is not the record — it is to raise money for the Cancer Council Victoria and the Peter MacCallum Cancer Institute.

Mr Daniel, 24, of Craigieburn, was nine when cancer took the life of his mother.

"I feel an affinity for anti-cancer organisations ... I've always wanted to do something like this," he said.

"Everyone you speak to has, unfortunately, had some association with the disease."

**SHANNON McRAE**

Mr Daniel, who has a handicap of six, will tee off at the Craigieburn course at 7am on Friday. He aims to play the 219 holes before 7pm.

He estimates he will cover 100km and swing his club at least 1200 times during the 12 hours.

Mr Daniel plans to jog about 80 per cent of the course to maximise the number of holes he is able to play.

The day will include an auction of household goods, with proceeds to the cancer charities.

Anyone interested in sponsoring Mr Daniel's record attempt can contact him on 0401 637 029.

# GUINNESS WORLD RECORDS

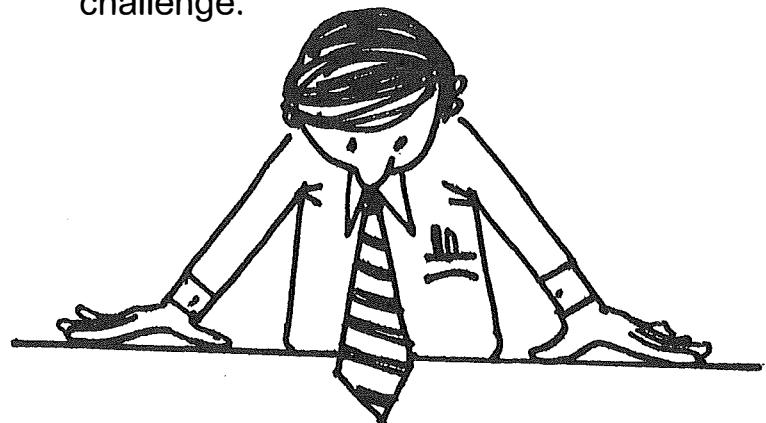
From Georgina McConnell

I have enclosed confirmation by way of Record Certificates of two treadmill running performances by Dave Taylor and myself.

**David Taylor, 52 years**, set a new record of 455.83km in 4 Days 9 Hours and 59 Minutes, breaking the old record of 455km in 7 Days. Dave also set a new 48 Hour record by 2km.

**Georgina McConnell, 60 years**, set a new 24 Hour record of 151.48km beating the previous record of 150km held by 29 year old Patti Nixon from Texas, USA.

For both Dave and myself, this was a tough but very new and different challenge.



[www.guinnessworldrecords.com](http://www.guinnessworldrecords.com)



## CERTIFICATE

**The greatest distance travelled  
on a treadmill in 24 hours  
by a woman is  
151.48 km (94.12 miles)  
by Georgina McConnell (Australia)  
at Wests Illawerra Unanderra,  
New South Wales, Australia  
on 25 November 2003.**

Keeper of the Records  
GUINNESS WORLD RECORDS LTD

© GUINNESS WORLD RECORDS LTD 2002 THIS CERTIFICATE DOES NOT NECESSARILY DENOTE AN ENTRY INTO ANY PRODUCTS DISTRIBUTED



## CERTIFICATE

**David Taylor (Australia)  
travelled 455.83 km (283.23 miles)  
on a treadmill in one week  
at Wests Illawarra Unanderra,  
New South Wales, Australia,  
26-30 November 2003.**

Keeper of the Records  
GUINNESS WORLD RECORDS LTD

A handwritten signature in black ink, appearing to read "S. Taylor", is written over a curved line.

# “Having Fun Yet?”

by Lisa Smith at last years Glasshouse 100 mile trail event

Dirt embeds in the skin like a tattoo, psychological battles force self-exploration to previously uncharted heights, hardship challenges the mind and the body, forcing both to adapt and evolve. Unable to stand in the shower afterwards, they are satisfied and content. After what? And who are they?

They're ultra-runners - a unique breed addicted to challenges over and above the marathon. For them, 42km is just a warm-up. They're equipped with a 'diesel engine' – slow in pace, but capable of going. And going. They're strange and they know it. Secretly, they revel in it. It's ultra trail running, a journey into another world.

Every year in September, ultra-runners descend on the Glasshouse Mountains, keen to test their tenacity, discipline and endurance. It's not about speed. It's about finishing - a completely different work ethic to the hallowed ranks of other sports.

Sure, winning is good, but it goes deeper than that, much deeper. Everything within the individual is needed to finish and every psychological defence is used to deal with the alternating periods of physical and mental stress.

Overcoming the relentless pain in the feet, ignoring the blisters and forcing their smashed quadriceps to continue were the hurdles. It was also the heat, the steep gullies and never-ending trails that would at times become hateful. Winning was the least of their problems.

On the day, several 160km virgins mingled with the experienced old-timers. Ready. Waiting. A long, torturous trail lay ahead, winding, twisting and turning like an obsessed snake intent on punishing its victims. But the victims welcomed it. It excited them. They were ready, or at least, they hoped they were.

Dawn broke with a skinny streak of yellow blending artistically with the deepening shades of aqua and blue until it became pitch-black overhead. Stars twinkled brightly - laughing or supportive, it was hard to tell. Only one thing was certain, cloud cover was negligible.

Registration was abuzz. Blood pressure was being checked and weight was being recorded. For women, this was a particularly hideous prospect, but weight was an essential piece of information about the individual, which could help determine the severity of dehydration. Weight jokes flowed easily.

Volunteers smiled and quipped, generously sacrificing sleep so they could pander to their strange sickness. Several events were being run simultaneously – the 100mile, 50mile and 55km. Being the only 100 mile-race in Australia, the crowd resembled an international body of varying accents that somehow mingled appropriately with the chirping birds in the background.

Only 12 men and 2 women were tackling the 160km. Ages ranged from 25 to 61 and occupations included IT professionals, teachers, doctors and lawyers, including Carol La Plant who had travelled from California to embark on this special journey. With 140 ultra runs under her feet, she was certainly no virgin.

“It's an adventure,” she explained in her American accent. “I like the country and I enjoy seeing animals that I don't see anywhere else.”

A tall, slender elderly gentleman approached - 60 year old Bill Thompson. Calm and cheerful, he grinned. “I don't get nervous anymore. I just try and finish.” And finishing is something he has mastered - including Hard Rock, Wasatch and Leadville in the United States.

Ian Javes, his closest colleague (in years) actually started the race and spent the previous week marking the course and tying ribbons to trees. Being the race director meant wearisome responsibilities. Tapering was a luxury.

Open the Guineas Book of Records and you'll see his name. He finished the Sydney to Melbourne in 1988, completed a 1300 mile race in New York and won a six day race in California. And the list goes on.

Suddenly, they were off and running southwards passed the impressive Mt Tibrogargan whose large gorilla shape was daunting in the pre-dawn light. The sky whitened rapidly. It was only 5.40am, but the sun's rays were already stroking its flanks.

Ahead, lay 160km of gravel roads, horrendous hills, eroded tracks, mountains, never-ending ascents and descents, steep gullies, flat trails and hot open roads. It was a long day of trials and tribulations, suffering and jubilation, battles and victories. Even the support crew were nervous. Would their runner make it?

Mt Beerburum was the first to be conquered, a hideous, steep climb that triggered feelings of insignificance. A billion spider webs awaited collection, sticky and thick, but at the top, a magnificent view waited. Out to the north, Beerwah lorded it over the other peaks, deep lines running all the way to the top as if someone had grabbed a knife and gouged them out. Between the mountains, endless rows of pine trees sprawled across the landscape while the Bruce highway snaked its way through the coastal plains.

As the sun rose, the temperature warmed, warning the scattered group heading into the rabbit warren of forestry roads that heat was on its way. Finally however, four smiling runners reached the top of Beerburum – Jan Hermann, Walter Brumniach, Kieron Thompson and Adam Barron. It made you wonder what drugs they were on.....

High on endorphins and afflicted with the same madness, competitors instinctively understood why each was there, even if nobody else did. It was mutual suffering. And it united. Empowered.

Sean Greenhill arrived next. "The pace was too fast," he admitted later. "So, I dropped back." It turned out to be a wise decision.

Ian Wright appeared next, followed by Rodney Ladyman, a 100 mile virgin who needed more of a challenge. Last year, he completed the 50-mile race and this year, he had to extend the boundaries. Naturally. It was like sugar - the more you sampled, the more you wanted. Or not.

Several minutes later, Carol arrived, followed by David McKinnon. Studying to be a doctor meant a heavy timetable, but he still managed to train for the 160km of hell. Nick Barclay was next.

Ultra-running is a strange thing to watch. It's even harder to understand, yet there is something surreal about it, magical - especially when they gradually drift into the distance. Solitude is their partner, sometimes an ally, sometimes a foe. Some pair up to overcome it.

"We have the best conversations when we're out running," Carol conceded as she bounced down the mountain. "You're out in beautiful places and you never see another person. We talk about our lives and tell secrets. Sometimes you run for miles without saying anything, but when you do, it's meaningful. There's nothing like it."

But ultra-running isn't for everyone. "It takes a certain type," Carol speculated. "You have to be able to deal with the distance - not just in fitness, in genetics. Some people just physically can't do it. They try, but they can't absorb enough fluid and they get sick."

Out in front, Brumniach and Thompson devoured the miles, but as the morning evolved, runners began to slow down. The field spread out and some wandered off course, adding several miles to their overall distance.

For the first 28.5km, the leaders averaged 6-minute kilometres. Barron was in third place and Wright was in fourth. Greenhill and Ladyman were averaging 7-minute kilometres and Carol was steady, even during the dreaded Goat Track, which occasionally meant sliding on her backside.

Surpassing even his own expectations was Barron who was on pace to finish in 22 hours. Having never run 160km before, it would be a tough day. Dabbling in Ironman however meant that he had already sampled the torture of long hard days and understood the necessity of mental games.

Next up the Goats Track was Barclay with a 10 minute lead on Javes who was powering along behind him, his higher than normal blood pressure the day before almost forgotten. In the rear, Kerrie Hall plodded along while supporters responsible for drinks, food and incidentals converged on checkpoints. They were mothers, lovers and friends. And buried beneath their exterior lurked excitement, pride, fear and apprehension. There was also relief that other people suffered from the same insanity.

The next 6.6km stretch around the base of the magnificent Mt Beerwah re-shuffled several places. Behind the leaders, Barron was beginning to slow down and Wright was starting to gain on him until he was striding alongside.

White sand, orange clay and cream gravel were regular surfaces. Some were slippery, others were hard, but the 9.7km stretch into checkpoint 8 'was an absolute mongrel.' Following a torturous route of power lines, it was miles of steep up and down. Everyone suffered. Javes ran out of water and cramped. Others smashed their quads. And expletives flowed.

