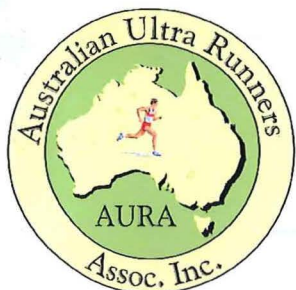


ULTRAMAG

AURA MAGAZINE

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December 2004
Volume 19 No.4



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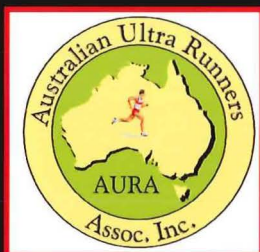
Inside

- Victorious Australian 100 kms team
- National 48 hours champs Gold Coast
- National 24 hours champs - Adelaide
- National 6 day champs Colac
- AURA 100 club (100 miles in 24 hours)
- Vale Nigel Aylott
- Aura Hall of Fame



Cover pic:

**Gold Coast lifeguard, Sean Swain,
winner Qld 24 hours title and
Golden boot award - story inside page 39**



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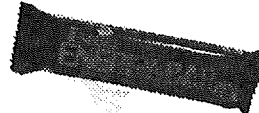
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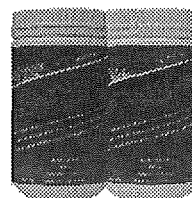
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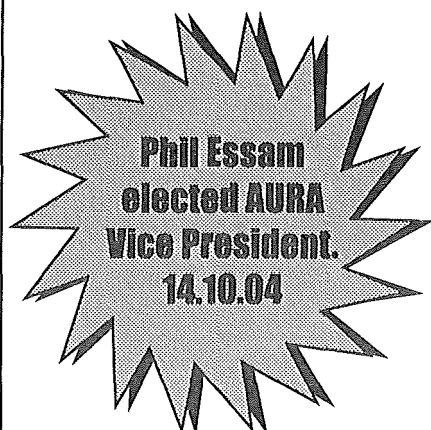
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CONTENTS

Page

VARIOUS PHOTOS	2
THE ENDURA SPORTS SYSTEM	3
INDEX	4
EDITORIAL	5
ULTRA CALENDAR	6-10
AURA CONTACTS	11
PERSONAL PROFILE FORM	12
AURA POINTS RACE UPDATE	13-14
2005 WORLD 100KM QUALIFYING CRITERIA	14
DISCOUNT TRAVEL AND ACCOM. FOR A.U.R.A. MEMBERS	15
ULTRA HOSTS' NETWORK	16-17
JESPER OLSEN'S WORLD RUN UPDATE BY PHIL ESSAM	18
PERSONAL PROFILE	
Featuring Debbie Woodhead	19-20
RACE REPORTS AND RESULTS	
Sydney Trailwalker 100km[NSW]. Results and report by Phil Murphy.	21-23
Perth 100KM [WA]. Results.	24
Bribie Beach Bash 46km [QLD]. Results and report by Geoff Williams	24
Brindabella Classic 55.4km [ACT]. Results.	25
Victorian Six Hour and 50km Championship. Results and report by Kevin Cassidy	25-27
The "Cliff Young" Australian Six Day Championship [Colac]. Report	28
Self Transcendence 24 Hour Festival Including Australian Championship [SA]. Results	28
Glasshouse Mountains 100 Mile Trail Race [QLD]. Results and report by Paul Every	29-30
Report by Ian Wright	30
"The Crawl Before The Walk". Dave Criniti's World Cup 100km report [NETHERLANDS]	31-32
World Cup 100km Photos	Centre Pages
Australian 48 Hour Championship [Gold Coast]. Photos	Centre Pages
Self Transcendence 24 Hour Photos	Centre Pages
"The Ultra Gods Smiled Upon Us". Anubha Baird reports on the Self Transcendence 24 Hour Festival	35-37
Australian 48 Hour Championship. Results and report by Tony Collins	38-39
Report by Ian Cornelius	38-39
AURA HALL OF FAME	40-41
Inductee.....Mike McNamara	
AURA 100 Club. Members who have qualified.	42
NIGEL AYLOTT. R.I.P. Tributes and Memorial Service	43-48
ARTICLES	
"Running on Water" by Vlastislav Skvaril	49-50
Media articles on Shirley Young and Deb Williams	51
"A Sense of Belonging" by Ellen McCurtin	52
"Just for the Record" by Mark Juddery	53
OVERSEAS NEWS	
International Update by Malcolm Campbell	54-55
Spartathlon [GREECE]. Results and Report	56
TRAINING	
"Blisters" by Jason Hodde	57
RANKINGS	
Australian 24 Hour Best Performances Track	58-61
ADVERTISING RATES	62
VARIOUS PHOTOS	63
NIGEL AYLOTT.....In Memory	64



Phil Essam, well known ultra historian, has been elected as Vice President of the Australian Ultra Runners Association to fill the vacancy created by the untimely death of Nigel Aylott.

Mr Essam, author of "I've finally found my hero" a detailed account of the Sydney - Melbourne races staged from 1983 to 1991 and former Secretary of AURA is also closely involved with the staging of the Cliff Young Colac 6 day race.

Mr Essam said "I've had an active interest in ultra running for many years now and I believe that with my experience at various levels, I can

bring some assistance to the running of the affairs of the Association".

In announcing Mr Essam's appointment, the President of AURA Mr Ian Cornelius said "Ultra running in Australia is undergoing a resurgence. With the development of better performances in 100km races, evidenced by the 4th placing of the Australian team in the recent world championships, we are poised for a further escalation in the standard of performances and level of competition in Australia. I believe that Mr Essam will make a valuable contribution to the further development of the sport."

Welcome to our new colour issue. As I write, I have not yet seen the finished product but it has certainly been a team effort with the assistance of Ian Cornelius and the superior formatting skills of Sue Cook. Our new look is a jump into the modern era and consists of an array of pictorials along with the usual results reports etc. and a number of new initiatives that include a "Hall of Fame". This issue features the career of Mike McNamara. Mike was a pioneering ultra runner back in the 1920's

Three months ago, I lamented the fact that I seemed to be publishing a succession of obituaries. Since then, the tragic loss of AURA Vice President Nigel Aylott in an adventure race accident has left me feeling like a prophet of doom. Only 38 years young, Nigel's presence touched all. A world champion rogainer, world class ultramarathon runner and one of the world's elite adventure racers, there was almost nothing that Nigel had not achieved. Outside of his achievements, Nigel worked diligently behind the scenes in the administration of all the sporting bodies in which he was associated, often organising events and helping

to assist newcomers to the various sports. So affable and unassuming was Nigel that many of his local competitors had no idea that they were often in the presence of someone so highly rated and regarded around the world. It was only at Nigel's memorial service that we all learnt just how far his involvement in sport stretched.

"Only 38 years young, Nigel's presence touched all. A world champion rogainer, world class ultramarathon runner and one of the world's elite adventure racers, there was almost nothing that Nigel had not achieved."

A huge crowd representing all spheres of Nigel's life learnt of his kayak trip across Bass Straight and even the fact that he played the bugle for his local RSL club. Testament to his influence was the fact that his High School music teacher from the 70's attended and spoke at the service. Nigel's death attracted much media attention and there is not much I can say that hasn't been said elsewhere other than the fact that above all, Nigel

was what we Australian's call a "Good Bloke". Nigel adorns a number of pages in this issue.

As a result of Nigel's loss, the role of Vice President became vacant and we welcome Phil Essam back into the fold as our new V.P.

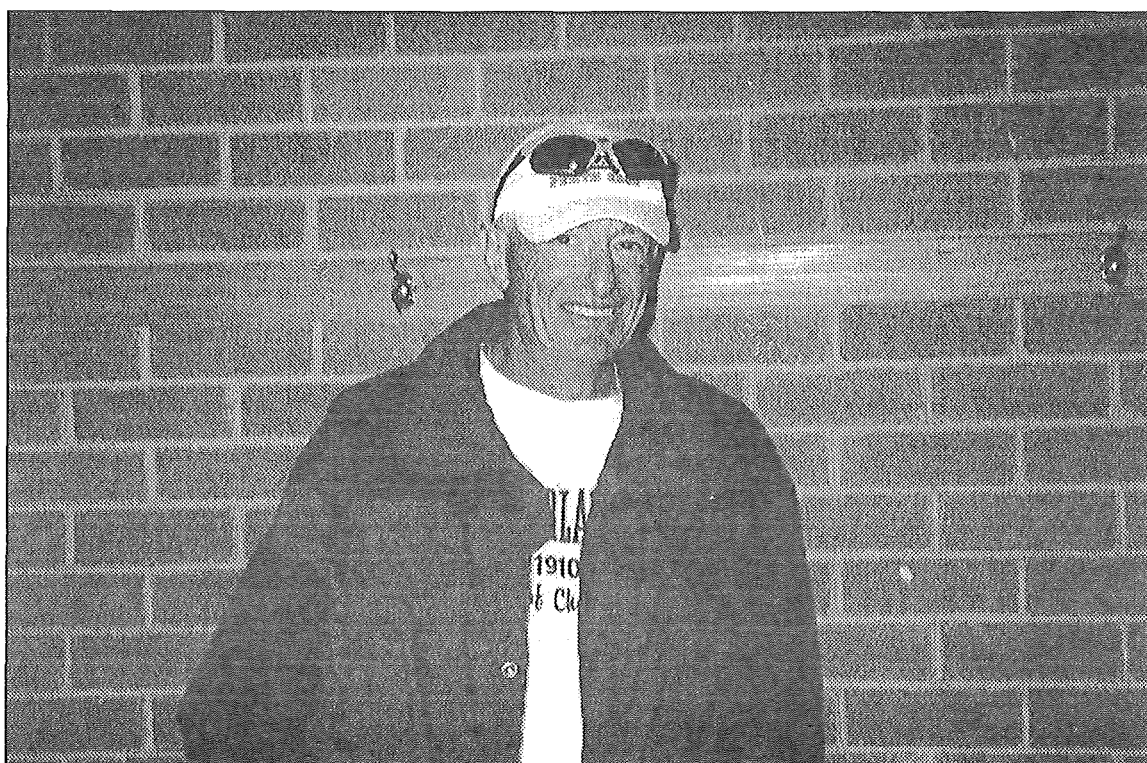
On a much happier note, our team at the World Cup 100km in the Netherlands pulled off our greatest achievement ever by finishing fourth!!! Warren Holst, Mike Wheatley, Dave Criniti, Jonathon Blake and Mal Grimmett teamed together to beat many of the more highly fancied teams including the might off the USA. Already, plans are afoot for a similar or better result next year at Lake Saroma, Japan.

Many may not be aware that the International Association of Ultrarunners [IAU] now have a comprehensive web site. News, results and reports from around the globe can be found at www.iau.org.tw/

Kevin Cassidy

Photo Right:

Race Director of the Victorian Six hour Track Championships, Rob Embleton, looked pleased with the day's proceedings



Current Australian UltraMarathon Calendar

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

.This page is more easily accessed via www.calendar.ultraoz.com

A calendar of non-ultra events in Australia is at www.coolrunning.com.au/calendar

Notes:

A Listing on this page is not a recommendation on behalf of AURA or CoolRunning - you should contact the race organiser and confirm that the event is being organised to a level that is satisfactory for yourself, before you enter. 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. 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. All updates and additions gratefully accepted by Kevin Tiller at email kevin@coolrunning.com.au or phone 0419-244-406.

December 2004

12 GOLD COAST - KURRAWA SURF CLUB (BROADBEACH) TO POINT DANGER & RETURN

50km and 2 person relay of 25km each. Flat course along roads & paths adjoining the Gold Coast beachfront. Start time 5:00am from Kurrawa Park, 200 metres north of Kurrawa Surf Lifesaving Club Carpark, Broadbeach Qld. Contact: Ian Cornelius Box 282, Runaway Bay, QLD 42176. Tel 07 5537 8872 or 0408 527 391. Entry Fee: \$35 solo, \$45 relay per team. For more information and entry forms see website at www.ultraoz.com/kurrawa

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.

9 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.

30 AURAMANSFIELD 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.

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

- 5 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.
- 19 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.
- 20 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.
- ?? 100KM SELF TRANSCENDENCE RACE, CANBERRA ACT**
Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at 8pm 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. More information at their website

March 2005

- 5 TE HOUTAEWA CHALLENGE, NZ**
The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz
- 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.
- 20 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@hot.net.au. Course Survey: Saturday 19th March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: at Woolgoolga Pizza Place (from 6.30pm. Saturday 19th March). The "official" start will be at 7.00a.m. High tide that morning is at 5.15 a.m. Daylight savings time so anyone starting earlier should be aware that the going on Red Rock beach will be 'heavy'. The 7.00a.m. start should see the 5hours- 5.30 runners right on low tide. Two hours either side should still be OK.
- 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.
- ?? 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.

1-3 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.

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.

16-17 COBURG 24 HOUR CARNIVAL, VIC

Incorporating the Australian Centurians 24 Hour 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.

?? 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.

?? 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).

?? 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

?? BANANA COAST ULTRAMARATHON, 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@hotmail.net.au.

29 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 Ian Cornelius on (07) 5537-8872 or mobile 0412-527-391 or email info@goldcoast100.com.

June 2005

?? 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 backroads 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.

12 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

16 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

?? 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 FatAss event. There will be no entry fee, no help, no support, no assistance and No Wimps. For more information read this webpage for more info or email Phil Essam at ultraoz@iprimus.com.au or or phone him on 0407-830-263 or email Kevin Cassidy on kc130860@hotmail.com.

July 2005

16 GOLD COAST 100KM

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

24 GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR

50km, 25km, 8km on looped course. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334 or email ijaves@caloundra.net. More info at the webpage www.glasshouse.ultraoz.com

?? WARRUMBUNGLE MARATHON, NSW

Includes 10km, 21.1km, 42.2km & 50Km Ultramarathon - all events "off road" in this National Park and challenging. Starts from Warrumbungle National Park, 30km West of Coonabarabran, NSW. Contact Rebecca Ryan

August 2005

?? HOBSON'S HOBBLE

A trail and foot/bike path run along Hobson's Bay beautiful coastline and swampland nature reserve area. Perfect for bike back up. 55km or 21km options. Start and finish at Altona Boating & Angling Club CP, Victoria. 7.00am start for 55km, 8.30am for other distances. More information on webpage www.ultraoz.com/hobsons/ or contact Phil Essam on 0407-830-263 or email ultraoz@iprimus.com.au or Kevin Cassidy on 0425-733-336 or Email kcassidy@mfbv.vic.gov.au for further information.

?? 12 FOOT TRACK - FAT ASS RUN

A 90km or 45km bush run - out and back along the route of the Six Foot Track Marathon. No Fees, No Awards, No Aid, No Wimps ! Check FatAss webpage www.fatassworld.com/12foot for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.

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

Starts 09:00 Friday and finishes 09:00 Sunday. 24hr starts Saturday 09:00. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, QLD. The track features electronic timing, has toilets close to the track, a covered grandstand in which to house lap-scorers, suitable food and drink facilities. Accommodation is available at the Sports Super Centre. Contact Ian Cornelius via Email info@goldcoast100.com or phone (07) 5537-8872. For further information see www.goldcoast24-48t.com

?? 100Km & Relay, WA

A 100km starting 6am or relay starting at 7am. It will be held on 9 laps of a dual use paths near the Swan River, Perth. Lap scorers will be supplied, all parts of course within 3.5 kms of club rooms, course is flat & accurate, club rooms close to Burswood Hotel & Casino, 5 minutes from city centre. Contact John Pettersson on 0408-924-555 or email Charlie Spare on chasnbabs@bigpond.com for more info. It is being organised by the WA Marathon Club.

