

ULTRAMAG

September 2004

Volume 19 No.3



2003 Points Score Winner, Kelvin Marshall [left], receives his trophy from President, Ian Cornelius



Smiles all round at the AGM

 **AURA**
MAGAZINE



Official publication of
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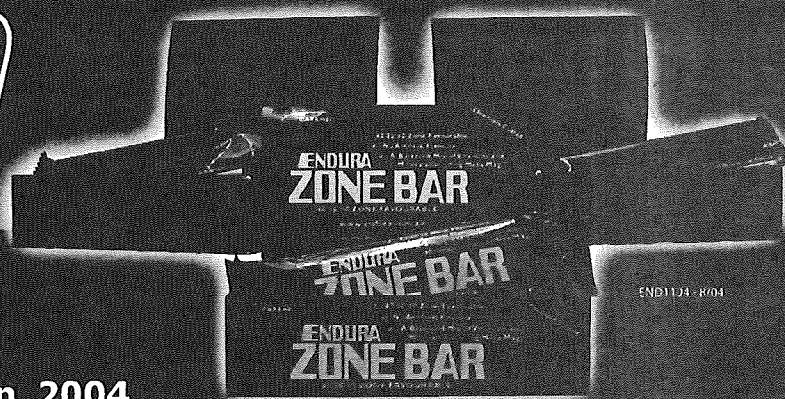
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FAST FOOD

For people
on the
Run



JASON SHORTIS
3rd Forster Ironman, 2004

No matter whether you're a sprinter, endurance athlete or just a social runner the new Endura range of Sport Bars make the perfect running partner.

Scientifically formulated for specific nutritional results each Endura Protein, Zone and Energy Bar contains a balanced ratio of the highest quality protein, carbohydrates, vitamins and minerals, including Meta Mag™ - Endura's patented form of magnesium.

A convenient and nutritious snack, that also tastes great - they're chocolate coated, the Endura Sports Nutrition range of Sports Bars really are fast food for people on the run.

Endura Bars and rest of the Endura Sports Nutrition Range is available from all good running and bike shops, pharmacies and health food stores. See the website www.endura.com.au for details of your nearest stockist or in Australia call Health World Limited on 1800 777 648 or in New Zealand contact Metagenics N.Z. on 0508 227 744.

ENDURA™
SPORTS NUTRITION

Money and price increases are a subject that we all find to be somewhat of a turn off, but much discussion amongst the committee during the last couple of months has been devoted to this matter. Yes indeed, a fee rise is upon us so I won't bore anyone with the usual cliché's about rising costs etc. etc. Basically, a large number of opinions were aired during some "vigorous" debating which resulted in new fees being agreed upon for 2005. Our old \$30 subscription which has not risen for many years is being lifted to \$45 with a family subscription of \$60 being introduced. Percentage wise, this may seem steep but a number of initiatives are about to be undertaken in the form of perpetual trophies, international team funding and, dare I say it, an upgraded magazine featuring a quality colour cover and centre page spread. These are just some of the initiatives that we felt were necessary to take us forward and grow.

Also, if you are an online subscriber, your credit card statement will show the payment under "oceanswims.com". There has been a little confusion over this so I hope this sets things straight.

On a sad note, which seems to be becoming quite common!!], another of our legends is no longer with us. The incomparable Drew Kettle lost his fight with cancer recently and his incredible career is featured in detail.

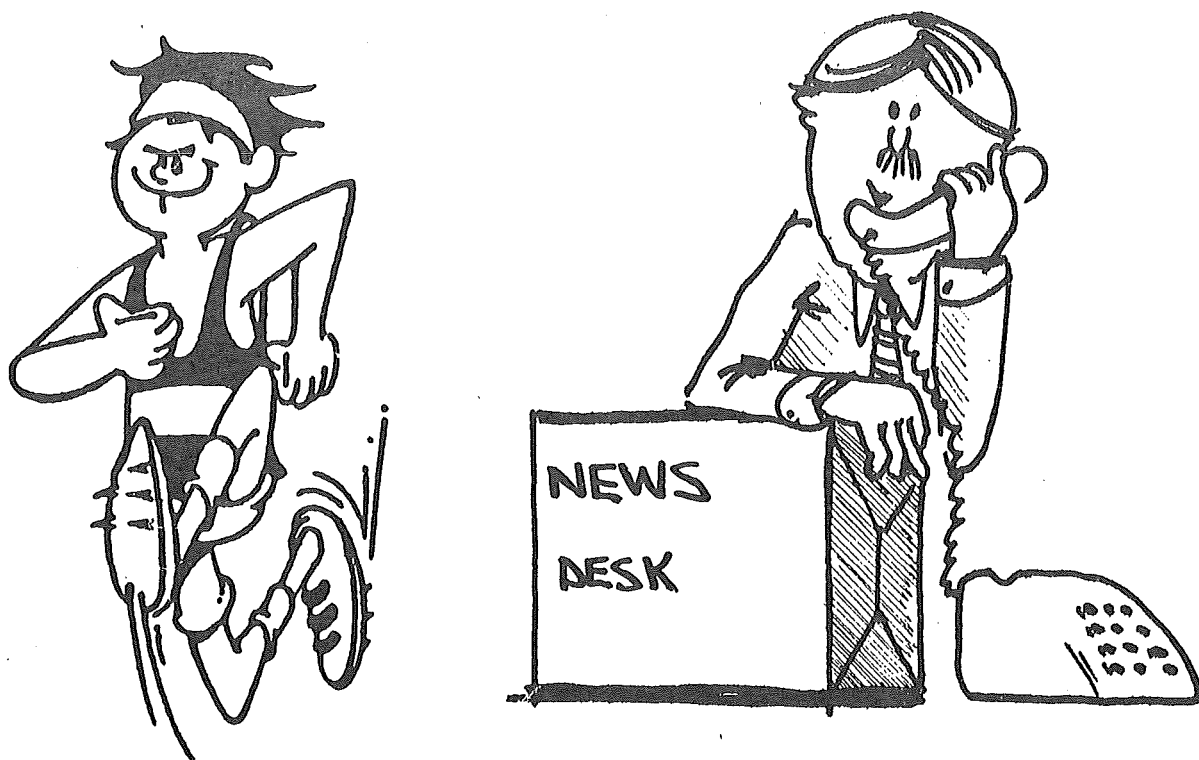
If you are a devotee of Dave Blaikie's 'Ultramarathonworld' web site, you will be well aware that Dave's site has suffered a major crash. Ultramarathonworld.com has been a comprehensive source of World wide ultra information for several years. True to form, Dave has not given up hope completely and is hoping to possibly resurrect the site at some later stage.

Overseas, Dipali Cunningham continues to lead the world with her incredible multi day performances while Queensland's indestructible Bill Thompson shows no signs of slowing down as he conquers more and more 100 Mile events in the US. Bill's training and race day strategies are far from conventional and his approach to the sport is subject to a number of articles in this issue. As unconventional as it may be [bacon, eggs and champagne mid race!!!], Bill's formula is a winning one.

By the time this magazine arrives, the 100km World Challenge in Winschoten will have been run. Our team is made up of Tim Sloan, Warren Holst, Jonathan Blake, Mike Wheatley, David Criniti and Mal Grimmett.

Finally, apologies for this issue being a little bit late.....Can I blame Olympic Games induced sleep deprivation???

Kevin Cassidy



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

October 2003

2 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 Heysen Trail). Contact Brad Butler on (08) 8552-2441.

2-3 FREYCINET LODGE CHALLENGE

Adventure race on Tasmania's coast around Freycinet & Wineglass Bay comprising Hazards Beach Run, Road Cycle, Freycinet Lodge to Swan River Road, Moulting Lagoon Kayak, Cape Tourville Mountain Bike Ride, Coles Bay Kayak, Road Bike, Friendly Beach Mountain Bike Ride, Wineglass Bay Run. Contact 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.

3 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, Woorim, 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

16 FITZROY FALLS FIRE TRAIL MARATHON, NSW

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

16-17 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

24 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 traditional course returns this year. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.mountainrunning.coolrunning.com.au/events/bclassic or Roy Jones on (02) 6251-0148 or email mountainrunning@coolrunning.com.au.

16-17 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.

**November
2004**

- 20 **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
- 21-27 **COLAC 6 DAY RACE, VIC**
Contact Six Day Race Committee, PO BOX 163, Colac, Vic, 3250 or contact Phil Essam on ultraoz@iprimus.com.au See web page at : www.colac.ultraoz.com
- 27 **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 or website at www.dreamwater.org/run/ultra.html.
- 7 **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 or from Rob. Embelton, Race Director, on 03 51337568.
- ?? **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

**December
2004**

- 4 **KEPLER CHALLENGE MOUNTAIN RUN**
67km off-road mountain run. Starts Te Anau, New Zealand. Contact Kepler Challenge Organising Committee, PO Box 11, Te Anau, NEW ZEALAND or Fax (03) 249-9596 or email keplerchallenge@yahoo.com or check webpage www.keplerchallenge.co.nz for more info.
- 12 **GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN**
50 km solo and 2 person relay of 25 km 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: Ian Cornelius, Gold Coast Runners Club, PO Box 27 Burleigh Heads, Qld 4220. Phone (07) 5537 8872 or email info@goldcoast100.com 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
- ?? **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 Arthur by phone (06) 385-4262 or email 100@raetihi.com or check webpage <http://mccarthy100.raetihi.com> for more info.

**January
2005**

- 8-9 **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.

30

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

\$20 entry fee. 7am start. Entry forms available from Peter Armistead, 26 Williams Street, Frankston, VIC 3199 or phone (03) 9781-4305. More info available at www.ultraoz.com/mtbuller.

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AURA BOGONG TO HOTHAM, VIC

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

February

2005

5

CRADLE MOUNTAIN TRAIL RUN, TAS

6am start at Waldheim, Cradle Valley at the northern end of Cradle Mountain/Lake St.Clair National Park, finishes at Cynthia Bay at southern end of the park. approx. 82km of tough mountain trail running with lots of bog! Contact Sue Drake at Cradle Mountain Run, PO Box 107, Legana, TAS 7277 or email sue.drake@trump.net.au or phone (03) 6239-1468 for further information. More info including entry form, results and reports on the webpage at www.cradle.ultraoz.com

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CABOOLTURE DUSK TO DAWN 6HR/12HR

6 Hour & 12 Hour Solo Run or Walk & Relay. Starts at Caboolture, QLD at 6pm. 500 metre certified compacted decomposed granite road surface. Contact Race Director, Geoff Williams ph/fax (07) 5497-0309 or mobile 0412-789-741 or email gjcarpet@caboolture.net.au.

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GREAT LAKE 100 MILE RACE, NEW ZEALAND

This race attracts 500 teams of 10 runners each running a leg of approximately 10 miles. The solo section is 100 kms, incorporating the NZ100 kms championships, with a 2-person 50km relay option. The course is around the picturesque Lake Taupo, situated just 3 hours drive south of Auckland, NZ. For more information visit the website at www.relay.co.nz.

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MAROONDAH DAM TRAIL RUN 50KM & 30KM

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for AURA members, \$20 for non-members. Closing date for entries 18th February 2004. For more information, see the webpage at www.ultraoz.com/auradam or contact via email nigel_aylott@mail.com or phone (03) 9885-2544 or at 51 Barrington Drive, Ashwood VIC 3147.

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100KM SELF TRANSCENDENCE RACE, CANBERRA ACT

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

March

2005

12

BLUE MOUNTAINS SIX FOOT TRACK MARATHON, NSW

45.0km mountain trail run, 8am start Saturday from Katoomba to Jenolan Caves, Time limit 7 hours, Contact Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001 or email raceorganiser@sixfoot.com or check out the website at www.sixfoot.com.

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TE HOUTAEWA CHALLENGE, NZ

The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz

25

EXAMINER THREE PEAKS RACE (Good Friday)

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

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WATER WORLD GREAT OCEAN RUN

Red Rock to Coff's Jetty Beach & Headland. 45 kms. 6:00am start at Northern end of Red Rock beach, finish at Coff's Harbour Jetty. Entry fees \$10.00 before the day (payable to "Woolgoolga Fun Run"), \$15.00 on the day. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hotmail.net.au. Course Survey: Saturday 13th March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: at Woolgoolga Pizza Place (from 6.30pm. Saturday 13th March).

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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. More info from the webpage at www.coolrunning.com.au/races/trailwalker.

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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 2005

3

FRANKSTON TO PORTSEA ROAD RACE, VIC

34 miler (55km), contact Kev Cassidy Phone 0425-733-336 or email kc130860@hotmail.com or read the website at www.coolrunning.com.au/ultra/frankston. 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973.

10

CANBERRA 50KM WITH MARATHON

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

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COBURG 24 HOUR CARNIVAL, VIC

Incorporating the Australian Centurians 24Hour Walk, 6 Hour race, 12 Hour race & Relays. Harold Stevens Athletic Track, Coburg. 6 & 12 hour events also available. Entry \$55 for 24 hour; \$45 for 12 hour; \$35 for 6 hour. Starts 10am Saturday. Further information from Tim Erickson at terick@melbpc.org.au or read the website at www.coburgharriers.org.au or phone (03) 9379-2065

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JOHN FORREST 40 MILER (64.4km)

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

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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 or contact Paul Ashton via email: paul.ashton56@bigpond.com or phone: (03) 9885-8415 (h) or 0418-136-070 (mobile).

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May 2005

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WALHALLA WOUND-UP

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

15

GLASSHOUSE MOUNTAINS TRAIL RUNS - COOK's TOUR

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

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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.

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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.

June 2005

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POOR MAN'S COMRADES - FAT ASS RUN

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

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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

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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

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BELLARINE RAIL TRAIL

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. The 32km option will run from the Start to Drysdale Station and return. 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 email ultraoz@igrimus.com.au or phone on 0407-830-263

A.U.R.A. Contacts

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

Web Site: www.ultraoz.com Please send any relevant ultrarunning material to Kevin Tiller at kevin@coolrunning.com.au for posting to this site as well as any general e-mails.

"Ultramag": Please send any contributions for the AURA Magazine to Kevin Cassidy at kc130860@hotmail.com Address is Box 2786, Fitzroy, VIC. 3065.
Phone 0425 733 336

Committee:

President:	Ian Cornelius	fuelstarint@bigpond.com
Vice President:	Nigel Aylott	nigel_aylott@mail.com
Secretary:	Ian Clarke	insian2003@yahoo.com.au
Treasurer:	Warren Holst	HolsWJ@mornpen.vic.gov.au

Membership
Secretary and
Subscriptions:

David Criniti dcrittini@bigpond.net.au
Membership enquiries to David at 14 Cambridge Ave, North Rocks. NSW. 2151.
Phone 02 98718753

State Representatives:

VIC:	Kevin Cassidy	kc130860@hotmail.com
	Warren Holst	HolsWJ@mornpen.vic.gov.au
NSW:	Paul Every	peverydweaver@hotmail.com
	Sean Greenhill	bigmig@tig.com.au
QLD:	Eric Markham	Eric_Markham@austarnet.com.au
	Gary Parsons	parsonsg@caboolture.qld.gov.au
SA:	Jerry Zukowski	zuk@centralonline.com.au
ACT:	Trevor Jacobs	trevor.jacobs@mdbc.gov.au
WA:	Charlie Spare	chasnbabs@bigpond.com
TAS:	Tim Sloan	hobart@mountaindesigns.com

Other Positions:

Publicity Officer: Elinor Fish benandelinor@optusnet.com.au
Records Officer: David Billett davidbil@iweb.net.au
7 Craiglee Drive, Coromandel Valley. SA. 5051
Phone: 08 8278 6623

Please send all results here

Magazine Editor:	Kevin Cassidy	kc130860@hotmail.com
IAU Representative and Organiser of IAU 100km Teams:	Tim Sloan	hobart@mountaindesigns.com
Clothing Officer:	Kevin Cassidy	kc130860@hotmail.com

"Ultramag" welcomes all and any contributions. Reports, photos etc. etc. In fact anything you may feel is of interest.

**Despatch at once to the Editor at kc130860@hotmail.com,
or snail mail to Box 2786, Fitzroy, VIC. 3065**

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC
MINUTES OF ANNUAL GENERAL MEETING HELD
IN THE OFFICES OF THE AUSTRALIAN ATHLETIC FEDERATION
AT 22/431 ST KILDA ROAD MELBOURNE ON FRIDAY 23 JULY 2004

Present: Messrs Ian Cornelius (President, in the Chair), Nigel Aylott (Vice President), Ian Clarke (Secretary), Kevin Cassidy (Vic State rep & newsletter editor), Stan Miskin (AURA Points Officer), Kelvin Marshall and, in attendance Chrissie Cornelius and Elwyn Miskin and four proxies in favour of the Chairman and one in favour of Kevin Cassidy.

Apologies: Eric Markham, Gary Parsons and Warren Holst.

Minutes of previous meeting: The minutes of the last annual general meeting held in April 2004 were read by the Chairman. Unanimously resolved THAT the minutes of that meeting be approved as a true and correct record.

Report of committee: The report of the committee for the year ended 31 December 2003, copies of which had previously been circulated to members were taken as read. Unanimously resolved THAT the report be received and approved.

Financial statements: The audited statements of account for the year ended 31 December 2003, copies of which had previously been circulated to members were taken as read. Unanimously resolved THAT the financial statements be received and approved.

Election of office bearers: The following office bearers retired and, being eligible, offer themselves for re-election.

President	Ian Cornelius
Vice President	Nigel Aylott
Secretary	Ian Clarke
Assistant secretary	David Criniti
Treasurer	Warren Holst

State representatives

ACT, Trevor Jacobs; NSW, Paul Every & Sean Greenhill;
Qld, Gary Parsons & Eric Markham; SA, Jerry Zukowski;
Tas, Tim Sloan; Vic, Warren Holst & Kevin Cassidy;
WA, Charlie Spare

Ex officio (non voting) appointments

AURA Points score officer – Stan Miskin
Records officer – David Billett
Newsletter editor – Kevin Cassidy
Webmaster – Kevin Tiller

In the absence of any other nominations, the Chairman thanked all for their contributions and untiring efforts for the previous year and declared them re-elected and/or re-appointed.

Auditor: Unanimously resolved THAT Mr Lindsay Hay of Lindsay W Hay and Associates be re-appointed as Honorary Auditor for the ensuing year.

Membership subscriptions: Unanimously resolved (Nigel Aylott abstaining) that memberships subscriptions be increased to \$45 with a family membership of \$60. With the family memberships both (or all) members need reside at the same address and would receive only one copy of Ultramag.

General business: Mr Miskin raised two issues; that of reducing the grace period for which a member remains unfinancial from 12 months to 3 months and secondly of introducing a new award to recognise the performances of female runners at 24 hours, similar to the Cliff Young award. The Chairman assured Mr Miskin that these matters would be dealt with by the Committee.

There being no further business the Chairman declared the formal part of the meeting closed and moved to the prizegiving section.

AURA Points champions: *The AURA points awards recognises performances within Australia of AURA members. Points are awarded for starting in ultra events, for each 100 kms completed in competition, placings in events and bonus points for winning a championship or breaking Australian and/or world open or age records.*

The winners for 2003 were Kelvin Marshall (32 points) and Carol Baird (28 points).

The President congratulated the winners and made the presentation to Kelvin Marshall. Mrs Baird was not present.

AURA Ultra Athlete of the Year: *This award is made to the AURA athlete who has been the greatest achiever in competition for the year.*

The winner was Yiannis Kouros who had won the 48 hours track championships in Surgeres in May 2003 with a distance of 438.813 kms, a new World age group record (45 to 49).

Bryan Smith Award: *This award is made to perpetuate the memory of Bryan Smith, one of Australia's highest achieving ultra athletes who tragically passed away in year 2001 while contesting the multi stage Trans Australia Race and in recognition of the AURA person who has made the greatest contribution to the sport in the preceding year.*

The winner of this award was Kevin Tiller, AURA webmaster. In announcing the award, the President said that Mr Tiller had spent hundreds of hours in designing, developing and then maintaining the AURA and Coolrunning websites which were of enormous assistance to runners.

The Chairman thanked members for their attendance.

Signed as a true and correct record,

Update on World Run

ARRIVING IN AUSTRALIA – 30TH OCT 04

Let's make them feel Welcome!

As most of you may or may not be aware, Jesper Olsen from Denmark and Alexander Karatkov from Russia commenced their epic World Run on January 1st this year from London. They are both established Ultra runners with many fine race performances to their name. Their run can be followed at www.worldrun.org.

The two Guys were joined at St Petersburg by Top Japanese female runner, Kazuko Kaihata. Kazuko won the female section of the 2002 Trans Am and is no slouch to the long distances required. She will accompany them through to her Home base in Japan and has been a Tower of Strength to the Guys so far!

Well after 7 and a half months later, almost 10,000km and nine countries their Run is still going strong. Only Jesper Olsen will be able to claim any sort of Distance record now with Alex having withdrawn a couple of weeks ago with exhaustion. The section of the course was very steep and of an extremely high altitude. Alex will keep working with Jesper in a support, crewing role and hopes to be back running every step of the way with Alex from Japan onwards.

The other two runners have had their share of injuries over the past months, but have worked through them. The World Runners have been overwhelmed by the constant hospitality of the Russian (particularly Siberian) people over the past months and have had many an invite to share meals at strangers houses on the way.

They will leave Russia approximately the end of September for Japan and then hope to be in Sydney by the 30th Oct 04.. Jesper and Alex will then run to Perth, via Canberra, Melbourne, Colac (where they will participate in the Aust 6-day race) and then on to Adelaide and Perth. After Perth they will be moving onto Canada and the United States before going back to England for the completion of the 26,000km Journey.

Approximate Schedule (depending on Sydney Arrival - 30th Oct 04)

Date	Point	Day distance (km)
30-Oct	Sydney	ARRIVE BY
31-Oct	Campbelltown	54
1-Nov	Mossvale	65
2-Nov	Goulburn	56
3-Nov	Canberra	88
4-Nov	Michelago	50
5-Nov	Cooma	57
6-Nov	sny mtns hwy	45
7-Nov	Rockton	75
8-Nov	Cann River	59
9-Nov	Orbost	74
10-Nov	Nowa Nowa	36
11-Nov	Bairnsdale	55
12-Nov	Sale	69
13-Nov	Traralgon	47
14-Nov	Warragul	54
15-Nov	Officer	65
16-Nov	Melbourne	56.5
17-Nov	Werribee	47.2 (42.2)
18-Nov	Geelong	46 (50)
19-Nov	Winchelsea	31(33)
20-Nov	Colac	34 (38)

21-26 Nov	Cliff Young 6 day race	
27-Nov	Camperdown	45
28-Nov	Warrnambool	68
29-Nov	Codrington	50
30-Nov	Portland	43
1-Dec	Kentbrook	49
2-Dec	Mt Gambier	49
3-Dec	Penola	51
4-Dec	Naracoorte	50
6-Dec	Keith	100
7-Dec	Coonalpyn	65
8-Dec	Tailem Bend	62
10-Dec	Mt Barker	68
11-Dec	Nth Adelaide	52
13-Dec	Port Wakefield	72
14-Dec	Snowtown	49
15-Dec	Chrystal Brook	52
16-Dec	12km nth Port Pirie	48
18-Dec	Port Augusta	70
20-Dec	Iron Knob	68
22-Dec	Kimba	88
24-Dec	Kyancutta	89
26-Dec	Chandala	84
27-Dec	Wirrula	45
29-Dec	Ceduna	90
1-Jan	Nundroo	151
4-Jan	Nullabor Roadhouse	143
8-Jan	Eucla Roadhouse	193
14-Jan	Cocklebiddy	273
19-Jan	Ballandonia	248
24-Jan	Norseman	192
28-Jan	Coolgardie	168
2-Feb	Couthern Cross	188
4-Feb	Merredin	109
6-Feb	Cudnerdin	106
7-Feb	Northam	58
9-Feb	Mandaring	97
10-Feb	Perth	50

Jesper Olsen has been keeping meticulous records of his day by day running so far and will be attempting to get his Run ratified by Guinness as the first proper running journey around the World. Personally, I hope that their record keeping from this event will be used as the Benchmark by any future solo Ultra runners who want their performances afforded any sort of credibility and I hope that this Run goes along way to repair the damage done by a certain English "runner" a couple of years ago.

As part of their Run, Jesper and Alex will be competing in proper Ultra races along the way. In Finland they competed in a 12 hour race where Alex completed over 140km and Jesper over 120km. In Australia they will be taking part in the Cliff Young Australian 6-day race and will be aiming to run over 600km in the race. Very ably crewed for by myself as well during the week!

If anyone can help crew for the runners for all or part of the journey across Australia or can help with accommodation at any of the locations, or if you would like to run any stages with the runners, please email me on Ultraoz@iprimus.com.au or phone me on 04078 30263. We are also looking for a vehicle to use for the crew for the Journey.....So any help at all will be gratefully appreciated by Jesper and Alex. Let's show them what a Great Country we have!

Phil Essam

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

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

.....
Seconders

(The need to have a proposer and seconder 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

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

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

Hotel accommodation

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

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

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

AURA CLOTHING AND BADGES

We have four items of clothing available. T-shirts, Singlets, Long Sleeved T-shirts and Fleecy Windcheaters. All are excellent quality at dirt cheap prices in a variety of solid colours. The size of the logo is a 20 centimetre diameter circle.

We also have printed cloth badges and bumper stickers.

Race Organisers please note!!: AURA gear would make great spot prizes for competitors and the badges are cheap enough to give out.

Kevin Cassidy is handling the orders. Simply fill out the form below and mail it to him direct [Cheques made payable to AURA please!]. Just add the appropriate postage costs and your order will be mailed directly to you. As a result of our super cheap prices, we only have a small stock on hand so a wait of 3 weeks or so may occur from time to time. It may help to speed things up a little by making a second preference of colour on your order.

Send the order form below to: Kevin Cassidy, P.O. Box 2786, Fitzroy. VIC. 3065

AURA CLOTHING ORDERS

COSTS:	T-Shirt	\$8.00	Postage	\$2.30
	L/S T-Shirt	\$12.00	Postage	\$2.30
	Singlet	\$8.00	Postage	\$2.30
	Windcheater	\$18.00	Postage	\$4.60

COLOURS: RED WHITE GOLD GREY NAVY

SIZES: S M L XL XXL

AURA ADVERTISING MATERIAL

PRINTED CLOTH BADGES: Black AURA logo on a bright green background overlapped, circular, standard 3" size suitable for sewing on track suits or windcheaters.

COST: \$2.50 each. No extra postage required

BUMPER STICKERS: Black AURA logo on white background. Approx. 10 centimetres in diameter.

COST: \$1.00 each. No extra postage required

ORDER FORM

Name.....

Address.....

.....Post Code.....

Type.....

Size..... Colour.....

Cheque for.....Enclosed

[please include postage and make cheque payable to AURA]

Post to: P.O. Box 2786, Fitzroy, VIC. 3065



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

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

ACKNOWLEDGEMENTS:

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

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

ULTRA HOSTS' NETWORK APPLICATION FORM

CONTACT DETAILS:

Name

Email

Phone (h)

Phone (w)

Phone (mob)

Fax

Country

Closest city / town

Directions to this city / town

Closest ultramarathon

HOSTING INFORMATION:

Maximum guests

Maximum stay

Notice required

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

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

2004 A.U.R.A. POINTS RACE UPDATE

Report from Stan Miskin

Provisional Points as of 14-8-2004

MEN	EVENTS	KM's	POINTS
Kelvin Marshall	8	505	25
Michael Wheatley	3	200	11
Rodney Ladyman	4	301	9
Mick Francis	2	138	9
Fred Brooks	2	141	8
Nigel Aylott	2	97	7
WOMEN			
Carol Baird	3	338	21
Julia Thorn	3	185	12
Debbie Woodhead	2	150	7
Mignon Auguszczak	1	100	6
Fiona Baird	1	100	5
Julie Winner	3	145	5

Points are shown only for the top six men and women listed by David Criniti [Membership Secretary] as wishing to participate in the AURA Points Race for 2004-08-28

Please notify David if you wish to participate next year



A couple of legends in Sandra Kerr [left] and Shirley Young

AURA Points Race and Ultramarathon Athlete of the Year Awards

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

All race results should be forwarded to :-

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

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

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

HOW THE POINTS SYSTEM WORKS

The points system has been revised to the following standards

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

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

bribie beach bash

46km

Also 30km, 3 x 12km Relay, 15km, 3km.

Beneficiary----- Endeavour Foundation of Qld

Where – NORTH STREET WOORIM, BRIBIE ISLAND (surf side)

When – 3rd OCTOBER 2004.

Course – FLAT & SANDY, all events up and down the beach.

Start times – 4.45AM for 46KM -- 6AM for 30KM -- 6.45AM for RELAY -- 7.30AM for 15KM
8AM for 3KM

Tide – LOW 6AM (approx)

Cut off time – 10.30am FOR ALL EVENTS –only 46km competitors welcome to start earlier.

Water points – 1.5KM (t) 6KM (t) 7.5KM (t) 10KM 15KM (t) 19KM 23KM (t) RETURN.

food – lollies & fruit at water points

at start/finish area – BBQ & DRINKS FROM 9.30AM (a gold coin donation)

presentations & many random prizes – 10.15AM START(approx)