"Having fun?" someone quipped at the leaders.

Brumniach grinned, "Soon," he murmured. "Any moment now..... we don't want to party too soon."

Intrigued by this voluntary torture, another question was thrown. "What are you thinking about?"

Again, Brumniach responded quickly, his wit unaffected by the 44.6km and steaming temperatures. "Sex," he chuckled. "It's the only think that keeps you going."

Each individual had a different approach. Some had specific goals. Others just continuously focused on moving forwards, almost rendering time irrelevant. During the mongrel stretch, Wright surged and beat Barron to the next checkpoint.

Greenhill and Ladyman arrived 14 minutes later, steadily eating away at Barron's heels. Wright kept them adrift, but by 11am, the sun was boring into their backs like stinging insects and the leaders clocked their slowest time.

Evenso, a quip was still in order. "Having fun?"

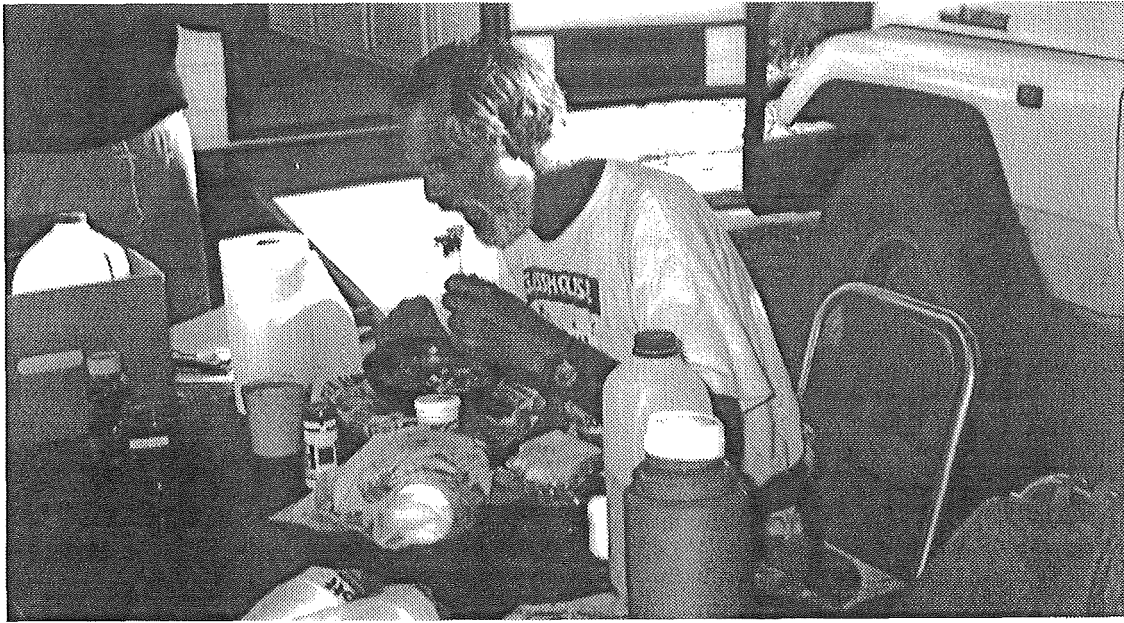
Grimacing, Brumniach retorted, "Nearly there."

Barron returned from his first loop and after swallowing several mouthfuls of tomato paste (which distorted other people's faces) he set off again. Barclay arrived next, his slow pace reminding onlookers of the tortoise and the hare. Greenhill dropped Ladyman and slowly began creeping up on Barron. Stopping to swallow a quick beer, he then departed. Ladyman arrived and charged after him.

Hermann appeared and promptly collapsed onto a chair. Slapping ice under his hat, he dropped his head and closed his eyes. Overheated and dehydrated, finishing looked unlikely, but he wasn't called the Herminator for nothing.

During the next 10 minutes, McKinnon, Javes and Thompson arrived. Grabbing a beer, Javes sat down and savoured each mouthful. Thompson departed and Javes followed. Behind them, Hermann dragged himself reluctantly to his feet and headed dejectedly towards the hill.





**Bill Thompson tucks into a meal during the 100 mile event**

In true woman style, Carol arrived and headed off quickly. Not long afterwards, the leaders returned. Wright also arrived, but his pace was slowing and Greenhill was steadily catching him. This time, Barron took even longer to return and his recovery time was extensive.

As the temperature intensified, so did the wind. Whistling in a persistent hum through the trees, it occasionally escalated into an eerie, unsettling roar and by mid-afternoon, it was picking up large piles of sand and blowing it in streaks across the ground. At 70km, Ladyman overtook Greenhill and turning a corner, headed straight into a mini sandstorm.

Greenhill however, was hot on his trail and disappeared into the distance to battle it out with him. Eighty minutes passed before Barron finally showed, but at last, the sun was losing its sting. Out in front, the leaders were untouchable and by 4.22pm, they had reached 85.2km. When asked again if they were having fun, Brumniach laughed and broke into a run. Thinking about sex was obviously working.

Dusk was fast approaching. And with it, concerns about their runner. Would he/she be safe? Would the batteries last? Would they get lost? One momentary lapse of concentration could mean a wrong turn, especially after 20 hours of running without sleep.

In the end, Greenhill and Ladyman reached the 85.2km mark together, but Greenhill wasn't well and urged Ladyman to re-fuel and leave. Wright removed his socks and applied vaseline to his toes while AFL footy fever hit the support crew. The Brisbane Bears were winning.

Javes arrived shortly afterwards, badly dehydrated and suffering from muscle cramps. After vomiting, he tried to absorb fluids. The sky darkened and the bush suddenly seemed a little less friendly. Armed with lights, the runners disappeared into the bush, visible only by torches rolling in a zig-zag gait like a drunken firefly.

After recovering, Javes also headed into the bush, only to be nearly overpowered by the oven-like heat trapped within the trees. Out of the darkness in the east, Carol appeared and grabbing a torch, headed out after him. Barron finished his loop, but his pace was still dropping and later, he pulled out. So did Wright, Javes and Carol.

Still in first place, Brumniach and Thompson strode out determinedly, but by the early hours of the morning, Ladyman had started snapping at their ankles and feeling threatened, they sprinted the last 9km to the finish. Ladyman arrived 20 minutes later.

"If they'd known how I was feeling," Ladyman chuckled, "they wouldn't have worried."

It was now up to the remaining few to follow. Who would make it? Who wouldn't? Once again, the sun's rays gently caressed the mountains. Greenhill arrived first, followed by Herrman and a delighted McKinnon. Thompson was also victorious. Then an anxious wait began for the last 2 runners. The clock was ticking and the 30-hour cut-off was imminent.

Checking the road ahead, spectators scanned the horizon, expectant. Hopeful. Until finally, Hall was in sight. Hearts soared. Perhaps, she would make it. But each second disappeared in a heartbeat. Faster, faster.

The crowd cheered and Hall responded, each step forging her closer, but only minutes remained. One minute. Forty seconds. Ten seconds. None. She hadn't made it. The crowd quietened for an instant, then yelled again. It didn't matter. Heading across the grass determinedly, head down, she smiled shyly until finally, she was across the line. Her journey was over.

Barclay however was still out in the bush, putting one foot in front of the other. It wasn't the ego of impressive times driving him, it was finishing. Slow and steady, he kept moving.

The crowd yelled, awed by the exhausted man walking steadfastly to the line until he crossed. Goosebumps rippled across the skin.

Everyone had highs. Everyone had lows. Overcoming was the name of the game. It was the nature of the sport.

Looking at Brumniach seated comfortably on a chair, one last question had to be asked. "Having fun, yet?"

"Yeah. Now, I am."

# RUNNING, THE BEST THERAPY

By JULIE McNAMARA

February 23, 2004

ULTRA-MARATHON runner Michael Grayling was 22 when doctors told him he had six weeks to live.

The Heathmont man had testicular cancer which spread to his lymphatic system and that year his body almost shut down as he endured "11 months of hell".

His weight plummeted to around 40 kilograms and seven months have been wiped from his memory as he was reduced to a coma-like state. More than two decades later the photographic technician has participated in 61 Relay For Life events and in the past five years, raised thousands of dollars for cancer research.

On Friday night he circled the track 112 times at Portland before jumping in the car and running a further 112 laps at Warrnambool's event.

As he glided around Deakin University's oval on Saturday, Mr Grayling explained that running was therapy for him.

"I disappear into the running; you're out here by yourself," the 47-year-old said. "You go through a lot of emotion out there."

Cancer has had a huge impact on his life and he believes sharing his turmoil with other survivors has helped him deal with it.

"You can walk arm-in-arm with someone you've never met before as you open up to each other about your experiences."

"That's what it's all about, being here for each other and learning from each other."

After his treatment Mr Grayling was devastated to learn chemotherapy had made him infertile.

Since he was 12 years old he'd dreamt he would father three little girls and the realisation he never would was heartbreaking.

Even more heartbreaking was "pushing away" his fiancée and first love, Janine, so that she could have children.

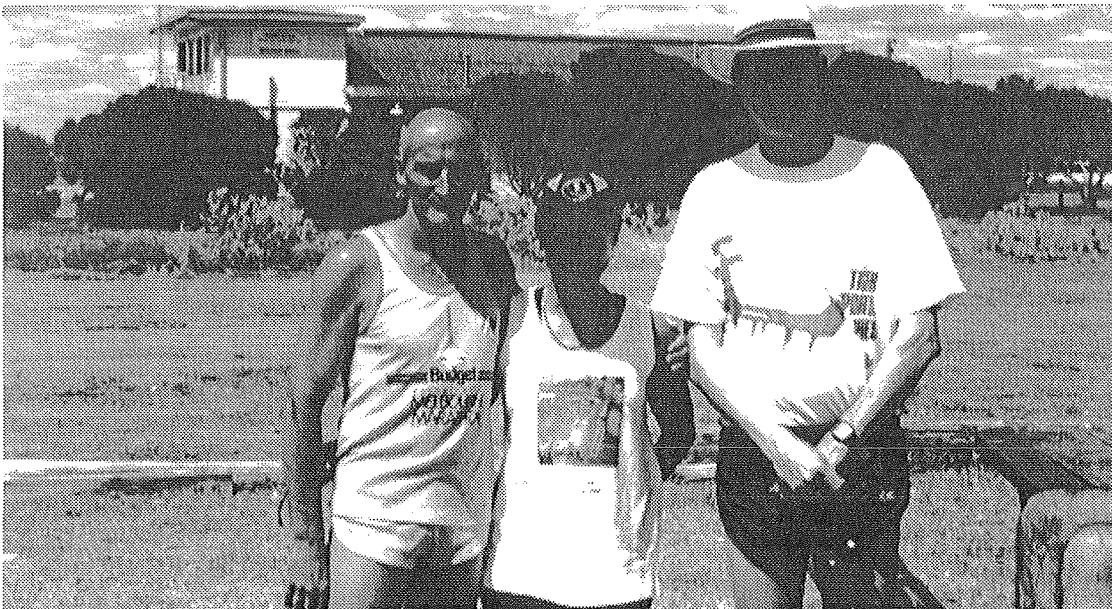
"It was the hardest thing I ever had to do," he recalled.