?? SYDNEY TRAILWALKER 100km

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

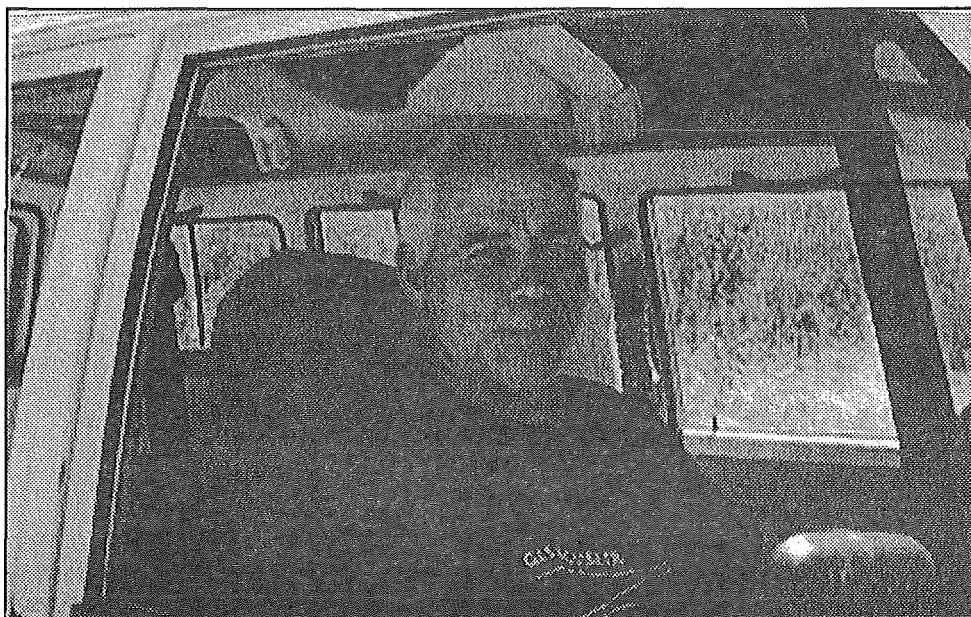
September 2005

11/12 GLASSHOUSE MOUNTAINS TRAIL RUNS

160km, 80km, 55km, 30km, 13km on looped course. Contact Ian Javes for further information, 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495- 4334 or email ijaves@caloundra.net. More info at the webpage www.glasshouse.ultraoz.com

?? NEW ZEALAND SELF-TRANSCENDENCE 24 HOUR TRACK RACE

8th Self-Transcendence 6 Hour, 12 Hour Relay, 12 Hour & 24 Hour Track Races - New Zealand. N.Z. 24 Hour Championship and N.Z. Centurions 24 Hour Walk. Individual races start 9:00 a.m. Saturday, 25th September at Sovereign Stadium, Auckland - includes lapcounters, hot and cold food and drinks. Contact Simahin Pierce (649) 630 8329, mob. (6421) 298 7498, email auckland@srchinmoyraces.org, or Sri Chinmoy Marathon Team PO Box 10-135 Dominion Road, Auckland 1030 N.Z. More information and entry form on website at www.srchinmoyraces.org/nz.



Charlie Hall, a long time "Behind the Scenes" man amongst the Queensland ultra fraternity

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

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Please send all results here

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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

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

PERSONAL INFO

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

RUNNING INFO

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

**DON'T
FORGET
YOUR
PHOTO**

www.ultraoz.com

AURA 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 :-

David Billett. 7 Craiglee Drive
Coromandel Valley, S.A. 5051
Ph. 08 8278 6623

e-mail: davidbil@iweb.net.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

2004 AURA POINTS RACE UPDATE

Provisional Points as at 18-11-2004

MEN	Events	Kms	POINTS	WOMEN	Events	Kms	POINTS
Kelvin Marshall	11	702	31	Carol Baird	4	570	35
Peter Lahiff	2	202	24	Julia Thorn	5	284	17
Mick Francis	4	459	21	Felicity Joyce	3	426	14
Ian Valentine	4	559	15	Debbie Woodhead	3	195	9
Rodney Ladyman	6	507	13	Shirley Young	2	106	9
Ken Matchett	1	129	12	Mignon Augustczak	1	100	6
Tony Collins	2	496	11	Norma Wallett	1	50	6
David Billett	4	693	11	Anubha Baird	1	100	5
Michael Wheatley	3	200	11	Julia Winner	3	145	5
Jonathon Blake	2	154	10				

The points shown are subject to records being ratified. Carol Baird, Peter Lahiff and Ken Matchett have each set multiple age group records whilst Norma Wallett set a new W70 50km record in Canberra.

As shown above, Kelvin Marshall and Carol Baird are the likely winners for 2004. Final results will be published in the March 2005 issue of "Ultramag". Please be sure to indicate on your membership application/renewal if you wish to contest the points race for 2005 when David Billett [AURA Records Officer] will become your new Points Score Officer.

Stan Miskin

100 kms World Championships 2005 Lake Saroma

The next 100 kms World Championships, to be held under the auspices of the IAAF and the IAU, will be at Lake Saroma, Hokkaido, Japan on 26 June 2005.

The men's and women's teams to represent Australia at this event shall be selected in the first instance by the AURA 100 kms Selection Committee. Their proposed team will be subject to ratification by Athletics Australia, the Australian affiliate of the IAAF.

The normal qualifying race, the Australian 100 kms championship held in conjunction with the Gold Coast 100 will not be held until July, 2005 after the World championships in June.

Therefore, the members of the team will be selected based on results primarily at the last World championships and any 100 kms events between then and when the team needs to be finalised, i.e. 25 May 2005. Prospective candidates will also be considered from performances achieved at other major ultra distance races, national and international racing experience

including mountain, road, trail, and track venues up to 25 May 2005. Good marathoners will also be considered, especially those with a successful background in other endurance events such as Ironman triathlon.

However, the primary performance standards for team eligibility are sub 8 hours for men and sub 9 hours for women at the 100kms distance. Prospective applicants are advised that there is a suitable 100 kms race in which to qualify, that is at Lake Taupo NZ on 19 February 2005. For more details, see www.relay.co.nz

At the last 100 kms World Championships, held in September 2004 at Winschoten Holland, the Australian team placed 4th, the highest placing ever by an Australian team. We are anxious to improve on that performance.

To be considered for the team, runners must be current AURA members. Interested athletes may submit running resumes. It is expected that travel and accommodation expenses for the team or teams will be fully funded by the event organisers, IAU/IAAF and A U R A .

All selected athletes will be notified on or before 31 May 2005 with an official team announcement to follow. Interested athletes who would like more information or who would like to submit a resume' for consideration should contact:

Ian Cornelius
PresidentAURA
Tel 0408 527 391
Email president@ultraoz.com

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC.

LOW COST TRAVEL & ACCOMMODATION

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

Air travel

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

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

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

Hotel accommodation

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

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

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

AURA ANNOUNCES NEW INITIATIVE FOR 2004

Dear AURA member,

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

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

Happy running,
David Criniti

ULTRA HOSTS' NETWORK

WHAT IS IT?

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

WHY HAVE AN 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

World Run Update from Phil Essam

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. Kazuka 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.

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!

"ULTRAMAG" PERSONAL PROFILE

Featuring Debbie Woodhead



Debbie Woodhead receives great support from her daughter, Marnie, and Husband, Richard.

PERSONAL INFO

Name...	Debbie Woodhead
Date of birth...	22 nd July 1965
Place of birth...	Orsett, England
Current address...	Brookfield, Queensland
Occupation...	General dogsbody at husbands office
Marital status...	Married
Children...	1 daughter – Marnie – who is 8
Height...	nearly 5 foot 3
Weight...	ha ha ha – you think I'm gonna answer that?
Best physical feature...	Don't know – I think I inherited all my Dad's bad points
Education background...	High school and College in Essex, England
Favourite author...	Dan Brown at the moment
Favourite book...	Have read too many fabulous books to pick just one
Favourite non running magazine...	NW Magazine for a bit of gossip
Favourite movie...	Moulin Rouge
Favourite TV show...	Eastenders (UK TV)
Favourite actor...	Jude Law
Book you are currently reading...	The Good Women of China by Xinran
Hobbies...	Rogaining, cycling, lawn bowls
Make of car you drive...	Mercedes (which has turned out to be a right lemon)

Make of car you would like to drive... BMW (or anything that doesn't cause me problems)

Greatest adventure... Leaving the UK with my best friend to get work in the USA but ending up coming to Australia

Favourite spectator sport... Swimming or triathlon

Favourite holiday destination... Africa

Favourite item of clothing you own A Suede jacket I picked up cheap on a trip back to the UK

Most prized possession... My home

Personal hero... My running mate Don Blair, who has done so many great events, but most importantly can run for 7 hours with me and talk about food for at least 6

Favourite quote... If you want something done properly, do it yourself

Short term goal... To run Comrades 2005

Long term goal... To run the Inca Trail, Great Wall of China, London and New York Marathons (oh, and one of those where they serve wine on the course as well)

Achievement of which you are most proud... Comrades 2002

Pets... Gismo the Devon Rex Cat and Coco the Bichon Frise x Poodle Dog

Favourite non running activity... Having friends over for drinks

Greatest fear... Losing my marbles

Happiest memory... Coming to Australia and partying for a year

Personal strength... Persistence

Personal weakness... Impatience

RUNNING INFO

P.B's...

Years running ultras... 3

Number of ultras finished... 7

Best ultra performance... Finishing the Gold Coast 100 in July this year

Most memorable ultra and why... Comrades 2002. The run was the most amazing experience and the holiday afterwards was fantastic.

Typical training week... Only run 4 times a week at the moment. 3 bush runs with the Brookfield Runners and usually a longer run on the weekend, which goes up in distance when I'm training for something specific. I've always been an under-trainer.

Injuries... Had a hip problem in 2000 which took 3 months to fix and then got a hamstring tendonosis in early 2003 which took forever to get over.

Favourite running shoes... Asics Gel Creed

Favourite food/drink during an ultra... Coke, salt and vinegar crisps, snickers bars, Arnotts teddy biscuits, peanut butter sandwiches or anything I feel like because there's nothing worse than trying to force down something you just don't fancy on the day. I never have anything that I haven't tried in training though.

Favourite place to train... The bush runs around Brookfield

Favourite running surface... Trails or road, but not concrete

Why do you run ultras... I enjoy setting what seems to be an impossible goal and then achieving it.

Any advice to other ultrarunners... I'm still collecting advice at this stage.

Sydney Trailwalker 27 to 29-8-2004

Teams of 4 for 100km

Team	time				
1 Berowra Bush Runners	15 hrs 17 mins	75 Sub 24	23 hrs 49 mins	150 The Dogs Of Walk	28 hrs 19 mins
2 Destinys Ryders	15 hrs 28 mins	76 Aesop's Tortoise	23 hrs 50 mins	151 Dead Men Walking	28 hrs 19 mins
3 Kill Phil -	15 hrs 46 mins	77 The Supremes	23 hrs 51 mins	152 The Day-nights	28 hrs 22 mins
4 Team Milly	16 hrs 21 mins	78 Modern Wall & Floor Tiles	23 hrs 52 mins	153 Where's The Pub?	28 hrs 25 mins
5 The Guru Girls	16 hrs 29 mins	79 Sandypoint	23 hrs 54 min	154 Oxtopus	28 hrs 26 mins
6 Shiney Pants Freehills	17 hrs 34 mins	80 Schnaepchenjaeger	23 hrs 57 mins	155 Megalomaniacs	28 hrs 28 mins
7 Rebel Sport	17 hrs 57 mins	81 Three Australia	23 hrs 58 mins	156 Groundhog	28 hrs 33 mins
8 The Lurkhas	18 hrs 29 mins	82 We Are Thai	24 hrs 7 mins	157 Ajp	28 hrs 34 mins
9 Canberra Dudes	18 hrs 46 mins	83 Fully Sick Maate	24 hrs 7 mins	158 Unilever Streets	28 hrs 37 mins
10 Adventure Guides	18 hrs 47 mins	84 Four Old Dogs	24 hrs 9 mins	159 Novices And Nones	28 hrs 37 mins
11 The Gobblers	18 hrs 53 mins	85 Societe General	24 hrs 34 mins	160 Coastlife Kings	28 hrs 39 mins
12 Bushies Vets	19 hrs 1 mins	86 Where's Wally	24 hrs 40 mins	161 Newcastle Nutters	28 hrs 40 mins
13 Four-play	19 hrs 9 mins	87 Jump Start	24 hrs 41 mins	162 Pigs Might Fly	28 hrs 41 mins
14 Carelton Draught	19 hrs 11 mins	88 Team Ribs	24 hrs 44 mins	163 The Norberts	28 hrs 42 mins
15 Dodgy Brothers	19 hrs 14 mins	89 Team Mad AFD	24 hrs 47 mins	164 Anumc 2 Anu	28 hrs 45 mins
16 Anz Volunteers	19 hrs 27 mins	90 Nova Rovers	24 hrs 54 mins	165 Pants Paddington	28 hrs 46 mins
17 Mosman Alphas	19 hrs 33 mins	91 Escargo	24 hrs 54 mins	166 Celia Busted	28 hrs 48 mins
18 The 'B' Sharps	19 hrs 34 min	92 Visy Redshorts	24 hrs 55 mins	167 Gohard	28 hrs 50 mins
19 Oxfam Idols	19 hrs 44 mins	93 Fair Go ADF	24 hrs 57 mins	168 Oz Crawlers	28 hrs 56 mins
20 Team Bodgi	19 hrs 53 mins	94 Lords of the Ping	24 hrs 59 mins	169 Forward Motion	29 hrs 3 mins
21 Silent World Fit Plus	19 hrs 59mins	95 Where did the Gurkas go	25 hrs 0 mins	170 Falling Leaves	29 hrs 5 mins
22 Still Delivering	20 hrs 5 mins	96 Norfolk And Chance	25 hrs 16 mins	171 Aldi 1	29 hrs 5 mins
23 Luvy's Bar	20 hrs 35 mins	97 Bigger Than Texas	25 hrs 20 mins	172 The Waxers	29 hrs 8 mins
24 A Walk in The Park	20 hrs 46 mins	98 Never Ever Again!	25 hrs 20 mins	173 Team Cranberries	29 hrs 11 mins
25 Unilever Team One	21 hrs 6 mins	99 Mecuri Urval	25 hrs 32 mins	174 Legless Pirates	29 hrs 12 mins
26 1/2 Pricewaterhouse	21 hrs 11 mins	100 Endurance Ltd	25 hrs 38 mins	175 Discovery 2	29 hrs 12 mins
27 No Brains	21 hrs 18 mins	101 Lost Striders	25 hrs 43 mins	176 Investorinfo	29 hrs 28 mins
28 Vodafone Trailblazers	21 hrs 21 mins	102 Spinifex	25 hrs 44 mins	177 Tax Featz	29 hrs 33 mins
29 Bill's Boys	21 hrs 28 mins	103 Striders In The Night	25 hrs 45 mins	178 Dcm Nomads	29 hrs 34 mins
30 Fat Ass Running Team	21 hrs 29 mins	104 The Red Bellies	25 hrs 48 mins	179 The Loco Amigos	29 hrs 37 mins
31 Only One Way	21 hrs 33 mins	105 Kuringai Ses	25 hrs 49 mins	180 CorCelerity Corvu	29 hrs 43 mins
32 Cold Hard Men Of Steel	21 hrs 35 mins	106 Charlie's Angels	25 hrs 50 mins	181 The Sunday Strollers	29 hrs 45 mins
33 The Wedding Party	21 hrs 37 mins	107 The Eight Balls	25 hrs 53 mins	182 Sub24 N/a	29 hrs 46 mins
34 St Riders Sydney	21 hrs 47 mins	108 Paddy Pallin	25 hrs 54 mins	183 Tri-nations Trailwalkers	29 hrs 47 mins
35 Aussie Zulu	21 hrs 50 mins	109 The Blistering Colonials	25 hrs 55 mins	184 Glutemus Maximus	29 hrs 50 mins
36 4 For A Day	21 hrs 52 mins	110 Girls Kick	25 hrs 55 mins	185 Where Are The Showers?	29 hrs 51 mins
37 Quick Time	21 hrs 58 mins	111 Sour Bears	25 hrs 58 mins	186 Deloitte	29 hrs 56 mins
38 Hanson Harriers	22 hrs 12 mins	112 The Bush Chooks	26 hrs 5 mins	187 Circa 30	29 hrs 56 mins
39 The Sneaker Effect	22 hrs 15 mins	113 The Dogwalkers	26 hrs 9 mins	188 Destination 100k	29 hrs 59 mins
40 Melbourne Marvels	22 hrs 19 mins	114 The Gherkins	26 hrs 11 mins	189 The Nads	29 hrs 59 mins
41 Team Cheeky Monkeys	22 hrs 34 mins	115 Plus One	26 hrs 11 mins	190 Team Rrad Friends	30 hrs 4 mins
42 Mum's Kick	22 hrs 37 mins	116 Tullett Turtles	26 hrs 11 mins	191 Kave	30 hrs 6 mins
43 Bushie Turtles	22 hrs 40 mins	117 Three Stooges	26 hrs 20 mins	192 Somnambulists	30 hrs 10 mins
44 Fairer, Fatter, Fortier	22 hrs 42 mins	118 'What The'	26 hrs 32 mins	193 Northern Lights	30 hrs 11 mins
45 Long Bay Old Boys	22 hrs 49 mins	119 The Sydney Trailwalkers	26 hrs 36 mins	194 Rebel Walkers	30 hrs 13 mins
46 Teledu	22 hrs 50 mins	120 Ray White Narrabeen	26 hrs 41 mins	195 Super Nerds	30 hrs 18 mins
47 Off We Go Again!	22 hrs 55 mins	121 The Stragglers	26 hrs 47 mins	196 The Flying Saxbys	30 hrs 20 mins
48 Masterfoods	22 hrs 58 mins	122 Team Man	26 hrs 48 mins	197 The Grooms Men	30 hrs 21 mins
49 Snailwalker	22 hrs 58 mins	123 The Blistering Colonials	26 hrs 48mins	198 A Bunch Of Hacks	30 hrs 22 mins
50 The Mexicans	23 hrs 0 mins	124 Boffins Anonymous	26 hrs 50 mins	199 Wetta The Betta	30 hrs 22 mins
51 Facta Non Verba '	23 hrs 8 mins	125 Wobbolles	26 hrs 54 mins	200 Walk-on Waters	30 hrs 31 mins
52 Abominable Slowmen	23 hrs 13 mins	126 4-a -day	27 hrs 3 mins	201 Try hards	30 hrs 33 mins
53 Classic Combinations	23 hrs 17 mins	127 Crew	27 hrs 5 mins	202 Where's Tom?	30 hrs 34 mins
54 Ace Yowies	23 hrs 18 mins	128 Pathological Walkers	27 hrs 6 mins	203 The Sloggers	30 hrs 35 mins
55 Team Caboose	23 hrs 19 mins	129 Caltex V8s	27 hrs 10 mins	204 Shields Lawyers Pty Ltd	30 hrs 37 mins
56 Ministry of Silly Bushwalks	23 hrs 21 mins	130 Kevorka	27 hrs 11 mins	205 Cyclones Unilever	30 hrs 39 mins
57 Subw Sydney Uni	23 hrs 23 mins	131 Ravo Dads	27 hrs 18 mins	206 Unilever Team 7	30 hrs 42 mins
58 Tessa's Team	23 hrs 25 mins	132 The Blazing Trailers	27 hrs 18 mins	207 Deloitte Dawdlers	30 hrs 43 mins
59 Walking With A Jerk	23 hrs 27 mins	133 Dads And Daughters	27 hrs 24 mins	208 Oxes & Asses	30 hrs 45 mins
60 Sydney University	23 hrs 29 mins	134 Team Tortoise	27 hrs 26 mins	209 Payne & Blisters	30 hrs 49 mins
61 49 Hours	23 hrs 32 mins	135 The Ghosts Who Walk	27 hrs 27 mins	210 Low Bouncers	30 hrs 51 mins
62 Resoloonies	23 hrs 32 mins	136 Resisting A Rest	27 hrs 28 mins	211 Goannas	30 hrs 53 mins
63 Kokoda Connection	23 hrs 35 mins	137 Unisys- Deliver or Die	27 hrs 28 mins	212 Comfort is the Enemy!	30 hrs 55 mins
64 Nsw Fire Brigade	23 hrs 38 mins	138 Travco	27 hrs 34 mins	213 Team Coopers	30 hrs 58 mins
65 The Young Adventurers	23 hrs 39 mins	139 Tacking Point Boys	27 hrs 36 mins	214 The Notstopalots	30 hrs 59 mins
66 Shurkas	23 hrs 39 min	140 Arewethereyet	27 hrs 41 mins	215 No Hot August Night Neil	31 hrs 4 mins
67 Black Lemon	23 hrs 40 mins	141 Syd and Mel'n	27 hrs 46 mins	216 O'connor	31 hrs 8 mins
68 Let's Go	23 hrs 40 mins	142 Easy Striders	27 hrs 46 mins	217 The Final Few	31 hrs 9 mins
69 State Street Sprinters	23 hrs 41 mins	143 The Jelly Babies	27 hrs 56 mins	218 Crusaders	31 hrs 10 mins
70 The Rumlbers	23 hrs 41 mins	144 JLB Developments	27 hrs 59 mins	219 Striding Diplomacy	31 hrs 12 mins
71 1 Topo	23 hrs 42 mins	145 Solas	28 hrs 0 mins	220 Cowcatchers	31 hrs 13 mins
72 The Gentleman Walkers	23 hrs 44 mins	146 Eight Odd Feet	28 hrs 5 mins	221 Three Aussies	31 hrs 14 mins
73 Late For Teal	23 hrs 47 mins	147 Shock and Awe	28 hrs 6 mins	222 Wishful Thinking	31 hrs 18 mins
74 Salads	23 hrs 49 mins	148 Comm100	28 hrs 9 mins	223 Alby Mangles	31 hrs 20 mins
		149 Triple 0 & Jase	28 hrs 16 mins	224 Web Wanderers	31 hrs 22 mins