raffle drawn – during presentations

each finisher – RECEIVES A MOMENTO

major random prize – 2 NIGHTS ACCOMODATION AT NOVOTEL TWIN WATERS

~~~~~ winner must be present ~~~~~

**REMEMBER YOUR ENTRY GOES TO HELP THE ENDEAVOUR FOUNDATION**

This is an inexpensive event solely to raise funds for our favourite charity

It is a solo run or walk event. Or form a 3-person relay covering 12km back to the start.

**GET SPONSORSHIP FOR EACH KILOMETRE COMPLETED.**

Donations over \$2 are tax deductible. Receipts available.

Place getters in each event will receive a trophy

A special trophy to the oldest & the youngest competitor

A trophy each to the funniest or fanciest dressed team competing

Each relay team must consist of 3 people, each completing 12km up & back to the start/finish.

Spectators & crews area at start/finish or by 4wd along beach.

Vehicle beach permit required contact Caboolture Council phone 5420 0100.

Water on course at many points. Distance competitors must carry own bottles.

**COME ALONG FOR A FUN RUN /WALK. EAT, DRINK & LAUGH FOR ENDEAVOUR.**

““YOU MAKE IT HAPPEN””

Free gifts to Primary school children



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

Level 1, 131 Carrington Street Adelaide SA 5000  
ph/fax (08) 82725081



## **To all AURA Members and our dear Ultra friends**

Following on from the great success of last year's move to the awesome SANTOS Stadium, we warmly invite you to the 2004 21<sup>st</sup> ***Self-Transcendence 24 Hour Festival of Running***.

To be held October 16<sup>th</sup>-17<sup>th</sup> there are plenty of events to choose from – the classic National Championship 24 Hour Event, 12 Hour Event, 100km, 6 Hour and the popular 12 Hour Teams Relay.

Preparations are well under way to ensure the event will continue to exceed expectations and provide the best possible support for you to achieve your goals.

We are happy to announce that POD2; Adelaide's leading podiatry group will again be there around the clock to assist you, as will Stewart Ward the homeopath whose assistance was invaluable last year.

As always, at your humble service will be a host of volunteers from the Sri Chinmoy Marathon Team, whom themselves will travel from all Australian capital cities to be there just for you. We'll be there to lap count and cook for you for 24 Hours, and heartily and lovingly support and encourage you in every way to ensure you take home with you endless wonderful memories that will stay with you forever.

Congratulations to everyone for being part of such a richly rewarding, inspiring and life changing sport. Its great to see so many new names and faces appearing in the Ultra Mag and we hope to see you in October!

For more information, encouragement and details contact us anytime on (08) 8272 5081, or 0421 591 695 or visit our website [www.srichinmoyraces.org/au](http://www.srichinmoyraces.org/au). You may also like to check out our website [www.srichinmoyraces.org/us](http://www.srichinmoyraces.org/us) and follow the Sri Chinmoy 3100 Mile Race (the world's longest footrace) currently being held in New York. (Matt Boulton from Canberra is there holding the flag high for Australia – why not send him a message of support!)

Yours in the joy of running

A handwritten signature in cursive script that reads "Fiona". To the right of the signature is a simple, hand-drawn smiley face with two dots for eyes and a curved line for a mouth.

Fiona Baird  
& the Australian Sri Chinmoy Marathon Team

PS. Those in Victoria may be interested to find out more about the new ***Sri Chinmoy Self-transcendence Ride***, a two week relay cycle through Victoria (July 25<sup>th</sup>-6<sup>th</sup> August). For more information contact Kishore Cunningham on 0407 333 740.

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# 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, include any personal biographical information that may be of interest to other participants!

How many 24hr events have you done? \_\_\_\_\_

What is your best result? \_\_\_\_\_ When/where did you achieve it? \_\_\_\_\_

What ultras, other than 24hrs, have you done? \_\_\_\_\_

What has been the highlight of your running career? \_\_\_\_\_

Other comments / interests? \_\_\_\_\_

More Information: ph/fax (08) 8272 5081



# GOLD COAST RUNNERS CLUB INC

PO Box 27, Burleigh Heads Qld 4220

Telephone 0407 812 015

## 2004 KURRAWA TO POINT DANGER & RETURN 50KM RUN & 2 PERSON 25KM RELAY

**DATE:** Sunday 12 December 2004  
**START:** 5:00AM – Kurrawa Park, 200 metres north of Kurrawa Surf Lifesaving Club Carpark, Broadbeach Qld.  
**COURSE:** A flat fast course with ample drink stations. These stations will have water, sports drinks, fruit and sweets. There will be marshals at all major turns.  
**TIME LIMIT:** **Total Time allowed 7 hours.** Runners (solo & teams) must complete first 25km leg in under 3 hours allowing 4 hours for the return to Kurrawa (Broadbeach).  
**ENTRY FEES:** **50km Solo \$35**  
**25km Relay \$45 per team**  
Entry fee includes a special race souvenir for all finishers and a BBQ brunch.  
Cheques should be made payable to Gold Coast Runners Club and posted to Race Director PO Box 27 Burleigh Heads Qld 4220  
**To facilitate catering and souvenir orders please enter by 19 November.**

### ENTRY & DECLARATION 50KM SOLO

**First Name:** \_\_\_\_\_ **Family Name:** \_\_\_\_\_  
**Sex:** Male / Female **Phone:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **P/Code** \_\_\_\_\_

### ENTRY & DECLARATION 25KM RELAY

**RUNNER ONE: First Name** \_\_\_\_\_ **Family Name** \_\_\_\_\_  
**Sex:** Male / Female **Phone:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **P/Code** \_\_\_\_\_

**RUNNER TWO: First Name** \_\_\_\_\_ **Family Name** \_\_\_\_\_  
**Sex:** Male / Female **Phone:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **P/Code** \_\_\_\_\_

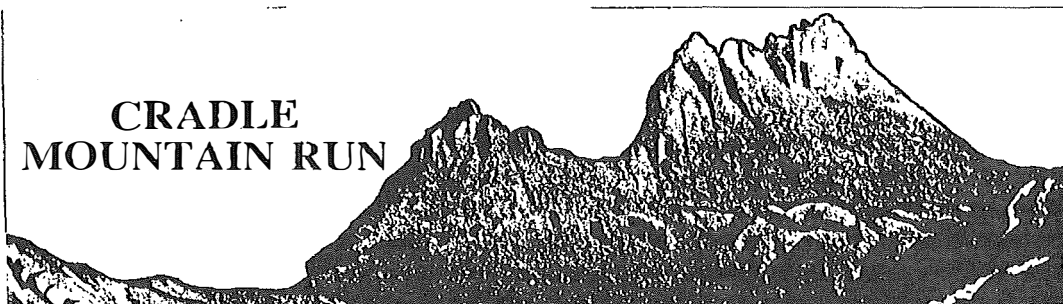
**Category ( Please circle )**      **Male Relay**      **Female Relay**      **Mixed Relay**

### Runners Agreement & Waiver Must be Completed and Signed

1. As a condition of acceptance of my entry in the Kurrawa to Point Danger 50km Race I hereby waive for myself, my heirs, executors and administrators all and any claim, right of cause or action which I or they might otherwise have for or arising out of loss of my life or injury, damages or loss of any description whatsoever, which I may suffer or sustain in the course of or consequence upon my entry or participation in the above event.
2. I agree to abide by the race rules governing these events and acknowledge the potential risk to myself in participating there in.
3. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or otherwise engaged in the promoting or staging of the event and the servants, agents, representatives and officers of any of them and includes but is not limited to the Council of the City of Gold Coast, or the Gold Coast Runners Club.
4. I consent to receive medical treatment, which may be advisable in the event of illness or injuries suffered by me during my participation in the event.
5. Should the event be cancelled for any reason whatsoever, I understand that the entry fee will not be refunded and that no liability of any kind will attach to any person, corporation or body involved or otherwise engaged in promoting the event.

Signature/s 1 \_\_\_\_\_ 2 \_\_\_\_\_ Date \_\_\_\_\_





**25<sup>TH</sup> RUN**  
**SATURDAY 5TH FEBRUARY 2005**  
**Information and Entry Form**

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

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

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

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

## **WARNING**

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

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

The runners must provide some evidence and details of their suitability to tackle this Run. Referees must be intimately acquainted with the runners ability and be familiar with the Run and the runner's capacity to survive in the bush.

The organisers specify a minimum amount of safety equipment and clothing. This amount can be carried by a runner in a small pack. Runners will obviously try to carry the lightest possible load, but it must not be flimsy.

A safety blanket may be shredded by the winds in this area if used in exposed areas so careful considered use is necessary.

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

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

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

#### **START:**

The start is dawn (6:00am). If overcast it may not be light enough to run for the first half an hour.

#### **DISTANCE:**

Irrelevant. The surface and terrain makes comparisons odious. The record is 7 hours 25 min - about 80k. Hills are steep, the mud can suck your shoes off, roots and stones make the going slow for the less nimble footed.

#### **CUT-OFFS:**

12 Noon at Pelion Hut. 5:00pm at Narcissus. After 5:00pm you have absolutely no chance of finishing in daylight and must withdraw.

#### **POST RUN:**

Celebrations and post mortem will be at Bronte Park Chalet. Presentations are next morning at breakfast. The hospitality is always good.

#### **FITNESS:**

A very high degree of fitness is required. Speed is not really essential, but the ability to run better than 4 hours in a marathon is! A certain technique is essential for efficient running over a rough track. Shufflers find the going very tough. Ankles must be strong, and taping may be necessary. Orienteers and cross country runners find the going easiest. Ultra runners sometimes find that their low knee lift is a disadvantage. Please do not underestimate the difficulty of this run. It is one of the hardest one day runs around, particularly if the track is wet. It is 'an experience for the experienced'.

**Note:** Several runners have experienced difficulty because of poor eyesight, being unable to see snags, roots and trips.

#### **SHOES:**

Solid running shoe with prominent cleats or treads. The track can be extremely wet and slippery, but rocky sections, rainforest tree roots and duck boarding require a well padded sole. Shoes must be run in but in good condition to last the distance.

#### **CLOTHING & EQUIPMENT:**

This is alpine country, snow and sleet is not uncommon even in mid summer. It is compulsory to carry the equipment detailed on page 3.

**SUPPORT PARTIES:** There are no drink stations etc. as ultra runners normally have. There is no vehicular access to the track at all. A boat travels the length of Lake St Clair. However it is subject to the vagaries of weather and will not run at night. Two support parties are normally available, one at Pelion and one at Narcissus. Runners may get into difficulties and have to walk out so please take that into consideration in your schedule. Sweepers should be following and if you leave the track for any reason **you must** leave your backpack/bumbag on the track so that it is clearly visible with race number prominent to alert sweepers. The sweepers must not go past until you return.

Communication with relief parties is difficult. Messages are carried by the runners themselves. At Narcissus the boat may be called by radio phone in the hut (\$25 for the trip). If in trouble the boat may be hailed at Echo Point by opening a signal board on the shore.

## RUN INFORMATION

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

(03) 6239 1468

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

### TRANSPORT

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

Coordinator from Hobart: Sue Drake (03) 6239 1468

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

### COMMERCIAL BUS SERVICES:

|                      |                |
|----------------------|----------------|
| Tassielink Travel    | 1300 300 520   |
| Maxwells Bus Service | (03) 6492 1431 |
| Tigerline Coaches    | 1300 653633    |
| Redline Coaches      | (03) 6336 1446 |

### Accommodation North: (Start)

Waldheim (Limit 32): the accommodation will be available on first in first booked. There are a limited number of places. Withdrawals are not guaranteed refunds. Contact Dale Lancaster (03) 6435 1724, mobile 0439 080 151. **E-mail:** kdlanc@tassie.net.au

*Other:*

|                                              |                |
|----------------------------------------------|----------------|
| Cradle Mountain Lodge                        | (03) 6492 1303 |
| Cradle Mountain Cosy Cabins & Camping Ground | (03) 6492 1395 |

### Accommodation South: (Finish)

### Book Early

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

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

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

|                  |       |           |
|------------------|-------|-----------|
| Start            | 00:00 | 6:00am    |
| Kitchen Hut      | 00:50 | 6:50am    |
| Waterfall Valley | 1:20  | 7:20am    |
| Cirque Hut       | 1:45  | 7:45am    |
| Lake Windermere  | 2:30  | 8:30am    |
| Pelion Creek     | 3:45  | 9:45am    |
| Frog Flats       | 4:15  | 10:15am   |
| Pelion Hut       | 4:45  | 10:45am * |
| Kia Ora Hut      | 6:15  | 12:15am   |
| Du Cane Hut      | 6:45  | 12:45pm   |
| Campfire Creek   | 7:30  | 1:30pm    |
| Du Cane Gap      | 7:45  | 1:45pm    |
| Windy Ridge Hut  | 8:00  | 2:00pm    |
| Narcissus Hut    | 9:45  | 3:45pm ** |
| Echo Point Hut   | 11:00 | 5:00pm    |
| Watersmeet       | 12:45 | 6:45pm    |
| Cynthia Bay      | 13.00 | 7.00pm    |

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

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

# ENTRY FORM

**Cradle Mt Run**  
**PO Box 107**  
**Legana TAS 7277**

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

**CLOSING DATE:** Friday 3 December 2004

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

Late entries considered up until Friday 21 January 2005.

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

Withdrawals prior to Run date may be refunded.

**DATE: SATURDAY FEBRUARY 5, 2005**

Starting time: 6:00am at Waldheim

## SECTION A

Name: \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ PC \_\_\_\_\_

E-mail Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Birth Date \_\_\_\_\_

Male or Female \_\_\_\_\_ Estimated time \_\_\_\_\_

## SECTION B (Only to be completed by first time entrants)

*Please go to Section C if you have successfully completed this event previously.*

### SPEED OF MARATHON

Name of marathon: \_\_\_\_\_ Date: \_\_\_\_\_

Time: \_\_\_\_\_ Hours \_\_\_\_\_ Minutes

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

Name: \_\_\_\_\_ Distance: \_\_\_\_\_

Date: \_\_\_\_\_

Your time \_\_\_\_\_

Winning time: \_\_\_\_\_



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

*This can distress some runners unfamiliar with these conditions.*

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

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

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

Are you competent at map reading and simple navigation?

Yes / No

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

#### REFEREES

Name: \_\_\_\_\_ Address: \_\_\_\_\_ PC \_\_\_\_\_  
Phone: (       ) \_\_\_\_\_ or email: \_\_\_\_\_

Reasons for choice: \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ PC \_\_\_\_\_  
Phone: (       ) \_\_\_\_\_ or email: \_\_\_\_\_

Reasons for choice: \_\_\_\_\_

*If you wish you may attach copies of results of previous events.*

#### SECTION C ( Previous Run Entrants Only )

I completed this event previously in .....(yr(s))

#### SECTION D ( All Entrants )

I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including: over exertion, dehydration, and accidents with other participants or track users. I attest that I am physically fit and have sufficiently trained for the event and its related activities and that I have not been advised by a qualified medical practitioner not to participate.

Signed: .....

Date .... / ..... /2004.

## ***Closing date for applications 3 December 2004***

We aim to let you know if your request for an entry is accepted (or rejected) by mid December 2004. Please send the form to

Cradle Mountain Run

PO Box 107

LEGANA TAS 7277

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

### **ENTRY FEES**

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

Cradle Mt Run entry fee (\$70.00

\$ \_\_\_\_\_ : \_\_\_\_\_

or \$60 if you are already a financial member of AURA)

Accommodation at Waldheim (\$27.00) each

\$ \_\_\_\_\_ : \_\_\_\_\_

Please refer to important notes on page 5

### **BUS TRANSPORT**

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

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

\$ \_\_\_\_\_ : \_\_\_\_\_

Late fee (\$20.00)

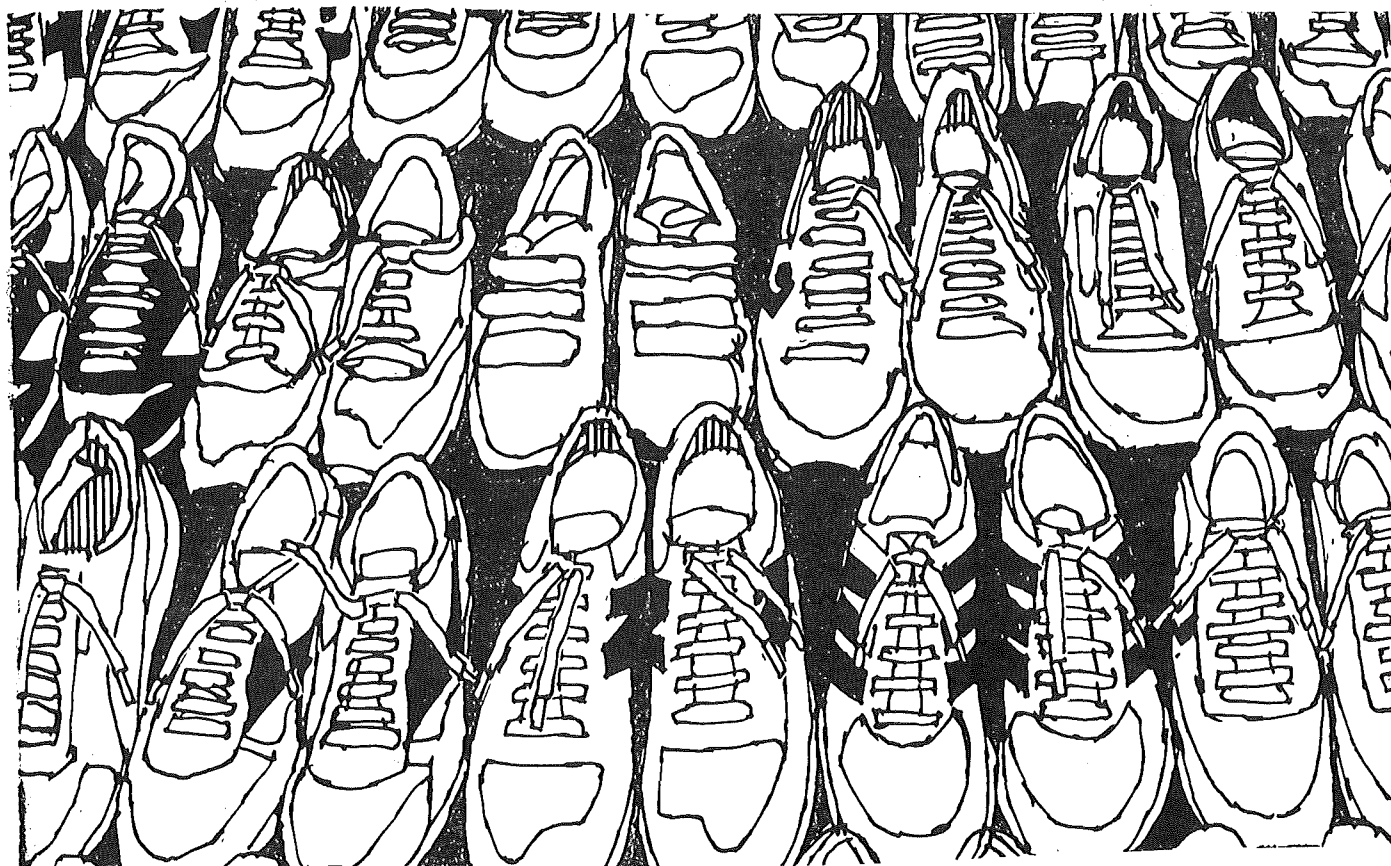
\$ \_\_\_\_\_ : \_\_\_\_\_

TOTAL ENCLOSED.

\$ \_\_\_\_\_ : \_\_\_\_\_

**N.B.** Please don't forget to arrange accommodation early at both Cradle and at Bronte Park Chalet otherwise you may be disappointed. (Refer page 5)

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## “ULTRAMAG” PERSONAL PROFILE...Featuring Karyn Bollen

### PERSONAL INFO

|                                            |                                                                                       |
|--------------------------------------------|---------------------------------------------------------------------------------------|
| Name...                                    | Karyn Bollen                                                                          |
| Date of birth...                           | 27/01/55                                                                              |
| Place of birth...                          | Adelaide (SA)                                                                         |
| Current address...                         | Mordialloc [Vic]                                                                      |
| Occupation...                              | Accounts Officer                                                                      |
| Marital status...                          | Single                                                                                |
| Children...                                | -                                                                                     |
| Height...                                  | 175cm (about 5'8.5")                                                                  |
| Weight...                                  | 67kg                                                                                  |
| Best physical feature...                   | Smile                                                                                 |
| Education background...                    | High School                                                                           |
| Favourite non running magazine...          | Down Under Quilts                                                                     |
| Favourite TV show...                       | CSI                                                                                   |
| Favourite music...                         | Rock                                                                                  |
| Book you are currently reading...          | Don't have time                                                                       |
| Hobbies...                                 | Horse Riding, Patchwork & Quilting                                                    |
| Collections...                             | I'd like to say trophies, but not so!                                                 |
| Make of car you drive...                   | Toyota Corolla                                                                        |
| Make of car you would like to drive...     | BMW (wishful thinking)                                                                |
| Greatest adventure...                      | Black Water Rafting, New Zealand                                                      |
| Favourite spectator sport...               | No time!                                                                              |
| Favourite holiday destination...           | at the moment, New Zealand                                                            |
| Most prized possession                     | I have 2 - 24 Hour Medallion from Coburg, and Jack Webber Trophy (Aust. Centurions)   |
| Personal hero                              | Mum & Dad – for putting up with me!<br>Stan Miskin & Fred Brooks – both inspirational |
| Favourite quote                            | "Shoot for the moon. Even if you miss it, you'll land among the stars"                |
| Personal philosophy...                     | Ties in with the above quote, otherwise I wouldn't be trying the Ultras!              |
| Short term goal...                         | The next 24 Hours at Coburg                                                           |
| Long term goal...                          | To keep walking as long as I can!                                                     |
| Achievement of which you are most proud... | Finishing 24 Hour                                                                     |
| Pets...                                    | 1 geriatric Horse, & 1 dog by proxy                                                   |
| Favourite non running activity...          | My hobbies                                                                            |
| Greatest fear...                           | Coming last in Fun Runs (it STILL happens)                                            |
| Personal strength...                       | Single-mindedness                                                                     |
| Personal weakness...                       | Single-mindedness!!!!!!                                                               |

### RUNNING INFO

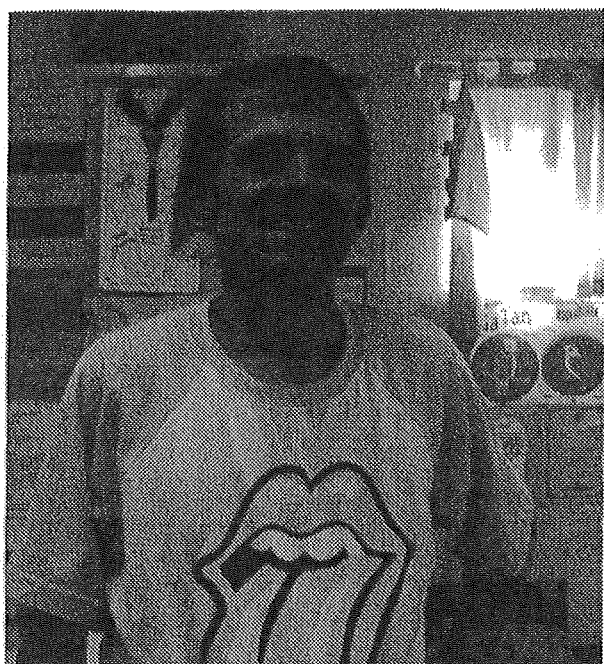
|                                         |                                                                            |
|-----------------------------------------|----------------------------------------------------------------------------|
| P.B's...                                |                                                                            |
| Years running ultras...                 | 4                                                                          |
| Number of ultras finished...            | 4                                                                          |
| Best ultra performance...               | Walking 100 miles in 24 hours                                              |
| Most memorable ultra and why...         | As above, first time effort, & ending up 1" taller for 3 weeks afterwards! |
| Typical training week...                | Try for 6k/day weekdays, longer on weekends                                |
| Injuries...                             | Both knees had it after last 24 hours                                      |
| Favourite running shoes...              | New Balance (640's at the moment)                                          |
| Favourite food/drink during an ultra... | Bite-sized bits of Protein Bar/Rice Custard/water & coffee                 |
| Favourite helper/crewperson...          | Shayne Dean                                                                |
| Favourite place to train...             | Don't have one – I like changing around.                                   |
| Favourite running surface...            |                                                                            |
| Ultrarunning idol...                    | Stan & Fred, as in my personal heroes                                      |
| Why do you run ultras...                | THE CHALLENGE !                                                            |
| Any advice to other ultrarunners...     | I wouldn't presume!                                                        |



# TAMBORINE TREK [Queensland] 62KM

## 30<sup>th</sup> May 2004

|                    | T.C. out | T.V. tower | T.C. back | Finish  |
|--------------------|----------|------------|-----------|---------|
| 1. Kelvin Marshall | 1:42:03  | 2:49:45    | 3:44:23   | 5:59:32 |
| 2. Ian Valentine   | 1:58:42  | 3:12:30    | 4:37:51   | 6:59:04 |
| dnf Phil Lear      | 2:04:55  | 3:25:15    | 4:37:36   | DNF     |



**The Ironman himself, Kelvin Marshall.**

Kelvin, who has been running ultras on a weekly basis for as many years as I can remember, was wearing a huge smile after scoring his seventh consecutive win at the Tamborine Trek .

**I love that Rolling Stones T-Shirt, Kelvin!!**

## Poor Man's Comrades Results, 12th June 2004

**Sydney Opera House Steps to Gosford Railway Station, NSW**

|    | Name              | Time  | Notes                                                             |
|----|-------------------|-------|-------------------------------------------------------------------|
| 1  | Kieron Thompson   | 8:59  | Complete Course - 96km                                            |
| 2  | Paul Every        | 9:36  | Complete Course - 96km                                            |
| 3  | Jan Herrman       | 10:56 | Complete Course - 96km                                            |
| 4  | Phil Murphy       | 11:37 | Complete Course - 96km                                            |
| 5  | Sean Greenhill    | 11:37 | Complete Course - 96km                                            |
| 6  | Tim Turner        | 12:23 | Complete Course - 96km                                            |
| 7  | Lawrence Mead     | 12:30 | Complete Course - 96km                                            |
| 8  | Dougal Langusch   | ??    | 60km - Opera House - Brooklyn                                     |
| 9  | Graham Wye        | ??    | 66Km - Frenchs Forest - Opera House - Turrumurra - Frenchs Forest |
| 10 | Craig Brown       | ??    | 25Km - Gladesville - Opera House - Return                         |
| 11 | David Bray        | ??    | 20km - Opera House - Gordon                                       |
| 12 | Elly Peters       | ??    | 20km Turrumurra - Mt Colah                                        |
| 12 | Andrew Gasherbrum | ??    | 20km Turrumurra - Mt Colah                                        |
| 14 | Martin Harris     | ??    | 20km Turrumurra - Mt Colah                                        |

## Sean Greenhill's Race Report

It was tougher than I expected, but still, as always, an experience of memorable highs and lows.

It was cold to cool all day- I wore a coolmax t shirt and long tights all day and never felt hot. I quickly got cold at almost all aid stops, and at Mooney Mooney Bridge donned a jacket for the last 14km in the dark.

I found this to be MUCH more difficult than the 62km run I did along part of the same course 5 weeks ago. After the other run I felt good enough to back up and ran long the next day (hence my public musings about running the Star or Soft Sand Classic today). This time it beat the crap out of me. I have a few ideas why....

- A medical issue that kept me from running for 10 days up until midweek, so I had very few recent miles in the legs.
- Hauling Camelbaks this time round, the other run we had a support car every 5km and didn't carry anything.
- As I've pointed out a few times on here, it's a different world beyond about 65km. I certainly encountered a rather nasty "wall" (more like black hole) after Mt White at 71km.
- We went out too fast.

It was damned cold at the start. Kieron Thompson and Paul Every took off right away, then we had a big pack lumbering along a bit too enthusiastically. DJL and Tim took their own, wiser pace behind us.

I felt slow and sluggish and continued feeling that way until around Cowan (51km), then I had a good patch that lasted for exactly 20km until Mt White. By the time we crossed the Hawkesbury River I was running with Jan and Spud; Lawrence had dropped off the back a bit. I was fooled; my run with the Striders 5 weeks ago we had turned around at what I thought was close to the top of Mt White. So this time I was feeling good and thought I could be aggressive here, maybe push it for a good time.

I dropped Jan and Spud (very rare that Jan gets left behind on any uphill!) but the climb kept going on and on, longer than expected, and even the dual carriageway section was uphill. By the time I reached the Mt White shop (the Road Warrior Cafe, 71km) I was toast. I had some food and a chat with some disbelieving bikers; Jan turned up a few minutes later and we left the cafe together.

But I was feeling rotten by now and also cold; Jan dropped me on the long climb out of there and I walked pretty much all the next 6km to Calga, where Spud caught me. After that we ran together downhill to Mooney Mooney Creek (82km), where there was an esky of food and drink, then came (in the gathering darkness) the loooooonng uphill out of there that continued until about 92km near Somersby, with only a couple of shortish downhills for relief.

The final downhill on Debenham Rd beat our legs up badly enough that we hit the bottom and decided to walk it in. It was about 11.10 elapsed time; a sub 11.30 would be easy enough surely. However, that 1.2km seemed a bit too long and we started running again in pursuit of the sub 11.30.

Unfortunately in my haste I misread the instructions and didn't double check against the map, so we went past the correct turnoff. When we realised what had gone wrong and that we had missed 11.30, we walked it in to the station. A rail bus was pulling up as we came in, we hopped (staggered) on that and were heading back to Sydney right away.

Not surprisingly, today my quads feel pretty beat up. Calves are fine. Groin and lower stomach muscles also mildly sore. I had a painful clicking on the outside of my left ankle from around Cowan to the finish, but it seems to be gone today. No blisters, not even a hot spot. I wore a pair of thin Smartwool socks as an underlayer and a pair of Kathmandu coolmax socks over the top of those. I will lose at least two, but possibly up to five, toenails in the next couple of weeks- one of the "definites" being the big left nail. Forgot to trim my nails the night beforehand.

Didn't run the Star or Soft Sand Classic, my morning's exertion was an 8km walk. Seeing as almost all the runners were trail runners rather than roadies, we all stiffened up badly at every stop, one of the reasons I left the long tights on all day- thought it would keep the muscles warm and prevent the worst of the stiffness.

Thanks to our aid - Kevin (and kids!), Amjan, Vat, MikeF and Fire Horse (I assume it was you who left the esky at Mooney Mooney Creek?). Also, of course, a "cheers" to those who joined us for at least part of the way, including the two cyclists- Spud's mate Tony the Ironman and Paul's better half Diane.

Lawrence Mead's run was particularly impressive for the fact that, due to injury, he hadn't done a run over 23km long since September 2002. And as is often the case, Jan Herrmann's strength in the second half of ultras is amazing; even allowing for my navigational fuckup, he put half an hour into Spud and I over the last 25km. This is the man who missed doing a negative split in a trail 100 miler (Glasshouse) by only a few minutes two years ago. For a bloke who doesn't do more than about 40km/week he is amazingly tough. If he were to run into a brick wall, the wall would suffer. He was suffering at Mooney Mooney either, so quite a recovery.

Just as they say you're not a real Comrades runner until you've done the up and down runs, I suppose I'd better front for the "down" run at some point in the future....

## Phil Murphy's Race Report

This truly was a race of comrades,

Thanks to Kevin, Vatman, Amjan, Mike F, Diane and Fire Horse for the aid stations. I particularly enjoyed the coke at Mooney Mooney Creek, most welcome.

A brisk morning greeted us at the steps of the Opera house. Some regular fatassers (Kieron Thompson, Sean Greenhill, Paul Every, Tim Turner, Lawrence Mead and Jan Herrmann) and lots of coolrunners turning up too. My plan was to run to the turn off for Brooklyn and then make a call as to whether to run to Gosford or pull the pin at Brooklyn.

We set off at a fairly reasonable pace to Chatswood and beyond, chatting along the way. These early kms were so comfortable. I wore a coolmax singlet under my (superb) coolrunning tri-shirt but shed this early on. Kevin kept popping up at various points with daughter in tow and an ample supply of food and drink. We reached Bobbin Head as a group (Mister G, Lawrence, Elf, MPhaz and Gasher) stopped here for what seemed like 10-15 minutes which was way too long. The longer we stopped the stiffer the legs became. I hit my first low point on the climb out of Bobbin Head when I just felt crappy. Recovered at the top and ate a donut. This helped as I started to feel better heading up Mt Kuring-gai.

I ran with Mister G and Lawrence to Berowra feeling good again and then started to think "bugger it I'll go the whole way" Our pace dropped off a little as we made our way to Cowan.

My prior concern about running bitumen proved unfounded, as the legs felt good as we came into Cowan. I think downing 2 large packets of chips may have helped with any potential cramping ;-)

I ate quite regularly the whole way thus far and still had some food in my camelbak for later on (thanks to the generous offerings from our aid station crew).

Crossing the Hawkesbury River Bridge at Mooney Mooney I received a call from my good wife informing me that one of my girls had come down with chicken pox! How come these things always happen when I am out for the day on a run somewhere??

The next aid station at Mooney Mooney was a real treat, with bottles of beer thanks to Craig (Vat-Man). The climb up Mt White was a real haul. I fell behind as Jan and Mister G took off. I was way impressed as there was no way I could keep up with them. My legs felt ok; I just couldn't keep up a steady jog. I tried run-walk-run but soon went back to walk walk walk. Still I was making progress and kept plugging away. I was a little concerned about losing the guys in front of me as I did not have a head lamp for night running into Gosford, which could be as much as 2hrs in the dark. Kevin reassured me that it wasn't that bad as there was little traffic on the road at that time. As I pulled into Mt White store I saw Jan and Mister G leave. This surprised me as I thought they were a lot further ahead given their pace going up the hill. Coke at Mt White store was excellent, thanks Kev!

I was running on my own now towards Calga and as much as I liked the company 'till now, this was the most rewarding part of the day for me. I was battling my personal demons, telling me to stop and walk etc. however I managed to keep up a reasonable pace. I did stop just before the F3 over-pass coming into Calga and ate a tub of creamed rice. Again this wonder food re energised me and I managed to catch up to Mister G heading into Calga. I was delighted to see him and we kept each other company for the rest of the way into Gosford. (His tales of Ultradom and general running wisdom is amazing). The hidden aid station at Mooney Creek was also most welcome, again another coke. Hydration was certainly not an issue today given the cool weather and hence we both had a few pit stops along the way. My friend Tony came out from Kariong on his bike to offer some encouragement too. He regularly rides these hills up and down just for fun! Thanks to Mister G's wonderful guiding light (he is now officially the gear man, what with wind jackets and thermals and head lamps and heaps of other stuff ;-)) we finally made it to Gosford train station after 11:37. Hopped (well gingerly climbed) aboard the awaiting bus and back to Sydney.