These days his philosophy is to get as much as he can out of every day and to do all he can for cancer research along the way.

"Overall in 60-odd events I've done over 11,500 laps so my next goal is 20,000 laps."

The veteran of 70 ultra-marathons, including the Colac Six Day Race, is preparing for his biggest run ever in October.

He will set out to run 800km from Mildura to Melbourne in 10 days with the aim of raising \$100,000 for cancer research.



Michael Grayling [left] with Jane Sturzaker and Rob McConnochie

LONDON — He has been beaten up, spat on, arrested 15 times and jailed for a total of five months.

But yesterday Stephen Gough finally completed his naked ramble from Land's End to John O'Groats.

The 44-year-old former Royal Marine has taken seven months to trek from one end of Britain to the other with nothing on his body but hiking boots and socks, a hat and a rucksack.

The 1450km hike should have taken the father of two about 40 days in normal conditions. But since setting off on June 16 last year, he has been sunburned and soaked, endured temperatures from 25C down to -4C and lost count of the number of times he tried to argue in court that he had a right to walk around in the altogether.

Yesterday he arrived at John O'Groats to the cheers of a smattering of spectators, having completed the last 50km stretch of his journey free of police intervention.

"I'm amazed I managed to get through the final leg with no more interruptions," he said.

"It's great to have achieved what I set out to do. Seeing all these people around me now feels very strange for me.

"I've been following a train track and staying in railway men's sheds for the last few days so there haven't been many people about."

Mr Gough decided to make his journey "to make people realise they should not be ashamed of their bodies".

It was a mission that saw him arrested within 24 hours of setting off.

He was charged with breach of the peace and released, only to be beaten up by a man taking a stroll who objected to his lack of attire.

The next day he was arrested again. He had



**Cheeky:** Stephen Gough has finally finished his journey. Picture: AP

eight brushes with the law on English soil but the authorities decided to drop all the charges against him.

On his arrival in Scotland in August, a succession of arrests were followed by spells in jail.

A court hearing on January 7 saw him jailed

in Porterfield Prison in Inverness, where he refused to wear clothes and was placed in solitary confinement.

He was released last Thursday, enabling him to complete his journey.

Mr Gough, who is separated from his wife and has a son and a daughter,

will make his way home to Hampshire by car, fully clothed.

"I want to get home and think about what to do," he said. "I have no idea about the long term but I may write a book about the adventure."

— Daily Mail

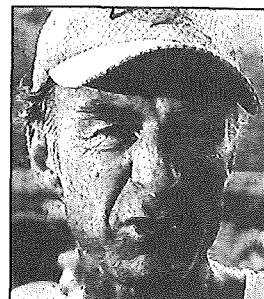
## Marathon marathon

LONDON — Sir Ranulph Fiennes yesterday arrived back in Britain after successfully completing his record-breaking challenge to run seven marathons in seven days.

The British explorer completed the New York marathon in five hours and 25 minutes.

Fiennes, 59, and fellow adventurer Michael Stroud broke the world record by running the 42.2km every day for a week. The pair have covered 72,405km by air with races in Chile, Australia, Singapore, London, Egypt and New York.

The polar explorer, who suffered a heart attack five months ago, said it was the people they were raising money for that kept them going.



**Ranulph Fiennes**

## ODD SPORT

A Belgian teacher has won the first cave marathon. Marc Papanikitas ran with a torch attached to his head behind a cyclist who showed runners the route. He completed the course in two hours, 40 minutes and 39 seconds. About 100 runners did 25 laps of a 1690 metre course in the caverns of Valkenburg in Holland, where mushrooms are grown and citizens hid from German bombardments during World War II.

# I come baring a message

## Nude hiker jailed

LONDON — A man attempting to walk the length of Britain naked to promote the right to go without clothes in public was convicted yesterday of breaching the peace and sentenced to three months in jail.

Stephen Gough, 44, from Eastleigh in southern England, has endured repeated arrests since setting out in June to walk 1363km from Land's End in southwest England to John O'Groats in Scotland's far north.

He was most recently apprehended on November 29 in Evanton, a village in the Scottish Highlands.

## Records take a belting

Two New South Wales runners have set world records for running on a treadmill.

**F**ind treadmill running boring? Then spare a thought for 60-year-old Georgie McConnell of Lake Conjola and Dave Taylor, 52, of Lake Heights. In November last year the two set records for distances on a treadmill. McConnell broke the world record for the longest distance travelled on a treadmill in 24 hours by a woman, setting a new record of 151.48km.

Taylor broke two records: the longest distance travelled on a treadmill in 48 hours by a man and the longest distance travelled on a treadmill in the shortest time. Taylor set the first record at 239.94km, on his way to the second of 455.86km in four days, 11 hours and 10 minutes, breaking the old mark of 453.85km in seven days.

— Col Frazer



## Ten Days in November

By Phil Essam

This short story tells of my involvement in the Australian 6-day race this year. An experience that I class as one of the best of my life. It might not follow chronologically, but it records my thoughts on different things that happened during the event!

It was early on Friday 14th November when I got out of bed to go to Melbourne Airport and pick up George Audley. George is a 67 year old Ultra runner from Western Australia who has earned a Top 5 place in the Westfield, ran across Australia in the Trans Australia race only two years prior [and got no recognition] and has run in the Australian 6-day race over 10 times. A true champion of the sport.

Thoughts on the drive to the airport drifted back to Cliff Young's Memorial Service on Wednesday and the times I had been on the track with Cliff. I feel honoured to have shared those times!

Well, I eventually found George at Virgin Blue instead of Qantas and conveyed him back home! We talked about the race and running over a few cups of tea before returning to the airport to pick up Andy Lovy from America. For those that don't know Andy, he is a Vietnam Veteran who has run over 170 Ultras. He is also a Medical Doctor and an all round Top Bloke [that's an Aussie complement Andy!]. Andy eventually got through Customs and we returned home after having some of America's number one export [McDonalds] on the way home. We then got organised at home that afternoon before putting on a Traditional Aussie BBQ that night for our guests. We were also joined that night by South African runner, Brian Collings and his wife Laura. Brian got lost trying to find us, but eventually found his way! Apparently my instructions were wrong! Well everyone was soon getting on well and talking the universal subject that we all know! Ultra running! We also enjoyed the South African beer that Brian brought along.

Next day we loaded up the car and were heading for Colac shortly after midday! [including my wife and daughter] We soon found our way to Memorial Square and caught up with old friends and acquaintances. Ultra running is like an extended happy family who might not see each other all the time, but we keep the friendship going no matter what! It didn't take long to have the tent set up. Andy and I talked tactics and discussed the layout of his clothes etc. We discussed the plan and the importance of drinks/food, little and often. We also discussed a variety of drinks and food as ultra runner's taste buds soon disappear into space once they are competing! I was also going to be helping George Audley when I could during the event. George was going for a 6-day Age record and certainly had the credentials to do it!

That night we all headed to the Arts Centre for a Reception put on by the Colac Otway Shire and the 6-day race committee. The reception was very well done and was certainly an improvement on previous years. Conversation was aplenty and more stories were swapped about happenings of the past year and hopes for the race. It was that evening that I first noticed how fit an athlete Graeme Watts from Queensland is! If anyone was going to trouble Kourcerek from Czech Republic it was him. That night Bill and Bev Sutcliffe put us up in their caravan for the night. Thanks people!

The next day dawned and Memorial Square resembled a miniature city. Workmen were everywhere, all the tents were in place, fencing was being erected, the food demountable was in place and it was taking shape! More preparations with Andy and we were soon ready to go.

I also had a second job for the race. I was going to be looking after Internet publicity and Melbourne publicity for the race. In hindsight - no one should have two jobs for an Ultra event of this magnitude! Fairly hard to be in two places at once. The internet publicity was going to involve faxing the results to Kevin Tiller on a twice daily basis and he would update [www.colac.ultraoz.com](http://www.colac.ultraoz.com). Shortly before the start I was at the Administration building when I gathered from Bill Sutcliffe that he was hoping for more updates during the event. I very quickly made my web site available to the Gents from the Colac PC Users Group and left them to figure things out! They ended up doing a Great job during the event and I hope that the 6-day race committee do register their own domain and establish a proper web site for the race. With supervision from the Committee the Gents from the Colac PC Users Group would be ideal to maintain and update the site. The site would be a Global drawcard and communications portal for the event which wouldn't be expensive. It is the only thing missing now to make the event truly world class.

11:30 came around and all the runners were ready for the pre race ceremonies. The Powers Twins ran a lap of honour for Cliff Young before the start and some helium balloons were released into the air! I certainly had a tear in my eye. The tribute was simple but effective. The race was soon underway as the runners started circling the track. After the start I presented a copy of the Westfield Book to Helen Powers and the Twins. It was signed by all the runners and committee at this years race. To describe every moment of the next 6 days would be boring to even the most hardened Ultra nut and this is where the story will digress into a series of thoughts about different areas of the race.



The leaders soon sorted themselves out and the Top 3 became Kourcereck, Watts and Hoskinson. Audley and Timms were threatening though and were ready to pounce if one of the leaders should falter. Andy started off well and was running pretty close to his plan which was good! It was sometime on the Sunday that an older Gent by the name of Don introduced himself to me. Don was from Camperdown and was a Marathon Walker about 20 plus years ago. Don was fascinated by the whole race and wanted to be involved for the rest of the week. Don was soon signed up as the day shift crew for Andy and George for the rest of the week. Belinda and Laura left about 6pm that night and I was all on my own for crewing!

Andy ran fairly well to his plan for most of the week. Up to about Thursday morning I felt that 460km was very gettable but hopefully we would get as close as possible to his target of 480km by the end! I was surviving on about 4 hours sleep a day! 2 hours sleep the first day and then 4 hours the rest of the week! I would stick around each morning until Don arrived and Andy had reached the goal for the day of 65km! [65km is what was required to survive the cut off], I would then disappear for sleep in one of the spare caravans which was very much appreciated! [usually woke to the music starting after lunchtime]

I noticed a few different types of crewing at Colac. There were those runners that didn't have any crew. They were usually those that had lots of experience and were quite content to look after themselves. There were those runners that had one crew. They would usually make up lots of drinks and food in advance and the runner could choose what he wanted when he came past. Then there were runners that had a proper crew of two or more people for the whole race. It is interesting that all three placegetters for the race had a good crew behind them who worked to a plan the whole time. I think crewing is a vital part of multi-day racing and any runner of any ability would benefit from having a good crew. Personally I found that working by myself in a crewing situation, I wasn't able to record what Andy was eating and drinking, wasn't able to keep the tent as clean as I would have liked and it was hard to get the runners clothes dry when it rained! I also found that my usually sharp mathematical mind disappeared by day three and lap calculations became harder and harder! I was mortified on Thursday morning when my calculations to bring up 65km were 9 laps out! Fortunately we picked up the mistake whilst Andy was still on the track and he took it in his stride to do another 9 laps!