225	DisOrienteers	31 hrs 22 mins	272	Teddy Bears Picnic	33 hrs 59 mins	318	The DD Tee's	38 hrs 4 mins
226	Team Cobalt	31 hrs 25 mins	273	IAG Insurance	34 hrs 3 mins	319	Wanderers	38 hrs 4 min
227	4 Ball Chili Dip	31 hrs 35 mins	274	Eloura	34 hrs 4 mins	320	Thirsty Camels	38 hrs 10 min
228	Manly Pacific	31 hrs 35 mins	275	The Wobbly Boots	34 hrs 10 mins	321	Hobblers	38 hrs 30 mins
229	Gone Walking	31 hrs 35 mins	276	Are We There Yet?	34 hrs 10 mins	322	Gone Bonkers	38 hrs 32 mins
230	Bauld1	31 hrs 36 mins	277	State Street Snailwalkers	34 hrs 18 mins	323	Never met	38 hrs 34 mins
231	Pura Vida	31 hrs 41 mins	278	Team Toobybbow	34 hrs 19 mins	324	Ralph & The 3 Girls	38 hrs 40 mins
232	Cheeky Monkeys	31 hrs 44 mins	279	Ags Always	34 hrs 19 mins	325	State Street Lost Soles	38 hrs 42 mins
233	Coastlife Kings2	31 hrs 44 mins	280	Warkk	34 hrs 32 mins	326	Fourgone Conclusion	38 hrs 42 mins
234	Crazy Walkers	31 hrs 46 mins	281	Sleepwalkers	34 hrs 39 mins	327	National Parks Allsorts	38 hrs 47 mins
235	Serious Fun	31 hrs 47 mins	282	The Fellowship	34 hrs 40 mins	328	The Lost Causes	39 hrs 14 mins
236	Misled Fools	31 hrs 47 mins	283	Kuraegal Ses	34 hrs 41 mins	329	The Anthill Mob	39 hrs 19 mins
237	Team Evans	31 hrs 51 mins	284	Ketamine Crusaders	34 hrs 47 mins	330	Discovery 3	39 hrs 22 mins
238	Team Teknik	32 hrs 0 mins	285	Barton Mills	34 hrs 47 mins	331	Discotts 04	39 hrs 28 mins
239	Weird Purple	32 hrs 3 mins	286	Elan Vital State Street	34 hrs 53 mins	332	Team Fluff	39 hrs 36 mins
240	Live Adrenalin	32 hrs 5 mins	287	Mountain Madness	34 hrs 54 mins	333	Wyeth Trailwalkers	39 hrs 57 mins
241	Telstra Trailblazers	32 hrs 10 mins	288	The Lou Reed Walkers	34 hrs 55 mins	334	Team No. 255	40 hrs 7 mins
242	The Gherkins	32 hrs 13 mins	289	Casual Approach	35 hrs 11 mins	335	Team Sammy	40 hrs 16 mins
243	Heart and Soles	32 hrs 13 mins	290	Walkers On The Wildside	35 hrs 19 mins	336	Achilles Running Club	40 hrs 17 mins
244	The Blistering Colonials	32 hrs 15 mins	291	Graeme's Girls	35 hrs 20 mins	337	Apsara	40 hrs 19 mins
245	Beat Kurt	32 hrs 21 mins	292	Smeagles	35 hrs 28 mins	338	Bushwhackers	40 hrs 46 mins
246	Trail Stalkers	32 hrs 28 mins	293	Humble Bees	35 hrs 32 mins	339	Three Point Seven Five	41 hrs 9 mins
247	The Stalkers State Street	32 hrs 34 mins	294	Coalition Of The Unwilling	35 hrs 35 mins	340	The Done Fours	41 hrs 22 mins
248	Cheeky Challengers	32 hrs 36 mins	295	Snailwalkers	35 hrs 38 mins	341	Scouts.com.au	41 hrs 24 mins
249	The Goulburn Gunna B's	32 hrs 39 mins	296	28 Blisters and a Bunyon	35 hrs 41 mins	342	Bush Ticks	41 hrs 28 mins
250	Stride Quartet	32 hrs 48 mins	297	The Sinclair Knightmares	35 hrs 46 mins	343	The Late Starters	41 hrs 42 mins
251	The Wanderers	32 hrs 51 mins	298	Bung Legged Bushmen	36 hrs 12 mins	344	Long Days Journey	42 hrs 4 mins
252	Team Woodmac	32 hrs 51 mins	299	Team Tramp Amp	36 hrs 23 mins	345	Magic Brown Freckles	42 hrs 20 mins
253	Western District	32 hrs 54 mins	300	Freehills Trail Stalkers	36 hrs 24 mins	346	Choppers 'r' Cheating	42 hrs 27 mins
254	Western Districts	32 hrs 54 mins	301	Unilever Team 6	36 hrs 25 mins	347	National Missfits	42 hrs 31 mins
255	Russell Ramblers	32 hrs 57 mins	302	The Plovers	36 hrs 29 mins	348	The Bush Tucker Girls	43 hrs 1 mins
256	Team Entropy	32 hrs 57 mins	303	Team Robert Walters	36 hrs 30 mins	349	GCCF	43 hrs 5 mins
257	The Billboards	32 hrs 59 mins	304	Flaming Mo's	36 hrs 38 mins	350	Out 4 A Bound	43 hrs 6 mins
258	Discovery Health	33 hrs 2 mins	305	Bimbimbies	36 hrs 41 mins	351	Team Lafarge	43 hrs 9 mins
259	The Corkscrews	33 hrs 7 mins	306	By A Thousand Cuts	36 hrs 43 mins	352	Roentgen Babes	43 hrs 20 mins
260	The Pickles	33 hrs 10 mins	307	We're Out Playing	36 hrs 57 mins	353	CSE Revue	43 hrs 26 mins
261	Surfing Safari	33 hrs 10 mins	308	Freehills Flyers	37 hrs 1 mins	354	Bongo	44 hrs 2 mins
262	Surfing Safari Too	33 hrs 12 mins	309	3-2-1 Blast off	37 hrs 2 mins	355	Whisky Charlies	44 hrs 27 mins
263	(4) Fine Young	33 hrs 24 mins	310	Maxxed Out	37 hrs 16 mins	356	Red Raw Wet And Sore	44 hrs 30 mins
264	Chickpea	33 hrs 34 mins	311	Brothers In Arms	37 hrs 27 mins	357	Alma	44 hrs 31 mins
265	'Boudli' Bushrangers	33 hrs 34 mins	312	Jump on that Guy's Back	37 hrs 35 mins	358	The Fun Team	45 hrs 22 mins
266	Team Behave	33 hrs 35 mins	313	Walking For Water	37 hrs 40 mins			
267	To Hell And Back	33 hrs 38 mins	314	Trail Snails	37 hrs 55 mins			
268	Team Omo - Dirt Is Good	33 hrs 40 mins	315	When Will We Get There	37 hrs 56 mins			
269	State Street 6	33 hrs 44 mins	316	National Rogue Trekkers	38 hrs 1 mins			
270	Unilever 8	33 hrs 45 mins	317	Bendigo Bank Wanderers	38 hrs 3 mins			
271	The Chafed Chaps	33 hrs 48 mins						

Phil Murphy reports.....

Having never competed in Trailwalker before and reading so many great stories of the event over the last couple of years, I thought ok this year for sure. It all started with an ad on the Fatass group listing looking for team members by Graham Wye. I responded and together with 2 girls we became Team 331 The Abominable Slowmen. Unfortunately both Meagan and Kate were to both drop out before the start due to injury. We quickly got two experienced ultra runners John Lindsay from Melbourne and Kieron Thompson on board as replacements. Our initial goal with the girls was to go sub 24hrs but with our new team members and after training on the course we set about getting sub 20hr splits together.

Race day:

We started in the first wave at 8am and set off very slowly from Hunters Hill. The weather forecast was for clouds and temps in the mid 20s. We didn't exactly have a specific race plan with regard to hills etc but this was established pretty quickly early on. We walked all hills and ran the flats and downs. The first section I was very familiar with as one of my lunchtime runs takes in the best part of it. We arrived at CP1 in Lane Cove River National Park bang on our split of 1:30. Took on water and some food and were off in around 6-7mins. We briefly saw the FART guys here and said g'day. Our only plan was to stop for 15-20 mins at each checkpoint, as John likes to powernap for 10mins and have a cuppa in order to recover. Fair enough that was our plan.

The trail thru LCRNP up to Thornleigh (CP2) was up and down and quite technical in parts but we managed some good running for the best part. It was already getting warm by now and this was taking its toll on many around us who seemed way too over dressed in leggings etc?? I actually ran out of water here, I was carrying a 2ltr camelbak. Our stop at Thornleigh was 20 minutes and we were already starting to fall behind our 20hr split. Oh well we'll see if we can make up time over the next leg to Hornsby.

This section was brutal on John who suffered badly with cramps. The weather and maybe his lack of electrolytes were taking their toll on him. Still he struggled through the cramps, and with Kieron on his case to get more fluids in, he was moving along ok, albeit slowly. We walked most of this section and knew that sub 20hrs was already gone. Not to worry we just wanted to

finish as a team of four. That was the primary objective now. This section was actually one of my favourites with fantastic views across the Berowra Valley. Graham took off 3-4km out from the checkpoint as his wife was meeting us there as crew. Finally after some up and down along the Berowra creek ridgeline we arrived at the descent to Ginger Meggs Park and CP3. John had contemplated withdrawing here but decided to march on and see if he could recover. We stopped here for some 25mins or so eating heaps, refilling our water supplies and cleaning out shoes.

The section to Crosslands (CP4) was tough going with lots of hills in the first half to Galston Gorge. I am very familiar with this section, training here every year for the 6 foot track marathon. After crossing the Gorge we managed some decent running along the beautiful Berowra Creek. This section took us around 2:50 all up. John was beginning to feel better and our pace improved as a result and we arrived at the reserve at 5pm. Again the usual rest, refill and recover, nearly 30 minutes here! Our checkpoint strategy was now also falling behind schedule. I ate a couple of tubs of creamed rice and shoved some more jam sandwiches into me before we left.

With our night gear on we set off for Apple Tree Bay. John asked if there were any hills in this section as he found the hills particularly hard on his legs with cramps. Kieron and I looked at each other and muttered a "well yes but it's just one big up and then a nice long descent to the checkpoint" What was quite amazing was the fact that as soon as the sun dipped below the horizon John's recovery went into overdrive. We were all eating quite well and drinking often, thanks to our food and drink nazi Kieron, on the half, every half hour J. With the slog up Mt Kuringai behind us we trotted down to Apple Tree Bay and CP5. My wife was here with a huge pot of hot pasta, which was duly devoured. I ate three bowls and some more rice pudding washed down with a bottle of Tasmania's finest. After changing socks, some more foot maintenance and waving goodbye to Sue, we headed off into the dark. Our spirits were quite high despite the slow progress to here. We crossed Bobbin Head Rd and trotted down the Birrawanna Track to Bobbin Head. Crossed Halverson marina and rejoined the track along Cowan Creek. This is a beautiful section winding along the creek and then up and out along the Warrimoo Track. The track turns off into the Darri Track at the top and then (misleadingly according to map) winds its way along a switchback down hill and then backs up exiting behind some houses. Checkpoint 6 is at the scout centre here at St Ives. Our stop included some more sleeping, eating, restocking and shoe/foot maintenance. I recall the volunteers being particularly friendly and remember eating a fair amount of toasted wholemeal jam sandwiches. Another tub of creamed rice and we were out of there. Approx 25mins I guess. I found it very interesting watching other teams CP strategies; some teams were in and out in less than 5 mins. Something to keep in mind for next year

The next section to CP7 was to my mind the toughest. 12km reads the map but I would not be surprised if it was longer. We trundled out of St Ives Scout Hall and set off at a trot under the streetlight before hitting the bush again. After crossing Mona Vale road and re-entering Garigal National Park we made good progress to the Cascades before the trail degenerates into single file crappiness along Middle Harbour Creek. I felt a bit cold here so put on my thermal. Allowing the guys to go ahead whilst stopping to pee or for whatever reason was welcome. Then I could "sprint" back to rejoin them, I found doing this, just changing from walking gait to running a relief on the joints, hips etc. We power walked past a few more teams here, all the while eating and drinking on Kieron's command. I don't think I have eaten and drank as much as I did on any run before.

Davidson Park CP7 was a welcome sight after the previous section. Our stop here (again for at least 25mins) gave us the chance to take stock and prepare for the last two sections. We were 52nd according to the computer at this point from all teams. Not too shabby we thought. CP7 to CP8 was a bit of a blur for me, as I felt like I was going to fall asleep whilst walking for a long time. Mentally I was shagged while physically I was fine.

At CP8 (Frenchs Forest Scout Centre) the Aussie hockey team were drawing 1-1 with the Dutch team in the goal medal game, it would have been nice to stay here and watch but alas we had to get going. As morning approached I began to snap out of it and started to feel great again, around 5:30am. This would be the time I normally get up for work so I guess the body clock was unaffected. At this point we were looking at bringing it home in sub 24hrs and at least beating the team behind us who were always there, lurking just behind us. We were not going to let them pass us J. It was also around this time that Kieron started feeling very tired and looked like he was about to fall asleep anytime soon. It must have been our leisurely pace (for him) that nearly put him to sleep.