I was thrilled to have completed this journey and now 3 days later can report that legs are fine! I did 30 minutes spinning on the bike yesterday and went for a walk but am really surprised with how well my legs are doing. Who'd have known, 96km on bitumen was not all that bad after all. Actually the route is quite scenic past Mt Kuring-Gai with lots of winding hilly kms ahead ;-)

# www.fatassworld.com



# **MOUNT MEE CLASSIC 50KM [Queensland]**

**June 13<sup>th</sup> 2004**

## **Results**

|                                 |                 |
|---------------------------------|-----------------|
| <b>1. John Searston</b>         | <b>4:38:34</b>  |
| <b>2. Rodney Ladyman</b>        | <b>5:19:24</b>  |
| <b>3. Peter Anderson</b>        | <b>5:31:37</b>  |
| <b>4. Debbie Woodhead [f]</b>   | <b>5:50:45</b>  |
| <b>5. Ian Javes</b>             | <b>6:15:57</b>  |
| <b>6. Joanne Kriel [f]</b>      | <b>6:25:53</b>  |
| <b>7. Glennys Sylvester [f]</b> | <b>6:31:22</b>  |
| <b>Faith Anderson</b>           | <b>30km DNF</b> |

## **Report by Race Director, Gary Parsons**

Perfect weather greeted the runners and walkers when they arrived for the 10<sup>th</sup> running of the Mt Mee Classic, which is sponsored by The Morayfield Centre Pharmacy.

The Queen's birthday weekend saw the event hotly contested, and even though all race records stayed intact, the competition between the athletes kept the supporters entertained for the whole of the event.

The 50km event was won by tri-athlete John Searston, who cruised home in his debut ultra run. John told the race director that he tried to pace himself as best as he could, and finished with reserves in hand. Second and third position was taken out by Rodney Ladyman and Peter Anderson. Ian Javes, Race Director of the Glasshouse Mountain Runs, took time out from his own events and used this event as a training run, and put in a solid time.

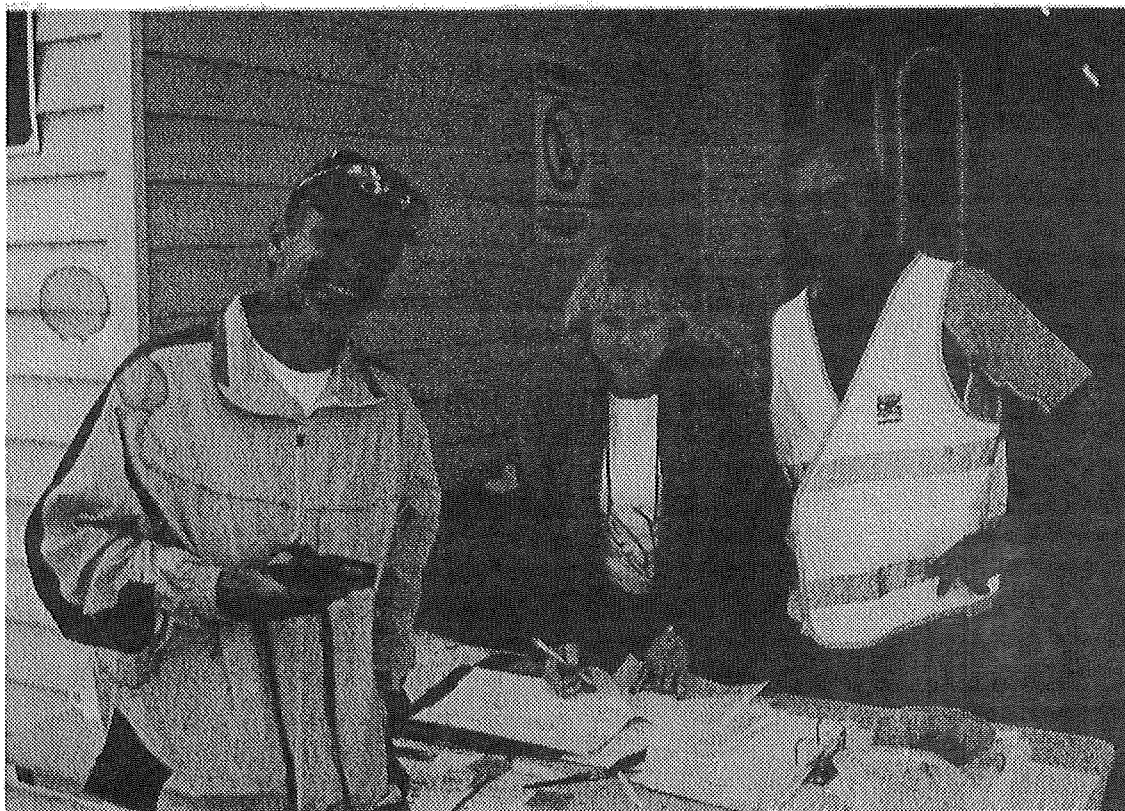
Bribie Island resident runner Umberto Greco, aged 73, and Brisbane runner Shelly Smith were presented with a special gift for being the only two runners to enter this event for the 10 years it has been held. "These two popular runners have turned up every year, rain hail or shine, and believe me, not every year has been beautiful weather like today" Race Director Gary Parsons said

"They have set a good example to everyone on what competing is all about. Neither of these runners are champions, but they get so much enjoyment from just participating and are highly respected by their peers. I congratulate both of them", said Gary

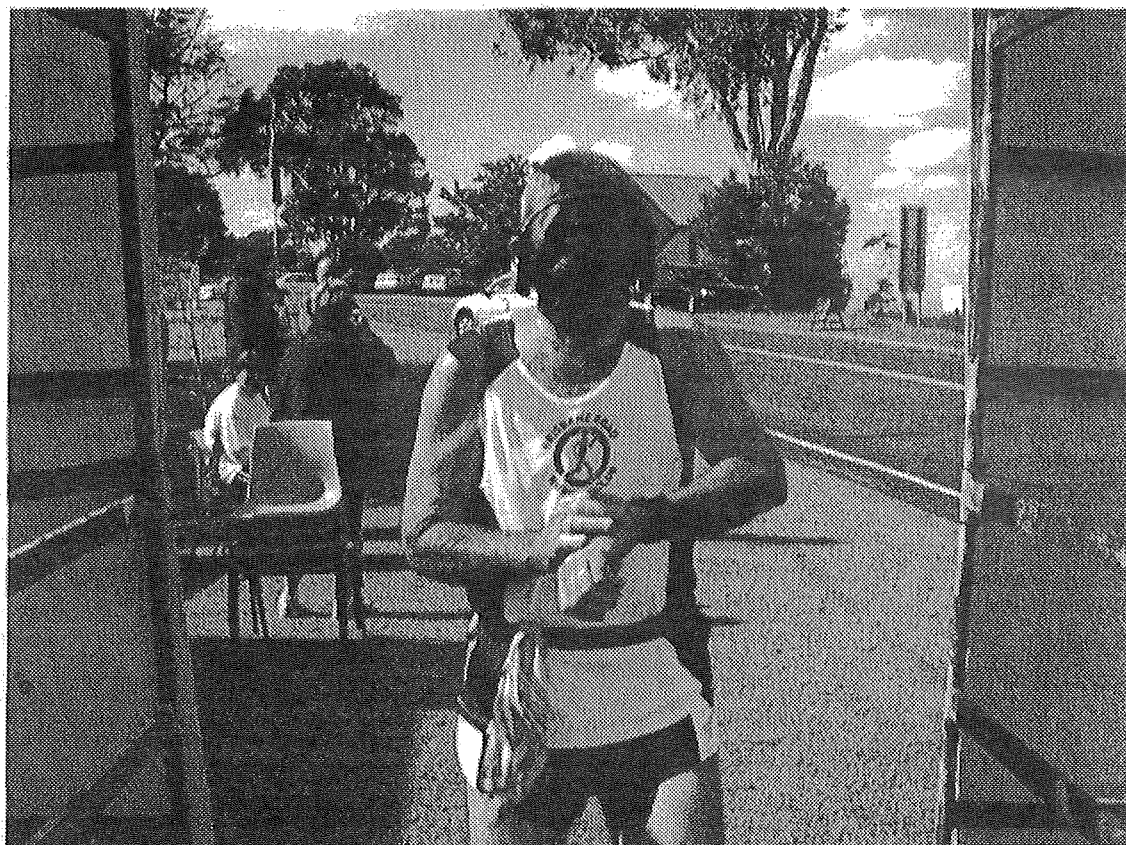
"Thanks go to Sgt Dale Hennessey and the PCYC team who manned the water stations over the course, and to the band of family and friends who worked tirelessly throughout the day

This event is only made possible by the ongoing sponsorship from Jim Johnson's Centre Pharmacy at Morayfield, Jim has been associated with the Mt Mee Classic for the duration of this great event of which proceeds benefit local community groups. Both my wife Sharon and I look forward to the next 10 years"

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



The Mount Mee organizing committee are all smiles prior to the start



The evergreen Ian Javes. Like most runners, he doesn't trust the time keepers either!!

## Australian results from South Africa's Comrades Marathon [89km] 16-6-2004

| Pos.. | Name                   | Time     | Pos.. | Name               | Time     |
|-------|------------------------|----------|-------|--------------------|----------|
| 482   | Colin Francis          | 7:26:53  | 4717  | Pierre Van Heerden | 10:10:45 |
| 960   | Gary Carlton           | 8:04:55  | 4943  | Justin Hansen      | 10:15:46 |
| 1120  | Geoff Reynolds         | 8:14:58  | 5512  | Stephany Howard    | 10:28:16 |
| 1190  | Shane Walker           | 8:19:04  | 5799  | Alan Nel           | 10:32:20 |
| 1312  | Marcus Godinho         | 8:24:47  | 6495  | Paul Ewing         | 10:45:22 |
| 1538  | Catherine McMaster [f] | 8:34:36  | 6519  | Don Pattinson      | 10:45:40 |
| 2326  | Janice Fedrick [f]     | 8:56:30  | 6846  | Alistair Holden    | 10:49:55 |
| 3061  | Jane Thompson [f]      | 9:25:25  | 6911  | Richard Bayliss    | 10:51:06 |
| 3134  | Ian Fedrick            | 9:27:24  | 7787  | Jon Whelan         | 11:11:29 |
| 3455  | Murray Kirkwood        | 9:37:45  | 8075  | Jeffrey Jackson    | 11:20:07 |
| 3774  | Stan Fetting           | 9:47:17  | 8519  | Robert Sheehy      | 11:29:13 |
| 3790  | Chris Horwood          | 9:47:54  | 9584  | Eric Ford          | 11:49:54 |
| 4552  | Graham Creed           | 10:07:04 | 9882  | Tim Schafer        | 11:53:36 |
| 4553  | Bridget English [f]    | 10:07:04 |       |                    |          |

# www.comrades.com

### Comrades report by Mike Evered-Hall as told to Peter Anderson

My run turned into one of survival. I even walked the last seven kilometres just finishing before the 12 hour cut-off. I started off well enough with the intentions of trying to get close to nine and a half hours. The idea was to test my ability to see if the 'London to Brighton Marathon' (where the cut off is nine and half hours), could still be a possibility for me. I conquered it in 1994 and would love to attempt it once again but only if there is a chance of success. After Winston Park, the wheels started coming off and the run became one huge struggle. Doctor Lindsay Weight has an hypothesis which states that your current standard marathon time multiplied by 2.42 indicates what you are capable of completing the comrades in. In this instance it did not work for me but I still believe in it and will be using it as a marker for next year's race but looking for other variables that might help to fine-tune it. To run the London to Brighton once again and succeed would be an absolute high for me. I feel a nine-and-a-half hour comrades would be a good test for considering whether to give it a go.

I seem to be getting off the subject. Let me get back to my 2004 comrades experience. A weird happening took place just before approaching the half way mark at Drummond. Something I could never have visualised, expected or planned for or realised could ever happen even after 17 successful prior completions of this event. Before the race I had been having stomach problems. Now suddenly, Mother Nature was calling for bowel action. Normally one is given time to look for a mobile latrine or suitable spot where one can undertake this necessary business but this time, Mother Nature was going to give me no leeway. On the left side of the road was a cliff-like drop. On the right hand side

was a cliff-like wall. For a moment it looked like I might have to execute the business in the road in full view of all the other closely packed participants. Suddenly I spotted a pathway meandering up the right side cliff-like wall. I clambered up it reaching a plateau. Much to my distress, I was unable to squat as my legs were now too weak. I had to fall on my back and give birth to this human waste by sliding slowly backwards on my back as emission was taking place, so that it would not foul up my rear. I lay there looking in satisfaction at the snake like emission and marveling how we get ourselves into such situations and this all for the sake of a challenge. I also wondered if I had ever executed this bodily function in this manner as a baby. I came to the conclusion probably not. I would never have had the savvy to slide away from it and what with a nappy on there would have been no point. As I continued to lie there blissfully at peace and exhausted and gazing down at the runners passing down below a little tempting inner voice said - "Mike be sensible and quit the struggle and take a much needed rest within these lovely surroundings and then pack up and go home" - and a second voice said "Mike what do you think you trained so hard for and suffered so much for? Get on with the battle". I listened to the second voice and clambered back down to the road, rejoining the embattled participants, my admiration for them resurfacing in leaps and bounds. They are the crème de la crème of human society. All shapes, all sizes, men and women. Hours of training and discipline. They do it for no reward but the inner satisfaction of pitting their minds and bodies against something to be conquered. Each one selflessly encouraging each one in this murderous endeavour. What an event. What an honour to be part of this brace of humanity.

Let me continue once more before I get too emotionally side-tracked. Somewhere after Camperdown, an 11-hour bus caught up with me. I latched onto it hoping it would pull me through in 11 hours as had happened in the previous year's run. But alas, as we progressed further, hanging onto the bus for dear life, it became evident this was not to be. This was a bus staggering and starting to die. My own calculations of time remaining, and pace required, indicated this may be happening. The leader of the group, who was carrying the 11 hour flag, suddenly made an announcement which went something like this - "People, sometimes we plan, we prepare, we do all we can but sometimes things don't work out as we would like. This may be one off those occasions". News filtered through the group that the leader had fallen ill. The leader then called for a volunteer to take over the leadership. None was forthcoming. I think each one was taking too much strain to want any further responsibility thrust on himself. The leader then ambled to the side of the road leaving the group to find its own way. No one complained. One member of the group perhaps echoed the thoughts of the disintegrating group when he stated - "I am very grateful to him. If it were not for him I could never have got this far". Unison was now lost. The group disintegrated into its separate parts, each taking up its own pace. I decided to minimise as much as possible the damage that was taking place to my own bodily systems and to eek out just what was required in order to finish in the allotted 12 hours. This, gratefully, I managed to accomplish and as I rolled into the finish, it was hard holding back the tears.

One final but humorous anecdote to this great event: My second, who met me at the finish and who was new to this Comrades Marathon business, informed me that he had not been able to find his way into Alexander Park and was parked about four kilometres away. As I was hobbling back to the car along side him, traversing the route I had just run - not complaining but grateful for my friend's support - but thinking to myself I could really do without this - a police car stopped and gave us a lift to our transport. What a wonderful gesture from this policeman and a fitting tribute to the end of this magnificent event.

Peter, you, as an experienced Comrades man, know that very much more could have been said but I have tried to cover only what I consider to be the highlights (and lowlights) of my 2004 experience and what had been different from previous runs. Hope you enjoyed the telling of it and hoping that you and I will line up at next year's event.

# **Bellarine Rail Trail 64km Fat Ass Run [Victoria]**

## **20<sup>th</sup> June 2004**

### **Report by Phil Essam**

My first introduction to the Bellarine Rail Trail (BRT) was last year when I rode the BRT and thought "What a Great place for an Ultra". Subsequently the BRT Fat Ass 32/64km was conceived and today saw the inaugural running of this hopefully New Annual Event on the Victorian and Ultra running calendar.

Originally it was going to be held on the 4th July, but due to other commitments (that I can't get out of) and the clash with the Gold Coast and Pitchi Richi Marathon, it was moved forward 2 weeks to the 20th June! A quick publicity campaign followed to make sure that everyone knew! ( but I still had one poor soul ring me up 2 nights before the run who didn't know about the date change!) Hopefully the 4th July doesn't bring any phone calls wondering where I am!

I was also quite wrapped in the weeks leading up to the event to get an email from Lee Troop wanting to participate in the event! At first I thought someone in the Ultra world was having a lend, but a reply email soon confirmed that it was Lee and he was happy to compete in a Fat Ass event. Thanks Lee for turning up today and taking part. Much appreciated.

Race Day: Alarm went off at 5am and I got dressed, made a coffee and headed down the Highway. What a cold morning! Turned out I could have had another half hour sleep as I was at the start by 6am. People started turning up by 10 to 7 and by 7.30am we had thirteen people lined up for the Maiden BRT Run! This included 11 for the 32km option and 2 for the 64km option. The two runners lined up for the 64km option were Peter Gray and David Jones. Both experienced Ultra Runners. After a few words from myself and Lee the runners were on there way!

I then walked back to my car and who should turn up but my helper for the day, Kevin Cassidy (only 3 minutes late). Kev C is a regular at all Ultra events either competing or helping and should be thanked for his contribution over the years.

We then headed down the Highway to guide the runners across the highway whilst it was getting light and so that Kev C could get some pictures! That done, I headed back to the start and Kev headed down to Queenscliff to do a couple of hours running and be a face at the turn around point down there!

By lunchtime all the 32km runners had finished.

I then adjourned to Drysdale Train Station for a couple of hours where myself and Kev C learnt a lot about rail history in Victoria. (and even some old Tassie train photos). We also went for a half hour walk along the rail trail and nattered about the Ultras of the past! Very interesting on both counts!

We then saw Peter Gray and David Jones come through the 48km mark at 6h 20m, with Peter five minutes in front. Peter and Dave are going to contact me tonight via telephone with final results. I hope they find the 2 frogs on their dashboards!

### **64km Ultra result:**

|                       |                     |
|-----------------------|---------------------|
| <b>1. David Jones</b> | <b>8 Hrs 41 Min</b> |
| <b>2. Peter Gray</b>  | <b>9 Hrs 9 Min</b>  |

David Jones ended up winning the 64km Ultra with a time of 8hrs and 41 minutes. Peter Gray was second with a time of 9hrs and 9 minutes.

It was very tough conditions for them today, especially in the return leg when they were running uphill and into a very stiff head wind! Both are seasoned campaigners and did well to finish.

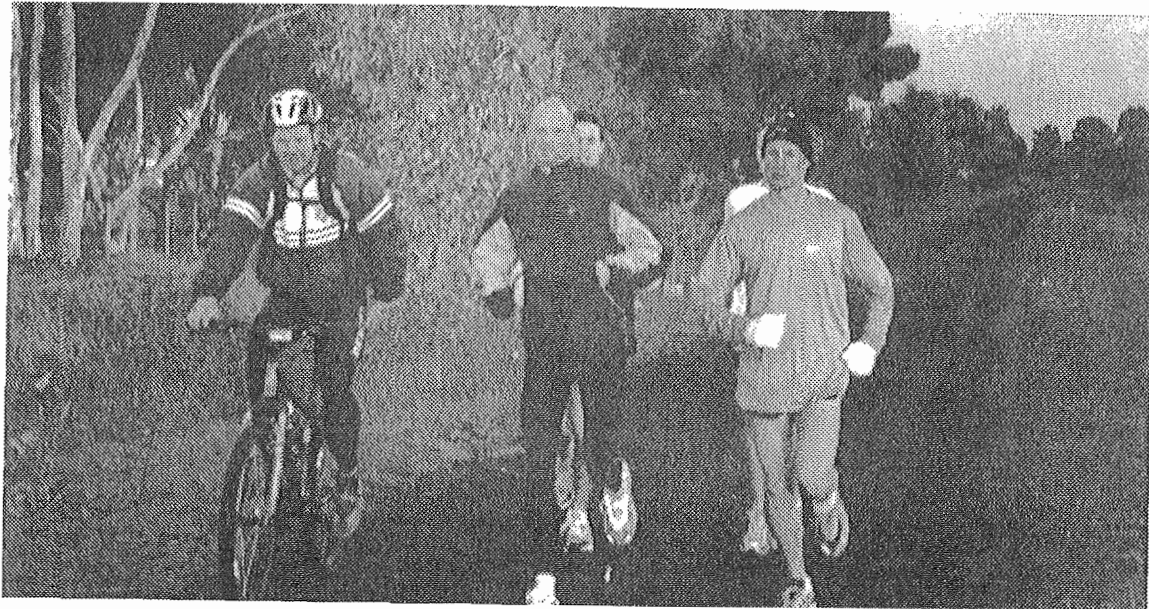
Thanks to Everyone for competing. I think we can build on it for future years. I will instigate a complete "report your time by phone" system next year, AKA the Sydney Fat Ass Mob. This will enable me to compete myself instead of being completely bored sitting in the car! We may alter the date slightly next year, but that will be decided by the end of the Year!!! I would also like to collect donations for a cancer charity in future years from this race.

"If you build it, they shall come"

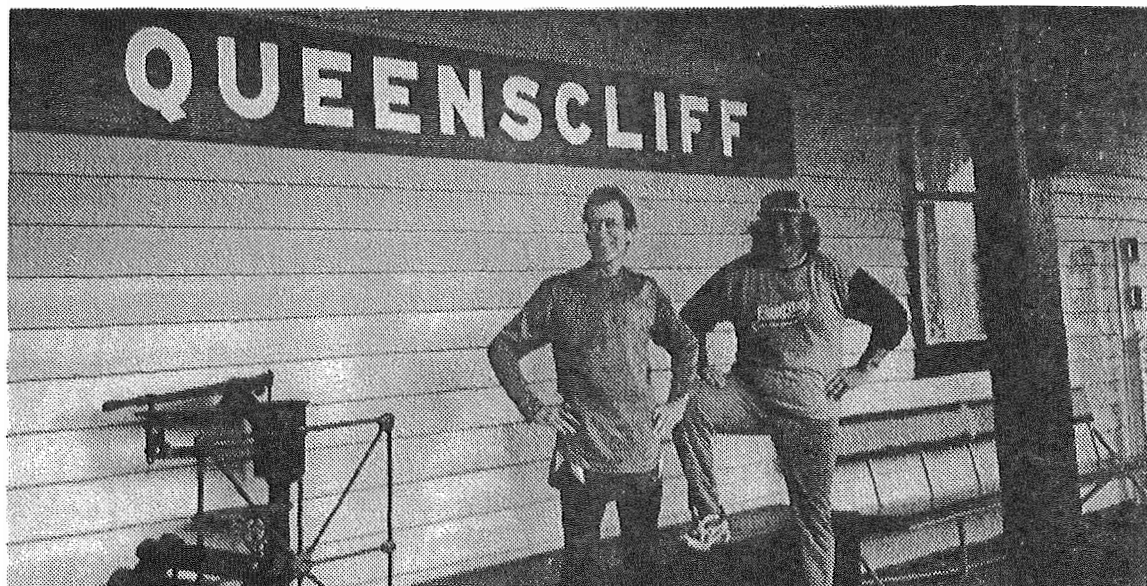
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**Photos from the Bellarine Rail Trail**



**Olympic Marathon representative, Lee Troop [centre], enjoyed the 32km option as a lead up to the games**

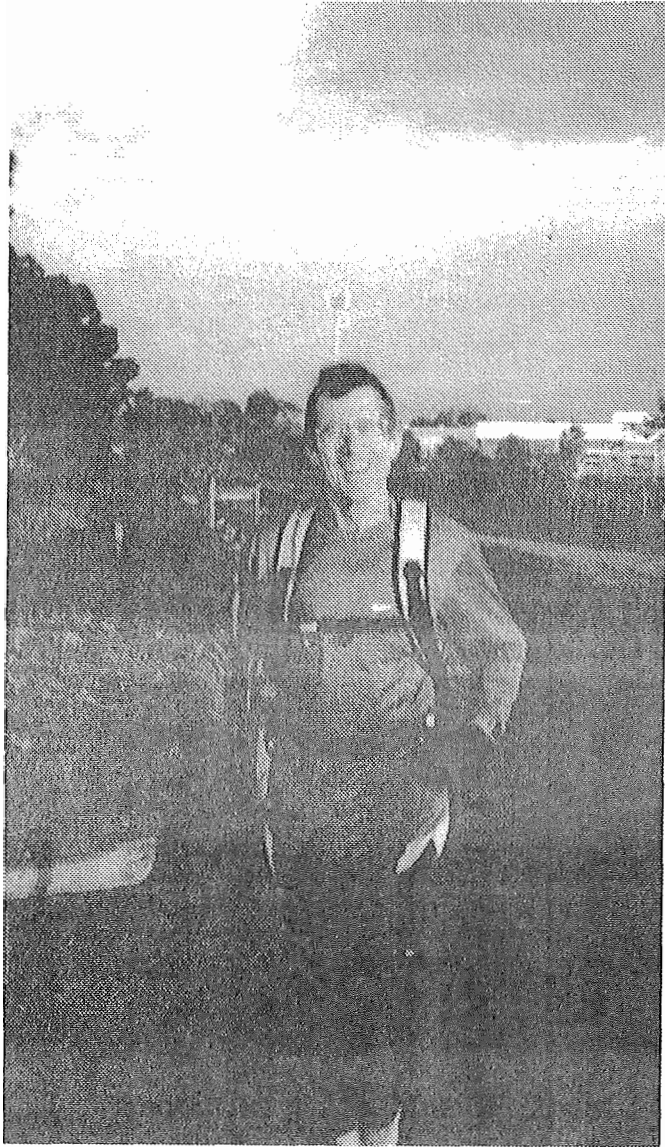


**Both of the 64km runners arrived together at the historic Queenscliff Railway Station**

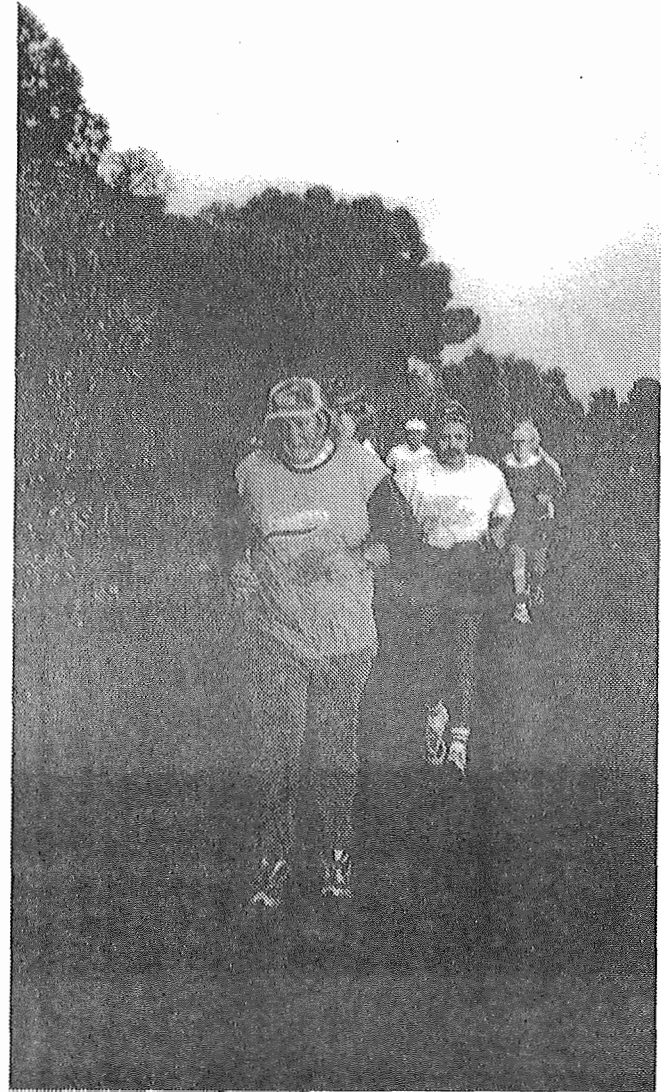


**The beautifully restored Railway Station at Queenscliff at the 32km turn around**

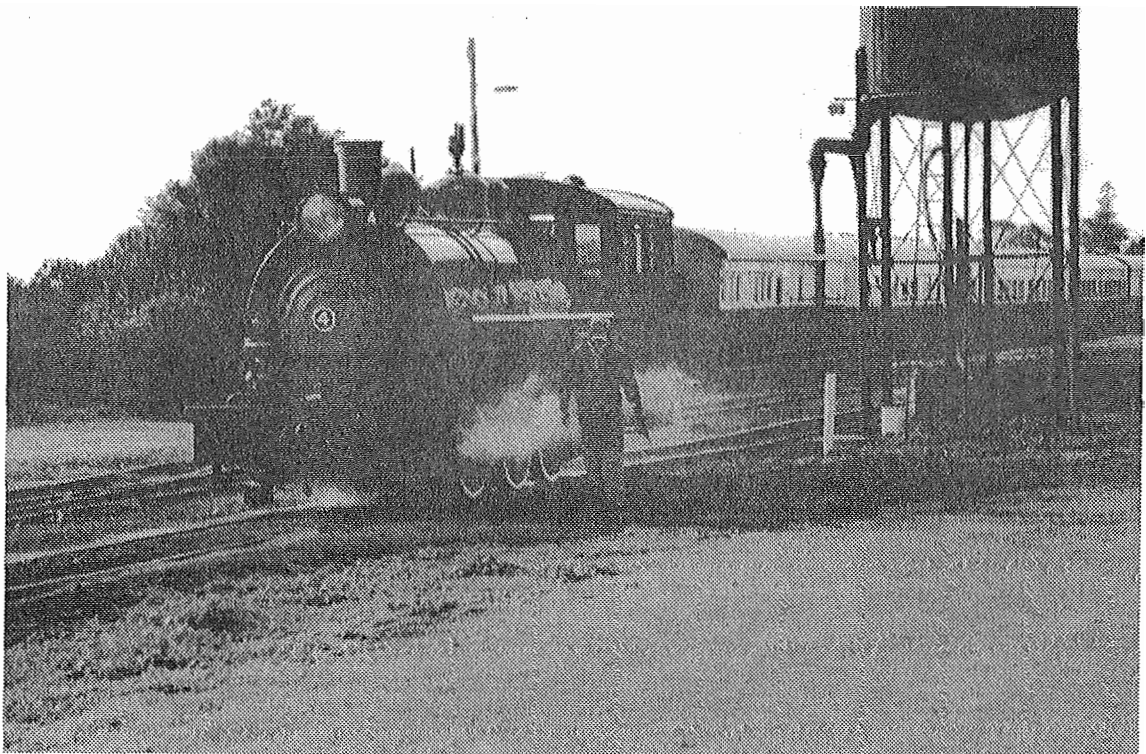




**David Jones came well equipped for the long day ahead**



**Peter Gray leads the main group in the early stages**



**Runners were entertained by the presence of the old steam train**

# SELF TRANSCENDENCE 3,100 MILE [4,960km] ROAD RACE

June/July 2004

## The world's longest Ultramarathon. New York

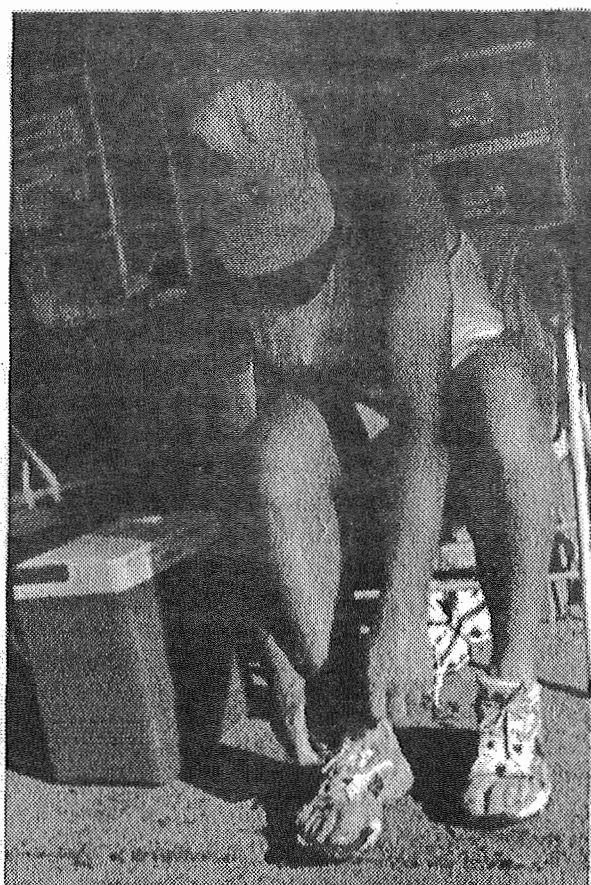
### Results

- |                                 |                                       |
|---------------------------------|---------------------------------------|
| 1. Ashprihanal Aalto [Fin]      | 46 Days 6 Hours 55 minutes 11 Seconds |
| 2. Michael Peel [Aut]           | 48 Days 5:02:44                       |
| 3. Smarana Puntigam [Aut]       | 49 Days 11:12:33                      |
| 4. Wolfgang Schwerk [Ger]       | 50 Days 3:04:39                       |
| 5. Arpan De Angelo [USA]        | 51 Days 10:04:37                      |
| 6. Oleg Lebedyev [Ukr]          | 53 Days 3:57:38                       |
| 7. Matt Boulton [Australia]**** | 54 Days 15:39:14                      |
| 8. Abichal Watkins [Gbr]        | 55 Days 8:32:41                       |
| 9. Suprabha Beckford [USA] [F]  | 55 Days 13:13:00                      |



The mental application to the daily slog of circling the New York pavement is paramount....as is attention to foot care.

All a part of the mind boggling distance of 3,100 miles



# GOLD COAST 100KM RESULTS

## July 17<sup>th</sup> 2004

Gold Coast 100km National Championships

| Place | Surname    | Firstname           | Time     | Distance |
|-------|------------|---------------------|----------|----------|
| 1     | Blake      | Jonathan 1M         | 7:31:36  | 100      |
| 2     | Wheatley   | Mike 2M             | 7:58:17  | 100      |
| 3     | Marshall   | Kelvin 3M           | 9:59:34  | 100      |
| 4     | Auguszczyk | Mignon 1F           | 10:00:15 | 100      |
| 5     | Last       | Geoff               | 10:15:13 | 100      |
| 6     | Valentine  | Ian                 | 10:42:12 | 100      |
| 7     | Gardiner   | Peter               | 11:08:46 | 100      |
| 8     | Neale      | Karen 2F (NZ)       | 11:09:59 | 100      |
| 9     | Ladyman    | Rodney              | 11:15:56 | 100      |
| 10    | Lahiff     | Peter               | 11:36:02 | 100      |
| 11    | Woodhead   | Debbie 3F, 2nd Aust | 11:42:43 | 100      |
| 12    | Gilbert    | Dave                | 11:51:51 | 100      |
| DNF   | Williams   | Geoff               | DNF      | 93.75    |
| DNF   | Raftery    | Joe                 | DNF      | 87.5     |
| DNF   | Colquhoun  | Col                 | DNF      | 87.5     |
| DNF   | Anderson   | Faith               | DNF      | 81.25    |
| DNF   | Beveridge  | Steel               | DNF      | 81.25    |
| DNF   | Phillips   | Lindsay             | DNF      | 75       |
| DNF   | Grimmett   | Mal                 | Retired  |          |
| DNF   | Anderson   | Peter               | Retired  |          |
| DNF   | Holst      | Warren              | Retired  |          |

**Race  
record**

**Race  
record**

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records**

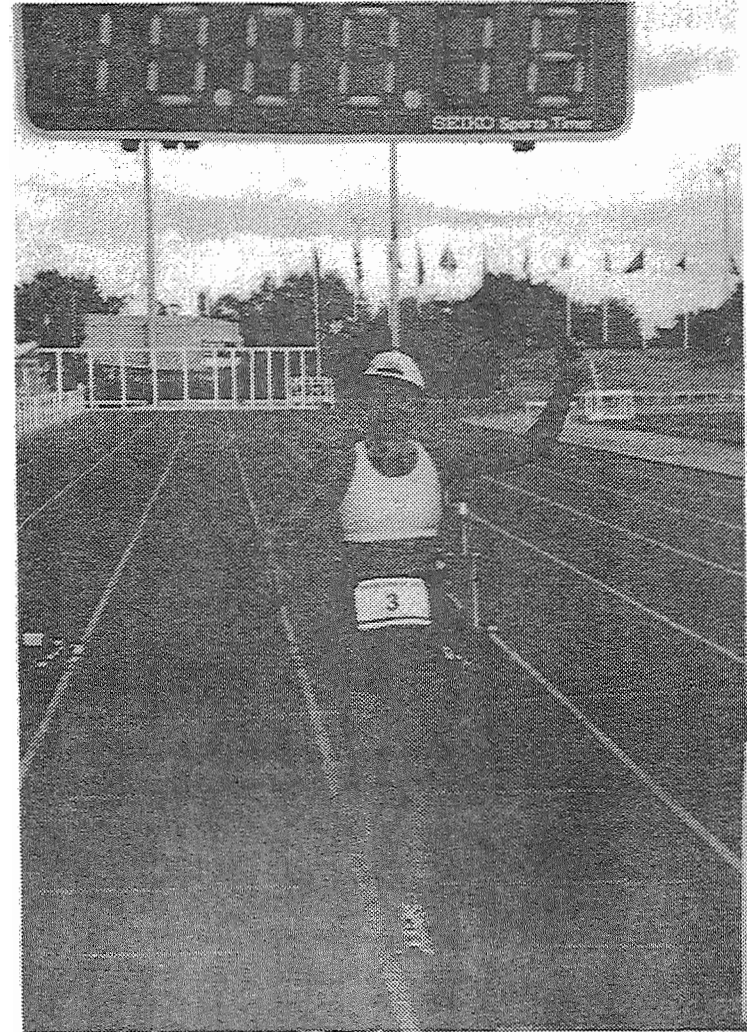
**[www.goldcoast100.com](http://www.goldcoast100.com)**  
**[www.ultraoz.com](http://www.ultraoz.com)**



## GOLD COAST 100KM



Eventual winner, Jonathan Blake, leads in the early stages.  
Following closely are Mal Grimmett and Warren Holst



Female winner, Mignon Augustczak, looks pleased with her efforts as she crosses the finish line

# HOBSONS HOBBLE 55KM FAT ASS RUN

## Sunday 1<sup>st</sup> August 2004

### Results

#### 55 Kilometres

|                          |      |
|--------------------------|------|
| 1. Max Carson            | 4:52 |
| 2. Michelle Thompson [f] | 6:47 |
| David Jones              | DNF  |

### Report by Kevin Cassidy

Clambering out of bed in the darkness of an icy cold three degree morning had me in a far from cheery state of mind as I pointed the car in the direction of the western bayside suburb of Altona for the fourth annual Hobsons Hobble. Cold it may have been, but the spectacular sight of a full moon shining onto the waters of the bay was well worth savouring.

A grand total of three well rugged up individuals set off on their journey through the old and historic coastal suburbs of Melbourne's west. The Altona foreshore, picturesque Cherry Lake, the historic Grandstand at the Williamstown Football Ground, Point Gellibrand, Greenwich Bay, the mouth of the Yarra River and the heritage listed Nelson Place all lay ahead on this varied and interesting course.

The laconic farmer from Central Victoria, Max Carson, was back again clad in his familiar bright pink shorts and yellow singlet. Max's pink shorts have been around long enough to rival Bruce Salisbury's large orange hat as the running world's most recognisable feature.

Altona local, Michelle Thompson, was looking upbeat after an impressive first ultra at the Frankston to Portsea in April, while the unflappable David Jones made up the trio.

The run was barely 15 minutes old when David called it a day with a back injury and was motoring back over the Westgate Bridge quicker than a Mark Latham image change. By this stage, a motley gaggle of 14 runners had lined up for the 21 kilometre option with the highlight being the presence of Meg Ives as our "Official Starter". Meg promptly utter the word go with the traditional drop of the hand before heading off to an Art and Craft Show.

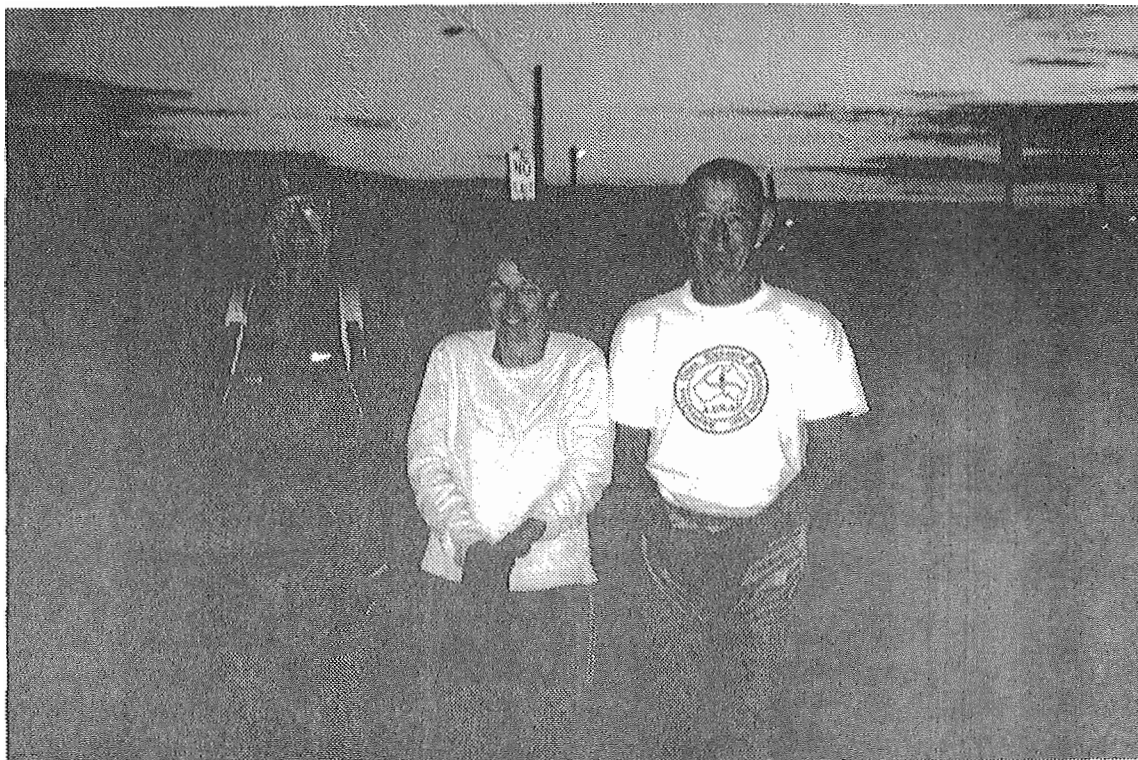
With the shorter run all finished and wrapped up, our two ultra runners were all who remained on the course. Max charged home faster than one of Steve Bracks political back flips and was presented with a small air horn.....to allow him to "blow his own trumpet"

Michelle was suffering cramps after a week of snow skiing. With seven kilometres to go she was contemplating a DNF but bravely slugged it out for a creditable finish in which the term "hobble" was most appropriate....."That's an hour slower than Frankston to Portsea", she lamented.

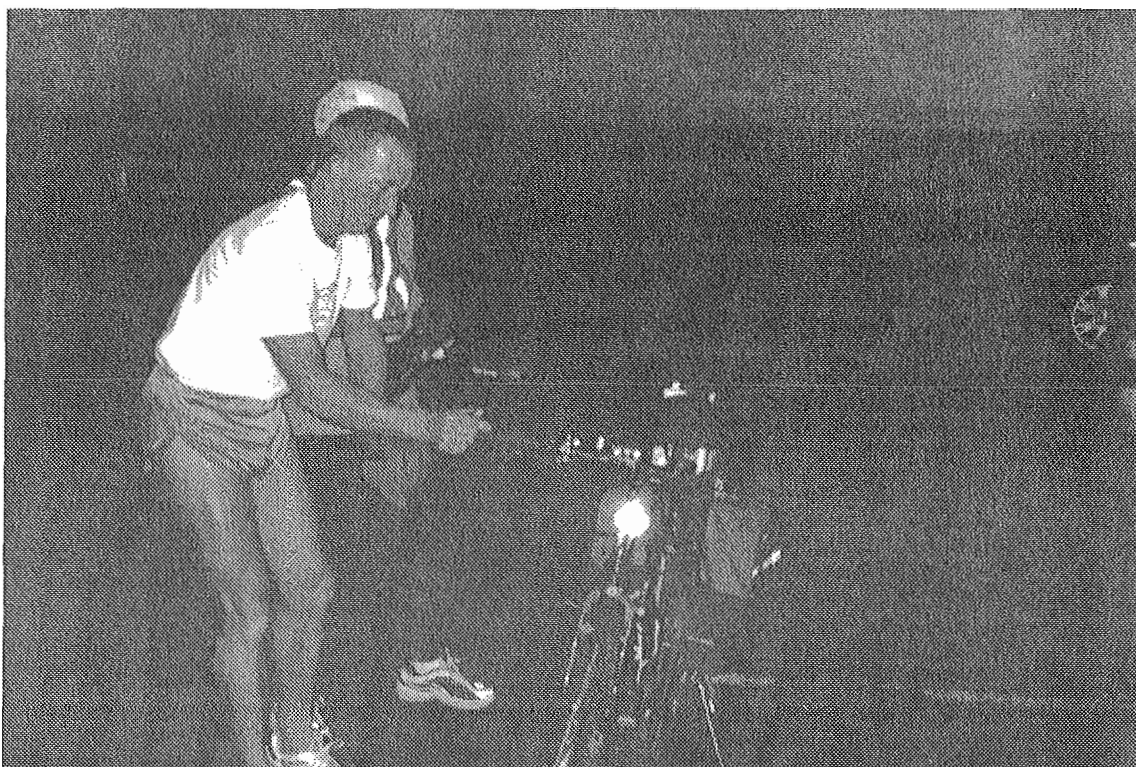
With Michelle now finished, the Altona Boating Club's car park was bathed in winter sunshine and a kaleidoscope of marine type activities were being actively pursued by locals. Most obvious was the large gathering of Italian fishermen consuming numerous alcoholic beverages and the tall woman in the ice cream van – bent over at 90 degrees with a large slab of lip stick that didn't exactly match the shape of her lips.

With a visit to the sunny warmth of Queensland only days away, the approach of the cold night air had me looking forward with relish.

## A DAY AT THE HOBSONS HOBBLE



**Three intrepid souls braved the cold early morning darkness**



**The start suffered a slight delay while the incomparable Max Carson made a number of adjustments to the rear view mirror of wife Carol's pushbike. Carol is the reason that Max does not get hopelessly lost on route!!!**

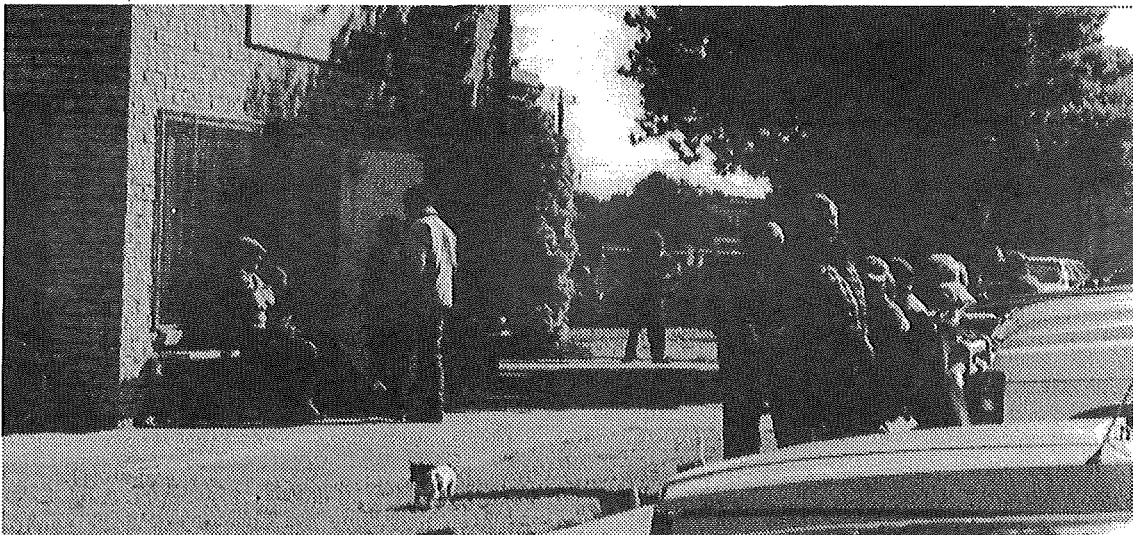




Max Carson charges to the finish with Carol in tow on her bike



Melbourne's city skyline is the perfect backdrop as Michelle Thompson approaches the finish



In between numerous cans of beer, the fishing club members looked rather bemused at the days proceedings

# Glasshouse Mountains 50km Trail Race. QLD

July 24<sup>th</sup> 2004

|                     |         |                     |         |
|---------------------|---------|---------------------|---------|
| 1. Greg Barton      | 4:02:14 | 11. Nic Moloney     | 5:31:50 |
| 2. David Waugh      | 4:17:25 | 12. Simon Thompson  | 5:56:21 |
| 3. Adrian Pearce    | 4:19:04 | 13. Rodney Ladyman  | 5:56:22 |
| 4. Mark Parsonson   | 4:24:12 | 14. Ian Javes       | 5:58:42 |
| 5. Robert Ware      | 4:48:46 | 15. Gordon Balfour  | 6:19:17 |
| 6. John Pearson     | 4:58:16 | 16. Andrew Cox      | 6:32:47 |
| 7. Michael Glab     | 5:08:08 | 17. Alison Cox [f]  | 6:32:48 |
| 8. Rachel Waugh [f] | 5:18:32 | 18. Kerrie hall [f] | 6:48:57 |
| 9. Steffan Abe      | 5:23:50 | DNF Forbes Guthrie  |         |
| 10. David McKinnon  | 5:29:22 |                     |         |

## 12 Foot Track 90 Kilometre Fat Ass Run

August 7<sup>th</sup> 2004

|                    |       |
|--------------------|-------|
| 1. Paul Every      | 11:24 |
| 2. Keiron Thompson | 11:25 |
| 3. Phil Murphy     | 12:54 |
| 4. Ken Smith       | 19:18 |
| DNF Jan Herrman    |       |



Keiron Thompson [left] and Paul Every chased each other all the way in the 12 Foot Track Run. Ultimately, only a minute separated them.

## 12 Foot Track.....Report by Philip Murphy

Of all the ultras on the race calendar this was the one I'd hoped to do most.

Having already run the 6-foot track marathon on 4 occasions I knew I had to turn around and try the full monty. My training in the last few months had been good with a decent run at the Fatass Poor Mans Comrades (96km) in June and a couple of 10km pbs thereafter. This and my trailwalker training had me feeling pretty confident. At last year's 12 foot I pulled out at half way in order to back up for the City to Surf the next day. This year I was determined to do the lot. In the days leading up to the race I read a few of the previous 12 foot track runner reports on the Fatass website, looking for tips and guidance. One of which turned out to be my inspiration and that was Tom Silk's from last year, an awesome read. (Thanks Tom)

I drove up to Katoomba early, arriving at 6:30am for what's become a tradition, Ross and Jill's breakfast. It was cold, cold enough to warrant a thermal, jacket and gloves as I stood there shivering. I chatted with Ross and Jill over a warm coffee (thanks guys) and waited for the rest to arrive. Shortly afterwards Kieron arrived donning a dressing gown! Jan, Kevin, Paul and Ken arrived thereafter along with 3 mountain bikers for the day. So all up we were 5 runners (Kevin was gonna crew for us) and 3 mountain bikers.

After the usual starters photo at the Explorers Tree we set off into the early rays of what turned out to be a beautiful day. The descent down Nellies Glen was its usual wet and slippery affair with what seemed like a lot more water than I'd seen before. Kieron took off while Paul, Jan and myself stayed together chatting all the while. Ken was aiming for 15hrs mixing up running and walking so he was taken up the tail. We arrived at Megalong Road in 51mins and promptly grabbed our packs and some drinks from Kevin's car, waved goodbye to Ross and Jill and set off through the Megalong farmlands. This early morning running was just wonderful with the long shadows from the rising sun lighting up the valley for us. The early morning mist was lifting and our spirits were high as we made our way up Pinnacle Hill and then down to the Cox River, arriving at the crossing in 1:51. The river wasn't too high allowing us to scramble across the rocks staying dry. I took off my thermal here, as it was "slog" time up Mini Saddle. Refilled at the water tank, took some mental notes for the reverse crossing later on that day and off we went. The climb up Mini Saddle was as brutal as ever and doesn't get any easier. We were taking it quite easy though knowing we had a long day ahead of us. Jan, who started the day with a dodgy knee, was falling back a little here as the descent to the Cox River paid its toll on his knee. Paul and I stayed together, walking the up and jogging the flats. I was grateful for the company and listening to Paul's past, and I'm sure future conquests, was quite inspirational. Running with someone makes it a whole lot easier than slogging it out by yourself. The crossings at little river were easy and we managed to stay dry, nimbly hopping over the slippery rocks.

Pluvi beckoned and we set about getting up there without taxing our legs too much. At one point I looked back and saw that Jan was making ground on us. The uphill was obviously easier on his knee than the down. Pluvi was a bastard as usual and we finally reached the top in 3:20, not too tardy at all. At this point a few clouds were beginning to roll in making it a little cooler. We reached the Black Ranges and not long into it I had my usual low point. Paul pulled away from me and as much as I tried I couldn't keep up. So I decided to back off and do the run walk thing. Paul was pulling me along faster than I had intended anyhow. My intentions were to get to the half way point in 6hrs and then aim for a 14hr finish. This was based on advice from both Kieron and Kevin regarding a half way split of about an hour slower than one's 6FT pb, and the results from previous 12 foot track races. So as it turned out I was probably running bit faster than intended at this point. I reached the Black Range road turn off where Kevin would meet us in 4:20. It was good to see him and chat for a while as I took on some supplies. I took my shoes off and cleaned the gravel out and then set off for the Caves House. After a pretty crappy slow descent down the St George fire trail, where I met Kieron on his return leg, I arrived at Jenolan Caves in 5:40. I bumped into Paul at the Caves restaurant whilst queuing for some hot food. He promptly set off with bucket of hot chips in hand, walking up the hill. I hadn't intended on staying too long here, as it was quite cool and I wanted to get going again, but I had to get some hot food into me. The lunchtime rush was on and I had to wait 25mins to get served! So 35 minutes after arriving, a veggie burger, chips and beer later I set about walking up the hill. I donned my thermal again as I was feeling rather cool after the long stop. The climb was not as bad as I imagined it would be. I stopped every now and again to take in the scenery and grab a breath of cool clean mountain air. Thoughts running through my head here were, "ok how long will this section back to Black Range road take? Will I resist the temptation to pike out?" I resolved to waiting until I got back to Kevin and would assess the situation then.

Although 12 foot was my priority this weekend I still had an eye on the City to Surf the next day. Our company sponsors us every year and it's a great day out with the guys from work.

I reached Kevin at 56kms around 4pm. Kevin's car was like an oasis out there. I was glad to see him, replenish my supplies and grab my drop bag with night gear. There was a group of motorcyclists packing up for the day there too. They had been hooning up and down Pluviometer all day. After hearing Kevin and I chatting, one of them asked if there was a river down there (referring to the Cox). "Is it a big river, can you fish there?" I was amused they didn't know about it already. Anyhow they asked what we were doing and if the runners were getting paid for doing this, to which Kevin replied "no but if you're willing to pay, we'd be happy to take it from you" ;-). They were quite amused that I was running back to Katoomba that night and one of them even offered to give me lift back on his bike. Little did they know what they were

missing, I thought to myself. I felt good here and was well and truly determined to go the whole way. I said farewell to Kevin and thanked him for giving up his day for us. He promised to leave a coke and some water at the tree hollow at Megalong Road (8km from the finish).

Running back along the Black Ranges after the initial undulations was fantastic and I felt superb. I was now running faster than at any other part of the day, albeit gravity was doing its fair share of the work. I recalled Tom's words from last year of feeling almost trance like at this point and this was exactly how I felt. I was in a zone, totally motivated and resolved to going the whole way, there's nothing quite like a "no pike out" option to motivate you, its all the way or freeze somewhere out there. Pluviometer was upon me in quick time and the descent was glorious. I had taken a couple of Ibuprofen at the Caves house to ease a niggling pain in my right knee and as a result felt no pain there any more. I felt like I was hurtling down this hill, as slow running was more jarring than just leaning into it and letting gravity do the rest. I reached Little River and crossed easily, staying dry (bonus). My focus now was getting to the Cox River crossing before dark.

The run down Mini Saddle was also superb and I was stoked to be able to run it hard. I was totally lapping up the moment, the setting sun closing its curtains on the glorious valley below. This was blissful stuff. I thought about the usual things whilst running an ultra, family, friends, how inconsequential the stupid things in life are. Philosophical thoughts running amok in my head, but making me realise how good it is to be alive and how lucky I am to be out here doing this.

I reached the Cox river crossing at 5:25pm and still had plenty of daylight to cross with out getting wet. Before I did however, Kieron's girlfriend Meagan and son, who were camping there overnight, met me. Meagan produced a peanut butter and jam sandwich, which I duly devoured. Thanks Meagan. I refilled my camelbak and put on my headlamp at the water tank and crossed the river easily keeping my feet dry.

The climb out of the Cox's was not so bad and I mixed up running with power walking. I turned my headlamp on as the sun's last rays disappeared. It got dark real quick and at last I was alone with the night sky. Unfortunately there was quite a bit of cloud cover so not too many stars to be seen. Running up to Pinnacle Hill was fun, there was so much happening all round. Kangaroos jostling off either side of the trail, a ringtail possum glaring back into my headlight from a tree above the track. Then all of a sudden two massive eyes right there in front of me. I nearly ran straight into a cow just before one of the locked gates leading out into the Megalong Valley farmland. It freaked out a little and moved hastily off the track to the side. Thereafter I saw heaps of cattle staring at me as I ran by. It was weird as they stared back at me with huge dark eyes like I was an alien with a headlamp on.

Megalong road snuck up on me before I realised, I crossed the cattle grid and headed straight for the hollow in the tree next to the road. There waiting for me was a coke, water sports drink and a packet of chips. How good was Kevin leaving it there for me. I sculled the coke and chips whilst making my way through the valley. I reckoned I would need maybe an hour from the bottom of Nellies Glen to get back to the Explorers tree, so a quick time check, I could possibly go sub 13hrs. The thought of this had me running hard again and I was feeling quite pleased with myself. I passed the various stiles and gates along the way, all the while looking for the little red track markers. Then all of a sudden I couldn't see them any more. There was a fork in the road; maybe I had taken a wrong turn? I continued a little further to find one of Steve Jackson's little white pegs with 6FT 6km written on it. Phew I wasn't lost, thanks Steve. This happened a couple of times but each time, to my relief, I would spot one of those little white pegs.

About 5km from the end I came across a locked gate right across the track. It had a sign Warri Warri "Private Property" written on it but no trail marker or indicator I was still on the track?? Bugger, I back tracked some 500 meters and finally found a red track marker, which told me I was indeed on the right track! So I ran back to the gate past a few more private properties to the left and right and arrived back at the Warri Warri gate. I climbed over and right enough on the other side was the red 6-foot track marker. How different everything seems at night, although I believe this gate was open earlier on the way through.