This leads me on to one of the big plusses of this year's race. The demountable food kitchen that was open 24 hours a day for runners and crew. Nothing was too hard for the staff who always had a smile on their face. Even when there was a run on Vegemite sandwich requests! It definitely made crewing a bit easier when you didn't have to make up your own meals for the runners. It also kept the crew well fed at the same time! I believe that the food and drinks were all donated by the local community. Congratulations Colac, please keep this going for future years.

Unfortunately 2003 wasn't to be George Audley's year. He suffered from stomach problems for the first two days and ended up withdrawing. It was a sad moment when George called for me from the tent and asked for the referee! This was George's first withdrawal in ten years and he must be commended for pushing as long as he could! I'm sure we haven't seen the last of George at Colac or other Ultra races around Australia.

It was about day three of the race when it became obvious that Kourcereck wasn't going to run 1000km and he wasn't a certainty to win. He was carrying a leg injury of some sort and Graeme Watts was hanging 20/30km off him ready to pounce when the time came! By about day four, Watts did pounce when Kourcereck took an extended break and he never looked back!

Another great plus for the race was the new lap scoring system. The old traditional lap scoring method had been done away with and it was all computerised. Everyone loved it. It was accurate and reliable. The system still involves people to input the numbers as they come through, but there are checks and balances in the system which soon pick up on any mistake. Malcolm Mathews from Melbourne should be commended for his system and I hope that he can produce a windows version of the program that could be used by ultra races around the world.

I think my most emotional moments of the race were the few hours before Andy passed the 65km for each day. On the Wednesday and Thursday morning he passed the mark with three hours to spare, but the time frame would have been closer if he hadn't have worked after midnight each night! Andy was acquiring quite a fan club during the race. They were from other crews, a local family with young kids, scorers and committee members. It must have been his wit and gentle good humour! I also think that people were impressed by the dogged determination that he showed throughout the race., with constant references to Andy having a heart bigger than Phar Lap. Andy would also help any of the runners who had any medical problems at all! He would have lost half an hour a day due to his willingness to help others - but this did not enter into Andy's mind as a problem.

It was Thursday morning when things started to go astray for Andy. He had qualified for day five but it had been a gutsy effort which took a lot out of him. When Don and George came in that morning, I told them to

give him a two hour break (his first since Sunday) and just keep the miles ticking over! I then went to bed for four hours! I came out just after noon to have my bi-daily shower at the local squash club and get some supplies to be greeted with the sad news from Don that Andy was really struggling. I got Don to replenish the supplies and I started feeding Andy the drinks and food lap by lap. Andy complained of a back problem and there was also a leg problem at the same time [I learnt all the medical terms during the week - but will speak in layman's terms for this article]. I could see that his back was playing up as he was stooping forward quite extremely!

The next few hours were a blur. We tried massage, we tried taping his back, we tried a support to keep him straight. A couple of the runners and one of the massage therapists were telling me to pull him out of the race for his own good. It was heart wrenching to watch the agony that he was going through. Andy and I discussed that he would try and keep it going until midnight and if the miles required were getting to much for the next 12 hours it would be time to call it a day. I remember the early evening when Jen [Medical student from the USA who was at the race doing research and had studied under Andy] exchanged some words and Andy took off like a shot. It was a last ditch, do or die effort and I did mutter under my breath that if Andy collapsed on the track, Jen could do the honours of picking him up! [with a few words added] I did discuss this with Andy and Jen later on and realised that there weren't any major safety issues involved!

Andy kept on going for a couple more hours, but was getting slower and slower. I think there were a couple more massages in there. [Even whilst Andy was in pain he was able to get everyone around him laughing with his subtle and not so subtle humour - I will never look at a chicken the same way again!]. I was joined by my wife and daughter who had arrived back from Melbourne for the rest of the race. It was great to see them, providing new smiling faces for Andy to talk to and an emotional shoulder for me! It was about 11.00pm when Andy decided that he would have half an hour off the track! This was out of the blue for him and that's when I had a gut feeling that it was over. Andy came back on the track at 11.30pm and wanted to do three laps and see how his back was. I was down at the bottom of the track when he came around and realised that he was too stooped, too slow and it just wasn't going to happen. I said to him " I don't know if your going to hate me, but I'm taking you off, that's it". He replied that he didn't hate me and agreed that it was it! We then walked to the finish line and Belinda passed me the quilt as we came past. It was a sad moment, but Andy had done his best. I think everyone at the track that night was touched and inspired by his gutsy effort!

We then got Andy back to the tent whilst the Night Referee got hold of a motel for the night for Andy. He definitely needed a shower and a proper bed for the night! After getting him to his Motel room, I joined my wife back at the track, released the emotion via a few tears and headed to bed for the night!

Friday morning came around and I wandered onto the track at about 7am, tidied up the tent and packed away the food. After the emotion and work of the last couple of days, everything including the race seemed rather flat and I did find it hard to be involved. However, I was able to wander around during the day and gradually talk to more of the crews at the race. I went and picked up Andy later on that morning and he stayed at the track helping people when he could [even if he was moving very slow himself]. The placegetters were fairly well decided by that time. It was great to see that Peter Hoskinson was going to finish his first 6-day race, get a place and prove his detractors wrong. John Timms withdrew on Friday morning with bad blisters which was a surprise to everyone. Belinda and I decided to get a Motel room that night as well. We also joined Andy, Jen and Dana [other Medical student] for Tea which was great.

Saturday came around and there were only six hours remaining in the race. I was able to speak to some reporters from Queensland and Tasmania, who promised to cover Graeme Watt's and Peter Hoskinson's success in their local papers. Another gutsy effort during the week was 78 year old Stan Miskin who completed the 6 days. It wasn't an Age record, but a very gutsy effort on Stan's part. Stan was looked after during the week by his devoted wife, Elwyn, who tended to all his needs. The gun went off at midday and it was all over. The race had a new Aussie winner. Multi day racing in Australia has two new stars on the horizon in Peter Hoskinson and David Billett from South Australia who finished his first multi day race and the race itself had grown immensely in the past 12 months [which looks good for the next 18 years].

The prize ceremony was conducted very well and didn't drag on like previous years. Elvira Janosi won the Cliff Young Award for competing so soon after the personal family tragedy that she endured and Brian Collings won the Bryan Smith Award for the fair play, goodwill and sportsmanship that he displayed during the week.

That afternoon, we packed the car and headed back to Melbourne after being at the BBQ for a short time. I had to go away with work the next day for a week, so it was up to Belinda to get Andy to the Airport next day. [I believe a sumptuous Chinese meal and chocolate ice cream was consumed that night after I was gone!] Thanks Andy for giving me the opportunity to crew for you, it was a great learning curve, but there's no need to send that Anatomy and Physiology Exam! Thanks Don for your great help during the week and



thanks to everyone at Colac for your help and friendship. Thanks to the Colac committee for putting on a great event!

I believe that 24 hour/multi day racing has a big future in this country. We only have three 24 hour track runs and one 48 hour run at present. Perhaps we need an enterprising sports club to put on another 48 hour race somewhere in the country! Here's to the next few years and what it's going to bring for me and my achievements!

It is not the critic who counts; not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who errs and comes short again and again . . . who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who at the least knows in the end the triumph of high achievement; and who, at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat.

(Theodore (Teddy) Roosevelt)

## **COLAC 2003**

**By Stan Miskin**

Whilst the Colac Six Day Race has already been reported in Ultramag, I wish to report on the pre race function, Race Committee, Officials, Volunteers and Venue. All of which have earned far greater recognition than they have received.

After 26 competitors in 2002 and an average of 23 for the years 2000-2002, the race committee headed by Bill Sutcliffe deserved more than the 15 starters of 2003.

We competitors owe a debt of gratitude to the committee, businesses, council and all individuals who supported the event in so many ways.

The Council hosted a well catered for pre race function at which the competitors were introduced and presented with their race kits. Each receiving a top quality reusable fabric bag containing a race bib, national flag, name sign for your tent or caravan, top quality T-shirt, booklet titled "The Great Ocean Road", tourist brochures and drink bottle. Last but not least was the race booklet which contained a wealth of information including competitors profiles, previous results, race history and many interesting articles. The Australian Six Day Race logo was shown where appropriate.

**During the race:** Athletes were well cared for with osteopathic, massage and blister treatment freely available.

The catering was superb with three meals each day along with unlimited snacks, drinks and ice. Officials were easily identified with smart uniforms and radio communication between officials was very efficient.

Lap scoring was of the highest efficiency with spotters calling numbers to manual and computer aided scoring systems. The highlight being hourly printouts and regular updates of the scoreboard. I was confident that all my laps were being recorded.

The entertainment with musicians, vocalists and dancers was also appreciated, as was the recorded music played from time to time.

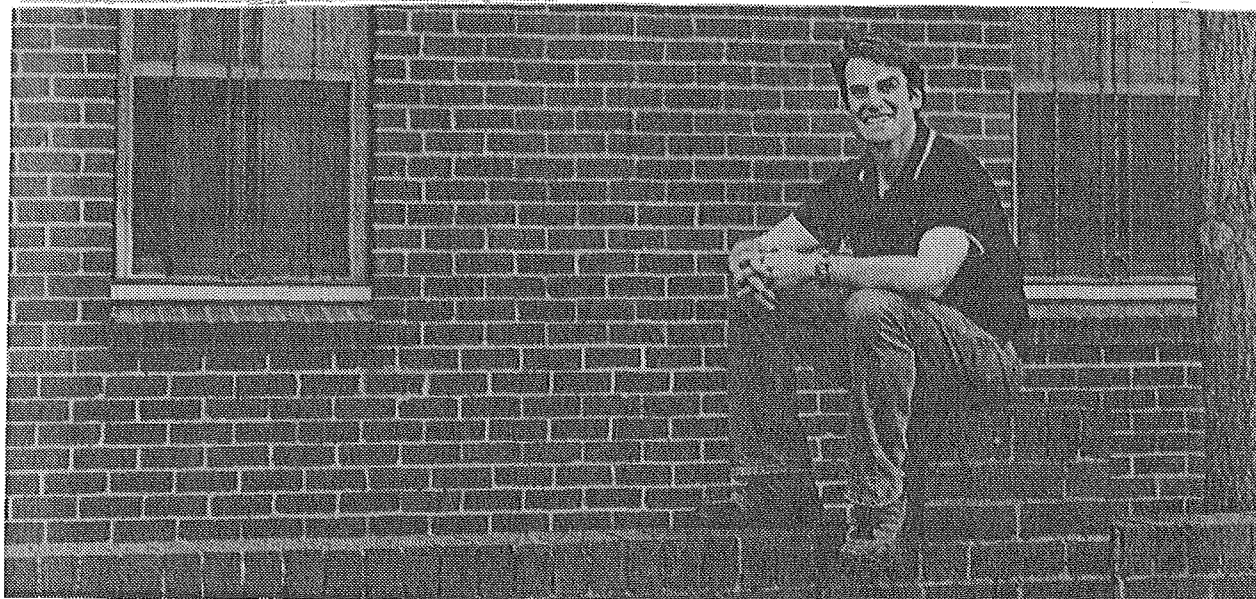
Post race presentations were prompt and well organised so that tired athletes were not kept waiting around. Those of us who attended the post race barbecue enjoyed a relaxed and chatty atmosphere together.