I hadn't covered the last 2 sections in training and was most impressed with the last section to the finish. The views over Middle Harbour were magnificent. It was well and truly daylight now and we were looking at a comfortable sub 24hrs finish. It gets a bit ridiculous (whilst doing an event like Trailwalker) to contemplate 15- minute kms!! Such is the terrain in this event that pace calculations can blow right out.

We reached the top of the hill, which overlooks the North Harbour Reserve and the finish line, and decided to "sprint the finish" We crossed the line in 23:13 ending what was an amazing 24hr experience. 26th of completed teams and 52nd overall.

I totally recommend this event to anyone who is contemplating doing it. The funds raised go to a very worthwhile charity and the "team" experience is one not to be missed. Thank you Graham, Kieron and John for a great day out.

Perth 100km [WA] Sunday 22-8-2004

1. Mick Francis	8:31:51	5. David James	10:49:00
2. Gary Carlton	9:14:03	6. Don Pattinson	11:43:27
3. Barry Miller	9:52:12	7. Bob McNamara	12:45:23
4. Phil Webb	10:17:50		

BRIBIE BEACH BASH 46KM [Qld] 3-10-2004.

A great day with 98 competitors and no rain. The sun shown while the beach became congested with 4WD's and runners. Being the best weekend in October to hold the beach run subject to the tide proved a little hazardous to some as the incoming tide pushed the competitors high into soft wheel driven sand. Fresh water was a premium in the heat cooling and quenching the thirst of all competitors. Even at the start/finish area all drinks were sold rapidly. The beautiful sunny day was enjoyable for a change, but I was caught short & busy ensuring the competitors were well hydrated, on the course and at the finish. The barbecue was a success too, with all the sausages going. This running/walking is certainly thirsty hungry work.

The major random prize donated by Accor Premier Vacation Club being the 2 nights accommodation at Twin Waters Novotel Resort on the Sunshine Coast was won by Clodagh Sinnott, the daughter of Pat Sinnott who is the race organiser of the Warwick Pentathlon Events. Should be a good brake for the family, coming from Warwick.

Talking of travelling, our most travelled competitor was Andrew Cohen from Yallingup Western Australia. Andrew entered the 46kkm & finished third, well done. Earlier we were talking and he commented about running north along his beaches with the ocean on his left. He said it would be totally different having the ocean his right.

John Pearson continues his winning performance, in passing local identity Mark Parsonson. Mark lead from the start using his strength & speed to open a commanding lead, but as with ultras, some parts of the body begin to object to the continued punishment leaving you questioning why. Slowly, John closed that commanding lead to establish one of his own. Roger Grant won a cracker 30k 2:17:01. Another good run from Smiley Willis who in his third year entering the 15kkm, has won each time. The 3k event, Andrew Morrison set a cracking pace on the beach to finish in 12:01 with Rachel Ferris hot on his heels in 13:05, followed by Blake Scriven in 13:50, & Brad Willis older brother to Smiley was 3rd male in his first ever run. The relays were entertaining again with good times and close finishes.

Overall it was another great day of competition and charitable giving to the Endeavour Foundation.

With some minor donations still to be collected, it is anticipated a cheque to Endeavour will be written to the sum of one thousand five hundred dollars.

Thank you to Businesses and Clubs on the island and around Caboolture area. Without your support with money and goods our efforts would be fruitless for Endeavour

Special thanks to Accor Premier Vacation Club for the major random prize, Bribie Island Bowls Club,

Bribie Island RSL, Blue Pacific Hotel, Cornetts Supermarkets (IGA), Woolworths Bongaree, Caboolture Sports Club, Caboolture Shire Council, Endura Products, Tip Top Bakeries, Credit Union Australia, 4OUR community radio, and the local & island newspapers, for your charitable support of this event.

There are many more supporters who I would love to thank too. A big thanks to all.

To my wife Betty, Rae, Kerrie, Charlie, Bill, Sue, and Brad thank you for chipping in wherever needed in duties around the event. Thanks to the SES people too.

Without the generosity of the above mentioned, nothing would be available to give to the athletes & people who give of their time & money to help Endeavour.

Endeavour is the winner on the day, but you, the competitors & supporters, are the foundations of this event. As with any structure, strong foundations lead to bigger buildings. I look forward to that, growth with this event. I continue to make little errors, which are disappointing, but correctable. For that I apologise and hope if you can see any area of improvement, please contact me.

Remember this is your event so we want it right, with a little fun included.

Hope to see you all again in 2005.

Geoff Williams -Race Director

RESULTS

1 st John Pearson – 3:54:41	5 th Geoff Last – 4:36:22
2 nd Mark Parsonson – 4:02:43	6 th Peter Gardiner – 4:37:32
3 rd Andrew Cohen – 4:12:25	7 th Rodney Ladyman – 5:08:12
4 th Roger Guard – 4:25:18	

Brindabella Classic - 55.4km Mountain Race. ACT

Sunday, 24 October 2004

Name	State	Age	CAT	Time	Km Rate
1. Jonathan Blake	NSW	39		3:57:00	4:17
2. Trevor Jacobs	ACT	52	M50	4:07:21	4:28
3. Adrian Sheppard	ACT	33		4:11:11	4:32
4. David Hosking	ACT	36		4:29:39	4:52
5. Emma Murray [F]	ACT	26		4:37:14	5:00
6. Brett Worley	ACT	28		4:42:17	5:06
7. Ian Wright	ACT	49	M45	4:44:07	5:08
8. Kelvin Marshall	VIC	40	M40	5:06:42	5:32
9. Andrew Cohen	WA	46	M45	5:08:42	5:34
10. Michael Corlis	ACT	45	M45	5:09:56	5:36
11. Warwick Selby	NSW	54	M50	5:11:22	5:37
12. Steve Appleby	ACT	51	M50	5:12:25	5:38
13. Robbie Costmeyer	ACT	57	M55	5:19:30	5:46
14. Dave Hromow	ACT	36		5:23:14	5:50
15. John Bugg	NSW	35		5:24:42	5:52
16. Liam Whyte	ACT	27		5:29:08	5:56
17. Guy Roberts	ACT	37		5:31:19	5:59
18. Philip Clarke	NSW	52	M50	5:51:26	6:21
19. James Cryer	NSW	57	M55	5:59:37	6:29
20. Dave Gilbert	NSW	44	M40	6:03:17	6:33
21. Julia Thorn [F]	VIC	47	W45	6:04:23	6:35
22. Mario Larocca	NSW	55	M55	6:18:27	6:50
23. Vic Anderson	NSW	51	M50	7:05:32	7:41
24. Peter Allen	NSW	57	M55	7:05:33	7:41
25. Louis Commins	NSW	55	M55	7:05:33	7:41
26. David Viner	ACT	24		Dnf	

Victorian Six Hour and 50 Kilometre Track Championships

Moe, Victoria. Sunday 7th November 2004

Six Hour Results

1. Mal Grimmett	69.902km
2. Trevor Marsh	65.091km
3. Kelvin Marshall	63.102km
4. Ken Lancaster	60.199km
5. Mark Peek	54.866km
6. Ernie Hartley	52.847km
7. Peter Gray	50.445km
8. Shannon Barr	50.400km
9. Brian Glover	50.287km
10. Dawn Parris [f]	47.658km
11. Leah Parris [f]	47.458km
12. Sandra Howorth [f]	44.273km
13. Stan Miskin	38.350km
14. Barry Higgins	36.000km
15. Bruce Salisbury	24.000km

50km Results

1. Shannon Barr	3:44:06
2. Mal Grimmett	3:55:21
3. Ian Twite	4:16:16
4. Kelvin Marshall	4:28:54
5. Trevor Marsh	4:35:11
6. Ken Lancaster	4:55:20
7. Mark Peek	5:26:22
8. Ernie Hartley	5:36:13
9. Peter Gray	5:56:34
10. Brian Glover	5:58:10

Report by Kevin Cassidy

Motoring into Moe in Victoria's south east, the fact that I had never run *[and still haven't]* or attended this event really started to haunt me when it dawned on me that despite many visits to this area in the past, I had absolutely no idea where the local athletic track was. Like all males, asking for directions was not an ideal option so instead I decided to start searching the streets. I drove for ages with that glowering,

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Like all males, asking for directions was not an ideal option so instead I decided to start searching the streets. I drove for ages with that glowering, insane resolve that you get when you are lost and become convinced that if you just keep moving you will eventually find your destination, a task made all the more difficult in a town where drivers take an agonising lifetime to negotiate the otherwise basic activity of driving their cars along a simple street.

Ultimately, I wondered why they even bother to have cars, they could easily walk at a faster pace. The upshot of all this is that I became incurably disoriented.

Swallowing my ridiculous pride, I eventually ask for help from a chunky bellied individual walking his dog. Without batting an eyelid he launched into a complex set of instructions. It sounded like a description of Hume and Hovell's journey into the outback. I couldn't follow it at all, but when he paused and said, "Ya wiff me so far?" I lied and said I was. He waffled on about left turns, right turns, bridges and various signs.

The only thing I could remember was that the track was actually in Newborough a mile or so out of town. I thanked him and roared off without conviction only to be passing the same guy a minute or two later and he was gesturing wildly and yelling that I had gone the wrong way but that was pretty obvious to me by then.

I eventually found my way to Newborough and stopped for assistance at a local shop where a rather petite Chinese woman was most helpful in pointing me in the right direction. I arrived at the track both flustered and a long way short of cheery!!

Catching my eye in the carpark was Ernie Hartley's incomparable old Valiant with multi coloured quarter panels. The last time I saw Ernie at a run, he had forgotten his wallet and I had to pay his entry fee, buy him lunch, numerous drinks and a tank of petrol to get him home!

I am forever singing the praises of the Traralgon Harriers and they really had the event ticking over smoothly with the computer lapscoring operating with mind numbing efficiency and pumping out printed updates in a flash. Rob Embleton had the encompassing job of Race Director which he was handling with dazzling efficiency after a winter cross country season of consistently gaining the measure of yours truly.....something I will rectify next year!!

Out on the track, it was National 100km rep, Mal Grimmett leading the way from many regular faces and a couple of new comers. Two locals in Ken Lancaster and Mark Peek were putting up outstanding performances in their first ultras on the windswept arena. The ever reliable Dawn Parris and her daughter, Leah, circled the track consistently with their long blond hair flowing behind them. "We're the Hilton sisters, Paris and Nikki" Dawn laughed as I retorted with a few Mark Philippoussis *[however it is spelt]* jokes.

Also in good form was the evergreen Peter Gray in his long tracksuit pants, Stan Miskin with more bandages on his knees than an Egyptian mummy, and the tireless Kelvin Marshall.

Interestingly, Kelvin has now been elevated to the same stature as Prince, Madonna and Cher in that he is simply known to all only by his first name.....even the scoreboard didn't need to include his surname. Meanwhile, Barry Higgins fell victim to gastric troubles and deposited the contents of his stomach around various parts of the track and lapscoring area before retiring to his car.

10 minutes prior to the finish, the traditional handing out of numbered sandbags took on a whole new meaning with the sandbag idea being disposed of in favour of lengths of garden hose with numbers attached. This was a Bruce Salisbury brainwave that left his poor long suffering wife far from impressed when she discovered her back yard hose missing in an action that has most likely ensured that he will be fed cold dog food for a month.

The presentation under the grandstand featured a regular highlight of all Traralgon Harriers events in the enormous serves of homemade culinary delights.

The event was a huge success with a wide variety of reasons surrounding the presence of the 15 runners. Trevor Marsh and Dawn Parris were tuning up for the Colac Six Day Race, Sandra Howorth was building up to her first 24 Hour while Kelvin and Peter Gray continued their quest of pumping out numerous ultras with abundant consistency.

Drizzle set in as I motored back to Melbourne with the landscape looking most unpromising through the rhythmic swish of windscreen wipers.

Action from the Moe Six Hour Event



Sandra Howorth and Ernie Hartley can both smell the finish



A tired but content Ken Lancaster is helped by his wife after finishing his first Ultra



Mother and Daughter team, Dawn and Leah Parris

The 19th Cliff Young Australian Six Day Race

21st to 27th Nov 2004

Twenty one runners and walkers lined up for the start of the 19th Annual Australian Six Day Race. This year was the first year that it had been renamed in honour of Cliff Young. A fitting tribute to a man that gave so much to the sport and to Colac.

The venue for the event was Memorial Square. It is located in the middle of the township of Colac. It is tree-lined and local residents visit the Square at all hours of the day and night. It is definitely the best venue for an Ultra event in Australia with an ever increasing history.

The Six Day Race Committee have worked tirelessly over the last few years to increase the race's professionalism. Nothing is too hard for them and they are always willing to listen to constructive criticism.

The field this year included three overseas runners, five first time entrants and three females.

There were two interesting competitors in the field this year. They were Jesper Olsen from Denmark and Deborah De Williams from Altona in Victoria. Jesper left London on January 1st this year and has literally run across the world to get to the event. His quest can be

followed at www.worldrun.org. Deborah recently completed a walk around Australia and established four world records on route. Both were welcome additions to the field.

The race got under way at midday on the Sunday. There seemed to be a smaller crowd than usual at the start. This isn't the fault of the committee perhaps the younger generation in Colac just don't get the concept of ultra running. I believe now that the race has it's own dedicated web domain at www.sixdayrace.org.au, a dedicated race committee and a resurgence of interest in multi day racing, it can become a truly international sporting event and attract major interest around the world.

There are many intricacies of six day racing and this year's event was to be no exception. The 2004 race was a "human chess match" of the highest order.

As I write, it is only three days since the event. It would be very hard to write a blow by blow description at the moment, but I promise that the next edition of Ultramag will include a story about my winning crewing experience at Colac.

There were many highlights at the race. These included:

- The battle between 1st and 2nd and 3rd and 4th during the event. This battle could have easily included a battle between 2nd and 3rd as well.
- The five PB's completed.
- The great potential shown by a couple of Australian runners.
- The great sportsmanship and spirit shown at the event by Deborah De Williams.
- The performances of the five Westfield Legends.
- Calling Bill Sutcliffe to the 12 O'Clock deadline on day three or four with seconds to spare.
- The food van looking after the runners and crew so well.
- The great fairplay, goodwill and sportsmanship shown by all runners and walkers at the event.

Next year's event will be the 20th running of the Australian Six Day Race at Colac. The date is unknown at this stage but it will be in November. There will be former runners coming back to contest the event along with those contesting it for the first time. The web site will be fully functional by then and it is envisaged that 2005 will be one of celebration for the longest surviving Six Day Race in the world.