So now I only had a few km to go. I reached the bottom of Nellies Glen and thought ok here goes, can't be that bad. Boy was I wrong. It was one hell of a climb out, stopping every few steps to catch a breath and then continuing. I was shagged at this stage and just wanted to get to the end already. The rocks were very slippery from the creek and I managed to trip for the first time all day. No damage just a sore shin. At last I reached the top and checked my watch, sub 13hrs was still on. I ran the flat section to The Explorers tree, feeling ecstatic. 12hours and 54 minutes, I was stuffed. I sat there for a while at the tree, texted Kevin, rang my wife to let her know I had made it and just tried to take the moment in. I was so proud to have achieved this goal and wanted to suck it in. I thought about the start line photos taken right here some 13hrs ago and reflected on the day.

I made my way back to my car; picked up my drop bag that Kevin had left there and drove home. I got home at 10pm that night and ended chatting to my wife about the days adventure till almost 11:30 before hitting the sack. I did manage to run the City to Surf the following day in a cruisey 73mins and reckon it did me the world of good, as I recover this week.

Will I be back next year? You bet!

## Drew Kettle Dies 31st May 2004

Swagman Drew Kettle, who raised hundreds of thousands of dollars for charity on long distance outback walks, died in Colac on Sunday, aged 84. Mr Kettle had been battling cancer for 12 months.

Fellow outback trekker Geoff Burge, of Moriac, said yesterday Mr Kettle had collected at least \$400,000 for charity on his long distance treks. "Given that a lot of charities receive government concessions on a \$1 for \$1 basis, it's reasonable to say that Drew raised at least \$600,000 for charity," Mr Burge said.

A short, wiry figure with a ginger beard, Mr Kettle became a legendary Australian with friends across the length and breadth of Australia, Mr Burge said. He was the subject of a 50-minute television documentary titled *The Last Swagman* in the early 1990s. On his treks, Mr Kettle always slept in a swag, a canvas sheet lined with a blanket, and had a dog as a companion.

Mr Kettle was awarded the Order of Australia medal for his fundraising in January, 1998, at which time he had walked 25,000km for various charities. He was also a foundation member of Colac Lions Club.

He would spend about three months of each of the past 20 years away from his dairy farm at Yeo where he grew up. His first long distance walk was in 1983, from Cape Otway to Broken Hill, a distance of 1200km, and raised \$12,000 for hearing dogs. That year he also walked from Wilsons Promontory to Adelaide.

In 1985, he walked from Victor Harbour to Darwin, via Ayers Rock, and in 1988, he took part in a camel race from Ayers Rock to the Gold Coast, a distance of 3700km, and finished 28th of 68 starters.

He recorded his walks with lines drawn on a map of Australia, Mr Burge said. "There's lines going in all directions. He made friends wherever he went. At the end of a day's walk he would do a pub crawl around the town, but he was a dreadfully slow drinker and by the end of the night he'd have his billy filled with donations," Mr Burge said.

Mr Kettle was a typical Aussie battler who was always willing to lend anyone a hand, had a chirpy sense of humour and was inspirational, Mr Burge said. The Flying Doctor service and the Lions Club were his favourite charities.

Mr Kettle did 15 long-distance treks with Mr Burge over the past 15 years.

Despite ill health last year, Mr Kettle joined Mr Burge on an 1800km trek from Norseman to Port Augusta, travelling in a vehicle driven by long-time support man Charlie Pye. In 2001, they trekked 2730km from the Tanami Desert to Torquay to raise funds for heart walking machines. "Drew used to say he went on his first long walk because his late wife Ina had asked him to paint the house. He didn't like painting but liked walking," Mr Burge said. "One time he walked from Port Lincoln to Alice Springs and then rang Ina and said, 'It's a nice day, I think I'll walk on to Darwin', and he did," Mr Burge said.

It is with great sadness I announce the passing of another Great Australian Ultra Icon in Drew Kettle. Drew was 84 years old and died peacefully yesterday in Colac, Victoria on the 30th May 04 after a long illness. Drew was famous for his Overland Treks with his faithful Dog along with the eleven times he competed at the Australian 6-day race in Colac. Drew was also famous for his battles with another Great Australian Icon, Cliff Young, who as we know passed away last November.

There will be a Service for Drew at the St Andrews Presbyterian Church in Colac this Thursday 3rd June 04 starting at 1.00pm.

In 1992, Drew was the feature of a 50mins TV documentary "The Last Swagman". Swagmen used to be a common sight on the roads of Australia, carrying their swags from homestead to homestead, living off odd jobs and stray food. Drew Kettle, a 72-year-old wanderer, takes to the road again, and another two thousand kilometres to add to his tally of 10,000 or more. His delightful insights and Australian bush charm show us the remote Kimberley region and the folklore surrounding "swaggies" as we travel with the last swagmen.

Drew is still the Australian record holder for an over-80 year old to travel 50km by foot.

My last memory of Drew was at Cliff's funeral last year, when Drew got up and read a beautiful poem about Cliff. People could see that every word was a struggle, but I likened it as a Tribute to a Fallen Comrade.

**Phil Essam**

Drew Kettle OAM. He was a fine person, a great character and an accomplished athlete.

We were privileged to have known him.

**Stan and Ellwyn Miskin**

**KETTLE** — Thomas Andrew "Drew" O.A.M.  
Late 2/4 Aust. Field Regiment  
On May 30, 2004 at Yeo on the sixth anniversary of his beloved wife Ina's death, Drew completed his final trek after a courageous battle with cancer. Dearly loved husband of Ina (dec.). Loved and loving father of Doreen (Mrs G. Rodger), Ron, Glenda (Mrs P. Provan) and Andrea. Loved and respected father-in-law of Graeme, Aileen and Phillip (dec.). Treasured grandfather "Drew" of Angela, Jason, Fania and Natalie. Max, Rachel, David, Daniel and Melissa. Monica and Rebecca, Sarah (dec.), Jordan and Emily. Much loved great grandfather "Drew" to his 14 great grandchildren. Loved son of William and Elizabeth Kettle (both dec.). Adored twin brother to Nance, loved brother of Wal and Mel. Loved brother-in-law of Wendy and Merle. Loving memories of "Our Drew" who inspired the lives of all those who knew him. Aged 84 years.  
10.3.1920 - 30.5.2004



## DREW KETTLE

# Gifted athlete put the fun into a run

Athlete and renowned fundraiser

**Born:** 1920

**Died:** May 30, 2004

DREW Kettle was a prolific fundraiser who walked 360,000km and raised \$360,000 in 21 years.

He walked across Australia and New Zealand in the name of charity, raising funds for the Royal Flying Doctor Service, Hearing Dogs and Cerebral Palsy.

Drew completed his first charity walk in 1983, when he was 61.

Born in Colac to William and Elizabeth Kettle, Drew moved to the family property at Yeo, which his great-grandfather settled in 1845, and ultimately bought a portion of the property known as "the old paddock".

He married Ina after World War II and, though not a builder, built a house that stands today. Ina died six years ago.

Drew loved children and raised four with Ina. He enjoyed taking his grandchildren bunyip hunting.

He was a King's Scout and a scoutmaster for many years.

After serving in World War II, Drew pioneered many projects, and was actively involved in the first mail run in Yeo, electricity coming to the area, a day training centre and working bees.

He founded the local Lions Club and raised \$12,000 for the Irrawarra-Beeac Football Club, of which he was a life member. Drew



**Drew Kettle**

was a naturally gifted athlete and an astute organiser. As a young man, when social events were on at nearby Barongarook and four people were going with only three horses, it wasn't uncommon for him to run to the event and back, and beat the horses.

He was a mile running champion before and after the war, turning professional after only one run.

Drew won eight major mile races as a professional and competed in the Stawell Gift. He was considered among the top three milers in Victoria when he was in his prime.

He was also a talented boxer and pole vaulter, vaulting as a 13-year-old 11 feet (3.35m) with a tea-tree pole. And Drew was a legendary

yachtsman who sailed for half a century and was commodore of the Colac Yacht Club.

Members fondly recall him taking his grey pony to the yacht club to give the children a ride while their parents were sailing.

Drew loved an adventure — on his first walk from Cape Otway to Broken Hill, he slept in a hollow log in front of the Beech Forest Hotel and for his trouble got drenched with rain during the night.

He eventually came to love ultramarathon running, particularly running on the famed Memorial Square, in Colac.

But Drew was 71 before he could get a guernsey to enter the six-day race, and ran a remarkable 562.4km in his first attempt in 1991.

For his first five years in the six-day race, from the age of 71 to 75, Drew averaged 544km a race and, at 75, ran 584.8km in six days.

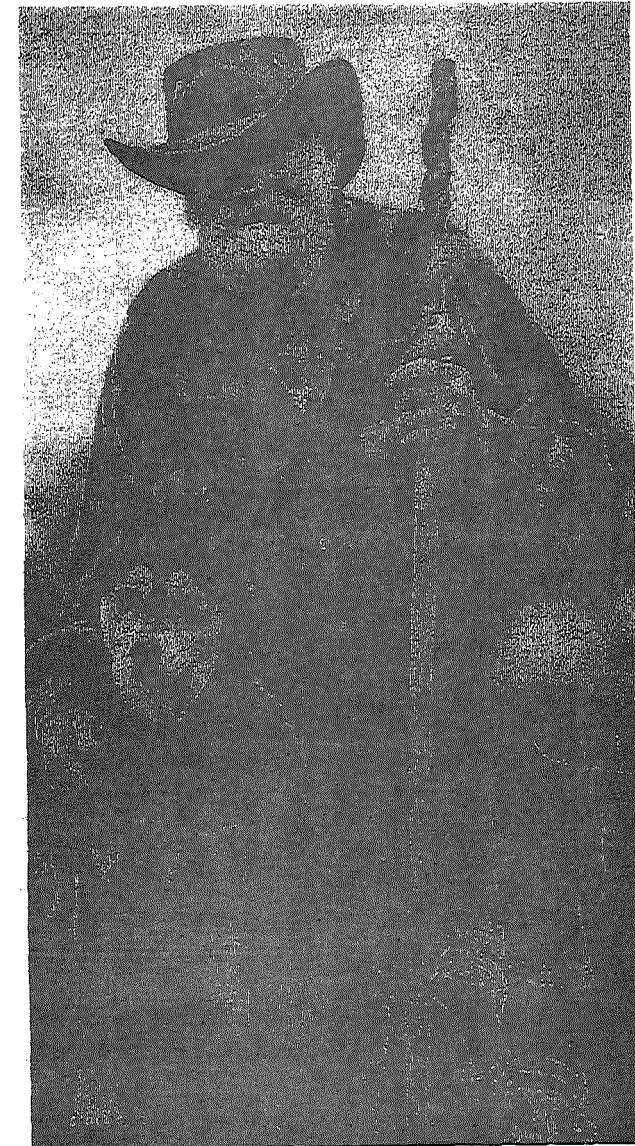
Drew's daughter, Glenda, handled him for most of his races and marvelled at how remarkably focused he invariably was.

So much so that sometimes he would refuse to come off the track to go to the toilet, so Glenda had to trick and bribe him to get him to take a natural break.

Drew had a great attitude to sport. He said it was all very well to win, and you should strive to win, but make sure you had fun.

**Bill Sutcliffe**

## MEMORIES



**BY DREW KETTLE O.A.M**



95

A Thanksgiving Service  
for the Life and Love of



Thomas Andrew Kettle: O.A.M.

"Drew"

10-3-1920 - 30-5-2004 ~ Aged 84 years

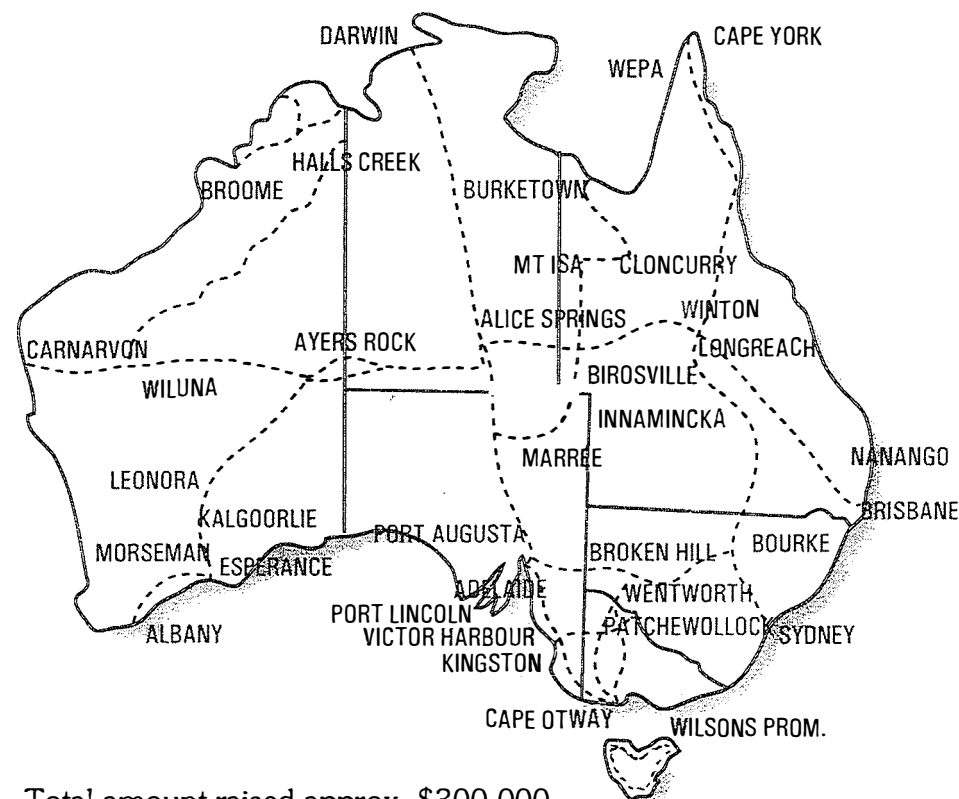


*Paratroopers adjusting each other's equipment.  
New Guinea 1943. Drew Kettle on right.*

*Happiness is not in the attainment of  
great wealth,  
Nor in the glamour of world renown,  
But in the quiet firesides  
Of a million homes.*

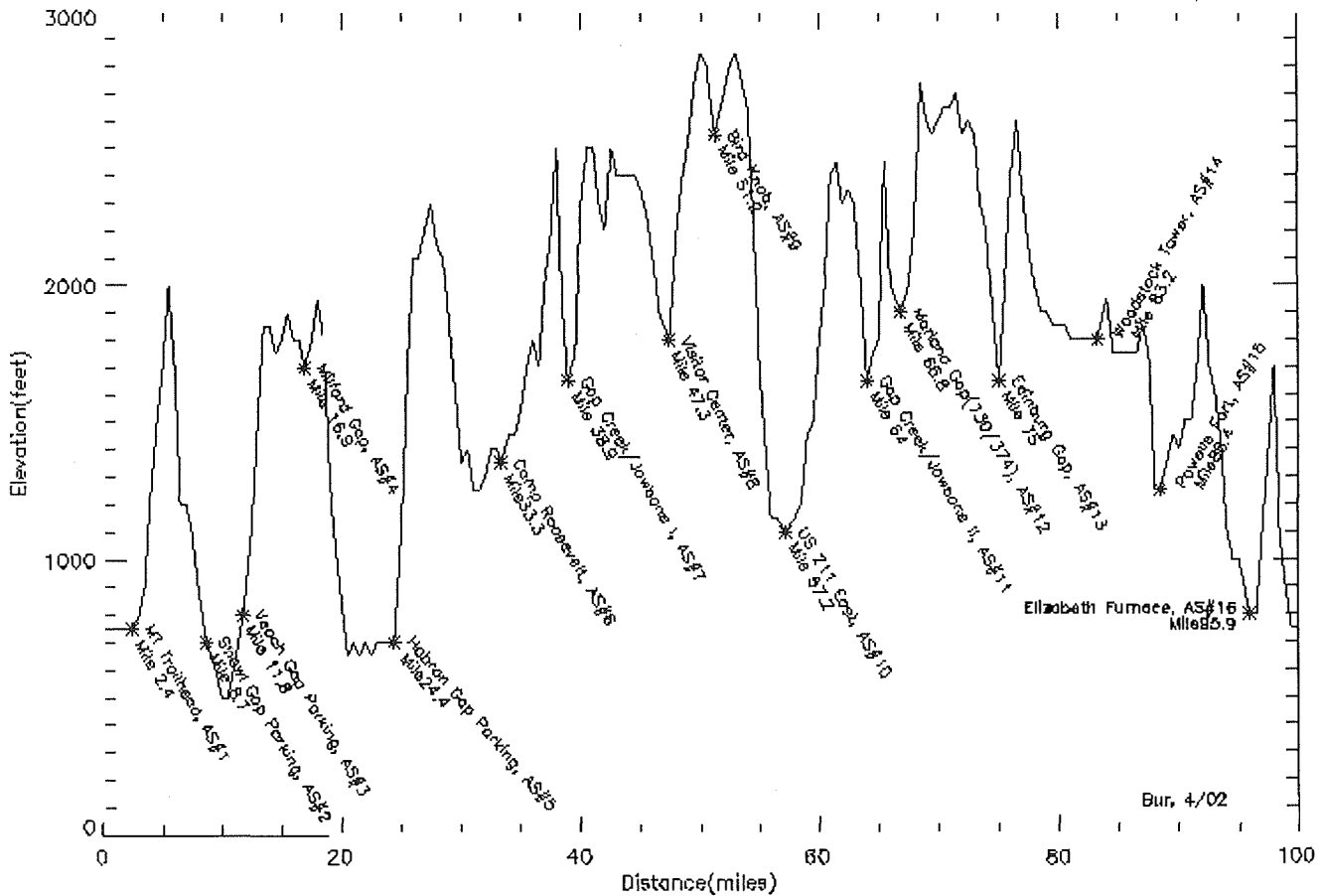
## Treks of Drew Kettle

|      |                                                     |          |         |          |
|------|-----------------------------------------------------|----------|---------|----------|
| 1983 | Cape Otway to Broken Hill                           | 1200 kms | 30 days | \$12,000 |
| 1984 | Wilson's Promontory to Adelaide                     | 1700 kms | 40 days | \$17,000 |
| 1985 | Victor Harbour to Darwin via Ayers Rock             | 3800 kms | 90 days | \$20,000 |
| 1987 | Around Tasmania                                     | 1800 kms | 40 days | \$26,000 |
| 1988 | Ayers Rock to Gold Coast                            | 3400 kms | 70 days | \$18,000 |
| 1989 | Wentworth to Kingston, SA                           | 600kms   | 9 days  | \$ 3,000 |
| 1990 | Ayers Rock to Camarvon                              | 2700 kms | 60 days | \$15,500 |
| 1990 | Camel and Horse race                                | 400kms   | 8 days  | \$ 800   |
| 1991 | Kimberleys                                          | 2200 kms | 50 days | \$20,700 |
| 1991 | Camel & Horse Race, Forest to the Sands, Apollo Bay | 600 kms  | 9 days  | \$ 1,000 |
| 1992 | Innamincka to Patchewollock                         | 1250 kms | 22 days | \$ 2,500 |
| 1992 | Port Augusta to Sydney                              | 1800 kms | 42 days | \$15,000 |
| 1993 | The Canning Stock Route                             | 2000 kms | 32 days | \$ 8,000 |
| 1993 | The mountains to the Sand, Patchewollock            | 570 kms  | 9 days  | \$ 2,000 |
| 1994 | Port Lincoln to Burketown                           | 2800 kms | 78 days | \$17,000 |
| 1995 | Kosciusko to Patchewollock                          | 720 kms  | 16 days | \$ 1,700 |
| 1995 | Heywood to Heathcote                                | 450 kms  | 10 days | \$ 2,500 |
| 1995 | Burke to Cape York                                  | 3000 kms | 73 days | \$13,000 |
| 1996 | Nanango                                             | 1250 kms | 16 days | \$ 1,500 |
| 1997 | Penola to Echuca                                    | 600 kms  | 14 days | \$ 2,000 |
| 1997 | Swaggie Doll Raffle                                 |          |         | \$ 1,000 |
| 1997 | Ayers Rock to Albany                                | 2500 kms | 45 days | \$16,000 |
| 1998 | Oodnadatta Track to Birdsville                      | 1500 kms | 40 days | \$ 5,000 |
| 1999 | Deans Marsh to Port Campbell                        | 280 kms  | 7 days  | \$ 575   |
| 1999 | Birdsville to Alice Springs to Ayers Rock           | 1300 kms | 61 days | \$12,000 |
| 2000 | Green Triangle, SA                                  | 240 kms  | 7 days  | \$ 780   |
| 2000 | Oodnadatta to Torquay                               | 2240 kms | 62 days | \$18,000 |
| 2001 | New Zealand – Bottom to Top                         | 2117 kms | 69 days | \$20,000 |
| 2001 | Digby – Portland                                    | 500 kms  | 14 days | \$ 980   |
| 2002 | Dergholm – Glencoe                                  | 400 kms  | 10 days | \$ 700   |
| 2002 | Colac – Beech Forrest Railway                       | 100 kms  | 4 days  | \$ 1,200 |
| 2002 | Port Augusta to Beltana                             | 600kms   | 10 days | \$ 700   |
| 2003 | Torquay to Warrnambool                              | 170 kms  | 8 days  | \$ 1,700 |
| 2003 | Ceduna to Port Augusta                              | 800 kms  | 20 days | \$ 800   |



Total amount raised approx. \$300,000  
donated to various charities.

# The Massanutten 100 by Bill Thompson



My Virginia adventure started at Washington DC. Security concerns means that for the last 30 minutes of any flight into Ronald Reagan airport you are required to remain seated. On some routes this applies to the whole flight. I was pleasantly surprised by the excellent metro train system in DC. Step out of the plane straight onto the train, \$1.50 to town and even I could drive the automatic ticketing system. Later I realised that this is one of the few public transport systems in this section of the eastern USA. The run starts near a town called Front Royal. The only way to get there was by car or on foot so I decided on the latter. I noticed that the Appalachian Trail passes quite close to the town so decided to walk a section of this to acclimatise and get fit. After a few dramas on Greyhound and a jeep trip provided by a distant relative I was dumped at Rockfish Gap, the southern entrance to the Shenandoah National Park with nine days food in two overloaded packs. The staff at the entrance station gave me water and maps and surprise, surprise, no entry fee for walkers. How refreshing that was. The first water was 7.5 miles down the track, not far, but after jet lag, a sleepless night on Greyhound and about 35kg on board, it was a bit of an epic. The 2000 plus mile Appalachian Trail passes through the Shenandoah National Park for a distance of around 110 miles. It was an excellent time to be on the trail, very few people because it wasn't quite summer and the trees were just leafing up which meant that the views were quite spectacular. However, Americans love of the motor car means that there is no such thing as a clear day. What is worrying is that most people I talked to think it is normal. One thing you find about this trail is that if there is a mountain then it goes to the top. There are free, three sided huts, every 10 to 20 miles for walkers, but I avoided these except in bad weather, mainly because of snorers. The park has the greatest concentration of black bears on the planet so you need to hoist your food at night. I saw some evidence of them but no encounters. I spent a couple of weeks travelling the trail and doing some training adventures on side trails.

Two days before the run I checked in to the Skyline Ranch Resort where you can either camp right at the start of the run or go up market. The receptionist asked for my name then car registration number. I said I walked. This confused both her and the computer system. This was probably the first time anyone had arrived on foot so she asked, "How far did you walk?". "About 130 miles" I replied. On this she gave up and showed me where I could pitch the tent. I now had two full days to do absolutely nothing. I made good friends with a couple of runners from Minnesota, Bonnie and Ron, where everything is bigger and better. "I hear you buddy" still reverberates through my head. We drove the first 2.4 miles of the course in their hire car and that was the only section of the course I saw before the run. On Friday there was the usual race briefing followed by a pasta dinner. A large thunderstorm rolled in and muggins had left his tent open so sleeping gear got a little damp. 3.30am on race day I had my usual two cups of tea followed by muesli and cream then a three egg omelette swimming in butter. Isn't life good?

The Massanutten 100 is noted for its bad footing and especially the number of rocky sections that need to be negotiated. There is a 36-hour time limit; good for us slow travelers. Looking at the profile you see that nearly every section has a climb and descent, usually around 1000 to 1500 feet. Once you get on top it is typically flat. The course is well marked with yellow ribbon and glow tubes at night. Every time I was getting that feeling that I might be off course, there would be another marker. They place two ribbons if there is a change in direction, which seems a good idea. Bad weather is quite usual but we were blessed by excellent conditions in 2004.

Five minutes before the run there was some sort of prayer meeting that meant that us heathens at the back actually missed the start when it happened. The first section in the dark, is a 2.4-mile bitumen road. This allowed the field to spread out nicely before getting onto single track. We were then on a typical Massanutten section - a long climb on a reasonable track, good going along the top, then a descent to an aid station. I was a little worried about the initial cutoffs but my fears were unfounded and I managed to make up some time on my timetable. Rather than a blow by blow account of each section I will just highlight a few of the interesting parts of the run as I saw them.

I passed Ed Dermody, the previous race director, at about midday on the longest climb. Ed only made it to half way but at 70 a pretty courageous and inspiring effort. I kept on meeting the same people on the track as I generally overtook them on the hills, then they would bomb past me on the flat. This included the two happy Minnesotans, who were becoming increasingly unhappy as the day progressed. Bonnie was having real problems with her stomach and we spent quite a while discussing her problem. I have a feeling it was too many sports drinks at the wrong time. Ron was running out of steam on the hills and was already thinking that he would not finish for the third year in a row. Bonnie assured me that we had finished all the major climbs on the course but then realised she had been badly advised as we began a steep climb before the very rough descent to Jawbone.

At the Jawbone aid station at around 4pm, I finally made contact with my crew who were hoping to meet me for morning tea. My distant cousin Jackie who I hadn't seen since 1982 and her husband John who I had never met, had agreed to come over from Virginia Beach and do some crewing - and what a crew! More on that later. After a quick hello I was off on one of the harder sections of the course on a promise that we would have a good get together at the half way aid station for dinner. The climb out of Jawbone is also done on the return journey. On the way out you turn left at the top and negotiate a very rocky undulating ridge for several miles before descending to a good road. I looked to see if there was any traffic when entering the road and really stubbed my left foot on a rock. It just goes to show that you can stuff up a hundred mile run through one small loss of concentration. I duly arrived at mile 48-aid station to find the crew with the stove going and the champagne ready to pop. This was the most laid-back crew you could imagine. They didn't hassle me one bit, there was no sense of urgency but everything arrived on time. They proved very popular with the aid station personnel when they distributed glasses of champagne all round. After a few glasses of the bubbly with black olives and roast pork sandwiches, I tucked into some rice pudding and cream. As I was well ahead of schedule, I had the luxury of a 40-minute stop. In hindsight this was a good idea, as I left feeling pretty confident and with energy fully restored. The crew had no intention of blundering around in the night, especially when a nice motel bed was beckoning. I had scheduled a 5am breakfast but suggested that there would be no problems with one a little later.

At the half way point you do a little loop, then descend what seems for ever to another crossing of the highway. The continual thought running through your head is that all this height lost will need to be regained, and so it is on the return to Jawbone. This aid station was lit up like fairyland and they cooked up some pretty mean tucker. Because of the generous 36 hour time limit, I had scheduled in 10 minute stops at each aid station and only needed to keep up a 5kph pace to the finish and still have a couple of hours to spare. At Jawbone I met an Egyptian bloke called Farouk and he seemed to be just about to quit. I have never been too excited about pacers but they definitely work for some people. Farouk, his pacer and I joined forces and she kept at him all the while to the next aid station. I had my scheduled stop before the notorious well named Short Mountain section of the course. On the climb to the top of Short Mountain I overtook Farouk and pacer then proceeded to negotiate the eight miles or so of very rocky track. This is one section where a good powerful light is essential for safe travel. There was a fairly steep descent to Edinburg Gap aid station and I didn't expect to see Farouk again. I had breakfast scheduled at this aid station but it was a bit early for the crew. The next section is another long one with a good climb at the start followed by miles of traversing across steep slopes - very hard on the old knees. I duly arrived at Woodstock Tower at 8.10am, 10 minutes ahead of schedule and there was the crew with the bacon cooked and the eggs ready to throw on their large BBQ. They seemed to have no doubts that I would arrive on time. They then really got into the spirit of things and followed me all the way to the finish, cheering me on at each aid station. I had nearly finished breakfast when Farouk appeared out of the woods in reasonable spirits but with very sore feet. Bonnie, the Minnesotan unfortunately arrived by car in tears. She has got over Short Mountain OK but with continual digestive problems had simply run out of steam at mile 75. Like Farouk, I had some pretty good blisters, but knew that I was going to finish OK unless I broke a leg or something.

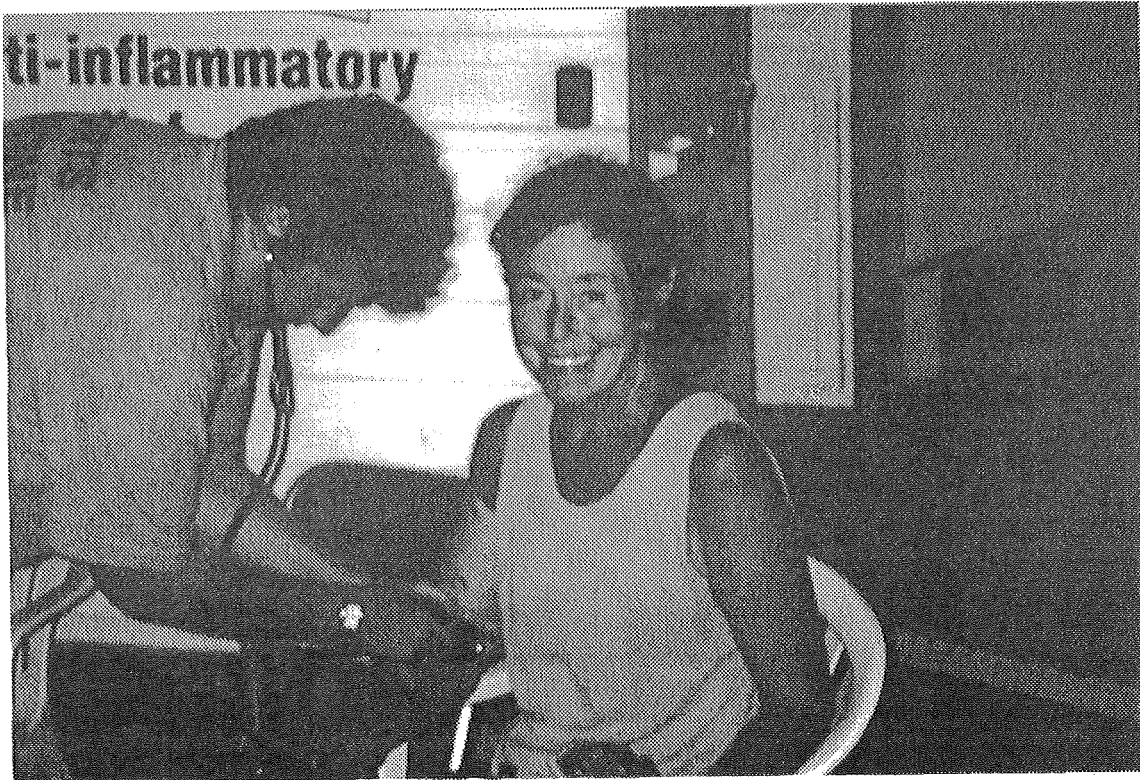
I caught up with Farouk again after a few miles and we traveled together until the last aid station. Farouk wanted to know what I thought about to get away from the pain. I said I sometimes thought about women. "Beautiful women", Farouk asked. Yeah, why not. After discussing this for some while Farouk asked if it worked. "Have your feet proved a problem for the last mile", I asked. "No", proof positive.

At the last aid station I decided to bomb the last section to shorten my discomfort. I ate a couple of slices of pizza, downed two large glasses of coke then took off up the last ascent leaving poor Farouk in the dust. After topping out I ran all the downhill to the finish for a time of 33 hours 34 minutes, averaging about 9kph for the last section which is pretty good for me. Apart from some nice heel blisters I was feeling pretty good.

My eastern American adventure finished as it had begun in Washington DC. I had the pleasure of staying a night in the capital after spending two hours in a bus on the last 5k into the city. For \$30 I stayed the night with eight other travelers in a small room on the third floor of a hostel. It was the first time I have ever checked out the emergency evacuation procedures in detail. Finding them lacking I worked out a personal escape route through our window and down some pipes. I could even use my bear rope to lower the pack. The showers didn't work, and we had a stupid Pom who wouldn't shut up and thought the place was next to heaven. As I gazed from our luxury third floor room in the morning breathing a mixture of body odours, bad breath and farts, I realised that in this American capital, I had reached the peak of human civilisation. The natural environment had been eliminated totally. There was not a living thing in sight and the air was full of the noise of sirens, jack hammers and of course, traffic. It would be good to get over to California into the mountains of the Sierra Nevada and prepare for the Western States run.



## HOW BILL DOES HUNDREDS by Carol La Plant



### **Carol La Plant, a veteran of many 100 milers, marvels at the unconventional but very successful approach to ultras by Queensland's Bill Thompson**

At the Michigan Bluff aid station on the Western States course this year, experienced crew people looked askance as Phil and I sautéed two steaks and chopped up an onion in anticipation of our runner, Bill Thompson. The conventional wisdom is that you do not eat steak during Western States. Nearby, a runner who had staggered from the medical check was doubled over yodeling sports drink, not an unusual sight at this aid station. Bill arrived all smiles, sped through the medical check and strode over to our waiting chair. He promptly downed half a bottle of champagne with obvious relish, causing some raised eyebrows. The conventional wisdom is that you do not drink champagne during a hundred miler.

Bill spent his scheduled 20 minutes at the Bluff, during which he changed clothes and socks, then gobbled the steaks with raw onion and buttered bread, followed by chocolate pudding floating in heavy cream and finished with cups of white coffee. He jauntily returned to the trail and went on to finish, right on schedule, in 29:39. Bill defied the conventional wisdom of our sport throughout this race, just as he did on his way to successful finishes at Massanutten this year and at Hard Rock, Wasatch and Leadville in recent years. His belief in himself and what works for him, regardless of what others think, is the same attitude that created this sport. Fittingly, he and Gordie Ainsleigh arrived together this year at the last aid station, Robie Point.

Bill Thompson is a 60 year old farmer from Queensland, Australia. His farm is in the shadow of the Glasshouse Mountains, where he and Ian Javes are directors of the Glasshouse runs, including Australia's only 100 mile trail run. Bill has completed the Glasshouse 100 nearly every year since 1997, when he did his first ultra. I've done the Glasshouse 100 several times and my husband Phil has done the 50 miler. That's how we met Bill. Indeed, Bill and his wife Jane hosted our wedding reception in their back yard, a lovingly preserved wildlife sanctuary on the edge of the rain forest.

In 2000, Bill entered Hard Rock based on only a couple of successful finishes at Glasshouse. My Australian ultrarunning friends thought he was crazy. How could a bloke who rarely even wears shoes, who does not put in long miles on the trails, and who lives in tropical Australia, with no snow and no terrain comparable to the Rocky Mountains in the entire country, prepare for Hard Rock? We snickered at his naiveté and expected him to be dead meat by the first aid station. On the Monday morning after the race, I checked the website and was astonished. Bill had placed 30<sup>th</sup> out of 118 starters and 60 finishers. In 2002, Bill finished Leadville and Wasatch and still had plenty of energy to finish the Glasshouse 100 in September.

How does Bill do it?

This year I studied Bill's approach to ultras while he stayed at our house before Western States and particularly while crewing for him. Not only was his approach to Western States unique, his results were also unique. He experienced no stomach problems or cramping during the race and was barely even stiff or tired in the days following. His pace and energy level were pretty much unchanged throughout the race. Although he is not a runner, he pulled out enough energy to run a swift, gliding sprint around the track to the finish. His confidence was unwavering. He had a single blister, on the inside of his heel, due to a bump in his one pair of shoes (Nike Pegasus, with holes cut out for his bunions). He did not take any pain killers. When the results of the post-race blood tests came back, Bill's CPK score showed almost no effect of doing the 100 miles, coming in at 1200 while the median was 15,160 and a score as high as 113,700 was recorded.

Bill is a powerful and surefooted strider, not a race walker and not a runner. He keeps in shape by working on his farm. He prepares for each hundred by studying the course carefully, on maps and in person. He then camps in the general vicinity of the trail for several weeks before the run, going on long, fast hikes each day carrying a heavy backpack. By race day, he was intimately familiar with the Western States Trail and acclimatized to the altitude at the start. He eats mainly meat and rice while camping and eschews "the grog" for at least a month before the race. This year he froze a big chuck roast at our house then ate it during his first week or so of camping in the Sierras, first fried then curried. He made infrequent trips to towns for food and was dismayed to discover that Michigan Bluff has no stores. He was also surprised to encounter both bears and gay cruisers while camping along the American River by No Hands Bridge.

Still at home in Queensland, Bill plotted a detailed race schedule, for both Massanutten and Western States, setting his pace between aid stations, the time he would spend at each aid station, what he would eat and drink at each point in the race, and what supplements he would take. His wife, an expert in natural medicine, designed his regimen of supplements. Bill stayed on that schedule in both runs. Although Bill has no more need of a confidence booster than his only slightly fictional double, Crocodile Dundee, the schedule gave him the security of knowing that he could finish going at a comfortable pace and that no necessity would be forgotten.

The food that Bill eats during the run is what he would eat, and enjoy, during a hard day of work on the farm. He views a hundred miler as the equivalent of three days of hard farm work, strung together. His race diet is high in fat and protein, particularly meat, eggs and cream, because these provide a lot of calories and he likes them. (No, he is not a follower of the Atkins diet, at least not intentionally. At 6' and 140 pounds, he's not trying to lose weight.) On race morning, Bill ate Museli with cream, scrambled eggs, sausage, bacon and buttered toast, followed by coffee with lots of half and half. At Robinson Flat, he drank coffee with cream and put in his pack scrambled egg and butter sandwiches along with a pint bottle of half and half for the coffee he expected to find at aid stations. There was no coffee, at least during the day, but he consumed the half and half anyway. After his steak dinner at Michigan Bluff, he had scrambled eggs, sausage and bacon at Green Gate, with more white coffee. At the other aid stations, Bill ate fruit, mainly melon and grapes.

With the exception of his major meals at Michigan Bluff and Green Gate, Bill followed a strict rule against eating until at least 20 minutes after drinking. This is key to aiding in digestion and avoiding stomach upset. Bill drinks at the aid station and stashes solid food in his pack to eat later down the trail.

On the course, Bill drinks only water, rather than the sports drinks that are provided, and he knocks back concoctions that are heavy in electrolytes and supplements according to his schedule. Midway through the event, he allows himself champagne, which has replaced Guinness as his reward for reaching that point with the intention of continuing. The drink is delicious, after a month of abstinence, and the alcohol and other sugars are quickly burned. The rest of what he drinks is not nearly as enjoyable.

Every 4-6 hours, his schedule requires him to down a third of a cup of edible brewers' yeast dissolved in water. Every 3 hours, he drinks a cup of water with a teaspoon of an athletic supplement that contains potassium, magnesium, calcium, and salt in a ratio of about 7-3-3-1. He starts taking 1 dose of this 3 days before the race, then 2 doses during the next day, then 3 doses during the day before the race. On race day, he takes 1000 mg of Vitamin C with this supplement before the start, then 250 mg of C with it during the run.

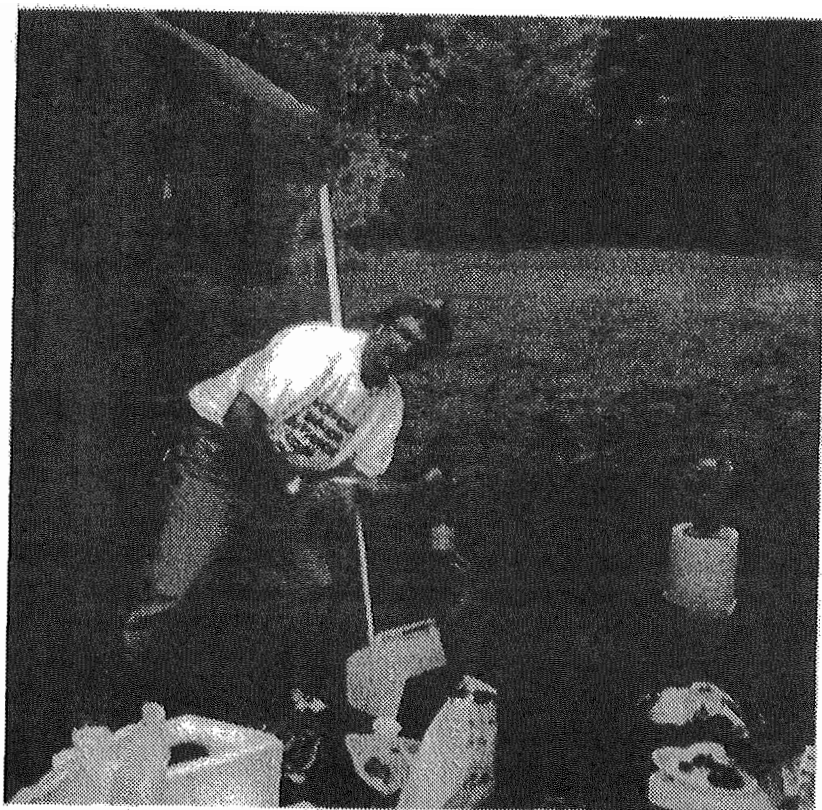
About every 3 hours Bill takes an amino acid pill containing 200 mg isoleucine, 200 mg valine, 600 mg leucine, calcium, magnesium, potassium and B vitamins. At a different 3 hour interval, Bill has a sports drink that contains all of the B vitamins, plus other vitamins and minerals. He takes vitamin E, B5, B complex, choline, L-glutamine, and a bioflavonoid about every 6 hours throughout the run. In the second half of the run, when he has not had a meal for several hours, he has a sports drink that is high in fat, protein, vitamins, minerals and amino acids. All of these were plotted on his schedule. Since many of them are not taken together, he was required to take some of these at almost every aid station. He did not drink Coke until he got to No Hands Bridge, mile 96.8.

This works for Bill, and works very well.





**[above] Plenty of Aid Station activity at the Massanutten 100 Miler**



**[left] Bill Thompson's unconventional approach to 100 mile events is fast becoming legendary. Here, he maintains his penchant for "something a bit different" by cracking open a bottle of champagne at mile 48.**

**With nine 100 mile finishes under his belt, Bill has no intention of changing a winning formula**

# Massanutten Rocks

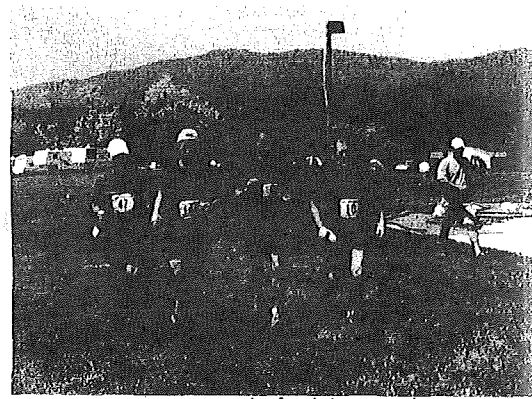
by Stan Duobinis, R.D.

The tenth annual Massanutten Mountain Trails 100 Mile Run (MMT 100) was a success in many ways. The event saw great weather, incredible aid stations, and some fierce competition. It also had the largest starting field in its history, with 136 participants. This year's race also offered perfect conditions for a new course record, as the weather, combined with extremely tight competition at the front of the pack, led to pressure on the frontrunners. But course records are a slippery subject at MMT, as "improvements" designed to enhance the trail experience have caused changes over the years. This year the all-terrain vehicle road, which was used to climb up Waonaze Peak from the Edinburgh aid station at mile 75, was replaced by a new single-track trail. The infamous slipping and sliding on the mud road was replaced by additional rocks and roots on the new trail.