The venue itself at Memorial Square with its monument, fountain, lawns and superb shady trees must surely be the best in the world. I believe that the only improvements required for competitors are sewered toilets and showers inside the track, not to mention a two laned synthetic surface. I realise, of course, that without council and/or government support, these improvements are beyond the resources of the Six Day Race Committee. Despite this, the Colac race is a superb event and I hope to return in 2004 and/or 2005.

Thank you and congratulations to all who worked so hard to make the 2003 race such an outstanding event.

**KANE BOWDEN: LEARNING ON THE RUN**

# Loyal of heart and fleet of foot



No one in the family's laughing about the run now. His brothers sense the magnitude of what he has done.

**Martin Flanagan**

**E**ight days before I met him, Kane Bowden finished running from Melbourne to Adelaide with a friend. The journey took 17 days. One day they ran for 14 hours, finishing in the dark. Other days, they got up before dawn and saw the sun rise. They passed through a lot of farmland; Kane couldn't help wondering what it must have looked like before it was cleared. But that was on the good days.

On the bad days, he just tried to concentrate on the road in front of him and find a "zone" that would take him through the discomfort. No one told him, before he began, how much it would hurt. When we met, he was still feeling flat in his body, still trying to understand exactly what he'd done.

Kane's from a famous family. His father, Michael, played in Richmond's 1969 premiership team after having spent two years in a seminary studying to become a priest. He and his wife Judy had six children, three of whom (Sean, Joel and Patrick) have played AFL football. Along the way, the family picked up another member when a kid called Charlie Kellett came visiting and stayed for seven years. Kane calls Charlie his brother and still sees him several times a week. He also sees a lot of his three other brothers who live in Melbourne. "We're loyal," he says simply.

Kane's a quiet, receptive young man with a grin that doesn't come from the city. When he was 11, his family shifted to the Aboriginal community of Ernabella on the

South Australian border. Those years remain particularly vivid to him. Looking back, he realises what he respected about Aboriginal culture was its "connectedness".

The young kids he works with in the city are connected to nothing. "This culture pulls them in all directions," he says. "They don't know which one to take."

He describes the culture we live in as "faithless". He also respects the fact that traditional Aboriginal culture has clear rites of passage from youth to manhood. "What does this culture have for that?" he asks.

Most of his formative years were spent in Alice Springs and if he hadn't met his wife Renee, who is now expecting their first child, he would have gone back there four or five years ago. Formerly a teacher, Kane is now the education training manager at the Lighthouse Foundation, a charity established by Renee's mother, Sue Barton, which takes in homeless kids on a long-term basis. "We're here for life," he says.

One of the reasons he made the 747-kilometre run was to show his respect for what Sue Barton has done and attract publicity for her work. "My focus now is completely about helping young people."

He started the run with the fear that he might be unable to complete it. The previous Christmas, when he told his brothers his plan they laughed. The only thing he'd ever run for was a ball.

His father said: "Do you know what you're doing?" "Not really," he replied, "but I'm still going to do it." His father said: "Well, you better train." He did. For nine months, and organised a support crew.

Kane, 29, is not physically as big as his AFL-playing brothers; during his footy career, he played 30 games with Port Melbourne in the VFL and coached Uni Blacks in the amateurs. Peter Caccaviello, a project manager for Australia Post who played for Blacks when Kane was coaching, offered to manage his run, then "got fired up" and decided to do it himself. Kane and Cacca, having played footy together, considered themselves good mates. They figured the run would be easier if there were two of them.

Kane says day eight was the worst, leaving Horsham in the freezing pre-dawn. He'd suffered a broken leg playing footy, a shattered jaw playing cricket. This hurt no less. He could talk to no one and no one could talk to him. The voice in his head was saying: "Why are you doing this? Why not stop." He made himself sprint, and after 15 minutes the pain in his jarred knees and ankles ebbed.

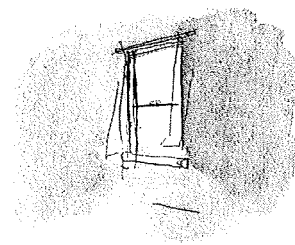
Getting to Adelaide was curiously anti-climactic. They had anticipated that the last two days, through the Adelaide hills, would be the toughest. They were the easiest. By then, their bodies had hardened to the task. Now, looking back, Kane sees the climax a few days earlier, when things went wrong. The South Australian authorities refused them permission to run on the freeway, which meant taking a longer and steeper route. A difference arose, tempers flared and they ran the next three legs without speaking.

That's when Kane realised that, for him, the ultimate defeat would be losing his connection with someone with whom he had come so far. At

the end of the day's fourth leg, they apologised to one another and embraced. That was the moment that moved him most deeply.

No one in the family's laughing about the run now. His brothers sense the magnitude of what he has done. His father rang him each day when he was out on the road. He senses it's subtly altered their relationship, too.

He says Cacca's like him since he got back, feeling flat in his body, knowing something's changed but not sure what. Partly, it's knowing that people can go beyond themselves in ways they can barely imagine. But it's not just that. Since the run, while his body's been feeling tired and drained, his mind's been a lot clearer. "Whatever that means," he says, with a notion to find out.



## MONDAY STORY

Kane Bowden completed a gruelling 747-kilometre run to promote the Lighthouse Foundation.

PICTURE: SANDY SCHELTEMA

# **The Kepler Challenge 67km, New Zealand**

## **6 December 2004**

### **Report by Julia Thorn**

It took me a long time to get to the Kepler Challenge. Fortunately the wait was worth it; the race turned out to be everything I expected. Even despite an anxious night before the race, spent worrying that, having finally got here, I might still not be able to run if the race had to be cancelled due to dangerously high winds on the exposed alpine section of the route. But let's not leap ahead.

I lived in New Zealand for seven years, and in each one of those years there would have been at least two occasions when I thought of walking the Kepler Track. This was before my ultra running days. I would have scoffed at the idea of running the track. But I never got around to it. Too many obstacles. Like how to get to Te Anau from Auckland without spending two days on what should be an easy journey. How to go at a pleasant time of year but at the same time be assured of having the tramping huts just for me and my soulmate. Didn't want to share with a bunch of snorers! Or have to sit and salivate at their food.

And so the solution finally became clear: I would have to run the track. In 2001, having moved away from New Zealand and returned to Australia, in the perverse way that decisions are made, I vowed to go back to NZ and run the Kepler. But I left the decision too late, and the run was full. I wasn't too sorry because I had some doubts as to whether I really could run that far in one day. And I had some doubts as to whether it was morally correct to run a walking track. I'm over that dilemma now, big time!

In 2002 I again decided to enter the race. But I made a deal with myself that I would only go if I could use air points, as I'd done so much travelling that year already. And I was unsuccessful in that regard. I could only get flights going to NZ about two weeks before the race and coming home the following year (that's not as silly as it sounds since the event is in December). So, no Kepler. I still had the lingering doubts about the distance.

Then, finally, in 2003 I booked a return ticket to Queenstown on air points in January for a December trip. I entered the race the minute the entry forms appeared. And it was all on. No travel problems. No doubts about the distance. Besides, on the website the race had got shorter with the passing of time – it was down from 67km to 60km. Not that anyone believes this.

And I waited. And waited. Periodically I looked at my ticket and reread the race information. Finally the big day approached. I flew to Auckland. I flew on to Queenstown. I drove with another runner to Te Anau. One more sleep until the race.

The weather in Te Anau was stormy the evening before the race. Very wet. Very windy. So windy that it looked highly likely the race would have to follow an alternative route to avoid a dangerous alpine crossing if the wind did not die down overnight. I was not impressed by this idea. I had most definitely not come all this way to run a low altitude course through a forest. I wanted to see mountains, snow, Lake Te Anau from above and all the rest of the promised scenery. It was a long torrid night as I tossed and turned and listened for the howling noise outside to cease.

In the morning, if you can call 4am morning, it was still windy, but much less so. I allowed myself to become hopeful. And, yes, the race was able to go ahead. What a relief.

This is a race not to be missed. That's why many of the competitors are there for the fifth or tenth time.

The track starts with a long segment of beech forest followed by a very long climb through more beech forest. You're well and truly warmed up by the time you leave the bush and emerge above the tree line near Mount Luxmoore hut. As I came out of the bush there was a rainbow arching over the mountain tops, and a light flurry of snow. It was very beautiful, despite the icy wind.

I really enjoyed this alpine section, having donned beanie and gloves. The climbing doesn't end at Mount Luxmoore, although this is an important psychological landmark. The route continues over the Luxmoore saddle with stupendous views to either side of Lake Te Anau and lots of snowy peaks. This is the stuff of fairy tales. We even had to run through a patch of snow.

By this time the runners were quite spread out, although bottlenecks built up around the sections with steps and below the limestone bluffs, where a national parks guard made sure it was one at a time at all cost. I could see runners stretching way into the distance, like ants, and it was a lovely sight.

The descent off the saddle is long and a constant series of sharp hairpin bends. You get some speed up and then have to brake on the corners; it would be a shame to fall off the path. The best idea seemed to be to let rip and not worry about the damage to your quads. Not until later, anyway.

Down at the bottom, the half way mark in terms of time but not distance, there's a delightful alpine meadow to cross, high peaks all around. I got into a steady rhythm here, but was disappointed to realise how slow it was when I checked my splits. At the aid stations I tried not to stop for long to avoid seizing up. I also tried not to overindulge on the jelly beans. I'd never been a fan of eating jelly beans on the run, but this race converted me. Just to remain healthy, I treated myself to bananas too.