RESULTS

1 st	Jesper Olsen (Den)	756.38km (New Danish 6-day record)
2 nd	Graeme Watts	702.12km
3 rd	Vlastik Skvaril	692.85km (PB)
4 th	Peter Hoskinson	690.43km (PB)
5 th	Dawn Parris	649.64km
6 th	David Billett	569.89km (PB)
7 th	Trevor Marsh	556.06km(PB)
8 th	David Jones	551.85km(PB)
9 th	George Audley	526.54km
10 th	Brian Bloomer	522.24km
11 th	Elvira Janosi (Hun)	516.38km
12 th	Peter Gray	503.23km
13 th	Eric Wright (RSA)	493.07km
14 th	Shaun Scanlon	491.19km
15 th	Howard Neville	475.98km
16 th	Deborah De Williams	448.17km
17 th	John Timms	413.2km (DNF)
18 th	Bill Sutcliffe	404.15km
19 th	Robyn Davis	290.8km (DNF)
20 th	Stan Miskin	181.6km (DNF)
21 st	Ian Valentine	149.2km

AURA Australian 6-Day Title:

1st Male - Graeme Watts
2nd Male - Vlastik Skvaril
3rd Male - Peter Hoskinson
1st Female - Dawn Parris

Drew Kettle Award for Oldest Finisher - George Audley

Bryan Smith Award (Fairplay, Goodwill and Sportsmanship) - Eric Wright

Most Courageous Award - Deborah De Williams

All competitors Australian unless otherwise stated

Glasshouse Mountains Trail Events [Qld]

11-12 September 2004-10-31

100 miles

1. Martin Schot	21:08:50
2. Ian Wright	22:11:36
3. Paul Every	22:44:38
4. Rodney Ladyman	23:45:34
5. Rachel Waugh [f]	25:25:25
6. Geoffrey Williams	26:37:20
7. Jan Herrmann	26:40:01
8. Ian Javes	27:50:03
9. Sean Greenhill	28:56:52
10. Bill Thompson	29:32:03
10. Nick Barclay	29:32:03

DNF's

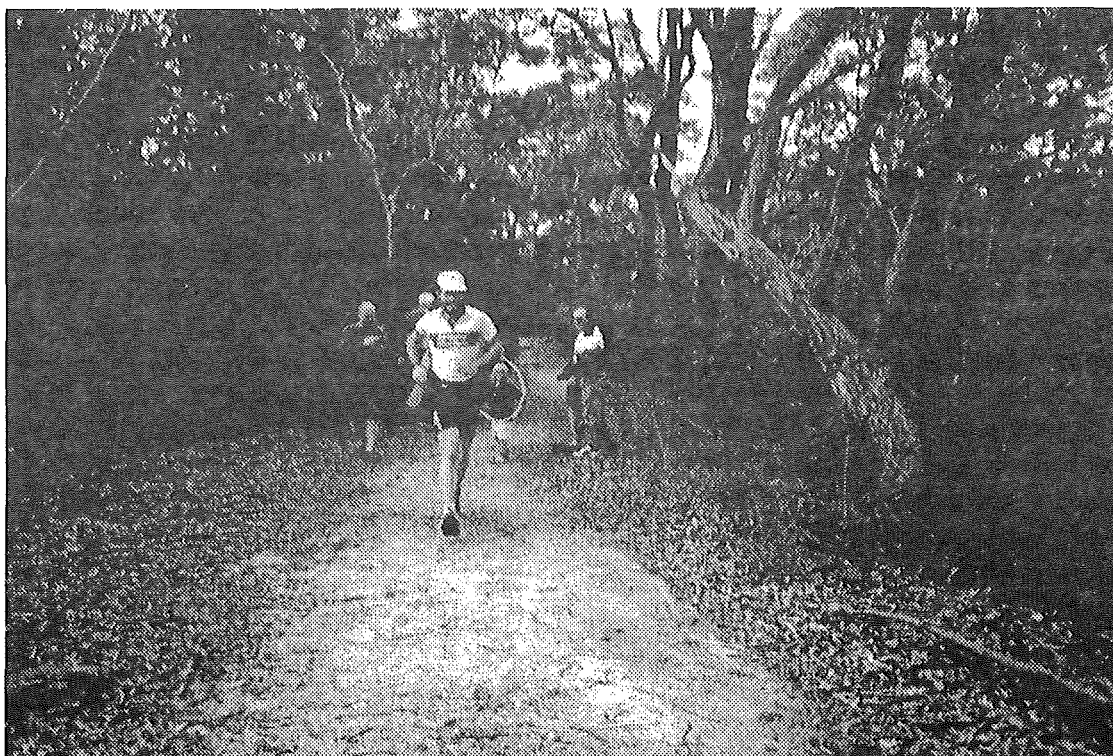
Kieron Thompson
Kerrie Hall
Andrew Hewat

50 miles

1. John Pearson	8:27:23
2. Kelvin marshall	8:46:23
3. Mark Parsonson	9:01:06
4. Robert Ware	9:18:26
5. Richard Webb	9:49:58
6. Geoff Last	10:08:30
7. Tim Turner	10:28:59
8. Neil Davisraiss	11:11:28
9. Richard McCormick	11:15:56
10. Eero Periaho	13:06:15

53 kilometres

1. Darren Skillicorn	4:16:33
2. Stephen Gurr	4:35:41
3. Adrian Pearce	4:37:38
4. Adam Barron	4:46:30
5. Craig Greber	4:51:48
6. Roger Guard	5:24:16
7. Tamsin Barnes [f]	5:24:34
8. Wendy Stewart [f]	5:25:11
9. Gary Zupan	5:26:12
10. Peter Edmiston	5:46:22
11. Stephen Blake	5:51:25
12. Maureen O'Loughlin [f]	5:57:10
13. John Fletcher	6:06:55
14. Phil Lawrence	6:34:36
15. Peter Gardiner	6:41:22
16. Jenny Polley [f]	6:43:59
17. Glenys Sylvester [f]	7:01:48
18. Phillipa Bolt [f]	9:03:49
19. Tina Fiegel [f]	12:02:36
20. Stuart Thor	13:08:36
21. Inge Thor [f]	13:08:37
22. Art Van Wensveen	13:08:38
DNF Gavin Bell	



The "Trail Nazi" Sean Greenhill in action

Glasshouse 100 Mile report by Paul Every

Unfortunately Glasshouse didn't pan out as well as I had wished but that's the nature of ultra running. Sound preparation and sensible tactics don't always result in a race that goes to plan. That's what makes the sport all the more rewarding when on those rare occasions that a race unfolds perfectly.

At 50km I was sharing 3rd place with previous Glasshouse winner Keiron Thompson. Brindabella winner Ian Wright was sitting just behind us. Martin Schott was about half an hour ahead and David Waugh was sitting in 2nd, 10 minutes off the lead. Both Martin and David were running their debut 100 miler and I was quite content to let them reel out a 30 minute lead at 50km, and an hour at 100km, then try to close the race down with a fast finish over the last 60km.

The afternoon was delightful. With most of the hilly, deeply rutted sections behind us, the course wound gently through pine plantation and eucalypt forest. Sun-baking snakes slid with effortless grace off the trail as I approached, and goannas raised their inquisitive heads as I trotted by. When I skirted Mt Beerwah with the afternoon light caressing its flanks, I thought "I'm in the ideal place at the perfect time." But as Keiron ominously quoted to me earlier: "If you feel good in an ultra, don't worry, it will soon pass".

By 100km my race was unfolding nicely. I had dropped Keiron, who unfortunately later succumbed to injury. Likewise David had pulled the plug at around the 50 mile mark. This left me in 2nd place, in a holding pattern with Martin, still leading by about half an hour.

It was during the early evening that the race, literally and figuratively, took a turn for the worse. Nausea, fatigue and a bad attack of the uglies all conspired with a poorly marked turn to eradicate the surge to victory. Ian, missing the same trail marker as myself, caught me at about 115km. After we rediscovered the appropriate course, we stayed in contact with each other to the base of Wildhorse Mountain at 125km. By now I'm in the pain box something bad. The climb to the lookout on Wildhorse was a sealed path, though the cold concrete appeared a remarkably inviting place to lie down and pass out. It was calling me. I heard its siren call. I stared vacantly at its coarse pebbly texture but somehow resisted. When I returned to the aid station at the mountain's base the couple attending looked at me with expressions of pity, concern and horror. I don't think they felt entirely comfortable with letting me wander off into the darkness, but since I was quite precise about what I required at the aid station, they let me go. Hey, I could talk the talk, surely I could walk the wobble. Frankly, I doubt they expected to see runners in quite the mess I was in. At least I prepared them for Sean Greenhill's arrival several hours later.

With 20km to run I was through my dark patch and focused on overhauling Ian for second place. The trail was flat, wide and of good surface allowing fast running, despite the moonless night. Upon reaching a large four-way intersection I stopped and searched frantically for direction markers. Seeing none I continued straight onwards for about a kilometre, before becoming disconcerted by a lack of marker ribbons. I shouted hoping Ian was not far ahead and within earshot. It was a futile call for reassurance that I was on the right path. I backtracked and explored each of the trails at the track junction. Neither footprints, ribbons nor signage indicated I was on the course so I backtracked still further to eventually find a clearly marked right turn. Unfortunately, I had been running on the left side of the wide track and my headlamp's beam simply missed the markers as I ran straight through. I rejoined the race with dented enthusiasm, but with vivacity to both conquer the final ascent of Wildhorse and to reassure it's aid station attendants that they didn't dispatch a dying runner the bush.

The final 14km felt strong and was uneventful, apart from encountering a struggling Sean heading out to relish the splendours of Wildhorse. I left him knowing we would both return to Glasshouse to enjoy a better day.

More from Ian Wright

A few thoughts from me on this year's 100 miler.
Putting the event on a few weeks earlier this year was a good move as it didn't get very hot on the day.

Great effort by all who competed. Martin Schott had an excellent win. His may have been the second fastest run in the history of the event ?

I had much the same plan as Paul: see how I felt once the air cooled down in the evening and have something in reserve for the 47 kilometre eastern section between Beerburum and the coast. I was determined not to be defeated this year by blisters but got some anyway despite taping and other tricks. (I have learned how to fix them enough to get through though: cutting, draining and dressing). The eastern section was nice & flat but the fast finish was not to be as I had a fall at 80 km and bruised the side of the knee and it got so stiff that if I stopped for more than 30 seconds, it took 5 minutes to get into a run again.

Like Paul, I hit the wall for a while near the end after coming off Wildhorse Mountain the second time. Now I know what it feels like...never felt I was going to be sick in an endurance event before. Thinking back, I hadn't eaten enough for the last 5 hours but the hours just seem to disappear when running in the dark. Took 3 cups of tea & sugar to recover... I was also very cold and had to run in a fleece jacket borrowed from the lady at checkpoint 9.

There was a bizarre event just after I finished at 3:30 am and just as Paul arrived. I was recovering in the admin shelter at the local school and chatting to the 2 ladies recording the times when one of them exclaimed "Somebody is burning down my new tent!" and in full view not more than 30 metres away and ignoring our shouts to stop, 2 delinquents brazenly set fire to an admin. tent and a large wheely bin next to the timing clock. In my befuddled state, I momentarily thought it was some sort of official signal fire to show the runners the finish I Police were called.

THE CRAWL BEFORE THE WALK

An account of Australia's performance at the World Cup 100km race in Winschoten, The Netherlands, on September 11, 2004, by participant David Criniti

Australia had performed magnificently at the World Cup (then World Challenge) 100km race hosted at Lake Saroma, Japan, in 1994. With Australian ultra-running icons Tim Sloan (6.43.02) and Don Wallace (6.51.14) both cracking the 7 hour mark, and former Australian 100km record-holder Trevor Jacobs (7.13.32) not too far behind, the team came 6th overall, in the extraordinary time of 20.47.48.

Since that time, Australia has really struggled to perform well as a team at the World 100k. We've often failed to field the full-team of 6 (of which the first 3 times across the line count in the teams competition), and in some instances, have actually failed to get the minimum 3 members required for a team result.

Perhaps this is not surprising. For starters, running 100km doesn't appeal to a lot of people. Even the world's best are out there on their feet for more than 6hrs, and if things don't go to plan, it can be a lot longer. Secondly, with limited funding available, Australia has often had to search for athletes who not only had the talent and desire to do well over the distance, but also in a position financially to get themselves to a race which was often on the other side of the world.

However, the past couple years have seen some hard work go into recruitment of members for the Australian 100km team, and despite the fact that tight budgets meant we could only send 4 team members and a running-reserve in 2004, we looked, on paper, to have a solid, though not world-class, team for the race in Winschoten, The Netherlands.

The Team:

The Team consisted of Warren Holst (Team Captain); a former sub-2.30 marathon runner with a 100km pb of 7:42:11, run in the World Challenge in Belgium, 2002; Jo Blake; the current Australian 100km Champion, with a 100km pb of 7:31:36, and 3rd place getter in this years' prestigious 6 Foot Track Marathon; Mike Wheatley; who ran his 100km pb of 7:32:31 at Winschoten in 2000; myself, with a 100km pb of 7:51:12, run at the Gold Coast 100 in 2003; and our running reserve Mal Grimmet; who was headed to Winschoten hoping to complete his first 100km event.

Helping us along the way was our star-studded support crew, comprising of Mike's wife Donna, Jo's wife Shelly, my sister Christina, and Mike's friend, Phil Sly and partner Naomi. With a 2.15 marathon pb, we were harassing Phil all weekend to turn his talents to ultra-running. I'll keep my fingers crossed!

The Expectations:

Essentially, I was hoping for a sub-7hour time; Jo, Mike & Warren had set their sights around the 7.30 mark, and Mal Grimmett wanted to go sub-8. As a team, we'd anticipated that if we could get it together, we might be able to crack it for a top-10 result, which would be our best result since 1994.

The race:

The World Cup, which has been contested annually since 1987, is hosted by an established 100km race each year. This year Winschoten, in the north of The Netherlands, hosted the event for the 4th time, after hosting it in 1995, 1997, and 2000. The Winschoten event has been held annually since 1976, with the fastest time each year being a sub-7 hour performance, making it a world-class event regardless of whether or not it is hosting the World Cup.

The race is held over ten 10km loops on a pancake-flat course which starts and finishes in a large community centre known as de Klinker and in between, winds its way through the streets, parks and canals of Winschoten. The race starts at 1.00pm, and with sunset around 8.00pm in that part of Holland in September, and a cutoff of 12hrs, ends for many runners well after dark.

Despite threatening skies, we were spared any early-afternoon rain, and instead encountered a mild dose of heat, humidity and wind. All-in-all, however, conditions were relatively good for running, and also conducive to good spectator numbers, which helped buoy our spirits when times were tough. A lot of the local kids took great delight in handing soaking sponges to the runners, and following them with expectant hands, until they'd cooled themselves off and discarded them, whereupon they'd be promptly re-soaked and recycled. It was a practice that didn't rate too highly on the hygiene scale, but after half a dozen laps, there weren't too many runners complaining or refusing a wet sponge!

There was also lots of support from people who'd set themselves up in their driveways for an afternoon (and evening) of eating, drinking, and cheering on increasingly weary runners. In many cases, the more tired; and

in need of support; the runners became, the merrier and more willing to provide encouragement, the spectators became!

The results:

Well, that says something of the course and the race's atmosphere, but what of the performances of the Aussie team? On one hand, none of us did as well as expected. Aiming to do an even-paced race going out at 42 minute laps (14 kph), I was about half a minute off per lap from the start, and slowed more as the race wore on, until picking up the pace in the final lap. After taking half an hour off my pb, I certainly wasn't unhappy. I simply didn't have what it took on the day to go sub 7.

Likewise, things didn't pan out as expected for the other members of Team Australia, with none of the team reaching their time-goals for the day. However, all of us ploughed on, despite our races not going to plan, and we ended up with three runners under the 8 hour mark for the first time since 1994. Of the 329 starters, the Aussies finished as follows:

Name	Position	Time
David Criniti	28th	7:23:30
Jonathon Blake	45th	7:47:42
Mike Wheatley	49th	7:56:37
Warren Holst	95th	8:41:39
Mal Grimmet	170th	10:29:04

As a result of this, things were pretty high spirited in the Australian camp in the hours following the race. Spirits were, however, improved markedly the next day when we realised with a very pleasant surprise, that our efforts had earned us 4th place in the teams division; the best placing ever by an Australian team in the World 100k!

Where to from here?:

As much as I, like the rest of the team, was absolutely ecstatic with this result upon hearing the news, I feel that now, as I write this report, in the weeks after the event, it is time to look with less emotion, and a bit more objectivity, about what it means for Australian Ultrarunning.

Firstly, I think it means that some of the hard work by the AURA committee, led by our President, Ian Cornelius, to resurrect the Australian 100k team, is beginning to pay off. I'm optimistic that this success will begin lay the foundations for bigger and better things in the future. Perhaps it will strengthen our case for funding for travel expenses from bodies such as Athletics Australia, so the best athletes can compete without being out of pocket for their troubles. This is the type of incentive that is needed to lure our fast marathon runners (who have the potential to become great ultra runners) beyond the marathon.

However, I think it is also important to realise that there is a lot of work to be done if we are to have a legitimately world-class team. The results below indicate that while we were 4th, we were still an hour and a half off 3rd place and more than 3 hours behind the Italians at the top of the podium.