Except for a very brief time, four men—Sean Andrish, Peter Bakwin, Barry Lewis, and Serge England-Arbona—occupied the top four positions all day. They traded places throughout the morning, afternoon, and early evening. Edinburg Gap is where eventual winner Sean Andrish began to make his move. That is also where Sean and Peter picked up their "companion" pacers. The front pack had stayed together with several lead changes throughout the day, but no one was able (or willing) to take control of the race. Sean had come into Edinburg side by side with Peter Bakwin and left the aid station first with his pacer, Tom Nielson, last year's MMT 100 winner. A couple of minutes later, Peter pulled out

with his pacer, David Horton. That departure would be a sign of things to come. By the time that they reached the Woodstock Tower aid station at 84.1 miles, Sean had put 15 minutes between himself and Peter. Sean increased his lead to 31 minutes by Powell's Fort Camp and 40 minutes by Elizabeth Furnace. The final margin of victory was 38 minutes, as Sean slowed slightly and savored his victory while running up, over, and down Shawl Gap, the last mountain pass on this difficult course. He floated to victory across the final miles, with a big smile on his face as he crossed the line at 1:49 a.m., 20 hours and 49 minutes after the start. It was the eighth-fastest time in the ten years of MMT, very impressive when one realizes that some of those faster times came on an easier course before the introduction of the infamous Short Mountain, which increased the overall time limit of the race from 35 to 36 hours. Sean's performance was superb. He said his strategy was not to try to pull out to a lead early on, but rather to stay with the leaders and hold pace until he could make a move. On this day, that turned out to be a good game plan!

In the women's race, eventual women's winner Annette Bednosky was just 15 minutes behind the lead man at the second aid station at 8.7 miles. At that point, she had an eight-minute lead over the eventual second-place finisher and masters winner, Kerry Owens, and a three-minute lead on then second-place runner Morgan Roper. Her lead grew to six minutes at the Veach Gap aid station, but Diana Stump caught the women's leader at Milford Gap. After that, it was all Bednosky, as she began to run away from the field. Her lead grew from three minutes at Habron Gap to nearly four hours by the finish line. Her final time of 25:15 is the third-fastest for a woman at MMT. Only Sue Johnston (24:56) and Bethany Hunter (24:40) have faster times, both run at last year's race. I could only wonder, as I watched Annette run so well uncontested, what sort of women's race we might have



Four Marines crossing the finish line together.

Photo by VHTRC.

had if Sue had not been forced to withdraw just a few weeks before the race because of an injury. Kerry hung on to finish second, but Susan Bahre closed the gap to eight minutes by the finish.

This year's edition of the MMT 100 saw 59 first-time finishers and six five-time finishers: Bob Anderson, Roy Heger, Keith Knippling, John Prohira, Ed Schlutze, and Hans Deiter-Weisshaar. The awards ceremony saw the presentation of the very first MMT gold buckles. Tom Sprouse and John Geesler received those awards for completing ten consecutive MMTs. That's right—they've done them all! They also received their "official rest stops," chairs that were embroidered with the MMT logos. Proving an old adage about familiarity, Tom managed to add a few miles to his race as he followed the road from the Edinburg Gap aid station (as the course had done for the first nine years) instead of the new (and clearly marked) trail. With his head down out of the aid station, he didn't realize his mistake until he reached the summit of the mountain. From there he returned all the way to the bottom to begin the ascent up the correct trail, easily adding two miles to his journey.

I would like to thank the volunteers for their incredible efforts before, during, and after this event. We are lucky to have many experienced ultrarunners among this group. I heard only good comments about the quality and level of support given at the 16 aid stations along the course. These people are generously giving back to the sport they love. I would also like to thank our sponsors for providing the many products that were used as "giveaways" at the pre-race meeting as well as those included in the runners' goody bags. Finally I'd like to thank the National Forest Service for providing a system of trails and support that allows us to make the MMT 100 Mile a high quality event. Come visit us next year in May, and you'll see why we say "Massanutten Rocks!"



Ten-time finishers John Geesler and Tom Sprouse. Photo by VHTRC.

## Massanutten 100 Mile

Front Royal, Virginia

May 8

Hilly trails

|                                    |          |
|------------------------------------|----------|
| 1. Sean Andrish, 34                | 20:49:00 |
| 2. Peter Bakwin, 42, CO            | 21:27:12 |
| 3. Barry Lewis, 44, PA             | 22:06:00 |
| 4. Serge England-Arbona, 39, MD    | 22:53:29 |
| 5. John Hemskey, 35, KY            | 23:04:17 |
| 6. John Dove, 39, GA               | 23:35:30 |
| 7. Gregg Geerdes, 34               | 23:42:41 |
| 8. Timothy Roy, 39, NH             | 24:11:54 |
| 9. Tim Stroh, 41, GA               | 24:12:54 |
| 10. Annette Bednosky, 37, NC       | 25:14:54 |
| Corey Handelsman, 25, MD           | 25:14:54 |
| 12. Scott Eppelman, 37, TX         | 25:47:26 |
| Jamie Gifford, 42, WA              | 25:47:26 |
| 14. Kevin Townsend, 31             | 25:57:40 |
| 15. Keith Knipling, 28, IL         | 26:25:42 |
| 16. Bob Dion, 48, VT               | 26:34:04 |
| 17. Randy Dietz, 53, PA            | 27:08:32 |
| 18. Michael Campbell, 54           | 27:08:59 |
| 19. Jeff Heasley, 37, CO           | 27:12:11 |
| 20. John Geesler, 45, NY           | 27:16:05 |
| 21. Greg Gearhart, 48, MS          | 27:26:45 |
| Dennis Herr, 57                    | 27:26:45 |
| Robert Youngren, 29, AL            | 27:26:45 |
| 24. Ryan Henry, 29                 | 27:37:15 |
| 25. Mike Broderick, 47, MD         | 27:49:07 |
| 26. Jeffrey Taylor, 42, PA         | 28:39:44 |
| 27. Gary Knipling, 60              | 28:43:40 |
| 28. Jaret Seiberg, 34, MD          | 29:02:30 |
| 29. Kerry Owens, 40, DC            | 29:09:33 |
| 30. Susan Baehre, 45               | 29:17:55 |
| 31. Jim Brown, 46, WI              | 29:27:47 |
| 32. Hans-Dieter Weisshaar, 63, GER | 29:34:34 |
| 33. Gary Cuffin, 53, CO            | 30:09:49 |
| 34. David Bursler, 39, DE          | 30:26:27 |
| 35. Steve Burton, 30               | 30:26:38 |
| 36. David Adams, 52, WY            | 30:33:27 |
| 37. Kev Hawn, 45, PA               | 30:41:12 |
| 38. Jay Finkle, 40                 | 30:53:47 |
| 39. Bob Anderson, 57               | 30:56:24 |
| 40. Tom Bright, 47                 | 31:06:51 |
| Darrin Denny, 38                   | 31:06:51 |
| Bradley Hall, 37                   | 31:06:51 |
| Benjamin Watson, 35                | 31:06:51 |
| 44. Liz Walker, 45, GA             | 31:10:22 |
| 45. Roy Heger, 49, OH              | 31:14:14 |
| 46. Marty Lindemann, 43            | 31:23:27 |
| 47. Timothy Collins, 30, IL        | 31:25:36 |
| 48. Miles Welze, 41, CA            | 31:36:33 |
| 49. Tom Rowe, 55, MT               | 31:48:28 |
| 50. Bob Combs, 37, OH              | 31:57:26 |
| 51. Richard Lilly, 41, NC          | 32:05:03 |
| 52. Bruce Swanson, 41, NY          | 32:07:40 |
| 53. Nick Palazzo, 57, NY           | 32:25:17 |
| Kerry Trammell, 48, TN             | 32:25:17 |
| 55. Larry Siegrist, 47, NJ         | 32:28:08 |
| 56. Morgan Roger, 31               | 32:32:06 |
| 57. Karen Shiley, 28, PA           | 32:33:17 |
| 58. Diana Stump, 37, PA            | 32:40:54 |
| 59. Daniel Stasny, 35, MD          | 32:40:56 |
| 60. David Snipes, 36               | 33:25:30 |
| 61. Graham Zollman, 55             | 33:25:35 |
| 62. Bill Thompson, 60, AUS         | 33:34:34 |
| 63. Elizabeth Bouquet, 53, CO      | 33:42:05 |
| Rockford Cogar, 49, CO             | 33:42:05 |
| Susan Donnelly, 41, TN             | 33:42:05 |
| James Rochelle, 40, MI             | 33:42:05 |
| 67. Farouk Elkassed, 54            | 34:00:05 |
| 68. Bill Gentry, 42                | 34:18:56 |
| Molly Gibb, 42, CO                 | 34:18:56 |

|                               |          |                             |          |
|-------------------------------|----------|-----------------------------|----------|
| 70. Bob Oberkehr, 49, NJ      | 34:27:30 | 80. Vincent Vaughan, 55, MD | 34:59:53 |
| 71. Erik Moortgat, 36, TX     | 34:35:48 | 81. Michael Holland, 49, MD | 35:03:34 |
| 72. Andrew Jensen, 21, NY     | 34:36:36 | 82. Joe Prusaitis, 49, TX   | 35:19:53 |
| 73. Tom Sprouse, 62, NC       | 34:42:17 | Joyce Prusaitis, 47, TX     | 35:19:53 |
| 74. Bob Phillips, 48          | 34:45:10 | 84. Shannon Johnson, 36     | 35:21:12 |
| 75. Brian McNeill, 45, MD     | 34:47:46 | 85. Shane Sampson, 40, OH   | 35:26:10 |
| Ed Schultze, 50, MD           | 34:47:46 | 86. Denise Kehoe, 38, NC    | 35:29:59 |
| 77. Carl Camp, 43, DE         | 34:49:29 | 87. John Prohira, 50, NY    | 35:35:23 |
| 78. Bill Nictakis, 44, MO     | 34:51:50 | 88. Tom Rinear, 45, PA      | 35:35:41 |
| 79. Richard Valentine, 57, FL | 34:54:08 | 136 starters                |          |

# Trek bid to help charity

By HEIDI SEXTON

SIXTEEN men and women are to trek 1200km on foot to raise money for the Make-A-Wish Foundation.

Teams from the Phosphate Hill and Pasminco Century mines near Mount Isa will pull on their most comfortable shoes to make the 12-day trip to Townsville.

Trek 2004 is the third time the fundraiser has been organised and dedicated participant Steven Grant is excited about this year's hike.

"The first time we did it in 2000 we raised \$35,000. Then in 2002 we made \$42,000," Mr Grant said.

"We would be happy with any amount of money raised for the charity but we hope this year we can make \$50,000."

Mr Grant said the fundraising venture originated as a bet over a game of rugby union.

"One of the blokes made a bet that New Zealand would win a game of union," he said.

"He said if they lost he'd walk from here (Mount Isa) to Townsville. Well, we made the walk that year."

Mr Grant said they chose a charity that looked after cancer sufferers.

"There are charities that need money for research but we thought we'd do it for one that looked after people when they were sick.

"We thought we'd look after the kids.

"You can really see the difference that it makes and how much what we do touches people.

"The Make-A-Wish Foundation is more than happy with the money that we raise for them."

Both teams will take the first step on Tuesday.

They will then meet at Julia Creek on August 13 and make their way to Townsville.

"We want everyone to know what we're doing so they can send us lots of money for the kids," Mr Grant said.

Twin cities residents interested in donating money can make the short walk to the WMC Fertilizers head office at 52 Walker St, Townsville, or phone Tyla Aston on 4727 0024.

# The 2004 Western States 100 Mile Endurance Run

By Bill Thompson

Readers will probably remember Sean Greenhill's article in the AURA magazine for the 2003 event when he finished in just under 29 hours. I arrived in California well before the run after completing the Massanutten 100 in Virginia. Carol LaPlant and Phil Brown kindly offered to put me up for as long as I wished in Berkeley. They have been regular participants in the Glasshouse 100. After about a week eating Phils' gourmet meals to fatten me up, he dropped me at a Pacific Crest Trail (PCT) trailhead. I had great intentions of walking several hundred miles as a preliminary to the Western States. However it was far too early in the season with deep snow in all the forests so it was impossible to even find the trail. I spent a week or so going cross-country and climbing plenty of mountains and for eight days I saw no one. I then hitchhiked to Auburn, the end point of the WS100. I intended to walk the course in reverse, camping along the way. The trail run booklet said that on no account should you try and cross the American River at Rucky Chucky so I took them at their word and planned the trip in two stages. As it turned out I could have easily crossed, especially after quite a bit of experience with New Zealand rivers. A very serendipitous event occurred as I was leaving Auburn for the first time. I needed water so asked a person who was watering their garden for some. As it turned out Alex and Glen were both Western States volunteers and worked at Devils Thumb. As well as storing some gear for me Alex managed, on my return, to manipulate my back which I had put out earlier after falling down a hole in the snow. So I arranged a little surprise for them - more on that later. I spent about three weeks camping along the trail with quite a bit of time spent in the mountains above Squaw Valley, the start of the run. There is a neat little cheap bus service between here, Lake Tahoe and Truckee where I could replenish my supplies. Before the run I had negotiated the first climb to the escarpment four times. The dreaded canyons of El Dorado and Deadwood are quite beautiful and great places to camp. I was looking forward to meeting them again during the run. I had a few interesting incidents, one when camped near No Hands Bridge just outside Auburn. I arrived at about 4pm and stripped off for a refreshing dip in the river. With a good tan all over and not carrying any excess weight, I was soon the object of attention from several male persons, one who obviously found me irresistible. It was quite difficult to get rid of him. I find out afterwards from Carol that this is a very popular pickup spot. A little later at dusk when I was finally alone, I was enjoying the last bit of daylight, tackle out, when a large black bear approached on the far bank. I was very glad to be on the other side but to my dismay the bear entered the water and swam across. It totally ignored me and went off up the hill towards Auburn, no doubt to knock off a few rubbish bins. So I hoisted the food up a cliff - bears are poor rock climbers. I had been storing all my fresh food deep in snow covered with rocks then branches. One night above Squaw, some Coyotes came in to camp and after digging around half a tonne of snow, ate all my meat and butter, including some beautiful Italian sausages that contained about 90% fat and cholesterol, perfect 100 mile training tucker.

I found an illegal spot to camp near the start of the WS100 but Carol and Phil who were crewing me, booked a classy motel at Truckee so I stayed with them. They were a little worried in the morning when I got the stove roaring to cook up a breakfast but the fire alarms didn't go off so I enjoyed my sausages, bacon and eggs (after two mugs of tea then Muesli and cream of course). We arrived at Squaw Valley in plenty of time to check in, all pretty exciting with so many runners and certainly a bit different from Glasshouse.

The big clock wound down to zero and about 370 runners took off exactly on schedule in semi-darkness. It is all up hill to the escarpment with a small patch of snow to cross on the top. I made it in 70 minutes exactly as per my schedule and this gave me a great boost in confidence. The weather was perfect and quite cool. I made up quite a bit of time on the next section to Lyon Ridge as much of it is single track so you have to go along with the mob if you don't want to be continually getting off the track to let people pass. This and the next section are probably the roughest of the course and with so many people there was plenty of raised dust. I managed to average 6.5kph along Lyon Ridge and so stay ahead of schedule. About one kilometre before the Red Star Ridge aid station I passed a bloke who was staggering from side to side. Believe it or not, he was suffering from dehydration and had run out of water. I was still wearing my jumper at this point and had not raised a sweat. I gave him my water bottle and he drank the lot. I took off to warn the aid station of the potential cot case.

Because of a wildfire some years ago, the next 12k to Robinson Flat was along a very dusty road. Pretty easy but fairly boring although the views of Snow Mountain were nice. As I was walking, a whole heap of people came running past me on this section. Robinson Flat, about one quarter of the way, is the first

place you can meet crew. After weighing in, I found Phil and Carol and had a cup of coffee with cream. Phil had also cooked up a couple of egg sandwiches to munch along the next section. This temporary loop around Little Bald Mountain proved to be the most picturesque of the whole course and it is a pity that it will not be included in future. I wish I had a camera here as somebody had had a technicolour yawn and there was this beautiful undigested watermelon chunder on the track, great stuff for anyone following with weak stomachs.

After Little Bald Mountain, there is a big drop down to Deep Canyon. I was feeling really good at this stage and had no problems with the descent. I expected the aid station to be at the bottom of the canyon and was pleasantly surprised to find it a couple of kilometres short. I thought I had somehow stuffed up my schedule. I loaded up with protein in the form of chicken then took off to Dusty Corners. This section is all on roads and the next to Last Chance is along well-benched tracks. There was no problem keeping up a 6.5k average. I did however make one awkward step that gave my left knee a bit of a tweak. This became increasingly painful until the end, especially on the downhill.

The main canyons start after Last Chance. There is a long, fairly easy descent to Deadwood Canyon, followed by a steep unrelenting climb to Devils Thumb. It was here that I finally got a bit of a sweat up. Here I presented Alex and Glen, the people who had helped me in Auburn, with a three litre cask of Hardy's wine (no glass allowed in drop bags). Another long descent to El Dorado Creek is followed by a longer though easier ascent to Michigan Bluff. I arrived here in good spirits, especially with the thought of a few glasses of bubbly to come. The bubbly was great. After a steak sandwich and salad, followed by chocolate pudding and cream, I checked out the lights and took off to Forest Hill after my scheduled 20-minute stop. There is some fairly rough downhill to negotiate and the old knee was giving me heaps, but nothing life threatening.

Carol was going to pace me from Forest Hill but she had a knee injury requiring surgery soon which led to a change in plans. Against doctors orders she decided to pace from Green Gate to Highway 49, a relatively easy section towards the end of the run. She therefore arranged another bloke to pace from Forest Hill. Don was 72 and had been pacing for about 15 years so knew the course very well, but he did talk a bit too much and must have thought me pretty rude for not reciprocating. The course to Rucky Chuck crossing appears fairly flat on the map but there were quite a few ups and downs. There was a fair sprinkling of runners lying around groaning at the aid stations. Ball Bearing Hill was a tricky one for the knee but we duly arrived at Rucky Chucky about 30 minutes ahead of schedule. Here a physio got to work on my knee and it felt a lot better after this. However, it meant I had no longer any slack in my 29 hour 45 minute schedule. The river was about waist deep and extremely refreshing, especially on the feet, which were taking a bit of a pounding in the dusty conditions. The crossing was well lit and they had attached glow tubes to rocks underwater so you knew where to place your feet. I didn't stop on the far side and continued up the hill to Green Gate. Phil and Carol had heard that I was on the way and Phil had a full monty breakfast waiting for me, sausages, eggs and bacon. This went down well, I thanked Don my pacer and Carol and I took off on the last quarter of the run with dawn just staring. The course here is quite picturesque above the American River, on fairly flat easygoing tracks, and I maintained 6kph to stay on schedule.

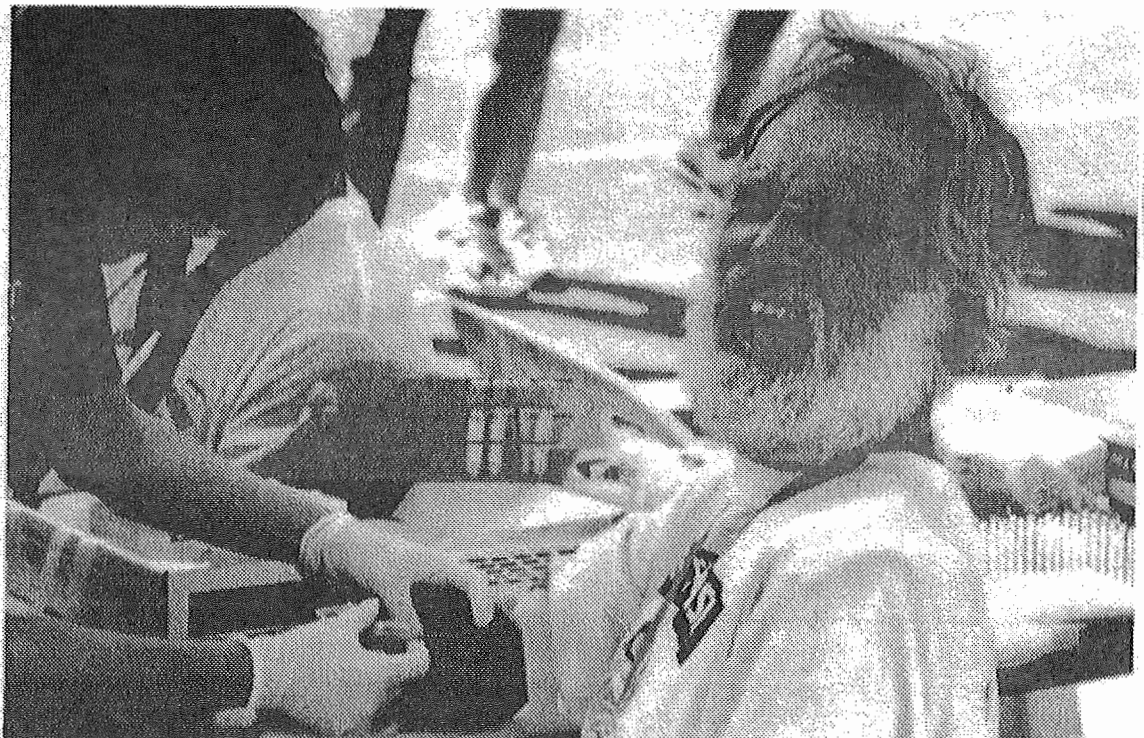
We could hear the Brown's Bar Aid Station miles before we got there. The Hash House Harriers were running this and we arrived with Abba pounding out and the beer flowing freely. If it was a bit closer to the finish I would have downed a few beers but we kept going to Highway 49 where Phil had prepared yet another large breakfast. I was exactly on schedule with energy levels still reasonable so it was just a matter of keeping on a roll to the end. The people at No Hands Bridge were panicking a bit when I sat down but I assured them I had things under control, especially as it was mainly uphill to the finish. Phil and Carol met me at Robbie Point and we all walked the last section to the finish, as is tradition at the Western States. I managed a good fast sprint around the oval to the finish line to cross in 29 hours 39 minutes I think in 270th place. After giving a blood sample I had yet another breakfast before attending the award ceremony. I was very pleased with my blood test - this from Dr Lind "Bill----- Your CPK at the finish was 1,200, one of the very best considering that the mean for all finishers was 15,160. The highest we had was 113,700, and he's doing OK with just good oral post race hydration. From the looks of your bloodwork you did a superb job of managing fluids and hydration and didn't beat yourself up on the trail." Must be the champagne!

With the good conditions, there were 277 finishers out of 370.

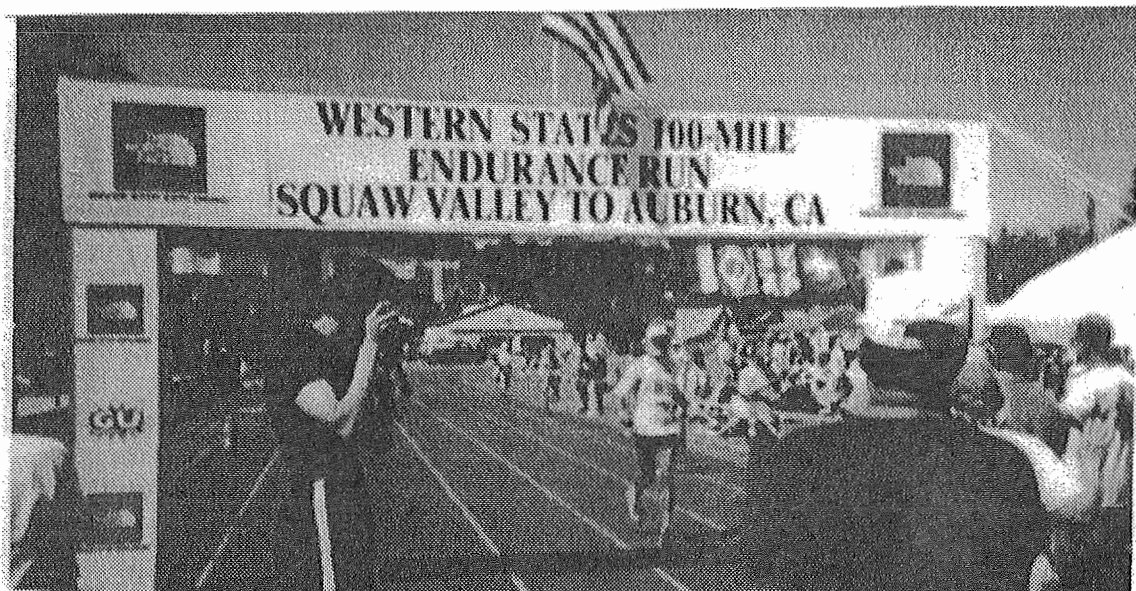




**Bill Thompson arrives at Duncan Canyon**



**Nothing like giving a blood sample mid race!!!!**



**It is all worth it at the finish**



# “Crewing for Bill”

**Regular Glasshouse 100 visitor, Carol La Plant, penned this account of crewing for Bill Thompson at the Western States 100 mile run in California**

Course conditions were excellent. No snow, and relatively cool weather, although sections were more dusty than usual. The men's and women's winners were amazing, Scott setting a course record and Niki becoming the 3rd fastest woman ever on this course, in her first hundred miler. There were fewer than usual silver buckles but the most ever finishes.

Bill had very high blood pressure at the start, but otherwise seemed very fit and ready. He gave us written instructions as to what he wanted at Robinson, Michigan Bluff, Forest Hill, Greengate and Hwy 49. Most involved scrambled eggs, bacon and sausages. At Robinson we parked in front of an SUV and Phil started up Bill's stove to make the requested tucker. Bill tried to break a large egg by tapping it on the front of the SUV, but instead smashed the egg onto the SUV, with egg running all over the front of the car and into the grill, then quickly drying. I tried to clean the SUV with alcohol soaked towelettes, but couldn't get off all the egg. This set the tone for our many more adventures cooking along the trail. Bill had made up a schedule for when he would get to each checkpoint. He made up the schedule before he even got to the U.S., and certainly had not seen the course. It proved to be amazingly accurate, almost to the minute, although Bill was a little ahead of schedule getting to the early checkpoints.

Bill looked very perky at Robinson, ate his vitamin supplements, drank yeast and a sports drink, ate an egg sandwich and drank some coffee, and left after about 10 minutes. He was still very fresh at Little Bald Mountain. He got into Michigan Bluff ahead of schedule and first went for his treat, a bottle of champagne. He had 2.5 large glasses, and left us the other half bottle, which was refreshing after spending the day cheering for runners in the increasingly hot sun. Despite a runner vomiting copiously next to us, Bill ate a large steak sandwich and chocolate pudding with heavy cream, along with his assortment of pills and supplements. He changed his shirt (exchanging a dirty Glasshouse shirt for a clean Glasshouse shirt), underpants and socks, and only felt slightly stiff from the sitting. He took off with a torch because he thought he would not get to Forest Hill until after dark.

At Forest Hill we found a volunteer to pace him to the river. I planned to pace after the river, having shortened my pacing because of upcoming surgery. The pacer was a 72 year old runner with a lot of Western States experience. He turned out to be talkative, a braggart and annoying. Bill came in to Forest Hill complaining of left knee problems but seemed only moderately concerned and otherwise fine. He had a short stop then took off with his pacer. Phil and I went to the finish. The first seven men were already in, but we saw a few more finishers including the first women, Nikki Kimball, who was 9th overall. She did not even seem tired. We then drove to the parking place above Greengate and tried to sleep for 2 hours, with little success and the seats were very cramped and uncomfortable. We hiked the 2 miles down to Greengate and got there just after Bill had crossed the river. Phil got the sausages, bacon and eggs ready just before Bill arrived. He looked in good spirits and said that someone had adjusted his leg at the river, with great improvement.

I took over pacing him and he promptly dropped me, in a very dark rocky section. I caught him after he stopped to piss, and stayed with him after that. We made swift progress into Auburn Lake Trails aid station, where he had a small cup of soup and took off quickly. He was obviously starting to tire but moving well. It was now light and the trails were generally smooth. The next aid station, Ford's Bar, was staffed by Hash House Harriers, who marked the way to it with handfuls of flour (on ON!). Both this aid station and the previous had lots of gaudy lights and blaring music. The food was much better than last year, and the aid stations were a lot more festive, lots of sarcasm and costumes.

Bill looked pretty tired at Ford's Bar, his eyes were read and he seemed to be suffering (quietly). His knee was bothering him a lot. He would not take any pain killers, saying he wanted to know what was happening. Back on the trail, he was moving quite well, only slightly slower. I convinced him to drop his big pack at Hwy 49, where he had some coffee and took off pretty quickly. He keeps a tiny stuffed dog in the pack, and we agreed that I would get the dog to him for the finish because the dog has finished all his runs with him. As planned, I stopped there and Phil drove me to the finish route in Auburn, where I walked to Robie Point then back along the course until I met Bill near No Hands Bridge. I gave him his stuffed dog and told him to hurry. He said there was no need, he was exactly on schedule. We got to Robie right in back of Gordie Ansleigh (the inventor of this run and of 100 mile runs generally). Phil met us and we headed toward the finish, soon passing Gordie.

On the way, Bill pointed out the house of a couple who had befriended him while he was training up on the trail. They do the aid station at Devil's Thumb, so Bill put a box of Australian wine (Hardy's) in his drop bag for Devil's Thumb with a thank you card and gave it to them when he got to the Thumb.

I kept urging Bill to hurry up, but Phil and Bill lolled along down the hill to the high school track and the finish. When he entered the track, Bill took off at a full running sprint, running very fast (I couldn't catch him) with a long easy stride to the finish. His time was 29:39.

The next day he was not noticeably tired or stiff.

# 1989 – Our Ultra Golden Year?

## **Ultra Historian, Phil Essam, takes a look back in time**

I recently started looking through my old collection of Ultramags with the aim of compiling my thoughts on recording the history of Ultramarathoning in Australia. After an hour's browsing I was quickly drawn to 1989 and the constant stream of World-class achievements by half a dozen Australian ultra runners during that short but very rich period in our history. This article will review that twelve-month period and give the reader an insight or trip down memory lane into Australian Ultra running fifteen years ago.

There were over forty races scheduled in Australia during 1989. These varied in size from 50km to 1000 miles. Some were on the road and some on the track. One of the most popular short distance ultra's was the 50 mile track race with at least four different ones being held in four states during the year. This included the VMC 50 mile track race held on the 17<sup>th</sup> June with Geoff Boase winning with a time of 6h 19m 46s. Later on that year, Carl Barker was to win a 50-mile track race in NSW with a time of 5h 51m 21s. David Standeven was to win the SA 50 mile track race in a time of 5h 58m. Geoff Boase was to win his second 50 mile track race in Queensland in September with a time of 6h 12m. It's a shame that the last dedicated 50-mile track race was held in Victoria three years ago. Hopefully one day they will be resurrected!

There were other short Ultras held in Australia during 1989. These included the Bogong to Hotham 60km trail race held in January. The winner was Jonathon Broxap in a time of 9h 10m 10s. This is one race that is still going strong today and must rank as one of the toughest Trail Ultras in the country. The finest trail ultra performance of the year belongs to Max Bogenhuber. He competed in the Leadville 100 mile race in the USA and finished in the Top 10 with an approximate time of 22 hours.

Another long standing ultra that has stood the test of time is the Bananacoast 85km road race that alternates between Grafton and Coffs Harbour. 1989 saw the seventh running of the race which was won by Nick Read in a time of 6h 36m 5s.

There were three 100km races held during 1989. The best time was run by Robert Herd in the Bathurst 100km road race with a time of 8h 19m. He only just beat Bryan Smith who finished with 8h 27m. Ultra scribe, Kevin Cassidy noted how Bryan had driven all night from Melbourne, arrived about half an hour before the race and then drove back home afterwards!

1989 saw some of the best 24 hour races ever held in this country. The year started in March at the Coburg 24hr in Melbourne with over 50 competitors lining up for the race. 40 of those runners finished the race and 10 of them were to run over 200km! The winner was Mike March from Tasmania with a total of 260.099 km, which was a new Aust record at the time. Second was David Standeven with a total of 242.605. Kim Talbot from Melbourne was to win the women's race with a total of 168.493km

There was a 24hr race held in Perth in May. First was M Thompson with 201km and second was Trish Spain with a total of 191.2km. There was also a 24hr race held in Queensland in June. Bob Hunter won this with a total of 213.455km.

Olympic Park in Melbourne was to be the venue for one of the first truly International 24hr races in August 1989. Entry was by invitation only which helped to ensure the high quality of the field. Bryan Smith who ran 254km won the Event. He was to beat a fast finishing Eleanor Adams from Great Britain who ran a new Women's World 24hr record of 240km. David Standeven was third with 238km and John Briet finished forth with 227km. Eleven of the 23 runners were to beat 200km for the race. This included Australian runner Dawn Parris who finished eleventh, ran 203.65km and set a new Australian 24hr Women's record! Truly an amazing Event. I think that an Ultra Event of this nature would be an ideal showcase to the world just before or just after the 2006 Commonwealth Games in Melbourne.

That wasn't it for 24hr racing in Australia in 1989. The Sri Chinmoy 24hr in Adelaide was to record another great outcome with Mike March of Tasmania winning his second 24hr event for the year with a total of 257.767km. It was a very close race with South Australian runner, David Standeven who completed 256.157km. David had an hour on Mike after 100km and 100 miles and 50 minutes up after 200km. Mike March was relentless though and by the 250km mark had an eight minute lead on David. This has got to rate as the epic battle of 24hr running in Australia. Mike March would have to be classed as the greatest runner of that Era that did not run in the Westfield.

1989 was the year when two Australian runners took it up to Yiannis Kouros in the Westfield Sydney to Melbourne Ultra Marathon. Those runners were David Standeven and Kevin Mansell. Both of them scored convincing moral victories over Kouros and a place in history for being the third and forth persons to beat 1000km in Six Days. Yiannis was to start 12 hours behind the rest of the field and most people saw it as only a matter of time before he overtook the field and had his way over the rest of the field. Kevin Mansell was the first to test that theory in the Hills of Eastern Victoria. Over a 100km area, Kevin and Yiannis were to pass each other five times with Yiannis eventually pulling away from the plucky New South Welshman. Did this weaken Yiannis for the run home?

David Standeven was to beat the fast finishing Yiannis Kouros by half an hour for Line Honours. David was mentally shot over the last 20km, but his crew pushed him across the line in front of a fast finishing Kouros! There has been debate over the years on who should be considered the Winner of the 1989 Westfield. I believe David Standeven should be considered the winner as he was the "First across the line".

The second Classic Multi-Day track race in 1989 was the Colac 6-day race in November. This is where Bryan Smith became the third Australian to break 1000km in 6 days. He ran an amazing total of 1002km to write his name into history. Tony Rafferty was also to beat the World 1000-mile record in Sydney with a time of 14d 11h and 59m. Pat Farmer was to run second with a time of 14d 18h 27m. Definitely a case of the Master beating the Apprentice! The only other runner in the field was Dave Taylor who pulled out with injury.

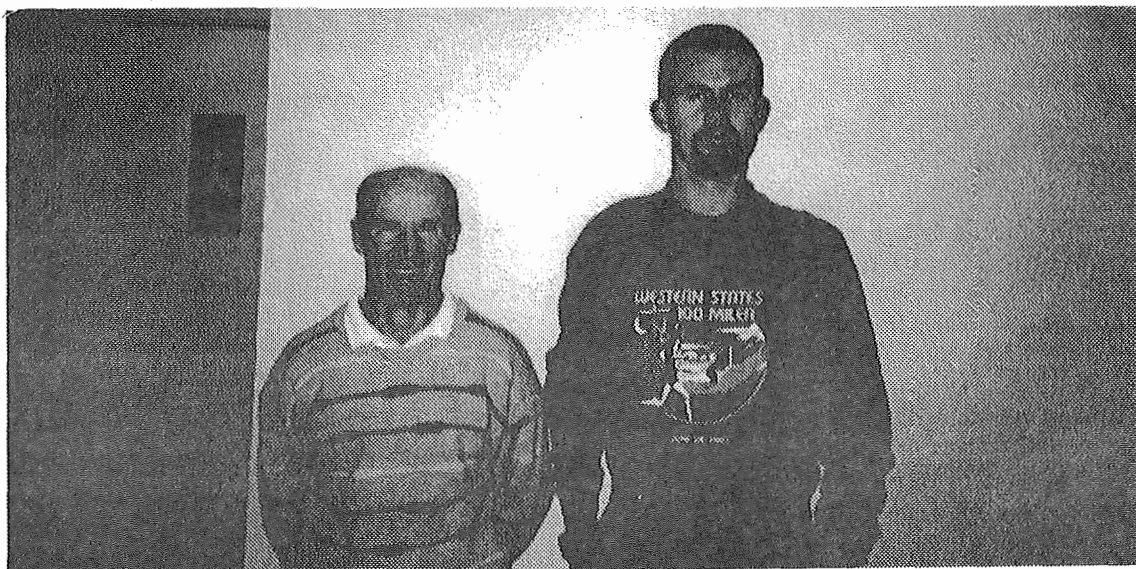
Ian Javes from Queensland travelled to the Sri Chinmoy 1300 mile race in New York during the year and was rewarded with a second place and a time of 17d 22h 1m. Ian won several smaller Ultras in Queensland during 1989 as well.

An Ultra event with a difference during the year was the 1000-hour record. 1989 saw two successful attempts on that record. Ron Grant of Queensland saw that the famous Captain Barclay had run 2.4km an hour for 1000 hours. Early in 1989, Ron pushed that record out to 2.5km an hour for 1000 hours. Later on in 1989, Trevor Harris from the ACT was to extend that record to 2.7km an hour for 1000 hours! That equates to no proper sleep for 6 weeks and 8 hours!

Was there a candidate for 1989 Ultra runner of the year Award? (If there was such an Award at that time!) I would say there would have been five worthy recipients. They would have been Mike March from Tasmania for his two 24hr wins, David Standeven for his Line Honours win in the Westfield and numerous other placings during the year, Bryan Smith for his 24hr win and Colac win, Tony Rafferty for breaking the World 1000 mile record and Ian Javes for his second in the 1300 mile race and wins in several Ultras on the Queensland circuit. It's too close to call! They all deserve a place in history for their fine performances in 1989.