This last 35km of the track may not have a major mountain to climb, but it is far from flat. It undulates all over the place, crossing creeks and rivers, and just climbing for the sake of it. By now I was mostly running completely alone. I did think I saw a dog at one point, but that was just a hallucination. I heard afterwards that another runner thought he saw a dog, and it was just a rock. At least my dog was moving.

When I passed the marathon distance I put on a little spurt. It felt like a spurt anyway, but it might not have been. The last 11km passed a bit quicker. At the penultimate aid station I said to the marshal "Oh good, only five to go." She responded that I was the first person to have said that.

With only two kilometres to go I could hear the race caller announcing runners as they crossed the finish line. This made the final two kilometres seem rather long. Names, names but I wasn't getting any closer. And then my turn came. After seven hours and thirty two minutes I crossed the control gates of the dam and the race, at least my race, was over. A thrilling moment – the furthest I had ever run, even if the distance is subject to fluctuation, and a remarkably beautiful event.

## **100 kms WORLD CHALLENGE – 16 NOVEMBER 2003**

**RACE REPORT by Ian Cornelius, President, AURA**

The 100 kms World Challenge was held on 16 November 2003 at "Zan-en Dam" which is located at Nan-si in Tainan County, Taiwan.

The race was organised by the Chinese and Taipei Road Running Association and was conducted under the auspices of the IAAF and the IAU.

The event was conducted in extremely hot and humid conditions. The attrition rate was very high, with only 152 finishers from 375 starters.

Australia fielded a team of 5 male runners. They were Mark Hutchinson (Qld), Warren Holst & Mal Grimmett (Vic) and Tim Sloan & Colin Oliver (Tas).

Mark Hutchinson was in 6<sup>th</sup> position and moving through the field at the 75 kms mark when he suffered severe cramping. He faded to finish 27<sup>th</sup> in 8:17:34. Tim Sloan was in 10<sup>th</sup> position when he also suffered severe cramping, at approximately the same spot as Mark. He struggled home to finish in 10:05:57.

Holst, Grimmett and Oliver all retired from the race, between the 50 kms and 80 kms marks.

There were no nominations for a female team.

Next year's 100km World Cup will take place in Winschoten, Netherlands on 11 September, 2004.

# Farewell to Cliff Young

**C**liff Young, the affable farmer whose shuffling style was so recognisable in ultra running circles died in November after a long illness.

For much of his life Young, didn't do what he is so well remembered for, yet once he discovered running, he packed more into his life than many runners do, who start young. He was 57 when he ran his first race, a 10-miler over Melbourne's Westgate Bridge. He finished in 1:04:15, and beat two friends in the process.

After that first race he was hooked and Young joined the Geelong Cross-Country club and began running marathons in his trademark gait that was not quite a run and not quite a walk.

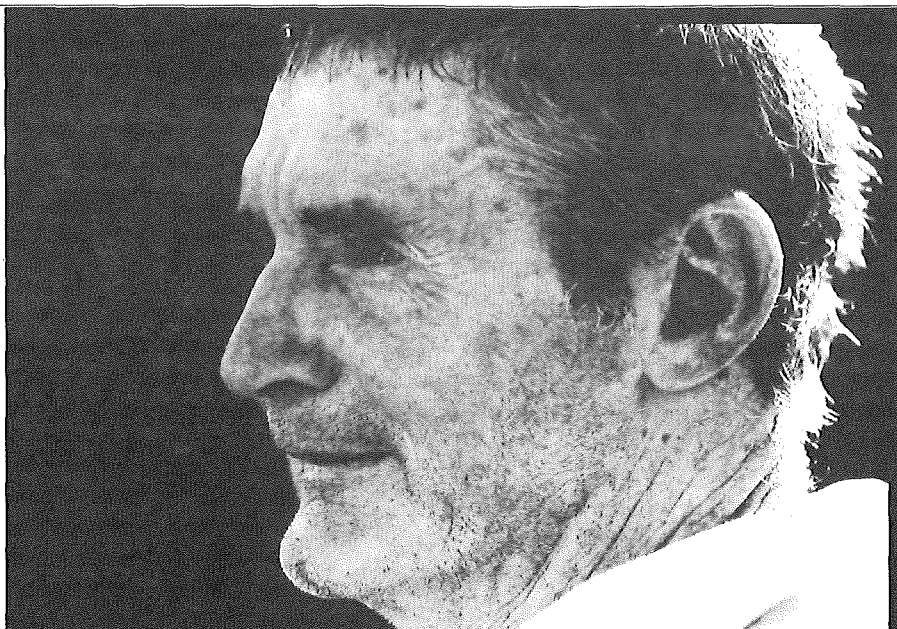
In 1983 he made his mark by winning the first Sydney to Melbourne race at the age of 61. His crew woke him three hours earlier than planned and by the time they realised their mistake, Young was shuffling up the highway in the dark.

By the time the other competitors got going, he had used that unusual running style to open a big lead, that they could not close, and he won the race after five days, 15 hours and 4 minutes of being on the road.

Young trained around his home in Colac, often in gumboots and rain jacket, and was known for his humour, humility and willingness to take on the challenges of ultra running when others were easing off into retirement.

Young entered the Melbourne to Sydney six times in all, withdrawing on three occasions. His ultra marathon career includes a 50-miler at Ballarat, the Sri Chinmoy 24-hour Race in Adelaide on and Colac Six-Day race at the age of 70.

A great ambition was to set the record for running around Australia and although he tried three times, it was not to be. At the age of 76, cancer brought his third attempt to a halt, after he had covered 6520 kilometres.



Bob Fickel and John Timms at Cliffy's memorial service





Westfield Shopping Centre,  
Doncaster.  
Cliff Young wins  
ultra-marathon, 1983.

13

On May 3, 1983, at 1.35am, Westfield Shoppingtown in Doncaster was the scene of Cliff Young's triumphant finish in the inaugural Sydney to Melbourne ultra-marathon. He was a bachelor vegetarian potato farmer who lived with his mum. He left Parramatta Shoppingtown a nobody and, five days, 15 hours later, arrived at Doncaster a national celebrity. He was born in western Victoria in 1922. At 40, he was forced to retire from Colac Football Club for being too old and took up running. It was said that he once jogged 40 kilometres to a funeral.

In the early 1980s, runner and Melbourne sports store owner John Toleman conceived the idea of a race between Melbourne and Sydney. He put up \$10,000 prizemoney himself and obtained sponsorship from Westfield. The race between the then two largest shopping centres in Australia attracted runners from all over the world. When the field reached Mittagong for an overnight rest, Cliff's trainer, a masseur for Colac Football Club, mistakenly set the alarm clock too early. When Cliff woke up in the middle of the night, he put on his running shoes and took off, gaining several hours on the other competitors. They wouldn't see him again. He lived on a diet of cold canned spaghetti and ice-cream. By the time he arrived at Westfield, 50 kilometres ahead of his nearest rival, there were more than 5000 people lining Doncaster Road. Media from all over the world were there to record his triumph. Young died last year, aged 81.

MEGAN  
PONSFORD



## LAKE TAUPO 100km New Zealand

21st February 2004

### Individual 100 km Runner - Male

"1.	7:44:41	Colin Oliver	Australia "
2.	9:26:17	Graeme Butcher	Masterton
3.	10:28:46	Ashley Smith	Waitara
4.	10:44:50	Gary Regtien	Auckland
5.	11:05:12	Michael Simons	Kohimarama
6.	11:15:18	Barnaby McBryde	Mt Eden
7.	11:56:14	Shane McCormack	Napier
8.	13:45:06	Trevor Warr	Christchurch

### Individual 100 km Runner - Female

1.	9:46:55	Carolynn Tassie	Kumeu
2.	13:51:57	Pam Dickson	Rotorua

### Individual 100 km Walker - Male

1.	13:58:29	Kevin Vicary	Hamilton
2.	14:22:52	Keith Still	Tauranga
3.	15:53:31	Gary Quarless	Manurewa

## Masterton runner captures ultra title

By Colin Marshall

RUNNING a brisk 100km on a Saturday may not be everyone's cup of tea but Masterton's Graeme Butcher did it in Taupo this weekend and became the New Zealand ultra-marathon champion for his trouble.

Despite having run around 20 marathons, Masterton Athletics member Butcher had never run an ultra-marathon before and won the title first time up in a time of 9 hours 26 minutes. The only person ahead of him was Australian Colin Oliver, in 7 hours 44 minutes. As an Australian, Oliver was ineligible for the New Zealand title.

Butcher, the current Wairarapa Country Marathon champion, acknowledged the race, run in conjunction with the Taupo round-the-lake relay, was not easy. "At 50km it was getting tough. 80km was really tough but you just had to pull yourself through it. "The previous New Zealand champion was in the race but he pulled out. I heard at the 60km mark that I was the leading New Zealander so that was a bit of a boost but then I had to hold on for the next 40km." In other words, hold on through another marathon. Of the 12 starters, 10 finished, with three-time New Zealand champion Mark Bright one of the casualties.

In preparation, Butcher had been running 140-180km a week with training runs of up to 60km. The race started at 5.30am more than halfway around the 160km circumference of Lake Taupo. Just to get to the start line, Butcher and his support crew of wife Sandy Butcher and sister Elizabeth Butcher had to set off from their Taupo hotel more than an hour before then. The weather also posed its challenges. "We had a bit of a head wind and a bit of rain but it was such a long day there were patches where the weather was quite good," Butcher said.

Today, two days after crossing the finish line in central Taupo, he's recovering from his exertions. "I'm not too bad today. I was a bit stiff on Sunday but I'm much better now."

Butcher said there were only two or three ultra-marathons a year run in New Zealand but they were quite common in Europe and the USA and although he's not immediately planning on competing overseas he may yet get his long-distance shoes on again. "I'm not too sure. When people asked me straight afterwards I said no but I wouldn't discount it yet anyway."

**Editors note:** Great stuff, Colin. You sure dished it up to our Kiwi cousins.....

## 2003 GLOBAL ULTRA RANKINGS: FATTORE & SAKURAI LEAD WORLD

### Compiled by Andy Milroy (ARRS)

The annual ARRS/Ultramarathon World Rankings for 2003 attempt to present objective ultra rankings for the year. They are based on:

1. Success in major events – championships and Comrades [major prize money]
2. Head to head competition
3. Quality of times and distances achieved.
4. Overall performance throughout the season.
5. Highly competitive international events; e.g. Comrades, 100km, 24 hours rate more highly than less competitive events – multi-day, 50km, etc
6. Only marks made on tracks and accurately measured road courses can be considered, otherwise the degree of uncertainty makes proper comparisons impossible. However, trail races are sometimes included in the overall assessment of the year's performance of a runner – to assess dominance and competitive record.