1. Italy	20:06:38
2. Japan	20:59:32
3. Belgium	21:31:55
4. Australia	23:07:49

So in sum, while not running the time I'd hoped for in Winschoten, I came away a happy man. I, along with Jo, Mike, Warren, and Mal, had come away with a credible team result, and we'd all made a contribution to improving the status of the Australian 100km team, and the sport within Australia. After a few years of the Australian 100k team lying dormant since our success in 1994, we're now crawling again. Now's the time to start to walk.

www.iau.org.tw/

www.ultraoz.com,

World 100km 2004

Winschoten, The Netherlands



Aussie team parade



Aussie team at Winschoten



Jo Mal and Mike



Jo at the finish



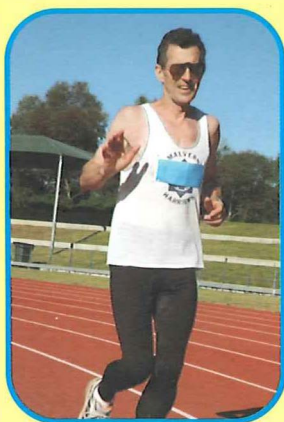
Aussie team



Chris and Dave



*Felicity and Mick,
Champions*



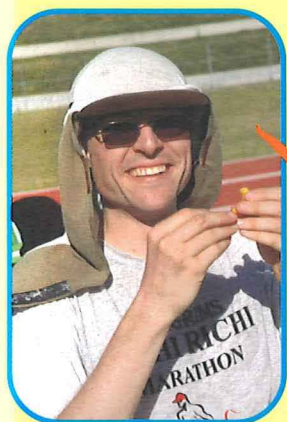
*David Jones
in a great pair
of sunglasses*



*Geoff Hain
now a
Golden
Centurian*



*John Twartz
event winner
from 2000*



*David Billett has
plenty to smile about*

Sri Chinmoy
Self Transcendence
24 hour
Festival
Adelaide



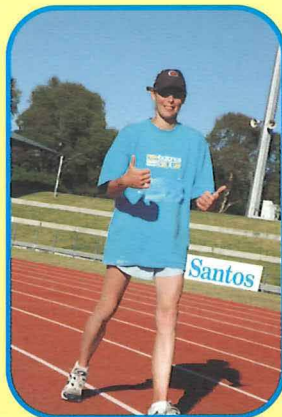
*Peter Lahiff
with a big
smile*



*Stan Miskin greeting
other runners as he
approaches the 4
hourly turnaround*



*Mick Francis out in
front and looking good*



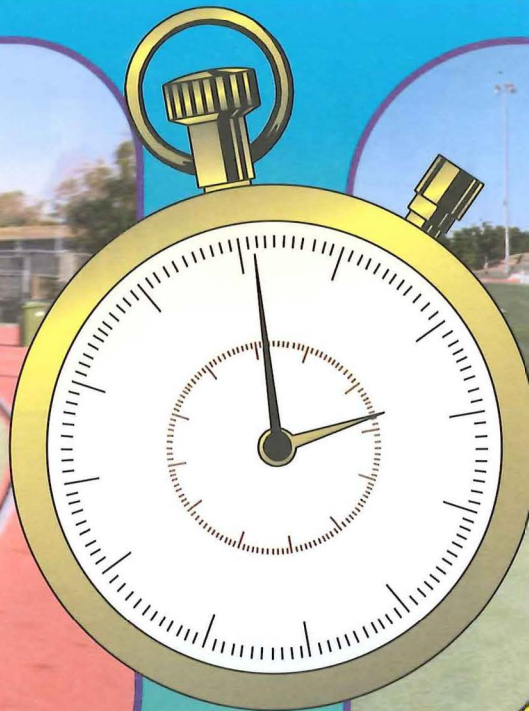
*Felicity Joyce
gives thumbs up*



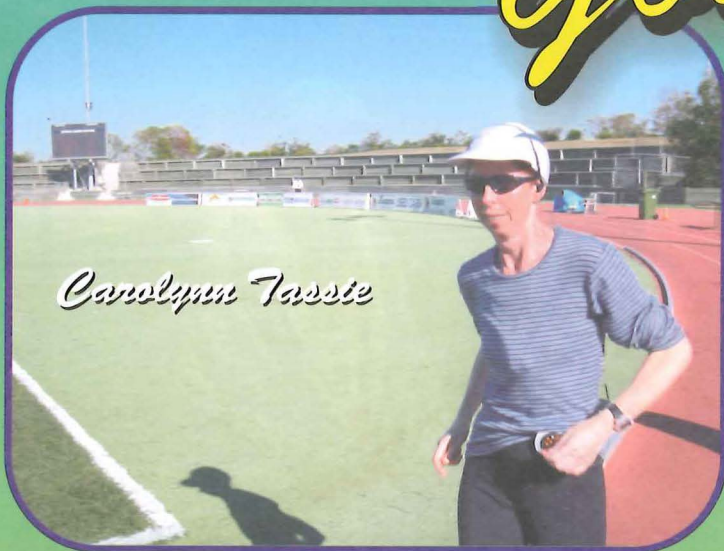
*Jerry Zukowski giving
the lap counters a
friendly wave*



David Billett



Gold Coast



Carolyn Tassie



Starters



Ian Valentine



Every, Fryer, Scanlon

Carol Batul

48 hour race

Starters



Staples, Collins

Steele Beveridge

Finishers

Martin Fryer

Sean Swain

Paul Every



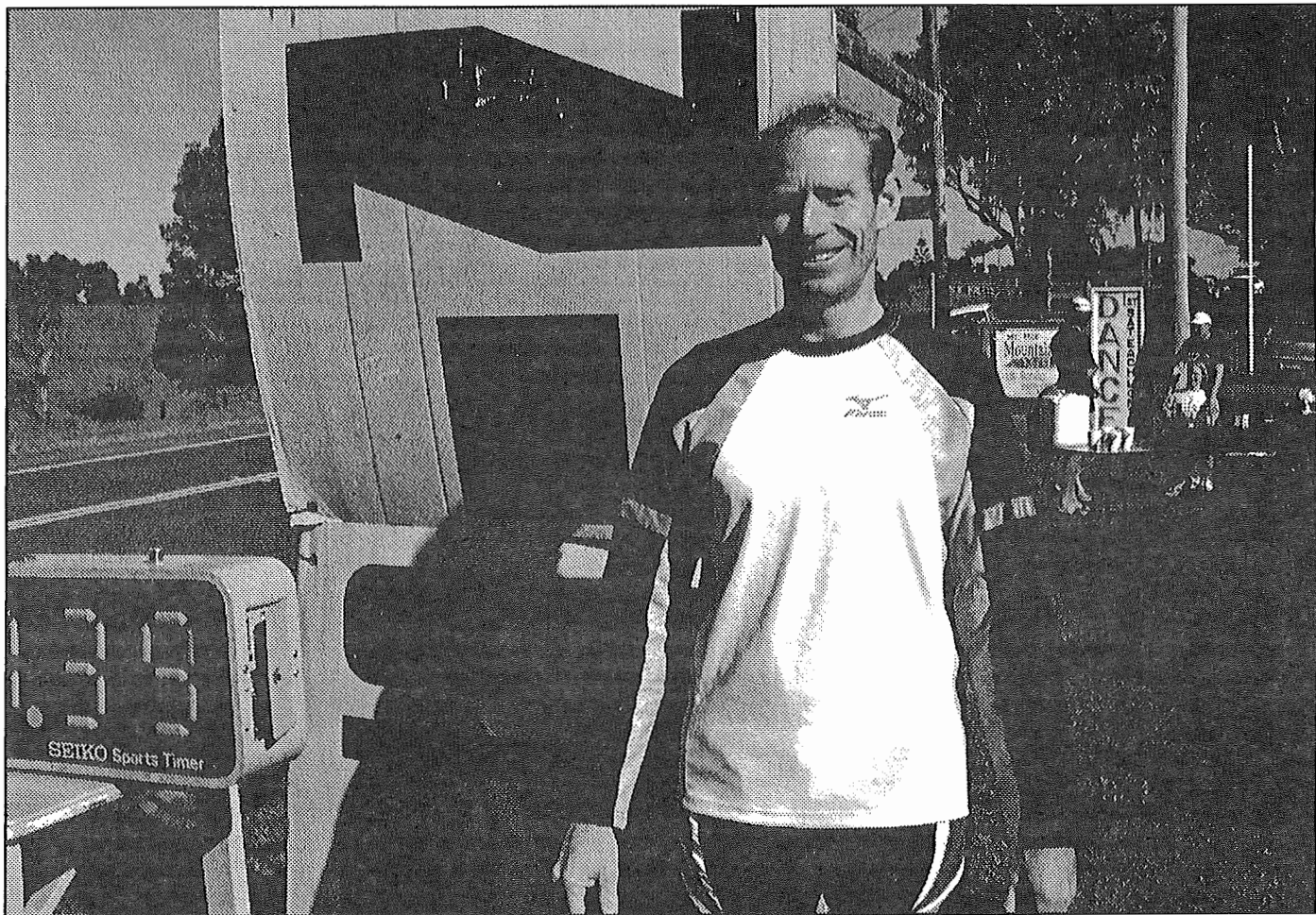


Photo above from Mt Mee Classic (article last issue) - Adrian Pearce

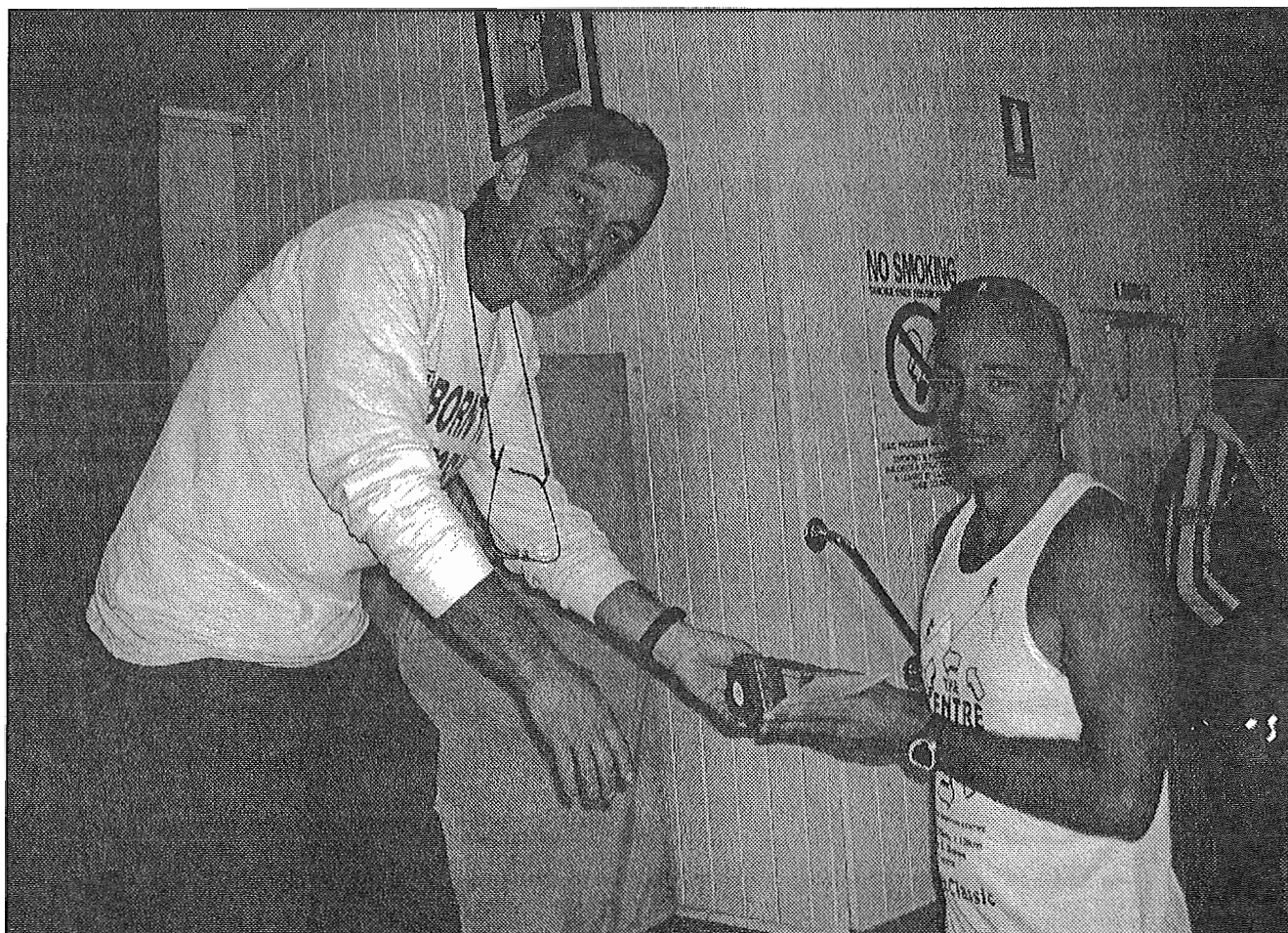


Photo above from Mt Mee Classic - Rodney Ladyman is presented his award by Phil Hungerford

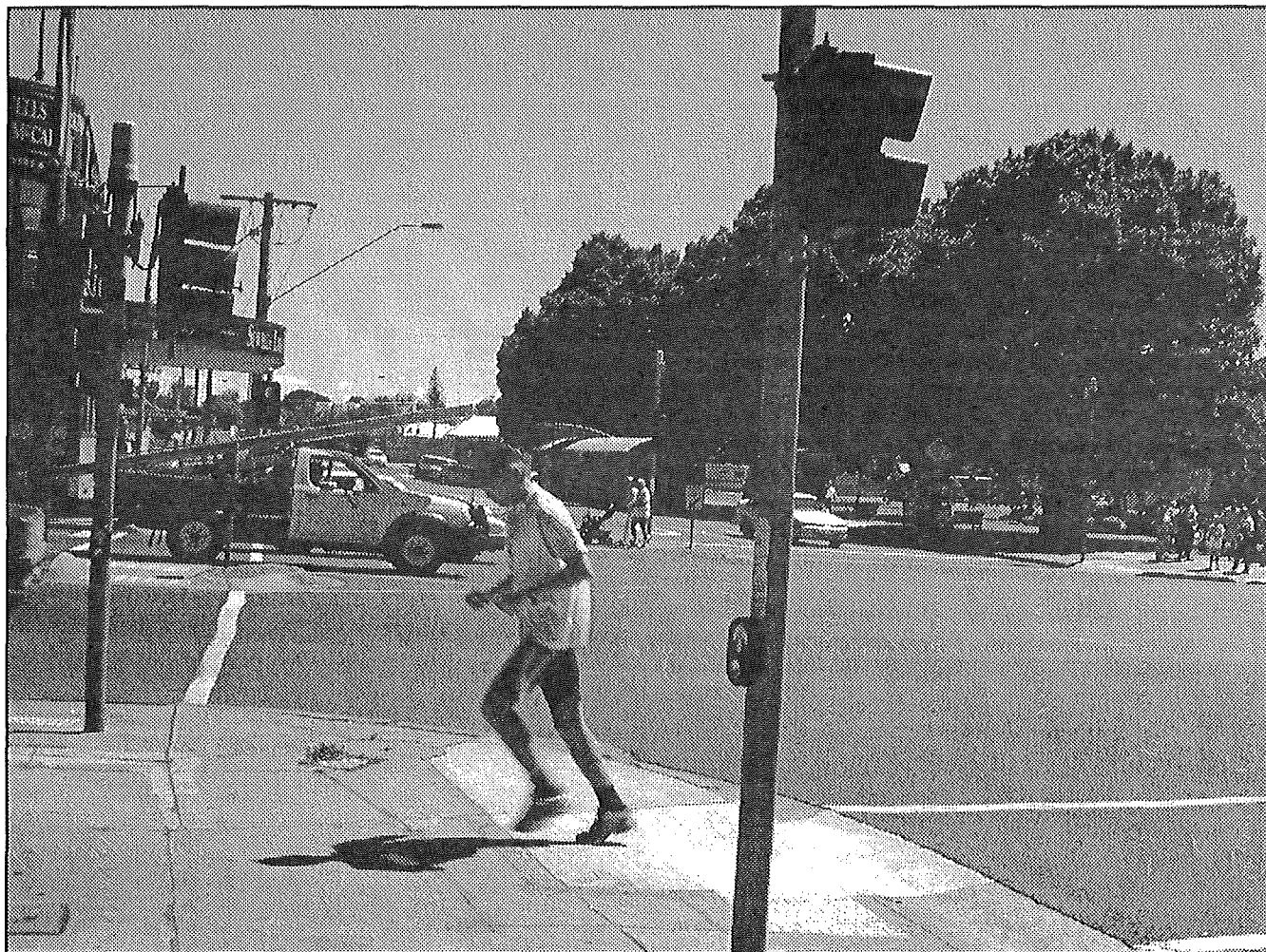


Photo above: Jesper Olsen continuing his epic run around the world. Jesper was the winner of the Colac 6 day race. Photo below: from Colac, more photos will be in the next issue.



The Ultra Gods Smiled Upon Us

A few days before this year's 21st **Sri Chinmoy 24 Hour Festival of Running (October 16-17th)**, amidst all the last minute intensity and craziness I stopped for a wee moment and took a few deep breaths. In my momentary stillness I felt my heart whispering: "relax, this is going to be a great race."

There were three events this year: the AURA National 24 Hour Championship and the 12 Hour and 6 Hour Events. The forecast temperature was a fine and sunny 23 and the venue: the stunning Santos Stadium, Adelaide, South Australia.

As always we lovingly anticipated the return of the Event faithfuls who have been coming for so many years. This year we were also excited about meeting the thirteen (of a total of thirty) competitors who were travelling from all over Australia to compete in this Festival for the first time.

After a moving and at times hilarious pre-race pasta party the night before the race (we watched tv footage collected from the last twenty years of the Festival), the runners were well fuelled to commence their awesome journeys. The 24 Hour and the 12 Hour events started together at 8am on Saturday with the 6 Hour commencing at 12 noon.

Right from the Festival's onset their seemed to be a "good feeling" amongst the runners and on the track. Infact, if memory serves me favourably many of the runners

started their epic journey still sharing a big laugh at a last minute joke.

With the aid station well supplied with drinks and treats, the lap scorers fully briefed; ready and eager, the medical staff set up raring to go and those tireless cooks upstairs in the kitchen serving away, the race was under way without a hitch. Sixteen brave warriors in the 24 Hour and five in the 12 Hour had begun their journey around Adelaide's favourite stadium.

The first marathon was reached at 3:32:41 by last year's 24 Hour National Champion Mick Francis (WA). The next by newcomer John Reidy (NSW) in 3:47:40. This year there were two women entering the Adelaide 24 Hour for the first time. Sarah Barnett (a member of the Sri Chinmoy Marathon Team in Melbourne) and 23 year old Felicity Joyce from NSW. Typifying the spirit of ultra running I fondly recall Felicity's comments to Sarah when they were first introduced to one another: "I'll help you through your tough times and you'll help me through my tough times, that's what it's all about". Sarah passed through the marathon at 4:39:38 and Felicity at 4:42:40.