The Gutsiest runner from 1989 would have to have been Graham Firkin from Sydney. He was 51 years of age, a Blacksmith and a Battler for most of his life. On his first attempt at the Westfield in 1988 he had to withdraw after completing 292km with a leg injury. This would have finished most Men. Not Graham though! He came back in the 1989 Westfield and finished in 20<sup>th</sup> position with a time of 8 days, 16 hours and 25 minutes. As Westfield Race Director, Charlie Lynn said in a preview to Graham's story "It proves that man can do anything he sets his heart on"

## Some of our star performers of 1989



Trail Nazi, Max Bogenhuber [left], pictured with current day trail guru, Sean Greenhill



The incomparable Dawn Parris [centre]



Tony Rafferty [left] and Bryan Smith



"The Killer" Kevin Mansell



# UR Interview: Jim O'Brien

by Larry Gassan

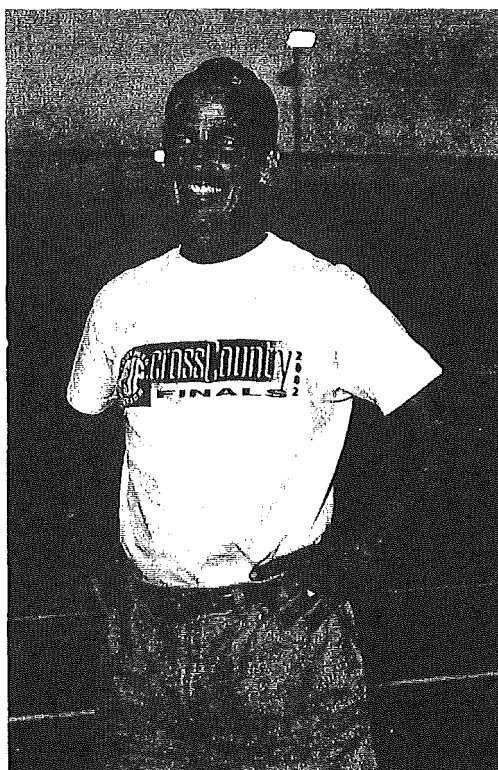
*Jim O'Brien, coach, ultra legend, and unrivalled Angeles Crest 100 Mile record holder, announced his retirement from private coaching in September. Jim cited professional and family reasons for disbanding his Team Blarney, which was synonymous with running achievement here in southern California. There just wasn't enough time in the day, however. In addition, Jim's daughter Erin is now 10, and time is always short.*

*While coaching track at Arcadia High School with 85 runners, Jim also works at Pasadena City College, where he coaches track, cross-country and teaches physical education classes. At Team Blarney, Jim coached a spectrum of runners and distances at his memorable Monday (and then Tuesday) night workouts. His team included speedy 10-km runners as well as those training for 100-milers, and included runners from their late teens to 60s.*

*Jim brought a high level of ethics and honesty to his craft. That alone would make him a standout. But his athletic accomplishments backed it up. His 17:35:48 Angeles Crest 100 Mile record from 1989 is the benchmark that all of us have measured ourselves against. And that was when the course was almost two full miles longer than it is now. At Leadville in 1989, his epic surges up Hope Pass on the way to Winfield left four-time winner Skip Hamilton behind on the way to a course record that stood for five years, until Juan Herrera took it in 1994. To flesh out some of these details, I caught up with Jim on a recent Tuesday night at Pasadena City College, while he was putting the hurt on his tennis class.*

**How did you initially get into ultrarunning?**

I was in San Diego in the late 1970s and early 1980s, pursuing a degree in physical education at San Diego State University. At that time I was into road racing. I'd heard about a "run across America." Unlike a stage race, it was first to the finish. It got me thinking, and there was a year's leeway to prepare for the event. However it later got cancelled due to sponsorship problems.



Jim O'Brien at the track.

Photo ©2003 <http://LarryGassan.com>

In 1985 I'd moved up from San Diego to Monrovia and got a job at Cal Tech in Pasadena teaching phys-ed. I tried the Mount Wilson trail race, an eight-mile uphill grinder from Sierra Madre up the Old Mount Wilson trail to the observatory. I won my age division and met local ultrarunners like Jack Slater, Ralph West and Judy Milke. At that point I had run 13 marathons in 12 months, mainly to demystify the marathon process. I'd also heard about Ken Hamada's idea of putting on a 100-mile. 1986 was the inaugural Angeles Crest 100 Mile. I set my sights on the '87 race. I tried to get in but Hamada wouldn't let me in, with no 50-milers under my belt, only a string of sub-2:30 marathons. So for my first 50-mile I did the Mile Square 50 in Fountain Valley, 10 loops. I set goal of 33 to 35 minutes per loop, a sub six-hour finish. By 26 miles I had lapped everybody, and won it in 5:58. The steady pace was the key to a good performance.

**How about Angeles Crest?**

In 1987, I entered Angeles Crest, ran it

with bronchitis, and finished third (19:51) behind Jim Gensichen, with Jim Pellon seven minutes in front of me. Afterwards I took to bed with pneumonia. What I learned was that solid food in a race is inefficient, but I had done it out of deference to common knowledge. I then started to really research liquid nutrition. In 1988 I ran Western States (100 Mile). I was second past Red Star Ridge, but after a five-mile wrong turn down Maxwell Canyon I was 25th by Robinson Flat. I wound up ninth by the finish, after working my way back through the field.

I really prepared for Angeles Crest in 1989. I sacrificed for six months before the race. I had meticulous planning; crew, pacers, and nutrition, all dialed in. I had three plans. Plan "C" was to run (close to) the record. Plan "B" was to run conservatively and break the existing record. The secret plan "A" was to go under 18 hours. The training began a year before the race. My mileage for the six peak weeks before the race, nine weeks prior to race day, was 150 to 200 miles per week in a continuous build. I then tapered downward from 200-100-75-50 per week. The Tuesday before the race I did a speed workout to deplete the fast-twitch muscle fibers.

I got back to basics on what worked. My nutrition was liquid-based, in total defiance of conventional wisdom. I was using mango nectar mixed with Carboplex, with ProOptimizer as the protein supplement every 25 miles. I also took water with potassium tablets for electrolyte absorption.

After a cool start, the day was warm through Shortcut (mile 59). I was outracing most of the aid stations, which had not been set up yet. For instance, I beat the crews up to Newcomb's Pass (mile 68)—the trucks passed me on the way up the road. After Newcombs, a heavy inversion layer cut visibility down to three feet in through Santa Anita Cyn to Chantry (75 miles). However, I knew the way cold. At this time I was running a caloric deficit because my bottles were mixed and still on the trucks, and my pacer Bill Kissell couldn't get to them without me waiting around. At Chantry there was



no scale to weigh in on. I stuck to my plan throughout. I stayed in the chair for a full 10 minutes getting a massage before heading up Mount Wilson.

*Jim crossed the finish line at the Rose Bowl in 17:35—on a course that measured 102 miles. He was the first person ever to finish the race the same day he started.*

What about other 100-milers?

My original goals were to do every 100-mile that existed in 1989. Those were Old Dominion, Vermont, Western, Leadville, Wasatch and Angeles Crest. At Leadville I did the (training) for six weeks before the course, splitting my time between Steamboat Springs (three days) and Leadville (four days) each week.

Come race day I was running with Skip Hamilton, a four-time winner who was known as “the Mayor of Leadville,” which was o.k. by me. Skip held back in the first 13 miles. When I was changing out of my tights at May Queen, Skip passed me. I let him lead until the base of Mount Hope, which was about a mile past the water crossing after the elk wallow at Twin Lakes. I passed him there. I started throwing surges at Hamilton going up to Hope Pass. I’d let him come close, then I’d surge ahead. Then I’d repeat. By the top of Hope I was pretty whacked. Bill Clements passed me there, but I let him go.

I saw Skip on his way up to Winfield while I was heading back to the base of Hope Pass—he wasn’t long for the race (and dropped at Twin Lakes). The return leg to Twin Lakes took 2:30 as planned. I took the lead back from Clements at Twin Lakes. Midway between Twin Lakes and Half Moon, it began to dump rain. The trails turned to grease. I dropped my first pacer, who was suffering from intestinal distress, and ran solo to Fish Hatchery (75 miles). I then picked up a wild-card pacer who probably had a snappier workout than he bargained for, slipping and sliding up Pole Line Pass—complete with lightning and hail. Out of May Queen (87 miles) the mud was so bad that a USFS truck sank to its hubs on the dirt road while trying to light the way.

*Jim crossed the finish line in a record time of 17:55. There had been three inches of hail on the streets of Leadville at the finish line. Jim’s record stood until 1994, when it was broken under a mild full-moon dry night by Juan Herrera in huaraches.*

*At Wasatch in 1991 Jim stayed in Park City for three weeks, and trained with*

*Dana “blood and guts” Miller, running the course in three sections over three days. The race threw a succession of obstacles at Jim. The course itself is difficult on a good day. Fog and pouring rain (again) made route-finding up Chin Scraper very difficult, where he topped out on a rock crag. Rain-battered, he decided going up was safer than climbing down. Continued rain throughout the day turned trails into mud-runs and bottomless shoe-sucking misery. Dense fog at night added to route-finding challenges up past Desolation Lake (70 miles). Jim left Brighton (75 miles) just ahead of race director John Grobbsen, who was seriously considering stopping the race due to the extreme conditions. But Jim won it in 22:50—not a course record but almost two hours ahead of Neal Beidleman and the other 55 finishers, of 105 starters.*

What ended your ultrarunning career?

A knee injury, that initially was a result of a fall while running where I fractured the head of the femur, cracked the bone inward, and took a year and a half to heal (back in 1995). All other knee issues are directly related to this fall. Three years ago I had a cartilage replacement on the left knee, using my own tissue grown in a lab in Boston, which seems to have helped

What is the best memory of your own ultrarunning career?

The 1989 Angeles Crest. The day was magic—everything came together.

How did you get into coaching?

I was approached by the Foothill Flyers to coach them. I decided that I’d rather have my own club rather than provide “friendly coaching” and then have someone get injured, and end up getting sued. This way I could get USATF (insurance) coverage. And this led to Team Blarney, which met on Monday, then Tuesday nights at 7:00 p.m. for the famous track workouts.

Some of the runners Jim has coached included: Jennifer Johnston, who went from being a good marathoner to winning Angeles Crest for the women twice, and was on the U.S. 100-km team; Bruce Hoff and Dana Taylor (Dana set a course record at Kettle Moraine 100 in 1997 which stood for two years, and Bruce ran at Wasatch and Hardrock); Francisco Fabian, a chain smoker who after a year with Jim finished Angeles Crest in 26:28; and Hal Chiasson, who fooled all of us with his Clark Kent exterior, but was in reality a tough guy waiting to happen.

What are some of the biggest mistakes beginning ultrarunners make?

Not taking the distances seriously, not treating the training seriously, and being self-coached with no serious direction. Also, a blind willingness to replicate mistakes and resistance to positive ideas.

Can an average long distance runner realistically aspire to finishing a tough trail 100-miler?

Yes, provided the runner is willing to work at it. In order to get the most out of your ability, you have to run at a higher level of seriousness. Why? To maximize your ability to finish the distance in the shortest possible time. The runner must be willing to train at a higher intensity, and to properly prepare for the rigors of the distance. This is unavoidable.

What are the minimum training requirements for someone hoping to finish a tough trail 100-miler?

Running 20 miles a week isn’t going to cut it. Distance runs aren’t enough either. Most ultrarunners run their training runs slower than their race pace. This isn’t good. This is where speed work comes in. But speed work must be understood as an efficiency-building exercise. Nobody does speed work at 12 to 15-minute miles; it’s too slow. Speed work is designed to reinforce efficient running habits.

Are road ultras still a good goal for ultrarunners, in light of the huge shift towards trail running?

Of course they are. There are races for all settings and distances. I’d like to try one someday (once my knee heals properly).

How does one sort through the myriad of performance related drinks, food and supplements?

Well, we’ve come a long way since Gatorade. I’d say that more than 90 percent of (the products) are pretty sound. After that, it’s personal preference. My preferences lean towards products that do not have citric acid in them. More races have ended due to stomach problems than any other cause.

Finally, how would you summarize your experiences and outlook?

The race is a journey. The preparation is a journey. Be willing to experiment. There is no magic pill, drink, food, or anything. You’re going to have to work at it and be willing to focus. That said, there are a lot of interesting things in life to do. When you focus on one thing, other things go by the wayside. It doesn’t hurt to try other things and maintain a balance.

# You Know You're an UltraRunner If...

By: Various Authors

- 
1. Your wife tries to introduce you to your three children and you reply "Three?"
  2. You spend more time in the drug section than the food section of the local market.
  3. You wonder why they don't make all running socks a dusty brown color.
  4. You have more dirt on your shoes than in your garden.
  5. You think that flagel and ibutrophin belong on the breakfast table.
  6. You get more phone calls at 5:00 AM than at 5:00 PM.
  7. You don't recognize your friends with their clothes on.
  8. You have more buckles than belts.
  9. You postpone your wedding because it will interfere with your training.
  10. You keep mistaking your boss for Norm Klein.
  11. 6am is sleeping in.
  12. Your feet look better without toenails.
  13. Your idea of a fun date is a 30-mile training run.
  14. You're tempted to look for a bush when there's a long line for the public restroom.
  15. You don't think twice about eating food you've picked up off the floor.
  16. You can expound on the virtues of eating salt.
  17. You develop an unnatural fear of mountain lions.
  18. When you wake up without the alarm at 4AM, pop out of bed and think "lets hit the trails".
  19. When you can recite the protein grams by heart of each energy bar.
  20. You don't even LOOK for the Porto-sans anymore.
  21. Your ideal way to celebrate your birthday is to run at least your age in miles with some fellow crazies.
  22. Your ideal way to have fun is to run as far as you can afford to with some fellow crazies.
  23. You know the location of every 7-11, public restroom, and water fountain within a 25-mile radius of your house.
  24. You run marathons for speed work.
  25. You have more fanny packs and water bottles and flashlights than Imelda Marcos has shoes.
  26. You visit a national park with your family and notice a thirty-mile trail connecting where you are with the place your family wants to visit next, which is a 100-mile drive away, and you think "Hmmm".
  27. Someone asks you how long your training run is going to be and you answer "seven or eight ... hours".
  28. People at work think you're in a whole lot better shape than you think you are.
  29. You actually are in a whole lot better shape than you think you are.
  30. Your weekend runs are limited by how much time you have, not by how far you can run.
  31. You always have at least one black toenail.
  32. You buy economy-sized jars of Vaseline on a regular basis.
  33. You tried hashing, but felt the trails were too short and easy.
  34. You think of pavement as a necessary evil that connects trails.
  35. You rotate your running shoes more often than you rotate your tires.
  36. Your friends recognize your better dressed in shorts than in long pants.
  37. You really envied Tom Hanks' long run as Forest Gump.
  38. You carry money around in a ziplock bag because store clerks complained that your money's usually too sweaty.
  39. Any time a plain old runner talks about her aches and pains, you can sympathize because you've already had that at least once.
  40. You put more miles on your feet than on your rental car over the weekend.
  41. You don't need to paint your toenails; they're already different colors.
  42. You start planning the family vacation around races, and vice-versa.
  43. When you start considering your next vacation location on the merits of its ultras only.
  44. You spend you entire paycheck on running gear, ultrabars, and entry fees.
  45. You miss a work deadline cause you just had to have that "one more minute" on-line writing to the list.
  46. You become a quasi-expert on different detergents so as to not "hurt" your tee shirts.
  47. You leave work early to hit the trails.
  48. You wear t-shirts based on if you've had good work outs when you 've worn them before.
  49. Have a trail shoe collection that would make Imelda Marcos envious.

50. You walk up the stairs and run down them.
51. Peeing in the toilet seems unnatural.
52. You start wearing running clothes to work so you're prepared for afterwards.
53. Running trail is better then sex.(even if you don't get any)
54. Vaseline isn't just for fun anymore.
55. When the start of a marathon feels like a 5K and you're wondering "Why is everyone in such a rush? Where the ##@@\*\*!! is the fire?"
56. As an infant you were dropped on your head.
57. Nobody recognizes your power T's. Met a guy at the market the other day who was wearing an AR50 T. So was I. I gave him a hearty, "Ta-da." He said, "Oh yeah, I tell people we were all acquitted and the charges were dropped."
58. You sign up for a 10K and
  - you strap on your fanny pack because you never know where the aid stations are.
  - you bring your own drinks.
  - you bring potatoes and salt.
  - you start fast and a six year old passes you.
  - you are the only one walking the up hills.
  - you run it a second time because its not far enough to call a training run (and you were racing the first time through).
  - you are the only one around who is eyeing the bushes THAT way.
  - you punch the lap button on your watch instead of the stop button at the finish.
59. When "NEXT GAS 36 MILES" signs start sounding like tempting runs.
60. Your pedicure kit includes a pair of pliers.
61. Your number of toes to toenails doesn't match.
62. You drink from a water bottle at the dinner table.
63. You consider the mold and mildew in your bottles extra electrolytes.
64. You just found out Poison and Oak are words by themselves.
65. You see a 1 quart water bottle colored like an Advil bottle, and don't realize that it's not in fact an Advil bottle.
66. You know you're married to an ultrarunner when Valentine's gifts come from Ultrafit.
67. You know you're married to an ultrarunner when she helps you up and says, "Come on, suck it up, keep moving!" and you know she means it in love.
68. You know you're an ultrarunner when a prospective employer asks for a photograph and all you have is race photos.
69. You know you're an ultrarunner when the races you enter end in a different area code. -and pass through several different Zip codes enroute.
70. You know you're an ultrarunner when your crew tries to keep you motivated by saying, "You're in second place and only 6 hours behind first with 25 miles to go!"
71. You know you're an ultrarunner when you go to your 8:00 a.m. college geology class and you can use the salt crystals, still caked on your glasses frames from your early morning run, in your talk on the category of sedimentary materials called evaporites (and I'm not making this up).
72. You know you're an ultrarunner when, on the night of a bad thunderstorm and downpour, you ring for a cab, and your announcement that this is the \*first time\* you're not getting home under your own steam causes a stunned silence in the office.
73. You bother to argue about (discuss the meaning of) what an UltraRunner is!!!
74. when you don't finish on the same day as the winner.
75. your dogs can drink out of water bottles
76. When you meet the opposite sex you see:
  - A possible crew.
  - A possible pacer.
  - A possible search and rescue team.
  - A possible race director.
  - A possible source of race entry fees.
77. You ask advice of hundreds of people on a list, looking for answers you have already determined to be correct, taking hold of only those, and running with 'em.
78. Your wife asks you the morning after your first 50 miler if you're still planning on that 100K in five weeks, and you say "Sure!"
79. You strap on your water bottles and walk the hills... in a 5 K race and consider that your 10 minute pace is a blistering pace.
80. People praise you to the high heavens for being able to finish a marathon, and you feel insulted.
81. You do a triathlon and it is your RUN time that is slower than the years when you specialized in triathlon.

82. You are told \*not\* to run another marathon during the next few months (because that would be bad for your health), and you really follow that advice - by immediately sending off the entry form for your next 50/100 miler.
  83. Somebody asks about the distance of an upcoming race and you, without thinking, say, "Oh, it's just a 50K."
  84. You're running a marathon and at mile 20 say to yourself, "Wow, only 6 more miles left, this is such a great training run!"
  85. You know you are a clumsy ultrarunner when after running headfirst into the trail for the third time get up and continue running even though you are bleeding and covered in maple syrup where your gel flask exploded and you have another 20k to go.
  86. You go for an easy 2 hour run in the middle of a Hurricane and think it is fun to get wet, muddy and run through the rivers that were once trails.
  87. You get to the 81 mile point of a 100 miler and say to yourself, "Wow, only 19 miles left!"
  88. You try to tie double knots in your Oxfords.
  89. You pass a swamp towards the end of a run and think 'How bad could it be?"
  90. Livestock salt blocks look good after a run.
  91. You're embarrassed that you've only done 50K's...
  92. Your wife/girlfriend/significant other asks you if you want to have sex on any particular night and you respond with:
    - "sorry, i don't have time, i have to go running"
    - "sorry, i'm too tired, i just went running"
    - "sorry, i would rather go read all my messages from the ultra-list"
  93. You go down a flight of stairs, uh, backwards, after an ultra and everybody laughs.
  94. No one believes you when you say "never again".
  95. You refer to certain 100 mile races as "lowkey."
  96. You number your running shoes to distinguish old from new, since they all look dirty.
  97. Prior to running a difficult race, you check to see if local hospitals and urgent care centers are in your PPO.
  98. The only time major household projects get done is in a taper or race recovery.
  99. Everything in your life, everything, is organized in different sized zip-loc bags.
  100. You call a 50-mile race "just another training run".
  101. You think a 100-mile race is easier than a 50 miler because you don't have to go out as fast.
  102. You say, "Taper? Who's got time to taper? I have a race coming up this weekend."
  103. You're tapering/recovering, and you'd rather drive 50 miles to watch Ann Trason's heavenly running style for 20 seconds than the Super Bowl.
  104. You have to rent a car to drive to a major event because you and your pacer own stick shifts and neither will be able to drive them on the return trip.
  105. You actually DO drive a stick shift home with a severely pulled left hamstring
  106. You meet someone of the opposite sex on the trail of a 100 and all of conversation is about what color is your urine, can you drink? and were you able to dump.
  107. Ya know you're an ultra runner when a girl changes her tank and her bra in front of you and all you do is take another drink of water, look at your watch, get up and tell your pacer "Let's hit the trail."
  108. On a long drive you see the road signs listing various mileages to different places and think of how long it would take to get there on foot rather than by the car your driving.
  109. You've started a race in the dark, run all day, and finished in the dark (if your lucky).
  110. Your non-Ultrarunning running friends look at you strange when you tell them that 10:00/Mile is a fast pace for a 100 mile race (not to mention most ultras).
  111. You don't hesitate to lie down in the trail (anywhere) when you are falling asleep on your feet during the early morning hours on the second day of a 100 miler; and it feels so comfortable.
- Finally...**
112. You know your an ultrarunner when you actually sit down and read all of the postings about, "You know your an ultrarunner when..." and can laugh and relate to all of the comments.

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

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



# The Long History of British Ultrarunning

by Andy Milroy

Although the modern sport of ultrarunning likely began in Britain, there is no direct continuity between the old-time pedestrians and present-day performers. The pedestrian culture that existed from the 1700s in Britain virtually disappeared after amateurs such as John Fowler-Dixon and James Saunders set marks up to and including the 24 hours. When an amateur London to Brighton race was proposed in 1899, the first finishers were selected to run for their country in the Olympic marathon in Paris in 1900. It was not until after the Second World War however, with the institution of the modern London to Brighton race and the formation of the Road Runners Club, that ultrarunning began to flourish again in Britain.

Back in the nineteenth century, along with the pedestrians, a tradition of hill walking emerged, dating back to the romantic poets of Wordsworth and Coleridge. The idea of covering a circuit of Lakeland peaks emerged in 1864 when J.M. Elliott walked nine peaks in nearly ten hours. In 1932 experienced "fell" runner Bob Graham set a standard by walking 42 peaks, covering 72 miles with 27,000 feet of climbing, all within 24 hours. Long distance fell running was to become another strand in the development of British ultrarunning.

Arthur Newton returned to Britain before the war and was one of the driving forces behind the revival of the London to Brighton in 1951. After its formation, the Road Runners Club began modernizing nineteenth century ultra track records. When Wally Hayward of South Africa came over to compete in Britain and set his sights on improving Newton's 24-hour mark, a small group of British runners were selected to oppose him; Derek Reynolds, who had set both a Brighton and a 50-mile track record, finished second, improving on Newton's mark as did Hayward.

## Defining Eras

During the 50 years since then, the development of British ultrarunning can be divided into four phases. The fifties and sixties saw the establishment of the sport with solid performances and occasional world track bests; the seventies and early eighties saw a rare flowering of true ultrarunning genius with the emergence of two of the all-time greats, Cavin Woodward and Don Ritchie; the eighties saw the great British women revolutionize ultra performances from 30 miles up to six days, as well as an upsurge in popularity of ultra events; and the nineties saw great performances on the international stage.

In the 1950s South African runners regularly contested the Brighton. The winner of the Comrades in South Africa competed in the Brighton and the winner of the Brighton ran the Comrades the following year. The top ultrarunner during the early 1960s was Bernard Gomersall, who, although he set no track records, won the Brighton four times and the Comrades in record time. Then John Tarrant, known as "the ghost runner," came to the fore. (Tarrant had competed briefly as a professional boxer and was thus, under the rules existing then, unable to compete in amateur athletics. He ran unofficially at first, without a number, but was eventually allowed to compete domestically.) He set

world track bests at 40 miles and 100 miles before dying tragically from stomach cancer while still in his prime.

## Woodward and Ritchie

In 1975 the remarkable Cavin Woodward emerged on the scene. For several years Woodward had been well known for his blitz starts, only to see his races to end in gradual decline. Perhaps his body adapted to this way of running. His mental toughness, combined with sub-2:20 marathon speed, enabled Woodward to break the world 30-mile track record, in 2:43:52. In October of that year, after winning the Brighton, he returned in a legendary run at Tipton, where he broke world track bests for 50 miles, 100 km and 100 miles in the same race. (His splits were 4:58:53, 6:25:28 and 11:38:54.)

Don Ritchie had been a competitive but not outstanding ultrarunner, but in 1977 he came into his own, setting a 50-km world track best, winning the Brighton, and then breaking Woodward's 100-mile best in 11:30:51, run more evenly than the latter's extravagant early pace. In 1978 he produced his masterpiece, 6:10:20 for 100 km, with a split 4:53:28 for 50 miles en route.

1980 saw the fastest marathon runner to date tackle the Brighton. Ian Thompson was winner of both the European and Commonwealth marathon titles, the latter in 2:09:12. He ran 5:15:15 for the 54-mile 460-yard London to Brighton course, probably passing the 50-mile point in the fastest time ever. Unfortunately, no split was taken.





The next three years saw South African resident Bruce Fordyce win the Brighton. Mark Pickard came second in the 1981 race and in Fordyce's opinion gave him the hardest race in his life. Pickard was a remarkable character who had tackled long distance walking events as a teenager, covering more than 150 miles in 24 hours at the age of 18. He went on to set a British 24-hour record of 163 miles before his inadequate diet and extravagant over-racing (he had set a personal best for 10 miles the day before his race against Fordyce in 1981!) caught up with him in the form of serious health consequences.

In the meantime, multi-day racing had come to Britain. In 1981 Mike Newton smashed the existing six-day mark with 500 miles. In 1982 he also eclipsed the 48-hour mark, improving it to 227 miles. Later that year he faced Tom O'Reilly in a six-day. After a titanic struggle, O'Reilly, running fast intervals with quality rest, set a new world best of 576 miles, 675 yards. He was running with a calculator towards the end, working out his distance, but he maintains that the palindromic final distance was accidental, not intentional.

### Women's Movement

The 1979 Brighton saw Leslie Watson set the first modern women's mark. Although other women had contested the route before, most notably marathon pioneer Dale Greig in 1972, this was beginning of the impact on the world scene by a series of great British women. Eleanor Adams, known as Robinson after her marriage, was to lead women's multi-day marks in the eighties, setting world bests at 48 hours and six days, pushing the record to 866 km in the later. During the 1980s, she and Hilary Walker together pushed the world best for 24 hours upward; Adams-Robinson on the track and indoors, Walker on the road. Robinson eventually set the mark at 147 miles. In 1988 Walker broke the 48-hour world best with 227 miles. Robinson was clearly the most dominant female ultrarunner in the world at this time, twice winning the World 100 Km (in 1989 and 1990), as well as taking the World 24-hour title.

The World 100 Km championships in 1987 expanded ultrarunning internationally. Ritchie took silver in the inaugural race in Belgium, Robinson won successive female titles in 1989 and 1990, and the emergence of Carolyn Hunter-Rowe in 1992 resulted in world titles in 1993 and again in 1998. Simon Pride, coached by Ritchie, took the title in 1999, setting a new British record in the race.

### Trail Running

Throughout history, trail events have seen similar great British figures. Joss Naylor covered 72 peaks with a combined ascent of 37,000 feet and a distance of 105 miles, starting and finishing and the same point to set a best at the Lakeland 24 Hours in 1975, while Mike Cudahy and then Mike Hartley set a best for the Pennine Way, covering the 271 miles and the intervening peaks well under three days in the 1980s. Martin Daykin and Steven Moore ran record times in the European Challenge South Downs Way 80 Mile, respectively.

There is now a British Trailrunning Association, which organizes trail championships, one of which will be over ultra distance. There is a wide range of ultra trail events: some are low-key (like those staged by the Long Distance Walkers Association); others which involve navigation skills; and others which are team events. Conversely, road events are under increasing pressure from the police, risk assessment and increasing traffic. One of the oldest road events in the ultra calendar, the 36 miles Two Bridges, will become a trail race this year, with



just a section of road crossing the bridges. The Brighton is under constant review and has been forced to adjust its route to avoid many of the main roads between London and Brighton.

### A Look to the Future

The great ultrarunners from the 1960 to 1980 era ran marathons, moving up only occasionally for major ultra events. To a British ultrarunning community focusing on ultras exclusively and with specialized ultra clubs, the change now means ultrarunners are accustomed to running just at ultra pace and many are losing the sharpness that racing over shorter distances can bring. Consequently, races tend to be won in times markedly slower than in the past.

The lack of financial incentives in the sport, which have discouraged Africans from running ultras, has also meant that potential British performers see little point in moving up in distance. Recovery is much delayed from an ultra race in comparison with a shorter event, and some of the rewards that can be gleaned from the half-marathons and marathons could be lost.

Now that the British federation is totally in control of the sport, it faces fierce competition for funding of teams. Long distance running, increasingly seen as the Cinderella sector of athletics, is being squeezed by tougher and tougher targets. The British ultra teams consequently get smaller and smaller. Like elsewhere in the world, the sport moves to becoming a recreational pursuit without the funding to establish a viable internationally competitive sport. The IAU, struggling to cope with inadequate funding to establish international championships, is forced to rely on a very limited number of races.

However all is not doom and gloom. Individuals and organizations have shown that with imagination and strong promotion, this trend can be bucked. However, whether the will or desire is there to create an internationally viable competitive sport is debatable. Forced in part by the pressure on roads, the move toward trail running on courses which cannot be compared against one another is increasingly making national ultrarunning communities more inward looking, focusing on specific local events; Britain is no different. Ultrarunning in Britain has many great traditions and has had many great ultrarunners. Time will tell whether new blood capable of dominating the international stage can emerge once more from these traditions.

# Beyond the marathon

Malcolm Campbell reviews the ultradistance running scene

The best news for 2004 was IAAF's adoption of world road records for 100km. Takahiro Sunada (JPN) set the men's record of 6:13:33 at Lake Saroma in June 1998 and Tomoe Abe (JPN) set the women's record of 6:33:11 at the same venue in June 2000. This race has a high international reputation and will stage the IAU 100km World Cup in 2005.