2003 was yet another uneven year in terms of ultra performances. At the 100km distance, a number of major runners were missing from the World event that took place on a very tough course with high humidity and heat in Taiwan in November. The leading women runners from the European 100km and the Comrades Marathon, Tatiana Zhyrkova and the Nurgalieva twins (all three from Russia), did not run in the World 100km. Neither did the fastest woman in the world in 2003, Norimi Sakurai of Japan. On the men's side, the repeat winner of the World 100km, Mario Fattore, and the fastest man in the world in 2003, Jose Aubeso, chose not to run in the European event, as did leading women Elvira Kolpakova (Russia), Tania Hoos-Schafer (Germany) and Danielle Sanderson (Great Britain).

The results were at best mixed for anyone who attempted more than two major events for the year. This phenomenon was exacerbated by the overbearing conditions of the World 100km, which produced the personal slowest times ever recorded by many of the world's top competitors: some of the men ranked in our top 10 were beaten by the top women in that event.

In the inaugural World 24 Hour at Uden, The Netherlands, the absence of dominant figure Yiannis Kouros actually made for a more competitive men's race. Apart from the missing Kouros, the new 24-Hour World title event exhibited the greatest field, race, and depth of results in the history of the event.

It is interesting to note that neither the year's fastest man for the 100km (Jose Aubeso, Spain) nor for the 24 Hours (Valmir Nunes, Brazil) are ranked among the Top Ten.

The continued dominance of Russia in the rankings is attributable this year, in part, to the fact that the fastest 100km race in the world in depth was held in Russia and supported by most of the top native performers.

Europeans continue to dominate the sport. It is interesting to note that not a single ultrarunner from the Western Hemisphere ranks among the top 10 of either sex.

#### Men

1. Mario Fattore (Italy)
2. Farit Ganiyev (Russia)
3. Grigoriy Murzin (Russia)
4. Fusi Nhlapo (South Africa)
5. Oleg Kharitonov (Russia)
6. Paul Beckers (Belgium)
7. Yiannis Kouros (Greece)
8. Ryoichi Sekiya (Japan)
9. Mario Ardemagni (Italy)
10. Igor Tyazhkorob (Russia)

**1. Mario Fattore (Italy)** ran two 100km races and won them both. He won the hilly Faenza race in 6:54:02.15 and then went on to defend his title in the World 100km in Taiwan in 7:04:56, in the slowest conditions ever for this signature event.

**2. Farit Ganiyev (Russia)** won at Chernogolovka (Russia) ahead of Grigoriy Murzin (who took the European title) 6:28:27 to 6:29:41. Ganiyev also headed Murzin in the Torhout (Belgium) race 6:39:32 (2<sup>nd</sup>) to 6:40:22 (3<sup>rd</sup>) but lost to Murzin at De Bezana (Spain) 6:39:40 (1<sup>st</sup>) to 7:14:37 (3<sup>rd</sup>)

**3. Grigoriy Murzin (Russia)** was second in the World 100km but was twice beaten by Ganiyev.

**4. Fusi Nhlapo (South Africa)** beat Oleg Kharitonov (see below) in the 89.179 km Comrades Marathon (South Africa). Nhlapo's time (5:28:52) on the downhill course (the race alternates uphill and downhill years) was slower than the first four ran in the 2001 Comrades when Andrew Kelehe ran the second fastest ever on the down run. Nhlapo's time makes him ninth fastest ever at Comrades.

**5. Oleg Kharitonov (Russia)** lost to Fattore, 7:04:56 (1<sup>st</sup>) to 7:22:08 (5<sup>th</sup>) and Murzin at the World 100km, and to Nhlapo in the Comrades, where he ran 5:31:41 (2<sup>nd</sup>) for 13th all-time (with the 14th fastest time).

**6. Paul Beckers (Belgium)** ran 270.087km in 24 hours, the second best distance of the year. He won both the World and European 24 hours, beating Ryoichi Sekiya (Japan, 267.223km) Beckers was beaten by Yiannis Kouros (Greece/Australia)

in the longer 48 Hour event at Surgeres, 438.813km to 374.574km, but Kouros did not contest the far more competitive 24 Hour World event.

**7. Yiannis Kouros (Greece/Australia)** covered a greater distance in the first 24 hours at the Surgeres 48 hours than Sekiya did in the World 24. He also beat Beckers at 48 hours with a distance bettered only by him on the all-time 2-day event list.

**8. Ryoichi Sekiya (Japan)** ran 261.640km behind Valmir Nunes (273.828km: world-leading distance for the year) in Taiwan, but Nunes was well beaten (235.094km) by both Beckers and Sekiya in the World event.

**9. Mario Ardemagni (Italy)** lost to Murzin at Chernogolovka and in the World 100km at Tainan, Taiwan, and to Ganiyev in Chernogolovka, but beat Igor Tyazhkorob (Russia; winner over Murzin and Ganiyev at Torhout) in Chernogolovka and Verona, 6:41:48 (1st) to 6:49:52 (3rd), and Taiwan, 7:43:28 (9<sup>th</sup>) to 8:01:25 (13<sup>th</sup>). He also beat Yoshiaki Kobayashi (Japan; winner of the Yubetsu/Saroma 100km) in Taiwan, 7:43:28 (9<sup>th</sup>) to 9:00:12 (48<sup>th</sup>).

**10. Igor Tyazhkorob (Russia)** twice lost to Ardemagni, but beat Kobayashi in the World 100km and lost to both Ganiyev and Murzin in the European and to Murzin in the World 100km, 7:08:20 (2<sup>nd</sup>) to 8:01:25 (13<sup>th</sup>).

#### Women

1. Norimi Sakurai (Japan)
2. Monica Casiraghi (Italy)
3. Tatiana Zhyrkova (Russia)
4. Elena Nurgalieva (Russia)
5. Olesya Nurgalieva (Russia)
6. Irina Reutovich (Russia)
7. Edit Berces (Hungary)
8. Galina Eremina (Russia)
9. Marina Myshlianova (Russia)
10. Nadezhda Karaseva (Russia)

**1. Norimi Sakurai (Japan)** won the Yubetsu/Saroma race in 7:20:02 and then ran the Verona 50km/100km track race. She beat Monica Casiraghi (Italy) in the 50km (3:33:23.3 to 3:39:06.6) before setting new world track bests at 50 miles (5:48:12.0), 6 hours (83,200km), and 100km, [7:14:05.8, fifth fastest performance road or track all-time/fourth fastest performer). She did not run the World 100km. So Sakurai is 1-0 over Casiraghi, is the only unbeaten runner of the top four, and has run the fastest time in the world for the year.

**2. Monica Casiraghi (Italy)** won the World 100km under brutally difficult conditions in 8:04:46. She was second in the European 100km Championships in 7:28:00. Tatiana Zhyrkova (Russia), winner of the European 100km, did not run the World event, nor did the Nurgalieva twins (Russia). Casiraghi won 8 ultra races this year, including the World 100km, Faenza (7:59:41.55) and the Swiss Alpine Marathon (6:47:55). Three of those races were against domestic opposition. She was beaten in two races, the European 100km by Zhyrkova and the track 50km at Verona by Sakurai. So Casiraghi is 0-1 to Zhyrkova, 0-1 to Sakurai, and 1-0 over both Elena and Olesya Nurgalieva. She never finished worse than second in any race.

**3. Tatyana Zhyrkova (Russia)** won the best race in depth of the year, running 7:19:51 (then 5th fastest all-time) at Chernogolovka in the European 100km, beating Monica Casiraghi, 7:28:00 (2nd). Elena Nurgalieva and Olesya Nurgalieva finished 3rd and 4th in 7:31:14 in that race. Zhyrkova also ran the fastest-ever third place (6:17:50) at Comrades.

**4. Elena Nurgalieva (Russia)** won the 89.179 km Comrades Marathon in 6:07:46, the fourth fastest time ever (behind Van der Merwe, Trason and Bak), and nipped her twin sister for third in the European 100km (7:31:14). Zhyrkova and Elena are 1-1 on race wins. However, Zhyrkova won by a bigger margin at 100km over a deeper quality field than Elena did at Comrades. A very close call, but Zhyrkova gets the nod.

**5. Olesya Nurgalieva (Russia)** ran second to her twin sister at Comrades (6:12:07, fifth fastest all-time performer, sixth fastest performance), and finished in an almost virtual tie with her (7:31:14) in the European 100km.

**6. Irina Reutovich (Russia)** won the World 24 Hour (237.052km), the most competitive long-range race of the year, beating Galina Eremina (232.050km). World Record holder Edit Berces finished 4th in 225.710. Reutovich took second to Berces at the Worschach 24-Hour and the Surgeres 48-Hour, and she won the Brno 48-Hour.

**7. Edit Berces (Hungary)** ran 228.906km in the first 24 hours of the Surgeres 48Hour, 227.777km to win the Taipei 24-Hour, and finished fourth in the World 24-Hour at Uden with 225.710km. Berces beat Reutovich at the Worschach 24-Hour (237.645km, best performance of the year, to Reutovich's 231.576km). Berces also beat Reutovich in the final tally at Surgeres (369.749km to Reutovich's 358.288km). Reutovich ran the second best 48 hour of the year at Brno, 366.927km. Berces has the best distance of the year, but faltered when it counted most, losing the dominant 24-Hour ranking position to Reutovich, who rose to the occasion at the right race.

**8. Galina Eremina (Russia)** finished second in the World 24-Hour with the third best distance of the year. Her winning distance in the Russian championships was 207.366km.

**9. Marina Myshlianova (Russia)** finished fifth in 7:33:21 at the European 100km.

**10. Nadezhda Karaseva (Russia)** finished sixth in 7:35:01 at the European 100km. Although Paola Sanna finished second in the World 100km in 8:15:12, she otherwise ran some relatively mediocre performances, 8:26:19.4 to finish 3<sup>rd</sup> in Verona, 8:31:31.8 to finish second in Faenza. Thus, Myshlianova and Karaseva win the final ranking spots over Sanna by virtue of significantly faster times in what turned out to be the most significant 100km of the year, the European 100km.

# THE WORLD RUN

## From Jesper Olsen in Denmark

A few months ago I promised to send some information about the World Run and especially our planned route in Australia.

The project began some 2½ years ago with the first planning, fond raising and selection of runners through several mutual training camps. Since then we have narrowed the 'full distance participants' down to Mr. Alexander Korotkov of Russia and myself.

The route will start in Greenwich (the time-meridian) in London, U.K., at the 1. January 2004. From London we plan to run through the North of France, Belgium, Holland, Germany, Denmark, Sweden, Finland, Russia, Japan, Australia, Canada, USA, Scotland and finish again in Greenwich, London. (The route is available in detail at our website: <http://www.worldrun.org/route-overview.shtml> )

At as many stages as possible we hope to have the company of other experienced ultrarunners. For example Miss Kazuko from Japan will run with us during the entire Russian stages from St. Petersburg in the West to Vladivostok in the East. She has, by the way, on two occasions finished 2second in The Marathon Des Sables in Morocco and has a first place in the Trans Am a year ago.