Peter Lahiff (12 Hour) from Qld was entering his first track ultra and hoped to challenge age category records for the 12 Hour and 100km and looked strong and steady passing the marathon at 4:18:18.

At noon when the nine competitors in the 6 Hour event lined up at the starting line hats and sunscreen were a must. The sun was in full glory and had blessed us with the brightest day but many of the 12 and 24 Hour runners were really feeling the heat.

The start of the 6 Hour meant all the runners were now on the track together and it truly was a magnificent sight.

By the seventh hour however many of the runners were presented with a number of physical challenges. Cramps and blisters the most common issues. Over the next couple of hours the medical tent was well serviced. The podiatrists, massage therapists and homeopaths all rose to the occasion and did a remarkable job and I've no doubt their invaluable assistance changed the fate for many of the runners.

First to capture the 100km milestone was again race leader Mick Francis (9:29:20), behind him in a time of 11:00:51 was his training buddy Barry Miller who was performing extremely well for his first 24 Hour. John Reidy was just behind him in 11:07:55. Felicity Joyce who looked so comfortable on the track went through 100km in fourth place overall in 11:54:28.

Leading the 12 Hour runners Peter Lahiff crossed the 100km mark to create a new Australian men's track record (65-69 years category) in a time of 11:45:40! Almost fifteen minutes later at the close of the 12 Hour event he broke the 12 Hour record covering a 102.433kms to win the event! Two Australian records in his first track race! Finishing in second place was Tony Good (SA) with 97.472kms. Representing the women Sue Bardy (71 years) looking better than ever finished strongly with a solid 73.066km.

"Right from the Festival's onset their seemed to be a "good feeling" amongst the runners"

For Dirk Thys and Shirley Young (74 years) in the 6 Hour event the challenge was on again (two years ago Dirk and Shirley shared a nail biting finish in the 12 Hour event). Dirk however held the lead to win with the distance of 56.867km. Shirley placed second with 54.538km, a tremendous performance under any circumstances but for those aware of Shirl's recent struggles know it qualifies as remarkable.

Dusk embraced the stadium and for the remaining 24 Hour hero-warriors this marked a new beginning in their long journeys. Mick Francis who appeared to be doing it easy to most of us was again haunted by the physical problems of last year. Nausea forced him trackside temporarily as he sought assistance from his helper Valerie and the medicos. He was back on the track shortly after but looked somewhat wobbly to say the least.

The night was as beautiful as the day but perhaps more perfect for the ultra runner as there was no blazing sun to contend with. Many of the runners found new life and really picked up. I raced to the opposite side of the track to join members of the Sri Chinmoy Choir. With all our hearts we sang songs Sri Chinmoy has composed about running. The smiles from the runners ignited our enthusiasm so we kept singing and singing.

It is through the night I believe the Santos Stadium reveals its true excellence in hosting this event. The lights shone with such energy I often questioned "was it really 1am, was it really 3am?" The air was still and kind and though just two minutes from the city we were surrounded by the Australian bush and scrub that defines the stadium.

The runners struggled on, some of course, doing it tougher than

others. One fine athlete whose focus remained intense throughout was Geoff Hain from Qld. Geoff had run a magic 100miles before in a 24 hour but now dreamed of becoming a 'Centurion' (walking 100miles in 24 Hours). There were times when he told me his feet hurt so bad, there were times when he didn't think he could keep going another step but he did and so did all the runners all enduring similar experiences.

Mick Francis lead the way to an amazing result for this year's National Championship. One hundred miles came for him at 15:43:40. Too far ahead to give hope to his other runner-friends? Nope, not this year. Barry Miller crossed his first ever 100miles at 20:15:20, John Reidy in 20:40:13 and it went on and on... I went upstairs to brush my teeth, passed out on the couch for a few

"Through your self-transcending efforts you have all emerged as champions-supreme and we have all grown the better for it".

moments and returned with two more through the magic mark... Finally at 23:30:38 Geoff Hain became the tenth competitor to cross the 100miles and therefore find himself blasting into Centurion records. I raced over to the 100mile marker where Geoff was joined with wife Annie. The emotion was so intense that even writing about it now tears swell my eyes. Ten through the 100mile mark. Twelve years I have been involved in this race and I couldn't remember a year like it.

Finally this year's race drew to a close but not without plenty of last minute excitement. Mick Francis, a true champion, finished 10kms ahead of his 2003 winning distance with

221.323km. His best performance, I believe, in Australia in the 24 Hour event. John Reidy, now in second place had to work hard, really hard to keep Tony Collins at bay. Finally John finished in second place with 184kms. Tony finished 3rd with 181.472km. Fifth and sixth places were humorously contested by David Billett and David Jones. Only two hundred meters separated them in the final stages of the race with the lead changes many times. Those trackside went into a cheering frenzy, yelling the safe bet: "GO DAVID". Finally David Billett finished just 88 metres ahead of his friend David Jones. Felicity Joyce shone throughout the entire race as a superstar. A superstar ultra runner and a superstar human being. She went onto to become the new National Women's 24 Hour Champion with a pb of 171.543km finishing in fifth place overall.

Ahh.... what an experience! What a joy to recall it all again. To each and every entrant in this year's Festival we of the Sri Chinmoy Marathon Team applaud you. Our hearts were one with yours every step of the way. When you smiled we smiled, when you tried to smile but just couldn't we felt helpless and wanted to help more. Through your self-transcending efforts you have all emerged as champions-supreme and we have all grown the better for it.

Congratulations, thank you and train hard because we're already counting down the days until we see you again next year.

**For more information
Go To
www.srichinmoyraces.org/au**

21st Self-Transcendence 24 Hour Festival of Running

October 16-17th 2004 Santos Stadium, Adelaide Australia

hosted by the Sri Chinmoy Marathon Team
(provisional results)

24 HOUR NATIONAL CHAMPIONSHIP

Place	Name	Age	State	Marathon	50km	50mile	100km	100miles	FINAL DISTANCE (in kms)
1	Mick Francis	46	WA	3:32:41	4:13:34	7:11:04	9:29:20	15:43:40	221.323
2	John Reidy	37	NSW	3:47:40	4:45:50	8:30:27	11:07:55	20:40:13	184.000*
3	Tony Collins		NSW	4:19:11	5:42:32	10:32:58	13:15:10	21:28:09	181.472
4	Barry Miller	48	WA	4:31:51	5:21:13	8:42:01	11:00:51	20:15:20	179.114*
5	Felicity Joyce	23	NSW	4:42:40	5:38:31	9:26:10	11:54:28	21:52:19	171.543*
6	David Billett	34	SA	5:16:10	6:16:45	10:34:30	13:59:50	23:30:00	166.938*
7	David Jones	63	VIC	5:35:28	6:32:19	11:16:43	14:39:23	23:23:49	166.860*
8	Jerry Zukowski	52	SA	4:42:41	5:50:16	10:28:59	13:18:30	22:59:52	165.559
9	Patrick Goonan	34	VIC	4:51:59	6:03:48	10:20:20	13:19:40	23:25:38	163.613*
10	Geoff Hain	58	Qld	5:29:10	6:37:42	10:52:51	13:46:10	23:30:38	162.000*
11	Sarah Barnett	28	VIC	4:39:38	5:54:03	10:40:42	13:11:48		148.378*
12	John Twartz	61	SA	4:44:55	5:45:30	10:12:24	13:06:27		124.759
13	Anyce Kip Melham	46	NSW	4:28:00	5:19:54	9:22:00	12:13:27		122.800
14	Peter Gray	41	VIC	5:33:31	7:29:26	15:20:25	21:00:03		111.246
15	Eric Trad	59	NSW	6:15:00	7:32:25	12:36:42	15:33:10		111.200
16	Stan Miskin	79	VIC	7:32:43	9:01:16	17:24:50	22:36:16		104.926

* denotes a pb over a 24 Hour period

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12 HOUR EVENT

Place	Name	Age	State	Marathon	50km	50mile	100km	FINAL DISTANCE (in kms)
1	Peter Lahiff	69	QLD	4:18:18	5:14:39	9:14:23	11:45:40**	102.433**
2	Tony Good	43	SA	4:21:38	5:27:41	9:40:10		97.472
3	Dennis Vlachos	46	SA	4:30:27	5:40:16	10:43:50		87.583*
4	Deryck Skinner	72	SA	5:27:18	6:49:50	11:15:30		85.583*
5	Susan Bardy	71	SA	6:40:27	8:03:15			73.066

* denotes a pb over a 12 hour period

** pending ratification Peter's results indicate new Australian men's track records (65-69 years category) in the 100km and 12 hour.

6 HOUR EVENT

Place	Name	Age	State	Marathon	50km	FINAL DISTANCE (in kms)
1	Dirk Thys	34	SA	4:08:30	5:08:58	56.867
2	Shirley Young (f)	74	VIC	4:33:27	5:28:00	54.538
3	Colin Brooks	51	SA	4:39:19	5:37:36	52.880*
4	Wim Michels	35	Belgium	4:50:14	5:48:45	51.691*
5	Gina Pipc (f)	38	NSW	4:50:21		47.549
6	Carol Goonan (f)		VIC	5:40:01		43.616*
7	Sandra Howorth (f)	41	VIC			39.269
8	Patrick Gerace	37	SA			33.798
9	Kazem Abhary	57	SA			31.630*

* denotes a pb over a 6 hour period

Gold Coast 24 / 48 hours track race - 2004

The Gold Coast 48 hours and 24 hours track races were conducted on 20-22 August 2004 at the Sports Super Centre. The 48 hours race is the National championship and the 24 hours race is the Qld state championship.

48 hours

The race record for the 48 hours previously held by Graeme Watt (306.800kms) fell to New Zealander Carolyn Tassie who achieved a world class 317.761 kms, which of course is also a new womens' race record. The men's best was bettered by Tony Collins with 315.773 kms.

This was a fantastic race to observe. At the 24 hours mark, Ian Valentine led with 189 kms, from Tassie on 181 and Collins on 170. At the 100 miles mark Valentine had stretched his lead even further. He went through that mark in 19 hrs 33, Tassie in 20:45 and Collins two hours adrift at 22:44. Then at the 199 kms mark, Valentine decided to leave the track, not returning for 4 ½ hours. By the time he returned and much to his dismay Tassie and Collins were still on the track and had overtaken him on the leaderboard. At this point (30:19) Tassie led with 213 kms, Collins on 209 kms and Valentine resuming from 199 kms. Ian walked for 3-4 hours and was not a force from that point forward, although he finished strongly.

The very smooth running, highly-trained Carolyn Tassie was then left to battle it out with the wily old fox Tony Collins. At 57 years of age, Tony is a veteran of many multi day races, both track and road. He holds the record for Sydney-Melbourne-Sydney and is a master tactician. He did everything right in this race but was forced to run hard right through the 48 hours. His only breaks were of 23 minutes at the 11 hours mark and 19 minutes at the 25 hour mark. Tony was 3 hours 22 minutes behind Carolyn at the 250 kms mark. However, Carolyn now found the going tough and was

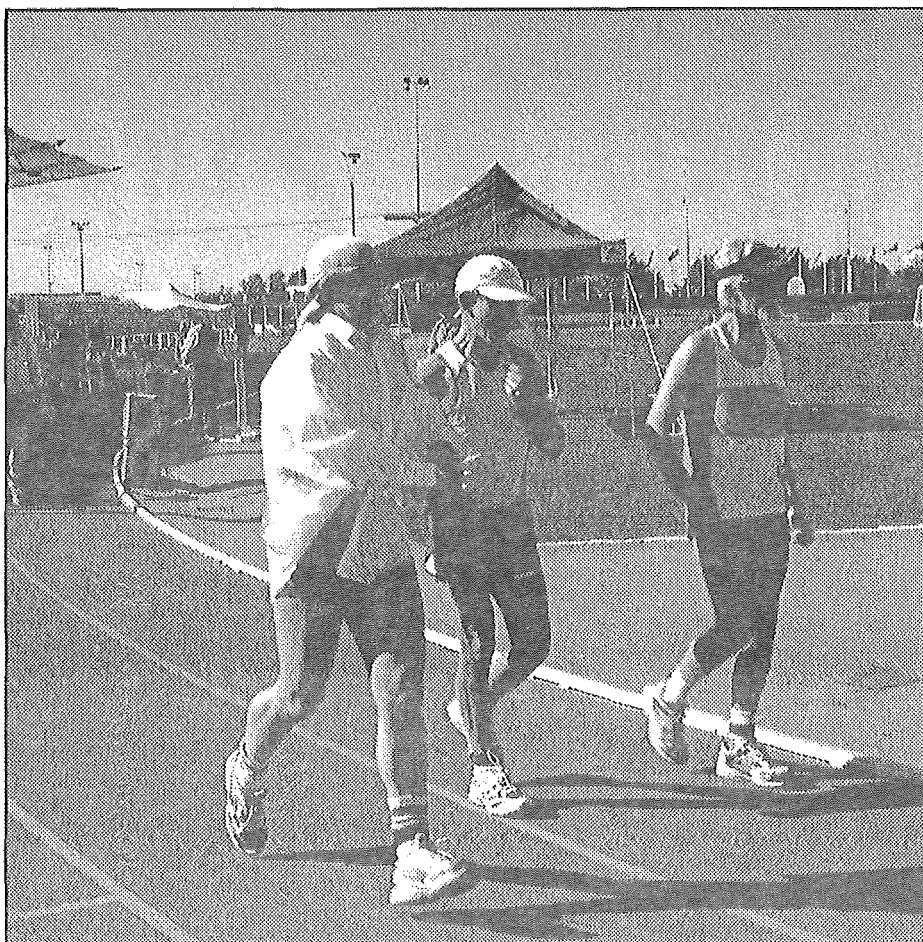
forced to take a 30 minute break during the 42nd hour. By the time she returned to the track, Tony had taken the lead. He went through the 300 kms mark 13 minutes ahead of Carolyn.

However within a further 10 laps he was reduced to walking. The tremendous effort of running almost non stop for almost 46 hours had taken its toll. Carolyn passed him on lap 763 and from that point forward she was never headed, winning by 5 laps.

Carol Baird achieved 232.286 kms managing to break (subject to ratification) the Australian W55 records for 50 miles, 100 kms, 100 miles, 200 kms, 6 hours, 12 hours, 24 hours and 48 hours.

24 hours

In the 24 hours race, a great battle ensued between long time rivals Martin Fryer of ACT and Paul Every of NSW. Martin got away to a good start and led Paul by 4.8 kms at the halfway mark. Try as



Phillips, Hain and Beveridge

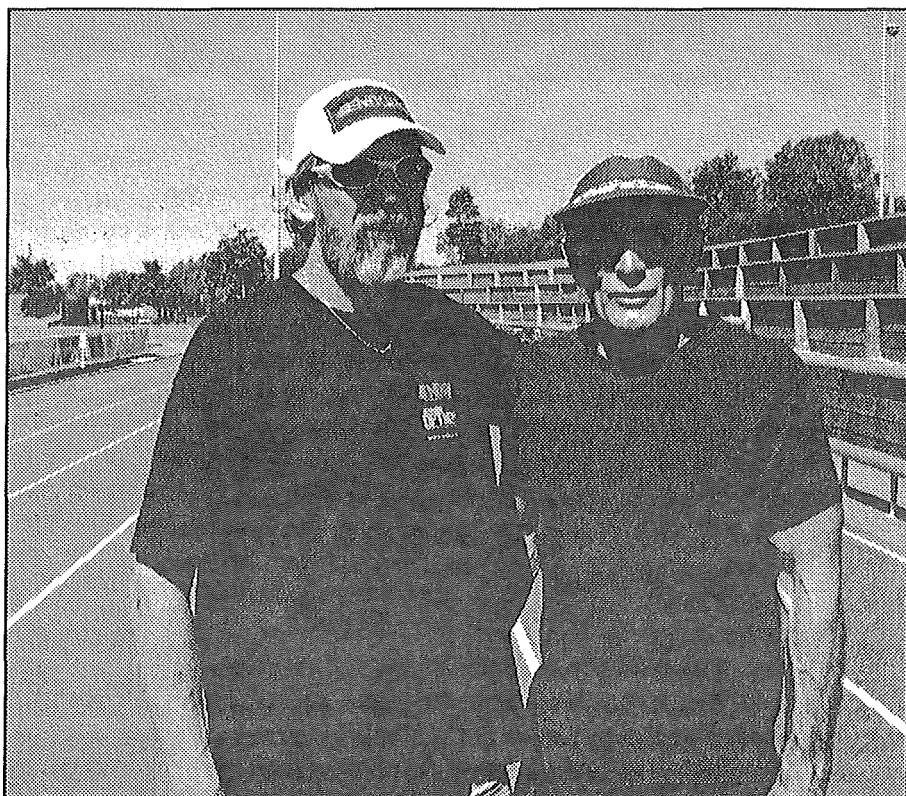
The much younger David Billett started very conservatively but finished with much in reserve. One can only speculate as to how he would have fared had he not started so conservatively. Likewise, one can only speculate as to how Ian Valentine would have fared had he not taken so much time off the track at the 200 kms mark.