In addition to the 100km distance, IAU maintains statistics over a variety of distances and durations considered as standard events. Gerard Stenger (FRA) chairs the IAU records committee which investigates claims for world best performances (WBP) and world age best performances (WABP) and ratifies them where appropriate.

Several runners have attracted attention early in 2004, including Edit Berces (HUN) who has been the European and World 100km champion, the European 24-hour champion and currently heads the women's all-time ranking for 24 hours on the track. She was a triathlete before becoming an ultra runner, but further expanded her experience on International Women's Day (8 March) when she ran 247.2km in 24 hours – on a treadmill. Her world best performance on the track is 250.1km, so she could be in form to improve this mark – perhaps in the IAU 24 hours European and World challenge in Apeldoorn (NED) on 21-22 May.

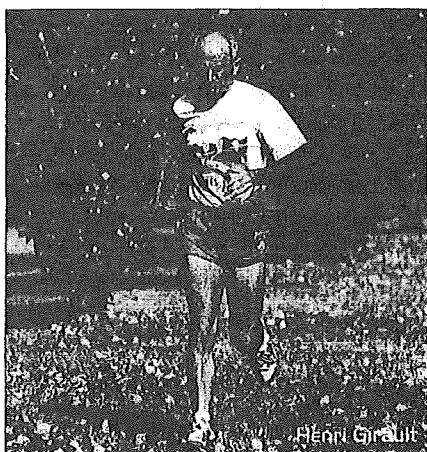
Chris Finill (GBR) finished third in the Barry 40 miles track race in March, and is a member of the dwindling band of runners who have completed all London Marathons (since 1981). His marathon best is 2:28:27.

Tomasz Chawawko (POL) set a six-hour world best performance on the road with 92.188km at Stein (NED) on 7 March, surpassing the old mark by 388m.

Henri Girault (FRA) appears in 100km results all over the world. During the Houston Ultra Weekend in Texas on 27-29 February he completed his 500th 100km race.

John Geesler (USA) set the first national road record of the year when he ran 400km in the Litchfield Park 48 hours race (Arizona) on 1 January.

Denis Zhalybin (RUSSIA) ran 91.409km indoors during a six-hour race in Moscow on 7 February. The Holy Grail for male 6 hour runners is 100km. Although this target may not be reached in the near future, we are inching closer to it.



## BRAZIL 6-7 December 2003: 24 hour race, Salvador-Bahia

|   |                             |         |
|---|-----------------------------|---------|
| 1 | Marco Antonio DOS SANTOS    | 223.6km |
| 2 | Sebastiao Ferrelira DA GUIA | 213.2km |
| 3 | Carlos Renato Hermano MAIA  | 171.6km |
| 4 | Roque SANTANA               | 170.3km |

## FINLAND 21-22 February 2004: K-Citymarket 12-hour indoor race, Lohja

|   |                                     |           |
|---|-------------------------------------|-----------|
| 1 | Aleksandr KOROTKOV (RUS)            | 140.844km |
| 2 | Ari MUSTALA (FIN)                   | 134.522km |
| 3 | Tero TOYRYLA (FIN)                  | 132.616km |
| 4 | Hiroko OKIYAMA (JPN)<br>(1st woman) | 131.406km |
| 5 | Jesper OLSEN (DEN)                  | 128.986km |

## GREAT BRITAIN 14 February 2004 Thames Meander 55-mile trail race, Reading-London

|    |                                   |          |
|----|-----------------------------------|----------|
| 1  | Dick KEARN                        | 8:20:00  |
| 2  | Kevin MCMILLAN                    | 8:45:00  |
| 3  | Jason FRENCH                      | 8:45:00  |
| 7  | Charlotte CUNLIFFE<br>(1st woman) | 10:45:00 |
| 12 | Victoria WALLIS<br>(2nd woman)    | 11:49:00 |

## 15 February 2004 Draycote Water 35-mile race, Warwickshire

|   |                                 |         |
|---|---------------------------------|---------|
| 1 | Greg DELL                       | 3:43:06 |
| 2 | Matthew LYNAS                   | 3:43:12 |
| 3 | Andy ECCLES                     | 3:49:18 |
| 7 | Isobel PARTRIDGE<br>(1st woman) | 4:16:20 |
| 9 | Siri TERJESEN<br>(2nd woman)    | 4:25:53 |

## 7 March 2004 Barry 40-mile track race

| MEN    |                       |         |
|--------|-----------------------|---------|
| 1      | Shane COLE            | 4:08:11 |
| 2      | Herman MULDER (RSA)   | 4:13:50 |
| 3      | Chris FINILL          | 4:24:42 |
| WOMEN: |                       |         |
| 1      | Sirivera JEEN         | 5:14:22 |
| 2      | Ramona THEVONET-SMITH | 5:32:59 |

## ITALY 14 March 2004 Ultramaratona del Trasimeno 60km, Perugia

| MEN:   |                           |         |
|--------|---------------------------|---------|
| 1      |                           |         |
| 2      | Lorenzo TRINCHERI (ITA)   | 3:59:27 |
| 3      | Pio MALFATTI (ITA)        | 4:03:54 |
| WOMEN: |                           |         |
| 1      |                           |         |
| 2      | Guiseppina FADIGATI (ITA) | 5:00:42 |
| 3      | Irene SENFTER             | 5:39:44 |

## NETHERLANDS 28 December 2004 Cave Marathon, Valkenburg

| MEN:   |                      |         |
|--------|----------------------|---------|
| 1      |                      |         |
| 2      | Ger BODELIER (NED)   | 2:48:27 |
| 3      | Math ROBERTS (NED)   | 2:52:25 |
| WOMEN: |                      |         |
| 1      |                      |         |
| 2      | Birgit LENNARZ (GER) | 3:39:11 |
| 3      | Liel OTTEN (NED)     | 3:44:56 |

Not technically an 'ultra', but this marathon in a cave captured the imagination of many. There were 112 finishers in the marathon and 120 in the half marathon.

## 7 March 2004: 6 hour road race, Stein

| MEN:            |                      |          |
|-----------------|----------------------|----------|
| 1               |                      |          |
| 2               | Janos BOGAR (HUN)    | 88.033km |
| 3               | Wim EPSKAMP (NED)    | 85.454km |
| WOMEN:          |                      |          |
| 1               |                      |          |
| National Record |                      |          |
| 2               | Anni LOENSTADT (GER) | 69.331km |
| 3               | Petra KNOPS (NED)    | 66.503km |
| 6               | Marla JANSSEN (BEL)  | 64.466km |
| F60 WABP        |                      |          |

## RUSSIA 6-7 February 2004 Open 6-hour Indoor Championships, Moscow

| MEN:   |                      |          |
|--------|----------------------|----------|
| 1      |                      |          |
| 2      | Aleksel BELOSLUDTSEV | 87.265km |
| 3      | Vladimir NETREBA     | 84.058km |
| WOMEN: |                      |          |
| 1      |                      |          |
| 2      | Irina KOVAL          | 67.491km |
| 3      | Elena SIMUTINA       | 65.189km |

## USA 29 Dec 2003-1 Jan 2004 21st Annual Across the Years Races, Litchfield Park, AZ

| 72HRS:          |                        |         |
|-----------------|------------------------|---------|
| 1               |                        | 389.0km |
| 2               | Martina HAUSSMAN (GER) | 384.0km |
| (1st woman)     |                        |         |
| 48HRS:          |                        |         |
| 1               |                        | 400.0km |
| National Record |                        |         |
| 2               | Fumie SATA (JPN)       | 346.5km |
| 1st woman       |                        |         |
| 24hrs:          |                        |         |
| 1               | Scott EPPelman (USA)   | 216.0km |
| 2               | Stephanie EHRET (USA)  | 210.0km |

## **IAAF recognition of the 100km Road Race for IAAF World Record Status.**

**by  
Malcolm Campbell**

The good news for ultradistance running is that the IAAF will recognise best performances over 100kms on the road as IAAF World Records. It is a tribute to those fine athletes gracing our Sport and recognition that ultramarathon runners are truly members of the international athletic family.

The best 100km road performances were achieved by Takahiro Sunada (JPN) at Lake Saroma in 1998 with 6.13.33 and Tomoa Abe (JPN) at Lake Saroma in 2000 with 6.33.11.

The Lake Saroma 100km event is an extremely well organised race. In 1994 the organisation staged the IAU 100km World Challenge and at the time of writing we are in discussions aimed at the 2005 IAU World Cup being hosted by the Lake Saroma Race.

Sunada is reported to have taken the lead at the 50km point in the 1998 race and was never challenged. It was a cloudy day with some rain and this was his debut over 100kms. He had a best marathon time of 2.12.01

It was my great pleasure to be at the Lake Saroma race in 2000 and witness the marvellous performance of Tomoa Abe who was running in her first 100km race. She had a best marathon time of 2.26.09 and was ranked number 4 in Japan - with three gaining Olympic selection, number 4 was not a good place to be. Her coach was one of the famous So brothers and allowed her to take part in the Lake Saroma event as she was well prepared and in good condition from her marathon training.

Abe worked her way through the field and during the last 50kms closed on the men's leader, Yasufumi Mikami who won with 6.27.13. Mikami went on to be the IAU 100km World Champion in 2001. Abe's time was 6.33.11. We followed the race by car for much of the final 50kms and Abe relied entirely on the services provided by the organiser. It was very hot during the closing stages and our driver wanted to offer his hat to her but we explained to him that it was not permitted. There was no noticeable wind assistance to this runner and Lake Saroma is one of the few races that measure wind conditions during the event.

The 100km event is now firmly established as a standard ultradistance road race and this recognition of performances by IAAF can only be good for the sport.

# IAU 100km Individual World Track Bests

## Men

|         |              |          |     |             |          |
|---------|--------------|----------|-----|-------------|----------|
| 6.10.20 | Ritchie      | Donald   | GBR | London      | 28.10.78 |
| 6.25.28 | Woodward     | Cavin    | GBR | Tipton      | 25.10.75 |
| 6.38.48 | Woodward (2) |          |     | London      | 28.10.78 |
| 6.39.59 | Ritchie (2)  |          |     | London      | 15.10.77 |
| 6.41.49 | Ardemagni    | Mario    | ITA | Lupatoto    | 27.09.03 |
| 6.43.59 | O'Reilly     | Tom      | GBR | London      | 6.11.76  |
| 6.44.42 | Newton       | Mike     | GBR | London      | 6.11.76  |
| 6.46.10 | Ritchie (3)  |          |     | Livingstone | 24.06.90 |
| 6.46.20 | Woodward (3) |          |     | Geneva      | 3.11.84  |
| 6.46.42 | Boldhaus     | Gerd     | GER | Geneva      | 3.11.84  |
| 6.48.08 | Newton (2)   |          |     | London      | 28.10.78 |
| 6.48.39 | Netreba      | Vladimir | RUS | Lupatoto    | 27.09.03 |
| 6.49.53 | Tyazhkorov   | Igor     | RUS | Lupatoto    | 27.09.03 |
| 6.50.19 | Dietzel      | Franz N  | GER | London      | 6.11.76  |
| 6.51.06 | Viroli       | Loris    | ITA | Bologna     | 23.10.82 |
| 6.51.08 | Burgess      | Ian      | GBR | London      | 6.11.76  |
| 6.54.23 | Bruno        | Scelsi   | FRA | Carmaux     | 18.05.86 |
| 6.56.22 | Cilia        | Maure    | ITA | Bologna     | 23.10.82 |
| 6.57.39 | Vozar        | Attila   | HUN | Lupatoto    | 27.09.03 |
| 6.59.57 | Urbach       | Helmuth  | GER | Dieburg     | 18.10.75 |

## Women

|         |             |           |     |            |          |
|---------|-------------|-----------|-----|------------|----------|
| 7.14.06 | Sakurai     | Norimi    | JPN | Lupatoto   | 27.09.03 |
| 7.23.28 | Lyachova    | Valentina | RUS | Nantes     | 28.09.96 |
| 7.43.02 | Auxiliadora | Maria     | BRA | Sao Paulo  | 27.07.00 |
| 7.46.53 | Jouault     | Huguette  | FRA | Nantes     | 28.09.96 |
| 7.50.04 | Bychkova    | Marina    | RUS | Nantes     | 28.09.96 |
| 7.50.09 | Trason      | Ann       | USA | Heywood    | 3.08.91  |
| 7.50.49 | Lennartz    | Birgit    | GER | Otweiller  | 7.10.00  |
| 7.55.05 | Perkins     | Donna     | USA | Nantes     | 28.09.96 |
| 7.58.21 | Bagmanova   | Nurzia    | RUS | Podolsk    | 24.06.95 |
| 8.01.01 | Kuno        | Monica    | GER | Vogt       | 8.07.83  |
| 8.01.39 | Walker      | Hilary    | GBR | Eltham     | 4.04.93  |
| 8.03.51 | Berces      | Edit      | HUN | Camporosso | 8.04.02  |
| 8.08.56 | Geffroy     | Danielle  | FRA | Nantes     | 18.09.98 |
| 8.13.00 | Robinson    | Eleanor   | GBR | Nantes     | 28.09.96 |
| 8.13.59 | Janicke     | Katharina | GER | Ronneburg  | 28.10.89 |
| 8.13.59 | Drescher    | Anke      | GER | Rodenbach  | 18.04.98 |
| 8.16.09 | Reutovich   | Irina     | RUS | Nantes     | 28.09.96 |
| 8.16.33 | Trason (2)  |           |     | Santa Rosa | 18.03.89 |
| 8.17.16 | Trason (3)  |           |     | Portland   | 28.09.91 |
| 8.19.51 | Evans       | Ashley    | CAN | Nantes     | 28.09.96 |

## MEN WORLD BEST PERFORMANCES

WBP T= Track - R= Road - I= INDOOR

## 50KM

|       |         |                   |                |                 |            |
|-------|---------|-------------------|----------------|-----------------|------------|
| R WBP | 2.43.38 | Thompson MAGAWANA | (RSA) 23.03.59 | (RSA) Claremont | 12.04.1988 |
| T WBP | 2.48.06 | Jeff NORMAN       | (GBR) 6.02.45  | (GBR) Timperley | 7.06.1980  |

## 100KM

|       |         |                 |                |                  |            |
|-------|---------|-----------------|----------------|------------------|------------|
| T WBP | 6.10.20 | Don RITCHIE     | (GBR) 6.07.44  | (GBR) London     | 28.10.1978 |
| R WBP | 6.13.33 | Takahiro SUNADA | (JPN) 19.01.73 | (JPN) Lac Sarona | 21.06.1998 |

## 100Miles

|       |          |                 |                |                 |             |
|-------|----------|-----------------|----------------|-----------------|-------------|
| T WBP | 11.28.03 | Oleg KHARITONOV | (RUS) 13.04.68 | (GBR) London    | 20.10.2002  |
| R WBP | 11.46.37 | Yiannis KOUROS  | (GRE) 13.02.56 | (USA) NY Queens | 7/8.11.1984 |

## 1000KM

|       |             |                |                |                |                 |
|-------|-------------|----------------|----------------|----------------|-----------------|
| T WBP | 5d 16.17.00 | Yiannis KOUROS | (GRE) 13.02.56 | (AUS) Colac    | 26/11-2/12.1984 |
| R WBP | 5d 20.13.40 | Yiannis KOUROS | (GRE) 13.02.56 | (USA) New-York | 20/26.05.1988   |

## 1000Miles

|       |              |                |                |                |               |
|-------|--------------|----------------|----------------|----------------|---------------|
| R WBP | 10d 10.30.36 | Yiannis KOUROS | (GRE) 13.02.56 | (USA) New-York | 20/30.05.1988 |
| T WBP | 11d 13.54.58 | Peter SILKINAS | (LIT) 6.08.41  | (AUS) Nanango  | 11/23.03.1998 |

## 6 H

|       |          |                 |               |               |            |
|-------|----------|-----------------|---------------|---------------|------------|
| T WBP | 97,200Km | Don RITCHIE     | (GBR) 6.07.44 | (GBR) London  | 28.10.1978 |
| R WBP | 91,800Km | Jean-Paul PRAET | (BEL) 8.11.55 | (FRA) Cebazat | 6.11.1995  |

## 12 H

|       |           |                |                |                 |            |
|-------|-----------|----------------|----------------|-----------------|------------|
| R WBP | 162,543Km | Yiannis KOUROS | (GRE) 13.02.56 | (USA) New-York  | 7.11.1984  |
| T WBP | 162,400Km | Yiannis KOUROS | (GRE) 13.02.56 | (FRA) Montauban | 15.03.1985 |

## 24 H

|       |           |                |                |                     |             |
|-------|-----------|----------------|----------------|---------------------|-------------|
| T WBP | 303,306Km | Yiannis KOUROS | (GRE) 13.02.56 | (AUS) Adelaide      | 4/5.10.1997 |
| R WBP | 290,221Km | Yiannis KOUROS | (GRE) 13.02.56 | (SUI) Basel         | 2/3.05.1998 |
| I WBP | 267,543Km | Don RITCHIE    | (GBR) 6.07.44  | (GBR) Milton-Keynes | 3/4.02.1990 |

## 48 H

|       |           |                   |                |                |               |
|-------|-----------|-------------------|----------------|----------------|---------------|
| T WBP | 473,495Km | Yiannis KOUROS    | (GRE) 13.02.56 | (FRA) Surgères | 3/5.05.1996   |
| I WBP | 423,262Km | Jaroslav KOKOUREK | (CZE) 17.06.49 | (CZE) Brno     | 20/22.03.1998 |
| R WBP | 410,022Km | Paul BECKERS      | (BEL) 22.08.62 | (GER) Köln     | 9/11.07.1998  |

## 6 days

|       |             |                        |                |                   |                 |
|-------|-------------|------------------------|----------------|-------------------|-----------------|
| I WBP | 1.034,200Km | Jean-Gilles BOUSSIQUET | (FRA) 26.07.44 | (FRA) La Rochelle | 16/23.11.1992   |
| R WBP | 1.028,370Km | Yiannis KOUROS         | (GRE) 13.02.56 | (USA) New-York    | 21/26.05.1988   |
| T WBP | 1.023,200Km | Yiannis KOUROS         | (GRE) 13.02.56 | (AUS) Colac       | 26/11.2/12.1984 |

## TEAMS

## 100km x 3

|       |          |                      |                  |            |
|-------|----------|----------------------|------------------|------------|
| R WBP | 19.43.52 | RUSSIA NATIONAL TEAM | (NED) Winschoten | 16.09.1995 |
|       | 6.20.44  | Alexey VOLGIN        | 21.01.68         |            |
|       | 6.41.22  | Mikhail KOKOREV      | 1.03.65          |            |
|       | 6.41.46  | Alexandr MOTORIN     | 22.05.55         |            |

## 24H x 3

|       |           |                       |            |               |
|-------|-----------|-----------------------|------------|---------------|
| R WBP | 791,901Km | BELGIUM NATIONAL TEAM | (NED) Uden | 11/12.10.2003 |
|       | 270,087Km | Paul BECKERS          | 22.08.62   |               |
|       | 264,967Km | Etienne VAN ACKER     | 2.03.52    |               |
|       | 256,847Km | Lucien TAEIEMAN       | 9.07.57    |               |



## WOMEN WORLD BEST PERFORMANCES

WBP T= Track - R= Road - I= INDOOR

## 50KM

|       |         |                     |                |                 |            |
|-------|---------|---------------------|----------------|-----------------|------------|
| R WBP | 3.08.39 | Frith VAN DER MERWE | (RSA) 28.05.64 | (RSA) Claremont | 25.03.1989 |
| T WBP | 3.18.52 | Carol HUNTER-ROWE   | (GBR) 25.01.64 | (GBR) Barry     | 3.03.1996  |

## 100KM

|       |         |                |                |                  |            |
|-------|---------|----------------|----------------|------------------|------------|
| R WBP | 6.33.11 | Tomoe ABE      | (JPN) 13.08.71 | (JPN) Lac Sarona | 25.06.2000 |
| T WBP | 7.14.06 | Norimi SAKURAI | (JPN) 20.04.71 | (ITA) Verona     | 27.09.2003 |

## 100Miles

|       |          |             |                |                 |               |
|-------|----------|-------------|----------------|-----------------|---------------|
| R WBP | 13.47.41 | Ann TRASON  | (USA) 30.08.60 | (USA) NY Queens | 4.05.1991     |
| T WBP | 14.25.45 | Edit BERCES | (HUN) 16.05.64 | (ITA) Verona    | 21/22.09.2002 |

## 1000KM

|       |             |                  |                |                |               |
|-------|-------------|------------------|----------------|----------------|---------------|
| T WBP | 7d 01.28.29 | Eleanor ROBINSON | (GBR) 20.11.47 | (AUS) Nanango  | 11/23.03.1998 |
| R WBP | 7d 16.11.00 | Sandra BARWICK   | (NZL) 27.02.49 | (USA) New-York | 16/23.09.1991 |

## 1000Miles

|       |              |                  |                |                |               |
|-------|--------------|------------------|----------------|----------------|---------------|
| R WBP | 12d 14.38.40 | Sandra BARWICK   | (NZL) 27.02.49 | (USA) New-York | 16/29.09.1991 |
| T WBP | 13d 01.54.02 | Eleanor ROBINSON | (GBR) 20.11.47 | (AUS) Nanango  | 11/23.03.1998 |

## 6 H

|       |          |                 |                |              |             |
|-------|----------|-----------------|----------------|--------------|-------------|
| T WBP | 83,200Km | Norimi SAKURAI  | (JPN) 20.04.71 | (ITA) Verona | 27.09.2003  |
| R WBP | 82,838Km | Ricarda BOTZON  | (GER) 4.09.66  | (GER) Kiel   | 7.07.2001   |
| I WBP | 80,600Km | Marina BYCHKOVA | (RUS) 18.12.75 | (RUS) Moscou | 7/8.02.2003 |

## 12 H

|       |           |                  |                |                 |              |
|-------|-----------|------------------|----------------|-----------------|--------------|
| T WBP | 147,600Km | Ann TRASON       | (USA) 30.08.60 | (USA) Hayward   | 3/4.08.1991  |
| R WBP | 144,840Km | Ann TRASON       | (USA) 30.08.60 | (USA) Queens NY | 4.05.1991    |
| I WBP | 125,750Km | Irina REUTOVITCH | (RUS) 21.01.50 | (RUS) Moscou    | 9/10.05.1998 |

## 24 H

|       |           |                  |                |                     |               |
|-------|-----------|------------------|----------------|---------------------|---------------|
| T WBP | 250,106Km | Edit BERCES      | (HUN) 16.05.64 | (ITA) Verona        | 21/22.09.2002 |
| R WBP | 243,657Km | Sigrid LOMSKY    | (GER) 16.01.42 | (SUI) Basel         | 1/2.05.1993   |
| I WBP | 237,861Km | Eleanor ROBINSON | (GBR) 20.11.47 | (GBR) Milton-Keynes | 3/4.02.1990   |

## 48 H

|       |           |                  |                |                  |               |
|-------|-----------|------------------|----------------|------------------|---------------|
| T WBP | 377,892km | Sue Ellen TRAPP  | (USA) 3.03.46  | (FRA) Surgères   | 2/4.05.1997   |
| I WBP | 368,644Km | Irina REUTOVITCH | (RUS) 21.01.50 | (CZE) Brno       | 17/19.03.2000 |
| R WBP | 360,109km | Sue Ellen TRAPP  | (USA) 3.03.46  | (USA) Sacramento | 13/15.11.1993 |

## 6 days

|       |           |                        |                |                    |                 |
|-------|-----------|------------------------|----------------|--------------------|-----------------|
| T WBP | 883,631km | Sandra BARWICK         | (NZL) 27.02.49 | (NZL) Campbelltown | 18/24.11.1990   |
| R WBP | 821,862km | Cath DIPALI-CUNNINGHAM | (AUS) 27.08.58 | (USA) New-York     | 29/4.05/05.2001 |
| I WBP | 771,600Km | Edith COUBE            | (FRA) 26.04.44 | (FRA) La Rochelle  | 4/09.10.1985    |

## TEAMS

## 100km x 3

|       |          |                      |                      |            |
|-------|----------|----------------------|----------------------|------------|
| R WBP | 22.28.13 | RUSSIA NATIONAL TEAM | (RUS) Chernogolovska | 19.04.2003 |
|       | 7.19.51  | Tatiana ZHYRKOVA     | 70                   |            |
|       | 7.33.21  | Marina MYCHLIANOVA   | 16.06.66             |            |
|       | 7.35.01  | Nadehda KARASIOVA    | 18.12.60             |            |

## 24H x 3

|       |           |                      |            |               |
|-------|-----------|----------------------|------------|---------------|
| R WBP | 684,858Km | RUSSIA NATIONAL TEAM | (NED) Uden | 11/12.10.2003 |
|       | 237,052Km | Irina REUTOVITCH     | 21.01.50   |               |
|       | 232,050Km | Galina EREMINA       | 14.02.53   |               |
|       | 215,756Km | Irina KOVAL          | 17.06.49   |               |

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| NAME/ FIRSTNAME |         | DD.MM.YY CAT NAT        |                  |   |                        |               |  |
|-----------------|---------|-------------------------|------------------|---|------------------------|---------------|--|
| 1               | 303,306 | KOUROS Yiannis          | 13.02.56 M40 GRE | 1 | P ADELAIDE AUS         | 1/02.03.1997  |  |
|                 | 295,052 | KOUROS Yiannis          | (02) M40 GRE     | 1 | P CAMBERRA AUS         | 4/05.10.1997  |  |
|                 | 294,504 | KOUROS Yiannis          | (03) M40 GRE     | 1 | P COBURG AUS           | 13/14.04.1996 |  |
|                 | 290,221 | KOUROS Yiannis          | (04) M40 GRE     | 1 | R BASEL SUI            | 2/03.05.1998  |  |
|                 | 286,463 | KOUROS Yiannis          | (05) M GRE       | 1 | R NEW-YORK USA         | 28/29.09.1985 |  |
|                 | 285,362 | KOUROS Yiannis          | (06) M GRE       | 1 | P SURGERES 48H FRA     | 6/07.05.1995  |  |
|                 | 285,304 | KOUROS Yiannis          | (07) M40 GRE     | 1 | P SURGERES 48H FRA     | 3/04.05.1996  |  |
|                 | 284,853 | KOUROS Yiannis          | (08) M GRE       | 1 | R NEW-YORK USA         | 7/08.11.1984  |  |
|                 | 284,070 | KOUROS Yiannis          | (09) M45 GRE     | 1 | P SOOCHOW              | 2/03.03.2002  |  |
|                 | 283,600 | KOUROS Yiannis          | (10) M GRE       | 1 | P MONTAUBAN48H FRA     | 15/17.03.1985 |  |
|                 | 282,981 | KOUROS Yiannis          | (11) M GRE       | 1 | P COBURG AUS           | 8/09.04.1995  |  |
|                 | 280,469 | KOUROS Yiannis          | (12) M GRE       | 1 | P MELBOURNE AUS        | 4/05.08.1990  |  |
|                 | 277,415 | KOUROS Yiannis          | (13) M45 GRE     | 1 | R SYLVANIA USA CHAMP   | 14/15.09.2002 |  |
| 2               | 276,209 | SCHWERK Wolfgang        | 28.07.55 M GER   | 1 | R KÖLN GER             | 8/07.05.1987  |  |
| 3               | 275,982 | KRUGLIKOV Anatoly       | 9.10.57 M RUS    | 1 | P PODOLSK RUS          | 24/25.06.1995 |  |
|                 | 275,829 | KOUROS Yiannis          | (14) M45 GRE     | 1 | P IAU WORLD VERONE     | 22/23.09.2001 |  |
| 4               | 275,576 | SAFIN Nikolai           | 58 M RUS         | 1 | I PODOLSK RUS          | 27/28.02.1993 |  |
|                 | 275,357 | KOUROS Yiannis          | (15) M40 GRE     | 1 | P 48H SURGERES FRA     | 6/07.05.1997  |  |
| 5               | 274,715 | GAUDIN Bernard          | 18.09.49 M FRA   | 1 | R NIORT FRA            | 13/14.11.1982 |  |
| 6               | 274,480 | DOWDLE Dave             | 7.11.54 M GBR    | 1 | P GLOUCESTER GBR       | 22/23.05.1982 |  |
| 7               | 274,119 | ERDMANN Hans Peter      | 9.09.44 M40 GER  | 2 | R KÖLN GER             | 8/09.05.1987  |  |
| 8               | 273,878 | NUNES Valmir            | 16.01.64 M BRA   | 1 | P ASIAN CHAMP SOOCHOW  | 8/09.03.2003  |  |
| 9               | 272,624 | BOUSSQUET Jean-Gilles   | 26.07.44 M FRA   | 1 | P LAUSANNE SUI         | 2/03.05.1981  |  |
| 10              | 272,619 | KHIKOV Eduard           | 61 M RUS         | 2 | P PODOLSK RUS          | 24/25.06.1995 |  |
| 11              | 271,750 | OTAKI Masuyuki          | 5.06.65 M JPN    | 1 | P ASIAN CHAMP SOOCHOW  | 27/28.03.2004 |  |
|                 | 271,200 | KRUGLIKOV Anatoly       | (02) M RUS       | 1 | P PODOLSK RUS          | 27/28.08.1994 |  |
| 12              | 270,338 | HRMO Lubomir            | 25.02.61 M40 SVK | 2 | P IAU WORLD VERONE     | 22/23.09.1901 |  |
|                 | 270,296 | KRUGLIKOV Anatoly       | (03) M RUS       | 1 | I PODOLSK RUS          | 26/27.02.1994 |  |
|                 | 270,200 | NUNES Valmir            | (02) M BRA       | 1 | R SAO POLO MIZUMO      | 25/26.05.2002 |  |
| 13              | 270,087 | BECKERS Paul            | 22.08.62 M BEL   | 1 | R WORLD CHAL UDEN NED  | 11/12.10.2003 |  |
| 14              | 269,560 | KHUSNULIN Nasibula      | 27.03.55 M40 RUS | 2 | I PODOLSK RUS          | 26/27.02.1994 |  |
|                 | 269,474 | KOUROS Yiannis          | (16) M40 GRE     | 1 | P NAT.CHAMP USA        | 16/17.09.1999 |  |
|                 | 268,975 | KHIKOV Eduard           | (02) M RUS       | 2 | P PODOLSK RUS          | 27/28.08.1994 |  |
| 15              | 268,859 | PRUAL Alain             | 24.09.59 M40 FRA | 1 | R GRAVIGNY FRA         | 11/12.08.1999 |  |
|                 | 268,590 | KRUGLIKOV Anatoly       | (04) M RUS       | 1 | I PODOLSK RUS          | 22/23.02.1992 |  |
| 16              | 268,261 | RITCHIE Donald          | 6.07.44 M45 GBR  | 1 | P LONDON GBR           | 26/27.10.1991 |  |
| 17              | 267,626 | TAEIEMAN Lucien         | 9.07.57 M40 BEL  | 1 | R EURO MARQUETTE FRA   | 29/30/08.1998 |  |
|                 | 267,543 | RITCHIE Donald          | (02) M45 GBR     | 1 | I MILTON KEYNES GBR    | 3/04.02.1990  |  |
|                 | 267,510 | KOUROS Yiannis          | (17) M45 GRE     | 1 | P 48H SURGERES         | 2/3/4.05.2003 |  |
| 18              | 267,427 | EDER Ewald              | 1.01.56 M45 AUT  | 1 | R WORSCHACHER AUT      | 20/21.07.2003 |  |
| 19              | 267,294 | LUKAS Jens              | 13.04.66 M GER   | 1 | R IAU EUROPE GRAVIGNY  | 7/08.09.2002  |  |
| 20              | 267,223 | SEKIYA Ryochi           | 12.02.67 M JPN   | 2 | R WORLD CHAL UDEN NED  | 11/12.10.2003 |  |
| 21              | 267,088 | LABUTIN Ivan            | 20.03.59 M RUS   | 3 | P PODOLSK RUS          | 24/25.06.1995 |  |
|                 | 266,275 | SEKIYA Ryochi           | (02) M JPN       | 1 | P ASIA CHP SOOCHOW TPE | 2/03.03.2002  |  |
|                 | 266,180 | KOUROS Yiannis          | (18) M GRE       | 1 | P COBURG AUS           | 8/09.04.1997  |  |
| 22              | 266,050 | KOMISSARENKO Aleksander | 61 M RUS         | 1 | R TULA                 | 09.1982       |  |
| 23              | 265,932 | CLARK Rae               | 7.02.52 M USA    | 1 | P PORTLAND USA         | 28/29.09.1990 |  |
|                 | 265,683 | KOUROS Yiannis          | (19) M40 GRE     | 1 | P LUPATOTO ITA         | 23/24.09.2000 |  |
| 24              | 264,967 | VAN ACKER Etienne       | 2.03.52 M50 BEL  | 3 | R WORLD CHAL UDEN NED  | 11/12.10.2003 |  |
| 25              | 264,901 | KLAMMER Günter          | 59 M40 AUT       | 2 | R WORSCHACHER AUT      | 20/21.07.2003 |  |
|                 | 264,796 | PRUAL Alain             | (02) M40 FRA     | 2 | R IAU EUROPE GRAVIGNY  | 7/08.09.2002  |  |
| 26              | 264,400 | EREMISOV Mikhail        | 61 M RUS         | 3 | P PODOLSK RUS          | 27/28.08.1994 |  |
|                 | 264,246 | BECKERS Paul            | (02) M BEL       | 1 | R TOREOUT BEL          | 1/02.08.1992  |  |
|                 | 264,108 | BOUSSQUET Jean-Gilles   | (02) M FRA       | 1 | P BLACKBURN GBR        | 11/12.10.1980 |  |
| 27              | 263,466 | PICKARD Mark            | 8.03.60 M GBR    | 1 | R LONDON GBR           | 10/11.10.1981 |  |
| 28              | 263,172 | BOGAR Janos             | 23.06.64 M HUN   | 1 | R SZEGED HUN           | 3/04.07.1993  |  |
| 29              | 263,144 | RUSEK Thomas            | 27.08.48 M50 CZE | 2 | R EURO MARQUETTE FRA   | 29/30/08.1998 |  |
| 30              | 262,790 | GOUBAR Valery           | 5.07.48 M40 RUS  | 1 | P ODESSA UKR           | 10.1988       |  |
| NO              | 262,853 | KHUSNULIN Nasibula      | 27.03.55 M40 RUS | 1 | I PODOLSK RUS          | 10/11.02.1996 |  |

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## 24H WORLD MEN

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|    | NAME/ FIRSTNAME | DD.MM.YY                | CAT          | NAT |                         |               |
|----|-----------------|-------------------------|--------------|-----|-------------------------|---------------|
|    | 262,758         | BECKERS Paul            | (02) M       | BEL | 1 R TORHOUT BEL         | 13/14.08.1994 |
|    | 262,668         | KOUROS Yiannis          | (20) M       | GRE | 1 P NEW-YORK USA        | 2/03.07.1984  |
| 31 | 262,640         | LARSSON Rune            | 11.05.56 M   | SWE | 1 P HONEFOSS SWE        | 12/13.07.1986 |
| 32 | 262,585         | TOUT Dick               | 1.05.48 M40  | NZL | 1 I MILTON KEYNES GBR   | 18/19.02.1989 |
|    | 262,419         | BOUSSIQUET Jean-Gilles  | (03) M       | FRA | 1 R LE MANS FRA         | 2.1982        |
|    | 262,329         | KOUROS Yiannis          | (21) M40     | GRE | 1 P EUROPE CHAMP ITA    | 22/23.09.1999 |
| 33 | 262,238         | ARITA Seiji             | 25.01.57 M   | JAP | 1 P ARCUEIL FRA         | 9/10.10.1994  |
|    | 262,112         | KRUGLIKOV Anatoly       | (02) M       | RUS | 1 R NIORT FRA           | 7/08.11.1992  |
| 34 | 261,672         | ZABALO Ramon            | 26.07.44 M   | FRA | 1 P TOULOUSE FRA        | 26/27.04.1980 |
|    | 261,640         | SEKIYA Ryochi           | (02) M       | JPN | 1 P ASIAN CHAMP SOOCHOW | 8/09.03.2003  |
|    | 261,478         | KOUROS Yiannis          | (22) M45     | GRE | 1 P SURGERES 48H FRA    | 03/04.05.2002 |
| 35 | 261,475         | TEUNISSE Ron            | 12.06.52 M   | NED | 1 R APELDOORN NED       | 25/26.05.1990 |
| 36 | 261,454         | GODALE Mark             | 70 M         | USA | 2 P NAT.CHAMP USA       | 16/17.09.1999 |
|    | 261,437         | KRUGLIKOV Anatoli       | (05) M40     | RUS | 1 R ST PETERSBURG RUS   | 2/03.09.2000  |
| 37 | 261,292         | GUYOMARC'H Jean-Pierre  | 5.04.54 M    | FRA | 1 R COURCON FRA         | 19/20.09.1992 |
| 38 | 261,204         | BARNER Park             | 13.01.44 M   | USA | 1 P HUNTINGTON USA      | 1/02.06.1979  |
| 39 | 261,128         | ZARAI James             | 13.01.44 M40 | GBR | 1 R CHORLEY GBR         | 23/24.08.1986 |
|    | 261,122         | BOGAR Janos             | (02) M       | HUN | 1 R SZEGED HUN          | 21/22.05.1994 |
|    | 261,100         | GAUDIN Bernard          | (02) M       | FRA | 1 R NIORT FRA           | 14/15.11.1981 |
| 40 | 261,028         | SAMULSKI Peter          | 14.12.38 M50 | GER | 1 R ELZE GER            | 17/18.08.1990 |
| 41 | 261,030         | GAEBLER Joseph          | 77 M         | USA | 1 P SAN DIEGO USA       | 8/09.11.2003  |
|    | 260,973         | PRUAL Alain             | (03) M       | FRA | 1 R NATION GRAVIGNY FRA | 1/02.07.2000  |
| 42 | 260,895         | SCHIEKE Helmut          | 28.06.39 M50 | GER | 2 R APELDOORN NED       | 25/26.05.1990 |
| 43 | 260,750         | SANTALOV Constantin     | 3.01.66 M    | RUS | 1 P MADRID ESP          | 16/17.10.1993 |
|    | 260,559         | BECKERS Paul            | (03) M       | BEL | 1 R EURO APELDOORN NED  | 25/26.05.2001 |
|    | 260,520         | BOUSSIQUET Jean-Gilles  | (04) M       | FRA | 1 P COETQUIDAN FRA      | 19/20.04.1980 |
|    | 260,447         | KHUSNULIN Nasibula      | (02) M40     | RUS | 1 P MOSCOU RUS          | 9/10.05.1999  |
|    | 260,323         | GOUBAR Valery           | (02) M40     | RUS | 1 I PODOLSK RUS         | 27/28.02.1993 |
| 44 | 260,180         | KRISTENOK Valery        | 27.06.61 M   | UKR | 1 R NIORT FRA           | 2/03.11.1991  |
| 45 | 260,099         | MARCH Mike              | 18.06.43 M   | AUS | 1 P COBURG AUS          | 25/26.02.1989 |
|    | 260,024         | GUYOMARC'H Jean-Pierre  | (02) M       | FRA | 1 R FLEURBAIX FRA       | 28/29.08.1993 |
|    | 45 >>>          | 260km / 89 performances |              |     |                         |               |
| 46 | 259,922         | GYORI Ferenc            | 15.09.64 M   | HUN | 1 R EURO COURCON FRA    | 21/22.09.1996 |
| 47 | 259,603         | BENTLEY Ron             | 10.11.30 M40 | GBR | 1 P WALTON GBR          | 3/04.11.1973  |
| 48 | 259,265         | DREYER Helmut           | 2.10.57 M    | GER | 1 R BASEL SUI           | 1/02.05.1993  |
| 49 | 259,227         | ISHMULKIN Serguei       | 7.11.63 M    | RUS | 1 P MOSCOU RUS          | 9/10.05.1998  |
| 50 | 259,067         | MAIER Michael           | 20.02.64 M   | GER | 3 R MARQUETTE FRA       | 29/30.08.1998 |
| 51 | 258,907         | LUKAS Jens              | 13.04.66 M   | GER | 2 R EURO APELDOORN NED  | 25/26.05.2001 |
| 52 | 258,845         | SUBORIN Viktor          | 51 M         | RUS | 1 P JURMALA RUS         | 07.1984       |
| 53 | 258,391         | MATCHITOV Nicolai       | 55 M         | RUS | 2 P MOSCOU RUS          | 9/10.05.1999  |
| 54 | 258,382         | BALABEKOV Enver         | 65 M         | RUS | 2 P MOSCOU RUS          | 9/10.05.1999  |
| 55 | 258,251         | KROPFITSCH Urban        | 54 M40       | AUT | 1 R WORSCHACHER AUT     | 20/21.07.1996 |
| 56 | 258,181         | SETNES Kevin            | 27.01.54 M   | USA | 1 R SYLVANIA USA        | 18/19.09.1993 |
| 57 | 258,145         | SHCHEKIN Aleksander     | M            | RUS | 1 I PODOLSK RUS         | 4/05.02.1995  |
| 58 | 258,108         | MANN Peter              | 10.10.39 M45 | GER | 1 R APELDOORN NED       | 9/10.05.1989  |
| 59 | 258,101         | AMELIN Vasily           | 57 M         | RUS | 4 P PODOLSK RUS         | 27/28.08.1994 |