In Australia, we expect to have another Japanese ultrarunner in the group, but it would also be a joy if any Australian ultrarunners wish to run one or more stages together with us. (The Australian route is at: <http://www.worldrun.org/route-part4.shtml> )

We hope to arrive in Sydney around the 21 October 2004, from there our route goes through Melbourne and Adelaide to Perth where we aim to arrive by February 2005. If the timing is right we will participate in the famous Colac 6-day Race in November 2004.

During our run in Australia, any help will be much appreciated. For Alexander's and my part we will have been "on the road" a long time when we reach Australia.

A big help would be the possibility of lodging in some of the cities we pass through. During most of the World Run we are staying some of the nights in our tents and some of the nights in private lodging. For us, the lodging is also a chance to meet the people and learn the cultures in the countries we are running in.

At the present time it looks like we will have a support car during our run in Australia, but especially when passing the Nullabor/Victoria Desert we will be grateful of any further vehicular assistance because it is this stretch where we will be very vulnerable to problems.

If sponsors are interested in joining the project, they are always welcome to send an e-mail to us at [jesper@worldrun.org](mailto:jesper@worldrun.org) so we can present what we have to offer.

### **The Runners:**

1. Alexander has participated in many multi day races and has twice done the 4500km run from Kazakstan to Moscow. Originating from Murmandsk, North of the Polar Circle, he is well used to a tough training environment which he has proven during the training camps. Recently, he has also taken some victories on the marathon distance.

For my own behalf, I have about 20 years of marathon running behind me, with a pb. of 2:27, and in the last couple of years I have been the founder of the Danish national team for 100km & 24hours. Still for my part, the main thing is the ability to combine being both an ultrarunner and organizer. For example this summer where I was the organizer of the Copenhagen 6day race, I also participated with a result of 549km.

Please ask if there is anything that you want more information about !

We will try to update the progress of the run via our website, but in Russia there might be several weeks between the points of internet access.

With best wishes,  
Jesper Olsen; Copenhagen, Denmark.  
[www.worldrun.org](http://www.worldrun.org)

## **Developing a Run/Walk Strategy**

### **Kevin Setnes**

Competing at ultra distances does not necessarily mean a runner has to run the entire distance. In fact, one may walk any or all of the distance, so as long as he or she gets to the finish line within the specified time limits of the race. The whole premise of distance events is to get from point A to point B, as fast or perhaps more importantly, any way you can. The best way for many might very well involve walking.

Imagine if you had to run the entire distance, with a disqualification occurring if you broke stride and actually walked a single step! The reverse of race walking, if you will, where warnings are issued and disqualification imposed for a second instance of breaking into a "run." I would venture to guess that few of us-if any-could make it to 100 miles.

Fear not, however. That scenario will not come to pass any time soon. Walking has long been discussed and analyzed in mainstream running circles, specifically the marathon. Noted marathon guru and writer Jeff Galloway has promoted a run/walk strategy for some time now, as a way for entry-level runners to complete a marathon. In your next ultra, it just might be the trick that enables you to achieve a personal best time or distance.

Typically, the run/walk routine should be carried out at races lasting 10 hours or longer, making it ideal for 24-hour runs, 100-mile trail runs, or even 100-km races.

#### **The Benefits**

The key benefit of a run/walk strategy is fat burning. Slowing the pace by employing a walking break can trigger increased fat burning, thus saving precious carbohydrate stores, of which we all have limited amounts. Karl King, who helped me develop my own personal run/walk strategy, says that walking for a significant time provides the body a chance to self-regulate the rate of carbohydrate burning without shutting down fat burning, which is slower to start and slower to stop. He further states that many key chemical reactions in the muscle cells and mitochondria are regulated by enzyme activity. This activity regulation occurs as a function of acidity, ATP/ADP ratio, and fuel concentration. Walking allows these controlling substances to be restored so enzymes work more effectively (UltraRunning, May 1994).

One of the primary tangible benefits is that it feels like you have extended the life in your legs without experiencing a drop off in pace. In practice, many runners find that it gives them a more even-paced effort, in training or during competition. Managing the heat, stretching, eating and drinking are all made easier by incorporating periodic walking breaks. All of these activities take on greater importance as the distance covered increases. That's why a run/walk strategy is so potentially beneficial.

#### **Goal Pace**

The first step in devising a run/walk strategy is to determine the goal and the pace needed to achieve that time, typically in miles per hour. If you are aiming to run 100 miles in 24 hours, you need to average 14:24 per mile to achieve it. How many ultrarunners actually run at that pace? I would guess that hardly anyone does. Running on trails, especially up long, steep hills is a different matter, so for the sake of this discussion, we will focus on relatively flat events, such as 24-hour road or track races.

Should you attempt to "run" 14:24 per mile in order to break 24-hours? I suggest you shouldn't. Instead, develop a more economical method of running, followed by walking. Most everyone is most efficient at their natural running pace, as opposed to trying to run at a slower (or faster) pace. The question is what percentage of running and walking one should employ.

Using the above example of a runner wishing to achieve "100 miles in one day," the runner should determine his or her natural running pace. This is the pace normally run in one or two-hour training runs. If that pace is 10 minutes per mile, they are running at six miles per hour. If the runner were to keep that up for 100 miles, he or she would finish in 16:40, an exceptional time. It is unrealistic to think, however, that one would have sufficient leg strength to maintain that effort for the duration of the run.

To find one's optimal pace for 100 miles in 24 hours, the runner would be better served using a run/walk strategy. By running 10-minute pace for two miles and then walking 10 minutes at an easy pace (covering a half-mile), the runner would cover five miles per hour. At that pace, he or she would cover 100 miles in 20 hours. This obviously does not allow for any slowdown and would require sufficient strength and discipline by the ultrarunner.



Walking five minutes should result in approximately a quarter-mile in distance for most ultrarunners. Walking any faster may diminish the benefits mentioned above with regard to metabolizing fuel. An individual aiming for 100 miles in more than 20 hours typically has more downtime than the sub 20-hour ultra runner. This is a key difference between ultrarunners.

Faster runners spend less time idling than the slower runners.

Again, this is primarily due to conditioning, which means less time spent resolving potential problems.

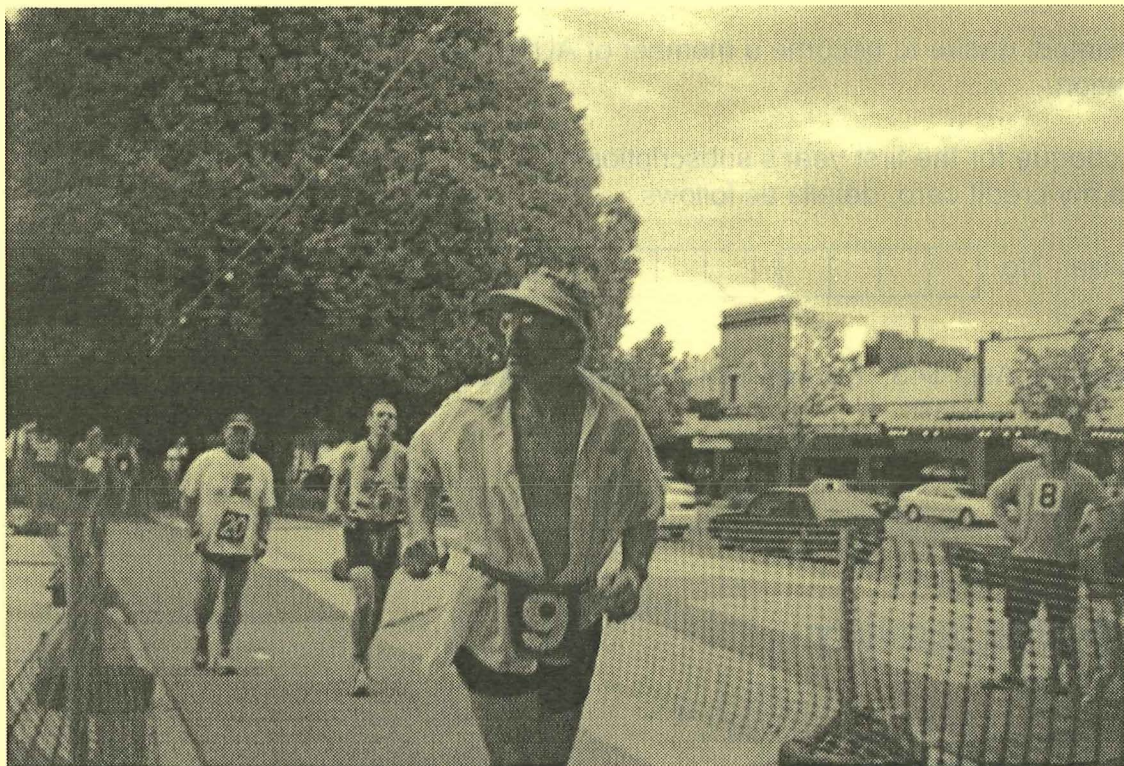
In summer or during warmer than usual conditions, one of the biggest hurdles an ultrarunner must overcome is increased body temperature. Core body temperature is a net result of conditions and workload. Managing one's body temperature is critical to running performance. Establishing a walking routine within your ultra is a good way to combat the heat. Not only do you temporarily provide the body with relief from a certain level of work, but also you can cool yourself with a wet towel or take advantage of shade or a breeze to speed up the cooling effect.

### **Discipline**

The most important aspect of the run/walk strategy is mastering the discipline of sticking with it. Use the clock and the schedule above as a way of carrying out the plan. Work in half-hour or 1-hourly increments; you will be surprised how time will seem to pass by more quickly. Even more important is how much energy you will save. To instill the confidence needed to execute such a run/walk system, try practicing it on your next long training run. A first attempt for ultra runners should last about four hours. Break it up into half-hour increments, and devise a plan that best fits you and stick with it for the four hours. I find this is best accomplished by running a small loop or going to a track, where you can closely monitor your pace and the distance covered.

The next time you go out, preferably two weeks later, try going for five hours, using the same routine. Then go out for six hours two weeks later. You should be able to maintain the schedule consistently for each of the additional hours run. If it is too difficult, then perhaps you need to reduce the miles-per-hour goal you initially established for yourself.

It is well documented that optimal performance is achieved when you maintain the discipline of pace in the first half of an ultra, as it allows you the ability remain steady in the second half. A run/walk strategy just might be the critical element you need in order to reach that top performance.



**Canadian David La Pierre is a master of the run/walk strategy**

**David is pictured here at the 2002 Colac Six Day Race where he has been a regular and successful competitor for many years**



# 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

Believe it. Achieve it.