| 60 | 258,037         | KAZANCEV Andrei         | 25.11.62 M   | RUS | 4 R WORLD CHAL UDEN NED | 11/12.10.2003 |
| 61 | 258,003         | FOUCAT Marcel           | 21.12.50 M   | FRA | 2 R NIORT FRA           | 2/03.11.1991  |
| 62 | 257,965         | TUHOVCAK Milan          | 4.08.53 M    | CZE | 2 R BASEL SUI           | 1/02.05.1993  |
| 63 | 257,329         | BRONNIMAN Hans Peter    | 26.03.52 M40 | SUI | 1 R BASEL SUI           | 4/05.05.1996  |
| 64 | 257,202         | VOROBYEV Maxim          | 66 M         | RUS | 2 I PODOLSK RUS         | 4/05.02.1995  |
| 65 | 257,065         | LEBON Loic              | 5.10.58 M40  | FRA | 4 P IAU WORLD VERONE    | 22/23.09.2001 |
| 66 | 257,024         | KURBATOV Vladimir       | 58 M40       | RUS | 2 R ST PETERSBURG RUS   | 2/03.09.2000  |
| 67 | 256,725         | MONDON Maurice          | 18.06.50 M40 | FRA | 2 R NIORT FRA           | 7/08.11.1992  |
| 68 | 256,513         | BREAM Paul              | 20.10.44 M40 | GBR | 1 P FRECHEN GER         | 25/26.06.1988 |
| 69 | 256,400         | HAYWARD Wally           | 10.07.08 M45 | RSA | 1 P MOTSPUR PARK RSA    | 20/21.11.1953 |
| 70 | 256,399         | KOCOUREK Jaroslav       | 17.06.49 M50 | CZE | 5 P IAU WORLD VERONE    | 22/23.09.2001 |

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|    | NAME/ FIRSTNAME | DD.MM.YY               | CAT      | NAT |     |   |                                     |
|----|-----------------|------------------------|----------|-----|-----|---|-------------------------------------|
| 1  | 250,106         | BERCES Edith           | 16.05.64 | W35 | HUN | 1 | P LUPATOTISSIMA VERONE21/22.09.2002 |
| 2  | 243,657         | LOMSKY Sigrid          | 16.01.42 | W50 | GER | 1 | R BASEL SUI 1/02.05.1993            |
| 3  | 242,624         | REUTOVITCH Irina       | 21.01.50 | W45 | RUS | 1 | P MOSCOU RUS 9/10.05.1998           |
|    | 241,007         | REUTOVITCH Irina       | (02)     | W45 | RUS | 1 | R WORSCHACHER AUT 18/19.07.1999     |
| 4  | 240,169         | ROBINSON ADAMS Eleanor | 20.11.47 | W40 | GBR | 1 | P MELBOURNE AUS 19/20.08.1989       |
|    | 237,861         | ROBINSON ADAMS Eleanor | (02)     | W40 | GBR | 1 | I MILTON KEYNES GBR 3/04.02.1990    |
|    | 237,645         | BERCES Edith           | (02)     | W35 | HUN | 1 | R WORSCHACH 19/20.07.2003           |
|    | 237,052         | REUTOVITCH Irina       | (03)     | W45 | RUS | 1 | R WORLD CHAL UDEN NED 11/12.10.2003 |
| 5  | 236,453         | WALKER Hilary          | 9.11.53  | W45 | GBR | 1 | R PRESTON GBR 27/28.08.1988         |
|    | 236,363         | REUTOVITCH Irina       | (03)     | W45 | RUS | 1 | P MOSCOU RUS 9/10.05.1999           |
|    | 236,284         | REUTOVITCH Irina       | (04)     | W45 | RUS | 1 | R BASEL SUI 3/04.05.1997            |
|    | 235,030         | BERCES Edith           | (03)     | W35 | HUN | 1 | P IAU WORLD VERONE 22/23.09.2001    |
| 6  | 233,816         | TRAPP Sue Ellen        | 3.03.46  | W45 | USA | 1 | R SYLVANIA USA 18/19.09.1993        |
|    | 233,550         | REUTOVITCH Irina       | (05)     | W45 | RUS | 1 | R SAINT PETERSBURG RUS 6/07.09.2003 |
|    | 232,284         | BERCES Edith           | (04)     | W35 | HUN | 1 | R IAU EUROPE GRAVIGNY 7/08.09.2002  |
| 7  | 232,107         | MERTENS Angela         | 11.11.41 | W45 | BEL | 1 | R HEUSDEN BEL 15/16.10.1988         |
| 8  | 232,050         | EREMINA Galina         | 14.02.53 | W50 | RUS | 2 | R WORLD CHAL UDEN NED 11/12.10.2003 |
|    | 231,576         | REUTOVITCH Irina       | (06)     | W50 | RUS | 2 | R WORSCHACH 19/20.07.2003           |
| 9  | 231,510         | BERTRAND MAYERAS Marie | 29.07.57 | W35 | FRA | 1 | R COURCON FRA 17/18.09.1994         |
|    | 231,482         | LOMSKY Sigrid          | (02)     | W50 | GER | 1 | R SZEGED HUN 21/22.05.1994          |
|    | 231,049         | BERTRAND MAYERAS Marie | (02)     | W35 | FRA | 1 | R EURO COURCON FRA 21/22.09.1996    |
|    | 231,008         | LOMSKY Sigrid          | (03)     | W50 | GER | 1 | R APELDOORN NED 29/30.05.1992       |
| 10 | 230,862         | SIDORENKOVA Elena      | 2.10.66  | W   | RUS | 2 | R BASEL SUI 3/04.05.1997            |
|    | 230,618         | WALKER Hilary          | (02)     | W   | GBR | 1 | R FELTHAM GBR 23/24.05.1987         |
| 11 | 230,473         | COBROVE Wynnie         | 31.08.62 | W35 | NZL | 1 | P NIORT FRA 7/08.11.1998            |
|    | 230,438         | REUTOVITCH Irina       | (07)     | W50 | RUS | 1 | P MOSCOU RUS 8/09.05.2002           |
| 12 | 230,275         | TRASON Ann             | 30.08.60 | W   | USA | 1 | R QUEENS NY USA 16/17.09.1989       |
| 13 | 230,013         | SAVAGE Marianne        | 26.01.49 | W35 | GBR | 1 | P SOLIHULL GBR 22/23.07.1988        |
|    | 229,992         | ROBINSON ADAMS Eleanor | (03)     | W40 | GBR | 1 | I MILTON KEYNES GBR 18/19.02.1989   |
| 14 | 229,389         | BACKHAUS Helga         | 19.01.53 | W40 | GER | 1 | R WORSCHACHER AUT 21/22.07.1996     |
| 15 | 229,080         | STANGER Helen          | 4.06.50  | W45 | AUS | 1 | P COBURG AUS 22/23.08.1998          |
|    | 228,906         | BERCES Edith           | (05)     | W35 | HUN | 1 | P 48H SURGERES 2/3/4.05.2003        |
|    | 228,112         | SAVAGE Marianne        | (02)     | W40 | GBR | 1 | I MILTON KEYNES GBR 3/04.02.1990    |
|    | 227,845         | BACKHAUS Helga         | (02)     | W40 | GER | 1 | R NIORT FRA 9/10.11.1996            |
|    | 227,777         | BERCES Edith           | (06)     | W35 | HUN | 1 | P ASIAN CHAMP SOOCHOW 8/09.03.2003  |
|    | 227,287         | SIDORENKOVA Yelena     | (02)     | W   | RUS | 2 | R EURO COURCON FRA 21/22.09.1996    |
| 16 | 227,279         | SEMUR Joëlle           | 22.12.60 | W40 | FRA | 3 | R WORLD CHAL UDEN NED 11/12.10.2003 |
|    | 227,261         | ROBINSON ADAMS Eleanor | (04)     | W35 | GBR | 1 | I MILTON KEYNES GBR 14/15.02.1987   |
| 17 | 227,038         | KUNO Monika            | 13.11.43 | W45 | GER | 1 | R MITTERSILL GER 15/16.06.1990      |
| 18 | 226,990         | FUNADA-NOTO Kimie      | 52       | W50 | JPN | 1 | P ASIAN CHAMP SOOCHOW 27/28.03.2004 |
|    | 226,825         | REUTOVICH Irina        | (08)     | W50 | RUS | 2 | R IAU EUROPE GRAVIGNY 7/08.09.2002  |
|    | 226,781         | REUTOVICH Irina        | (09)     | W50 | RUS | 2 | P IAU WORLD VERONE 22/23.09.2001    |
|    | 226,634         | REUTOVICH Irina        | (10)     | W50 | RUS | 1 | R EURO APELDOORN NED 25/26.05.2001  |
|    | 226,457         | BERTRAND MAYERAS Marie | (03)     | W35 | FRA | 1 | R EURO MARQUETTE FRA 29/30.08.1998  |
|    | 226,330         | BACKHAUS Helga         | (03)     | W40 | GER | 1 | R APELDOORN NED 21/22.05.1993       |
| 19 | 226,299         | PALTSEVA Rimma         | 14.10.48 | W50 | RUS | 1 | R ST PETERSBURG RUS 2/03.09.2000    |
|    | 226,237         | MERTENS Angela         | (02)     | W45 | BEL | 1 | P IZGEM BEL 2/03.07.1988            |
|    | 226,000         | SIDORENKOVA Yelena     | (03)     | W   | RUS | 1 | P PODOLSK RUS 24/25.06.1995         |
|    | 225,710         | BERCES Edith           | (07)     | W35 | HUN | 4 | R WORLD CHAL UDEN NED 11/12.10.2003 |
|    | 225,418         | REUTOVICH Irina        | (11)     | W50 | RUS | 1 | R EURO UDEN NED 22/23.10.2000       |
|    | 225,307         | WALKER Hilary          | (03)     | W35 | GBR | 1 | T BLACKPOOL GBR 5/06.11.1988        |
| 20 | 225,036         | KOVAL Irina            | 19.11.58 | W40 | RUS | 3 | R IAU EUROPE GRAVIGNY 7/08.09.2002  |
|    | 224,758         | BERTRAND MAYERAS Marie | (04)     | W35 | FRA | 1 | R VANNES FRA 23/24.09.1995          |
| 21 | 224,469         | OKIYAMA Hiroko         | 21.04.62 | W40 | JPN | 1 | P ASIAN CHAMP SOOCHOW 8/09.03.2003  |
|    | 224,164         | BACKHAUS Helga         | (04)     | W35 | GER | 2 | R APELDOORN NED 29/30.05.1992       |
|    | 223,763         | REUTOVITCH Irina       | (12)     | W45 | RUS | 1 | P EURO LUPATOTO ITA 22/23.09.1999   |
|    | 223,724         | BERTRAND MAYERAS Marie | (05)     | W40 | FRA | 3 | R BASEL SUI 3/04.05.1997            |
|    | 223,673         | BERCES Edith           | (08)     | W35 | HUN | 1 | R KÖLN GER 14/15.07.2001            |
|    | 223,647         | BACKHAUS Helga         | (05)     | W40 | GER | 2 | R BASEL SUI 1/02.05.1993            |
| 22 | 223,378         | MUSY Colette           | 11.04.59 | W35 | FRA | 2 | P EURO MARQUETTE FRA 29/30.08.1998  |
|    | 223,240         | REUTOVITCH Irina       | (13)     | W45 | RUS | 1 | R WORSCHACH 28/29.07.2001           |
|    | 223,129         | ROBINSON ADAMS Eleanor | (05)     | W45 | GBR | 3 | P EURO COURCON FRA 21/22.09.1996    |
| 23 | 223,630         | REED Pamela            | 27.02.61 | W40 | USA | 1 | P SAN DIEGO USA 8/09.11.2003        |
| 24 | 223,023         | JEHANNO Véronique      | 27.12.62 | W35 | FRA | 4 | R GRAVIGNY EUROPE IAU 7/08.09.2002  |
| 25 | 222,895         | KAMURA Masae           | 4.04.58  | W45 | JPN | 5 | R WORLD CHAL UDEN NED 11/12.10.2003 |

NO 248,901 SIDORENKOVA Yelena 2.10.66 W RUS 1 I PODOLSK RUS 10/11.02.1996

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|    | NAME                             | DD.MM.YY | CAT | NAT |    |                                     |
|----|----------------------------------|----------|-----|-----|----|-------------------------------------|
|    | 222,869 SAVAGE Marianne          | (03)     | W40 | GBR | 1  | P ARCUEIL FRA 13/14.10.1991         |
|    | 222,800 ROBINSON ADAMS Eleanor   | (06)     | W35 | GBR | 1  | P NOTTINGHAM GBR 4/05.08.1985       |
|    | 222,654 REUTOVICH Irina          | (14)     | W50 | RUS | 1  | R APELDOORN 30/31.05.2003           |
| 26 | 222,556 BROMKA Randi             | 6.05.52  | W40 | USA | 1  | R SACRAMENTO USA 30/31.12.1992      |
|    | 222,650 KOVAL Irina              | (02)     | W40 | RUS | 2  | R EURO APELDOORN NED 25/26.05.2001  |
|    | 222,446 KOVAL Irina              | (03)     | W40 | RUS | 3  | P IAU WORLD VERONE 22/23.09.2001    |
|    | 222,271 BERCES Edith             | (08)     | W35 | HUN | 1  | P SURGERES 48H FRA 03/04.05.2002    |
| 27 | 222,020 MERSLIKINA Tamara        | 18.07.39 | W45 | UKR | 1  | R MITTERSILL GER 26/27.05.1989      |
|    | 221,911 OKIYAMA Hiroko           | (02)     | W35 | JPN | 4  | P IAU WORLD VERONE 22/23.09.2001    |
|    | 221,867 REUTOVICH Irina          | (15)     | W50 | RUS | 1  | I BRNO WORLD48H 17/18.03.2000       |
|    | 221,160 OKIYAMA Hiroko           | (03)     | W35 | JPN | 2  | P ASIAN CHAMP SOOCHOW 27/28.03.2004 |
|    | 221,072 JEHANNO Véronique        | (02)     | W35 | FRA | 5  | P IAU WORLD VERONE 22/23.09.2001    |
| 28 | 220,966 LE CERF Christiane       | 12.06.50 | W40 | FRA | 3  | R EURO MARQUETTE FRA 27/28.03.2004  |
|    | 220,797 FUNADA-NOTO Kimie        | (02)     | W50 | JPN | 2  | P ASIAN CHAMP SOOCHOW 8/09.03.2003  |
|    | 220,750 REUTOVICH Irina          | (16)     | W50 | RUS | 1  | I BRNO WORLD48H 22/23.03.2002       |
| 29 | 220,500 BARWICK Sandra           | 27.02.49 | W40 | NZL | 1  | P HONG KONG .02.1989                |
|    | 220,255 TRAPP Sue Ellen          | (02)     | W40 | USA | 1  | R QUEENS NY USA 16/17.09.1989       |
|    | 220,125 TRAPP Sue Ellen          | (03)     | W45 | USA | 1  | R SYLVANIA USA 17/18.09.1994        |
|    | 219,782 STANGER Helen            | (02)     | W40 | AUS | 1  | P WOLLONGONG 1/02.04.1995           |
|    | 219,735 TRAPP Sue Ellen          | (04)     | W45 | USA | 1  | P PORTLAND USA 28/29.10.1991        |
|    | 219,410 KAMURA Masae             | (02)     | W50 | JPN | 3  | P ASIAN CHAMP SOOCHOW 27/28.03.2004 |
|    | 219,129 SAVAGE Marianne          | (04)     | W40 | GBR | 1  | P BIRMINGHAM GBR 3/04.08.1991       |
|    | 218,322 PALTSEVA Rimma           | (02)     | W50 | RUS | 6  | P IAU WORLD VERONE 22/23.09.2001    |
|    | 218,529 SEMUR Joëlle             | (02)     | W35 | FRA | 1  | R GRAVIGNY FRA 18/11.07.1999        |
|    | 218,481 KUNO Monika              | (02)     | W45 | GER | 1  | R MORLENBACH GER 13/14.05.1989      |
|    | 218,370 COSGROVE Wynnie          | (02)     | W35 | NZL | 1  | P HONDA HKG 11.1999                 |
|    | 218,150 KUNO Monika              | (03)     | W40 | GER | 1  | P FRECHEN GER 25/26.06.1988         |
| 30 | 218,026 SAVOSKINA Svetlana       | 7.07.65  | W   | RUS | 2  | P MOSCOU RUS 9/10.05.1998           |
|    | 218,012 KUNO Monika              | (04)     | W45 | GER | 3  | I MILTON KEYNES GBR 3/04.02.1990    |
| 31 | 217,913 KALININA Lyudmila        | 12.12.68 | W   | RUS | 1  | P MOSCOW 10/11.05.2002              |
| 32 | 217,750 LOENSTAD Anni            | 19.08.53 | W40 | DEN | 1  | R BASEL SUI 6/07.05.1995            |
|    | 217,516 MERTENS Angela           | (02)     | W50 | BEL | 1  | P IZGEM BEL 1/02.07.1989            |
| 33 | 217,508 GAYTER Sharon            | 30.10.60 | W40 | GBR | 5  | R APELDOORN NED 10/11.05.2002       |
| 34 | 217,281 TASSIE Carolyn           | 58       | W45 | NZL | 1  | P AUCKLAND NZL 27/28.09.2003        |
| 35 | 217,201 OLSEN Susan              | 9.05.57  | W   | USA | 2  | P PORTLAND USA 28/29.10.1991        |
|    | 217,048 REED Pamela              | (02)     | W40 | USA | 6  | R WORLD CHAL UDEN NED 11/12.10.2003 |
|    | 216,770 COSGROVE Wynnie          | (03)     | W   | NZL | 1  | P AUCKLAND NZL 27/28.05.1995        |
| 36 | 216,605 MAHE Pascale             | 29.03.48 | W45 | FRA | 2  | R VANNES FRA 23/24.09.1995          |
| 37 | 216,648 PAUL Rose                | 27.05.59 | W   | GBR | 1  | P NOTTINGHAM GBR 22/23.08.1982      |
|    | 216,282 PALTSEVA Rimma           | (03)     | W50 | RUS | 5  | R GRAVIGNY EUROPE IAU 7/08.09.2002  |
|    | 216,220 PALTSEVA Rimma           | (04)     | W50 | RUS | 3  | P MOSCOU RUS 9/10.05.1998           |
| 38 | 215,880 DYCK Anna                | 28.08.44 | W45 | GER | 2  | R APELDOORN NED 21/22.05.1993       |
| 39 | 215,623 LEE Guija                | 3.05.59  | W40 | USA | 8  | R WORLD CHAL UDEN NED 11/12.10.2003 |
| 40 | 215,402 REISERT Woltraud         | 9.05.39  | W45 | GER | 1  | R APELDOORN NED 9/10.05.1986        |
| 41 | 215,080 INAGAKI Sumie            | 6.04.66  | W35 | JPN | 4  | P ASIAN CHAMP SOOCHOW 27/28.03.2004 |
| 42 | 215,068 BROWN Sandra             | 1.04.49  | W40 | GBR | 1  | P TOOTING BEC GBR 16/17.10.1993     |
| 43 | 214,999 DYCK Anna                | 28.08.44 | W45 | GER | 3  | R APELDOORN NED 29/30.05.1992       |
| 44 | 214,927 PETER Monika             | 5.07.50  | W40 | GER | 1  | R APELDOORN NED 13/14.05.1994       |
| 45 | 214,902 FITZGERALD Lynn          | 9.09.47  | W   | GBR | 1  | P GLOUCESTER GBR 22/23.05.1982      |
| 46 | 213,649 TARASOVA Nadezhda        | 7.04.52  | W40 | RUS | 1  | R BASEL SUI 2/03.05.1998            |
| 47 | 213,622 HANUDEL LARSSON Mary     | 2.10.60  | W35 | USA | 2  | P HONEFOSS SWE 12/13.07.1986        |
| 48 | 212,981 BOTTCHE Angelika         | 16.10.49 | W40 | GER | 3  | R APELDOORN NED 21/22.05.1993       |
| 49 | 212,874 DEBROIZE Marie Thérèse   | 19.10.49 | W40 | FRA | 1  | P ARCUEIL FRA 9/10.10.1993          |
| 50 | 212,300 COUHE Edith              | 26.04.44 | W40 | FRA | 1  | P CHEVILLY-LARUE FRA 14/15.06.1985  |
| 51 | 212,217 MITROFANOVA Nina         | 26.04.57 | W45 | UKR | 11 | R WORLD CHAL UDEN NED 11/12.10.2003 |
| 52 | 211,080 NARDIN BINI Maria Theres | 19.11.50 | W40 | ITA | 3  | P ARCUEIL FRA 13/14.10.1991         |
| 53 | 210,850 GORDEEVA Galina          | 18.04.55 | W45 | RUS | 2  | R WORSCHACH 28/29.07.2001           |
| 54 | 210,598 FRICKE Gisela            | 13.05.53 | W40 | GER | 4  | R APELDOORN NED 21/22.05.1993       |
| 55 | 210,520 SATA Fumie               | 25.06.62 | W40 | JPN | 13 | R WORLD CHAL UDEN NED 11/12.10.2003 |
| 56 | 210,106 RICHEY Lorna             | 19.08.58 | W   | USA | 1  | P OTTAWA CAN 19/20.05.1984          |
| 57 | 208,840 GRANT Helen              | 19.08.45 | W40 | NZL | 1  | P CHRISTCHURCH NZL 7/08.05.1988     |
| 58 | 208,800 SHABALINA Zinaida        | 8.10.52  | W40 | RUS | 3  | P PODOLSK RUS 24/25.06.1995         |
| 59 | 208,606 BESTENBREUR Marieke      | 19.11.48 | W50 | NED | 1  | R APELDOORN NED 9/10.05.1986        |
| 60 | 208,176 ALTER Julia              | 24.02.72 | W   | GER | 4  | R EURO APELDOORN NED 25/26.05.2001  |



# The Self-Transcendence Multi-Days: Cunningham and Jakelaitis Reign Again

by Sahishnu Szczesiul

On Wednesday, April 28, twenty-three runners started off on a journey of 240 hours: the ninth annual Self-Transcendence Ten Day Race had begun along the confines of Flushing Meadow Corona Park and the famous Meadow Lake, featuring lilting willows, magnolias and waterfowl, topped with sailboats, peddlecraft, and a constant breeze from the northwest. The winter had been long and hard, and with the runners bundled up, another multi-day race in New York had begun. Its companion event, the Six Day, would start four days later. Event record-holder Rimas Jakelaitis was rejoining the fray after a hopeful training season without mishaps, but with a tendon problem in his knee that would require future surgery. Nonetheless, he ticked off 121 miles in the first 24 hours, only a few miles behind his record pace of 2001, when he reached 901 miles in ten days. Trishul Cherns, the bionic Canadian multi-day specialist, and Martin Vladovic, a young lion from Slovakia, gave chase. Rimas continued his uneven gait, a time-tested shuffle that brought him another 88 miles on day two, and a 64-mile lead, clear of the pack. Lenka Svecova led the ladies with 82 and 150-mile totals for one and two days. She appeared to be in complete command and healthy from a good winter of training in the Czech Republic. Dorothea Vogeli from Switzerland tried to remain within sight of Lenka, should the younger Czech falter.

Day three was good to Rimas, as he managed 91 miles and a total of 300. The rains were not too heavy and the temperatures remained cool and pleasant. Ric Marini from South Africa moved into a second place tie with Trishul after four days, but both were 89 miles behind Rimas as spring showers peppered the area. The showers subsided before the start of the Six Day, as 30 more runners joined the one-mile loop course and their weary brethren for round-the-clock running. The running village burst with energy as 52 runners were now on the tarmac. The previous six "shorter" events had seen their own share of drama and triumph. David Luljak, who set a men's event best of 541 miles during

the constant rains of 1998, was back, along with Dipali Cunningham, the perennial women's champion, undefeated at six days. Cunningham holds the women's world road best of 510 miles, set in 2001. She was fit and in a new age group (45 to 49), hoping to continue her string of championship performances. Many other hopefuls toed the line for the first time, dipping into the unknown waters of multi-day running. Cunningham blasted 106 miles on the first day and was never threatened for the overall lead.

Meanwhile, Rimas maintained his huge lead with 70 miles on day five, the halfway point, but his chances of catching his own awesome performance of 2001 were slipping away. His knee was beginning to bother him, and his relentless shuffle was replaced by a wrenching limp. He managed a somewhat meager (for him) 44 miles on day six. His 484-mile total for six days was still excellent, just not his best. The 600 miles he ran in 2001 is a standard that few have ever reached and many have only dreamed about. Rimas was nearly 90 miles ahead of his closest competitor, and sensing a need to conserve energy and his fragile knee, he slowed his pace and took longer breaks. By the end of eight days, Lenka Svecova had climbed into second overall in the Ten Day, 66 miles behind Rimas. In the Six Day race, Dipali was 53 miles ahead of the men and only three miles behind her

world best effort of 2001, but began to feel a head cold and fatigue as her fourth day ended.

A convoy of runners continued on throughout the final night, as Vladovic grabbed second place overall in the Ten Day, ahead of Svecova, towards a fine total of 78 miles on the last day, the best single-day anyone had produced since early in the race. Rimas finished his ten-day ordeal with a smile on his face, his fourth victory in the event secure, and a final tally of 653 miles, highly respectable. Lenka finished with 631 miles to lead the ladies, radiant and ready for perhaps another challenge at 1,300 miles in the fall. In all, six topped the 600-mile barrier.

In the Six Day, Dipali remained undefeated with a final total of 479 miles. That performance gives her another age-group best in a fine career spanning 14 years of multi-days. Ashprihanal Aalto held on for 433 miles to pace the men, his third men's winner's trophy in hand, and a solid base of training for the 3,100-mile race in the summer, his specialty.

A debt of gratitude is owed to all the volunteers in this year's event, as well as to the runners from 17 different countries who shared the road for many an hour and found life in the park a pretty good thing. Of course, immense thanks go to Sri Chinmoy and his Marathon Team, who have sponsored 87 multi-days in the past



Dipali Cunningham

Photo by Pulak Viscardi

19 years, giving joy to many ultrarunners. Good luck to all; may the wind always be at your back.

### Self-Transcendence Ten and Six Day Race

Flushing, New York

May 2

Certified, flat mile loop  
(24 and 48-hour splits)

#### 10 Days

1. Rimas Jakelaitis, 48, LIT/NY 653  
(121, 209, 484)
2. Martin Vladovic, 28, SLK 644  
(86, 145, 386)
3. Lenka Svecova, 29, CZ 631  
(82, 150, 403)
4. Ric Marini, 49, RSA 622  
(80, 159, 395)
5. Petr Spacil, 25, CZ 612  
(67, 129, 361)
6. Trishul Cherns, 47, CAN 605  
(84, 158, 408)
7. Dorothea Vogeli, 40, SUI 567  
(81, 141, 360)
8. Christopher Rana, 27, GER 534  
(87, 139, 342)
9. Luis Rios, 56, USA/NY 531  
(77, 134, 325)
10. Rainald Pobitzer, 23, AUT 525  
(80, 147, 353)
11. Friederike Makowka, 44, GER 481  
(83, 138, 312)
12. Christopher Mullauer, 31, SUI 470  
(87, 141, 342)
13. Gerhard Gruenstaedl, 35, AUT 458  
(72, 125, 292)
14. Gregor Knauer, 50, USA/AZ 454  
(63, 110, 276)

15. Ingrid Kirschner, 38, GER 430  
(63, 112, 288)
16. Walter Zimmermann, 40, GER 425  
(79, 150, 319)
17. Michal Petricek, 39, USA/CZ 424  
(64, 112, 277)
18. Karina Ward, 27, AUS 423  
(71, 112, 255)
19. Tamas Agoston, 39, SUI 404  
(50, 94, 245)
20. Klaus Schulz, 63, GER 395  
(55, 106, 256)
21. Gabor Kalman, 38, HUN 387  
(50, 100, 213)
22. Don Winkley, 66, USA/TX 350  
(61, 109, 235)
23. Elvira Janosi, 48, SRB 130  
(81, 130)

#### Six Days

1. Dipali Cunningham, 45, AUS 479  
(106, 186)
2. Ashprihanal Aalto, 33, FIN 433  
(103, 151)
3. Brian Collings, 51, RSA 405  
(80, 148)
4. Tsvetan Tsekov, 23, BUL 400  
(83, 143)
5. Barney McBride, 39, NZL 373  
(88, 149)
6. Sigrid Eichner, 63, GER 345  
(70, 126)
7. Urs Maurer, 49, SUI 331  
(88, 145)
8. David Luljak, 48, USA/MD 327  
(95, 148)
9. Miroslav Pospisek, 43, CZ 326  
(67, 110)
10. Peter Zuidema, 36, NTH 312  
(79, 146)

11. Dejan Kakonji, 35 SRB 306  
(62, 103)
12. Magdalena Horbinger, 40, AUT 301  
(64, 114)
13. Peter Elliott, 38, AUS 300  
(56, 103)
14. Felix Kainz, 44, GER 283  
(72, 123)
15. Lunnitha Duthely, 40, USA/FL 280  
(57, 105)
16. Standa Zubaty, 32, CZ 279  
(58, 102)
17. Unnatishil Bravo, 46, FRA 277  
(57, 95)
18. Uwe Postler, 40, AUT 273  
(60, 102)
19. Dragan Stojanovic, 32, SRB 270  
(50, 100)
20. Danica Plechlova, 28, SLK 270  
(61, 109)
21. Roman Dzierlatka, 47, USA/CT 269  
(53, 92)
22. Mario Komak, 29, SLK 264  
(64, 111)
23. Al Prawda, 57, USA/NY 263  
(87, 116)
24. Zoran Marinkovic, 40, SRB 255  
(70, 119)
25. Lucian Balmer, 21, USA/CA 252  
(59, 100)
26. Krastin Vasilev, 24, BUL 252  
(70, 107)
27. Janos Szeideman, 49, HUN 250  
(53, 100)
28. Kushali Tarantsova, 37, UKR 234  
(60, 102)
29. Aryavan Lanham, 52, AUS 205  
(48, 75)

**On this day:  
MARCH 12, 1973**

### Hilly Bendigo almost beats Perdon

**R**ECORD-BREAKING long-distance runner George Perdon says "Bendigo is the hilliest area in Victoria."

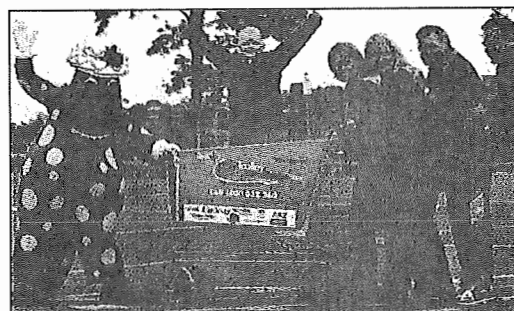
Perdon 48, completed the 92.87 miles journey from the Melbourne Post Office to the Bendigo Post Office in a non-stop run.

He took 14 hours 37 minutes 50 seconds to run the distance.

"Bendigo must be higher than Mt Everest," he said shortly after completing a lap of the Bendigo Sports Centre.

"That is one of the toughest courses I've tackled. I've never known an area with so many hills."

Perdon said Saturday's run was his fourth 100 miles-plus run since November.



**Fun:** Brooke with Dorothy the Dinosaur and sports identities Sue Stanley, Kirstie Marshall, Bob Skilton and Ron Barassi. Picture: ELLEN SMITH

## Trolley of joy

**HUNDREDS** of Coles employees donated their time to push a trolley from Sydney to Melbourne.

The staff trekked 1200km in 34 days to help the Make-A-Wish Foundation.

The charity grants once in a lifetime wishes to sick children.

The trolley, with modified wheels and suspension, arrived in

Melbourne about 9.30am yesterday.

"We did have a chance to grant a wish as we finished," spokeswoman Berni Sewer said.

"A little five-year-old girl, Brooke, has always wanted to go on a Pacific Sky Cruise on Australia's east coast."

Money raised from the Coles Cares Trolley Challenge will be used to grant this wish for her.



## experiment of one

# Heads Up!

by Kevin Selnes

As is evident by watching any road or trail race, running styles vary from one individual to the next. Some ultrarunners are inherently gifted when it comes to running form, while others appear rather awkward, as if they are in some sort of anguish. The position of your head when running is probably not something you often give much thought to, but should, if you are seeking optimum performance and efficiency over the longer ultra distances.

For obvious reasons, trail runners tend to focus on the surface five to ten feet in front of them, so they don't trip over the next rock or root lurking on the trail. This is sound advice, another reason why runners should create some degree of separation between each other when running single-track trails that offer some degree of technical difficulty. It also explains the pain and tension that is created behind the head, upper back and neck.

Road ultrarunners can look straight ahead and need not worry too much, as roads are typically smooth compared with most trails. Road runners, however, like their trail brethren, have a tendency to keep their eyes at a 45-degree angle to the ground, which is a common error in form, one that can impact performance over very longer distances.

A runner who maintains a 45-degree line of sight (to the ground) tends to hunch his head ever so slightly downward. This action causes one to run less efficiently and over time can add up to a substantial amount of lost time. Some speculate that this 45-degree bend may affect performance by up to one percent. One percent over 25 hours of running means roughly 25 minutes of potential improvement. Think about that the next time you are striving to cover 100 miles in a 24-hour run.

From a purely physiological perspective, the ideal head position is one in which the eyes are kept on the back of the individual in front of you. Balance this benefit with that of the practical focus of what lies in your foot path and you'll reap better performance. Peripheral vision, like that displayed by basketball great Larry Bird, has its place in distance running, albeit from a vertical perspective.

### Do BreatheRight Strips Work?

For some years now, many professional athletes, as well as triathletes and long distance runners, have sported a strip of tape across their nose, with the notion that it improves nasal air passage. Breathe Right, the leading maker of these strips, claims that they can improve breathing and allow for more air to pass through the nostrils.

The strips are comprised of tape with an adhesive that stays in place across the nose, while a couple of embedded plastic springs keep the tape flat. In fact, this does spread the nostrils, allowing for more effective breathing. The claim that it improves athletic performance is questionable, however. For nighttime breathing or snoring, Breathe Right strips do work. That is their intended purpose. But do they improve physiological performance by opening up the nasal passage?

During any aerobic exercise, even the slightest form, the majority of breathing is done through the mouth. No study has been published that shows that the improved passageway of the nose improves athletic performance. If any performance is gained, it might be by an athlete's spouse, who insists that their mate wear a strip when sleeping, so they can get a better night of sleep prior to competition.

Professional athletes who wear these strips are compensated for their endorsements. Any testimonials are paid for, so be wary of using them to derive any real benefit while running.

### Runny Nose in Cold Weather?

For the better part of ten years, I experienced a good deal of nasal congestion and drainage while running in cold weather (less than 40 degrees F). With no cold symptoms, it became a steady nuisance that I soon learned to live with and wrote it off as part of the aging process. What caused this, I wondered?

Exercise such as running increases blood flow, including in the nose. This increases nasal congestion, making it more difficult to breath through the nose. Colder air condenses water vapor that causes the drippy nose that we all learn to live with as we get older. As we age, the circulation in the nose decreases. This decreases our ability to warm incoming colder air and thus creates the condensation, watery drainage and dripping.

If you have a cold or nasal congestion, be careful in using over-the-counter nasal drops or sprays. While they work in providing temporarily relief from congestion, they should only be used for short durations or according to the directions. Prolonged usage can cause an addiction, resulting in continuing swelling of the nasal passages, relief provided only by another dose of spray or drops. Breaking this habit can be difficult, but necessary. I have been there; once weaned from the addiction however, I swore I would not go back to sprays or drops. See your doctor for better solutions and you'll be better off in the long run.





## experiment of one

### Fueling the Fire

by Kevin Setnes

When it comes to running ultras, emotional energy often overrides any other traits you may possess, such as physical talent, hard training or outside forces. The fire within drives us, motivates us and ultimately determines how well we perform in races.

Emotional energy can overcome a runner's physical shortcomings. Emotion often determines the winner of a close race. Emotional energy can overcome whatever hurdles you encounter along the way to a successful finish.

In his book *The Warrior Athlete*, Dan Millman refers to this motivation as emotional talent. "It's the key to training. Once released, it can work wonders. It smothers fear and steamrolls obstacles. Athletes for whom you would never have predicted success can develop into national caliber champions because of motivation," he says.

Throughout our lives, whether it is at work or in family commitments, we need to have some level of motivational energy to accomplish daily tasks. Ultrarunning—like any other sporting activity—requires a great deal of motivation both in training and competition. This commitment, which is over and above the routine of daily life, would be very difficult to achieve if we were not motivated to get out of bed in the morning to go for a run. Millman says "all the motivational energy you'll ever need is within you. Emotional talent is the capacity to stimulate and draw upon your natural fountain of energy. Developing emotional talent is learning to blow into your own sails."

Feeling good about yourself is an important factor in motivating yourself; much of this "feel good" can be found in your own wellness. Taking care of basic health and making it a top priority is one of the foundations for being able to train and perform well. If you feel good about yourself and set realistic goals, you will be better equipped to tap into the motivational energy needed to be successful.

When we are young, motivational energy comes more naturally, since we are all explorers in a relatively new world. As we mature and our experiences mount, interest in exploring new things often wanes to a certain degree. The demands of the world often cause a great deal of conflict. Decisions will need to be made, sorrow will be felt, anger will drain you and changes in physical health will present obstructions that interfere with your motivational energy.

All of these obstructions in our lives create tension. Gradually building at first, they can become tense, eventually blocking our natural flow of emotional energy. Freeing ourselves of these obstructions is essential in motivating us to get out the door and onto the roads or trails. While some might maintain that running is an escape from these obstructions, it is only temporary management of such issues. That's not a bad thing, but the

problems that these obstructions can create cause tension within us.

"Tension is not useful to the body. Its debilitating effects on blood circulation, muscle response, (and other physiological functions) have been well documented," says Millman. "You can be free of tension if you're willing to let go of your rigid, conditioned points of view and attitudes about what should be. In the athletic arena and at home, remain relaxed in body, with breath full and slow, with mind attentive to what's going on around you, without thinking about everything else," he adds.

Releasing the tension that engulfs all of us during the day can be released by any of a number of breathing and relaxing techniques. Millman suggests one exercise to break the harmful effects of physical tension.

#### Tense, Shake, Breathe, Relax

1. First, tense your whole body—every muscle—as tightly as you can for five seconds, while holding your breath.
2. Then shake your body, letting the shoulders, belly, and arms flop loosely.
3. Stand still, feeling tall, as if your head is suspended in space from a string, and breathe slowly, evenly and deeply from your lower belly.
4. Let the breath bring a sense of deep relaxation with each inhale. Feel as if you are floating in space.
5. Finally, go about your business. You should feel a sense of well-being.
6. Take extra amounts of vitamins C and B-complex to complement this relaxation technique.

Breathing is essential to the mind-body action. Practicing proper breathing techniques will provide more rhythm in your movements. Controlling your breath is an area we can all improve upon; it is critical to athletic movements such as running.

To be free of tension allows you to better focus on the goals at hand. Meditation and visualization can serve as motivational techniques to help fuel the fires within. Pacing your efforts, not only in training, but also in competing, will also allow the fuel to last longer and burn hotter when you need it the most.

For most of us, following any great effort there is some form of letdown for most of us. I covered "Post Achievement Syndrome" in this column some years back. The premise is that upon completion of any significant accomplishment, there is an emotional letdown, at which point a certain level of depression sets in. It is testament to the common belief that it is the journey that counts, not the destination. I am sure that is why most of us run the number of races that we do.



# 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.