He may Paul was not able to bridge the gap and finished 6kms behind Martin 206.817 kms to 200.545kms. This was also a great race to observe.

The distance achieved by Martin was a new race record. There were no female entrants this year.

Golden Boot Award

The Golden boot award this year goes to Sean Swain. Sean had only run one 24 hours race before, way back in 1997 on a muddy rain-soaked track at the Southport Rugby ground. Sean enquired about the race sometime after the 100 kms championships in July. He expressed interest but remained uncommitted until I finally offered him an AURA 100 club shirt as a prize if he entered and made 100 miles. He agreed to run and entered the race 3 or 4 days before race-day. The 24 hours and the 48 hours race start together, at 9 am on the Friday. There were 3 no-shows for the race, one from NZ, one from Brisbane and the other being Sean who is a Gold Coast lifeguard stationed at the southern end of the gold Coast. . The race duly started at 9 am without the 3 runners. I tried to ring Sean soon after the race start but couldn't raise him. Quite coincidentally, he rang me within a couple of minutes to ask if I had received his entry. I replied in the affirmative and then asked where he was as the race had started 5 minutes earlier. He (like the entrant from Brisbane) had thought the race was to start the following day, on the Saturday. He then asked if he could start on the Saturday and do the race in the second 24 of the 48. After consulting officials from the Qld Ultra Runners Club, we concluded that we could not allow that to occur, mostly because it would not then be a race, the Qld State title being at stake. He rang back within minutes to enquire whether he could immediately come to the track and start although he would be more than one hour behind the other runners. I confirmed that such a course of action would be in order. He rang his boss to get the day off and then popped home to get his running shoes and clothes. His wife brought his remaining requirements later. Sean started the race 1 hour 19 minutes behind the other 19 runners. He gradually worked his way through the field, eventually



Geoff Williams & Graeme Watts

achieving 3rd place with a very creditable distance of 174.803 kms, winning the Qld State title in the process.

Electronic ChampionChip timing

This system of timing is normally used for marathons, fun runs and triathlons. It was used in this event last year which was the first time it has been used in Australia for long distance track racing. There were some minor teething problems last year and this year we were anxious to see if the bugs had been eliminated. Apart from some minor technical hitches in the first few hours, the system operated flawlessly throughout. We were able to post progress scores on the electronic scoreboard for all to see, within 3 to 5 minutes after the hour and detailed lap results were available within 20 minutes of the end of the race.

This new system eliminates the possibility of human error and also eliminates the need to find volunteers to lap score. It is far more reliable than manual scoring and should prove a boon for ultra track races.

Provision of hot food

Hot high energy type food is provided for all entrants at 12 noon (3 hours after race start) and then each 6 hours thereafter right through the entire race. This system proved to be both convenient for contestants and highly successful in ensuring a constant supply of highly nutritious energy replacement food.

The date for the Gold Coast 24-48 hours track race in 2005 is 19-21 August and, yes - the 24 hour race will start 24 hours after the start of the 48 hours race so they both finish at the same time.

Ian Cornelius
Race Organiser &
President Australian Ultra
Runners

For more information tel 5537
8872 or 0408 527 391 or email
info@goldcoast24-48t.com

Aura Hall of Fame

Australia has produced many great long distance runners in the past and continues to do so. AURA is justifiably proud of their achievements and wishes to perpetuate the memory and feats of those athletes by inducting them into the AURA Hall of Fame. The first inductee is Mike McNamara, originally from Queensland who emigrated to America in the 1920's, making a name for himself there and establishing two world records in the process.

Mike B McNamara

Mike McNamara was born in c.1888. He had been a farmer in Australia, and it seems likely that he had been forced by circumstances to emigrate to New York sometime before 1927. He had backed a business in New York with his entire wealth, only to be let down by his partner. He was broke and the 1928 Trans-Continental footrace (first Bunion Derby) offered him the opportunity to earn a huge purse.

As a young man in central Queensland, he competed in races from 440 yards to 10 miles. Unfortunately, being a big man, over six feet tall and big boned, he needed more time to get into shape than the imminent race allowed.

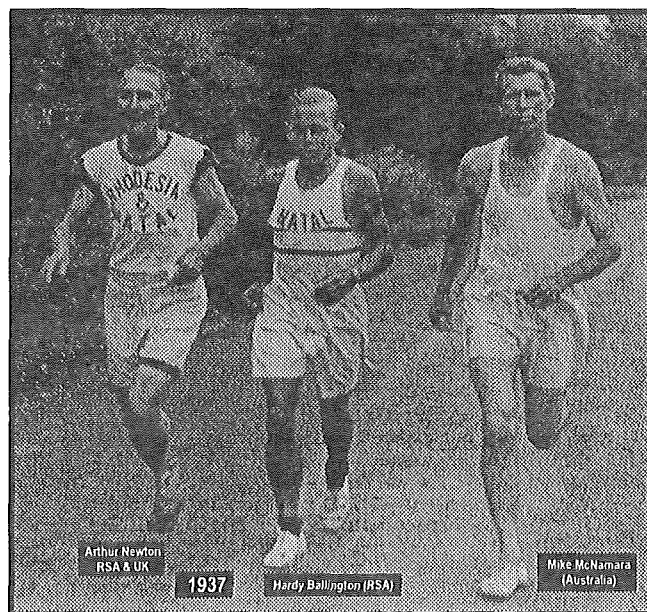
In 1928, along with 200 others from all over the world, he contested the Great American Transcontinental Footrace run across America from Los Angeles to New York, via Chicago, to promote the opening of Route 66. Among them was Herbert Hedeman, a fellow Australian, who was living in one room in New York with his wife and five children. He was some five inches shorter than McNamara.

The race started at Ascot Speedway in Los Angeles and finished in Madison Square Garden in New York City. 199 runners left Los Angeles, California on March 4th, 1928 at 3:30 p.m. 55 runners finished on May 26th, 1928. Only men were allowed to enter the race. The race took 84 days to run from coast to coast. The Bunion Derby followed Route 66 from Los Angeles to Chicago. From Chicago to New York City the race ran wherever the promoter, C.C. Pyle, could get the town to pay a fee. Dr. K.H. Begg, a prominent medical expert, predicted that the race would take five to ten years off the

runners' lives. The runners ran an average of 40 miles a day, nearly the equivalent of two marathons. The shortest distance they ran was the first day, 17 miles from Ascot Speedway in Los Angeles to Puente, California. The longest distance was 74.6 miles from Waverly, New York to Deposit, New York, the 79th day. The race ran from California through Arizona, New Mexico, Texas, Oklahoma, Kansas, Missouri, Illinois, Indiana, Ohio, Pennsylvania, New Jersey and New York. The race covered a total of 3,422.3 miles (5505 kms).

A training camp was set up at the Ascot Speedway on the eastern edge of Los Angeles, California. Runners were required to report to camp by February 12th, 1928 "for final conditioning for the race." It was reported that there were over 400 initial entrants. Fewer than 200 reported at Ascot. When the Official Program was printed there were 249 entrants listed. On March 4, 1928, when the bomb went off, there were 199 runners who actually crossed the starting line. The runners were subjected to a strict training schedule that started at 6 a.m. After breakfast they ran 25 to 50 miles to prepare for the promised 40 to 75 miles a day. Lunch was served at noon and the afternoon was also devoted to more training. Dinner was served at 6 p.m. and the runners were allowed to relax and have their injuries treated before lights out at 9 p.m. The official program called the arrangements for feeding the runners

a "traveling cafeteria deluxe." They were promised eggs, cereal, toast and fruit for breakfast and "soup, salad, roast or boiled meat, several vegetables, both cooked and raw, a dessert and all the milk, tea and coffee desired" for dinner. Harry Sheare #123, told the newspaper: "Pyle pulled the best one three weeks before we started. He notified all runners that they must assemble in Ascot Park, Los



Angeles, to train and then for three weeks charged each man 50 cents per night for bed and 50 cents for each meal."

During the race itself, the runners' times were clocked daily. All runners started at the same time and they had to reach a designated checkpoint. As each runner crossed the checkpoint, his time was logged. Each day's time was added to the last. The fastest cumulative time would win the race.

Runners who failed to reach the checkpoint by midnight were disqualified.

In the 1920's amateur athletes represented the purity of the sport, and the Olympic games exemplified this spirit.

The runners who entered the Transcontinental Foot Race had little concern for their amateur standing, considering the chance to win \$25,000 well worth the loss of their amateur status. To put things in perspective, the Ford Motor Company was paying factory workers \$1,200 per year at the time. The winner's prize thus represented 20 year's wages.

The runners ranged in age from 16 to 63 and came from all over the world. Some of the runners left jobs to run the race; others ran just to be able to say they did, but for the most part the runners were men who had nothing to lose.

McNamara ran until March 15 when he withdrew at Williams, Arizona "unable to continue". Interestingly, on March 15 the leg from Kingman to Peach Springs AZ included a rise in elevation of 2,000 feet. Many runners withdrew at that point, reducing the field to one half the original numbers.

In the 1929 Transcontinental Foot Race McNamara and Hedeman entered again, this time having built their own motorised caravan to support them.

Hedeman won the 5th stage of 37 miles from Wilmington to Havre de Grace in 4:44:45 to lead the race on cumulative time. McNamara made a more cautious start but by the 16th day he was lying in 8th place, one ahead of Hedeman. They were to stay in these position for stage after stage, with McNamara moving up to 7th by Day 40, and Hedeman in 9th. The two men seldom won a stage, but were solid and consistent.

A good day was on the 56th stage when Guisto Umek won the 34.4 miles from Van Horn to Sierra Blanca with Hedeman and McNamara in joint third in 4:58:10..

Hedeman pushed harder over the next ten days and moved up to 8th,

but was still around 10 hours behind McNamara,

They were to finish in those positions. McNamara in 7th and in the money, with an elapsed time of 627:45:28 and Hedeman in 8th in 631:23:48. The expected prize money of \$US2,000 and \$US1,750 respectively, never materialised.

McNamara had met the great South African runner Arthur Newton in the inaugural Trans Continental race. Newton had led the race until March 18 but was forced to withdraw because of a strained ankle and achilles tendonitis. Newton was a 5 times winner of the Comrades marathon in South Africa from 1922 to 1927 and was the holder of every amateur running record from 29 to

"To put things in perspective, the Ford Motor Company was paying factory workers \$1,200 per year at the time. The winner's prize thus represented 20 year's wages".

100 miles. He was 44 years of age at the time of the first Trans America Race and was passed up for the previous two Olympic games because the 26 mile marathon was too short for him. Following the Trans-Continentials, a professional circuit of indoor marathons, six-day races against horses, six-day two-man team races and snowshoe races existed in the Eastern United States and Canada. Mike McNamara was able to make a living from this, operating as part of a network of the hard core Pyle pedestrians.

In July 1929 the Peter Dawson 500 miler took place, with McNamara in the field. In 1930 the Distillers Corporation in Montreal sponsored a 200 mile Usher Green Stripe Marathon snowshoe race. McNamara finished fifth. Newton organised an indoor track race in Hamilton Ontario Canada in April 1931. In that race, Newton set a new world best for 24 hours of 152 miles 540 yards (245.113 kms).

In the same race, McNamara ran 3:13:29.0 for a new 30 miles and 4:31:31.0 for a new 40 miles world records.

The Great Depression was to force the end of this short-lived experiment in professional athletics. McNamara retained his interest in the sport and was involved as a handler and supporter when Hardy Ballington came to the United Kingdom in May 1937. He was still in shape at that stage, but his later career is unknown. As a professional he would have been unable to compete among the amateurs, and the openings for a professional athlete were limited.

Pete Gavuzzi became a notable coach, with Walter Young and Gerard Cote, winners of the Boston, among his proteges. He actually went to the Sydney Empire Games with his runners, and had difficulty getting back into Canada. Arthur Newton became a major influence on the development of coaching ideas and was instrumental in the revival of the London to Brighton and the formation of the Road Runners Club.

It is therefore likely that Mike McNamara also turned his expertise to good use, and may have been involved in advising younger marathon runners. However there is no evidence for this at present.

Compiled by AURA President Ian Cornelius with assistance from ultrarunning historian Andy Milroy. Picture by courtesy Ian Champion of the (UK) Road Runners Club. If anyone has more information on Mike McNamara or knows of any of his family remaining in Australia or elsewhere, please contact Ian Cornelius by email president@ultraoz.com or telephone 07 5537 8872.

A new inductee will be admitted to the AURA Hall of Fame each three months, for the next three to four years. Check your next issue of Ultramag for further details.

AURA 100 Club (100 miles in 24 hours)

Name	Name	Name	Name
ALLEN Barry	GIBSON Peter	MANSELL Kevin	SILL David
ALLEN Greg	GLADWELL Mark	MARCH Mike	SINCLAIR John
ARMISTEAD Peter	GOBEL Joe	MARDEN Bob	SKROBALAC Joe
ASHWELL Tony	GOODPAN Peter	MARIN Kevin	SKVARIL Vlastik
AUDLEY George	GOONAN Patrick	MARKHAM Aileene	SLAGTER Michael
BAIRD Fiona	GORDON-LEWIS Lyn	MARSHALL Keith	SMITH Bryan
BAIRD Carol	GRANT Stephen	MARTIN Claude	SMITH Jeff
BARKER Carl	GRANT Ron	MARTIN Rod	SMITH Ronald
BEAUCHAMP William	GRANT Dell	MARTIN Ross	SMITH Margaret
BELL John	GRAY Peter	McCARTNEY Stan	SPAIN Trisha
BENCZE John	GRAY Dan	McCLOSKEY Ian	SPARE Charles
BILLETT David	GRAYLING Michael	McCOMBE Andrew	SPENCER Don
BIRD David	GRINBERG Bill	McCONNELL Georgina	STANDEVEN David
BIRD John	GUTTERIDGE Bill	McCOOL Tony	STANDEVEN Cheryl
BIVIANO Frank	HAARSMA Kay	McCORMACK George	STANGER Helen
BLOOMER Brian	HAIN Geoff	McKELLAR Jack	STAPLES Alan
BOASE Geoff	HAMILTON Kevin	McKEOWN Gordon	STENNER Graham
BOGENHUBER Max	HANNAMAN Martin	McMANUS Alistair	STEPHENSON Chris
BOHNKE Michael	HARBER Tony	MEDILL Graham	STUART Roger
BOLLEN Karen	HARGREAVES Bruce	MELHAM Anyce Kip	SUTCLIFFE Roy
BOWER Jill	HARRIS Trevor	MERCER Neville	SWAIN Sean
BOYLE Brad	HARRIS John	MILBURN Colleen	SWIFT Keith
BRAY Steve	HARRISON Bill	MILLER Barry	TAGGART Bob
BREIT John	HART Gerry	MILLS Brian	TALBOT Kim
BRISTOW Ralph	HAYNES John	MILNE Peter	TAYLOR Maurice
BROOKS Barry	HEPBURN Brickley	MISKIN Stan	TAYLOR Ian
BROOKS Fred	HEPPELL Barry	MOLLOY Geoff	TAYLOR Dave
BROWN David	HERBERT Cynthia	MORROW Tom	TAYLOR Bili
BRUNER Bob	HICK Bill	MURRAY Ken	TELOAR Roy
BRYCE Michael	HILL Ron	NASH Robert	THOMPSON Mike
BURNS Bob	HOLLERAN David	NASMYTH Chilla	TILLER Kevin
BYRTH Robert	HOLMES Chris	NEUMANN Rainer	TIMMS John
CARRISSA Carmela	HOOK Geoff	NEVILLE Howard	TOLLIDAY Owen
CASSIDY Kevin	HOSKINSON Peter	NORDISH Steve	TOWNSEND Graeme
CHAMPNESS John	HOUGH Ken	O'CONNELL Keith	TRIPP Tony
CHANNELS Robert	HUNTER Bob	O'CONNOR Helen	TURNBULL Jim
CLARK Gary	HUTCHINSON Ian	OOSTDAM Bert	TUTTY Peter
CLARKE Tom	JACKSON Keith	PARKER Ross	TWARTZ John
CLARKE Phillip	JACOBS Trevor	PARRIS Dawn	TWARTZ Peter
CLARKE Angela	JANOVSKY Peter	PARSONS Patrick	VALENTINE Ian
CLEMENTS Harry	JAVES Ian	PARTINGTON Ian	VEGA Eduardo
COLLINS Tony	JERRAM Col	PEACOCK Alan	VENUS Graham
COLWELL Brian	JONES David	PEARCE Phil	VERNON Peter
COOK Bruce	JOYCE Felicity	PEARSON Frank	WALDECK David
COULTER Greg	KAPARELIS John	PFISTER Peter	WAGNER Stuart
COX Jr Terry	KELLY Frank	PHILLIPS Lindsay	WARREN Morris
COX Sr Terry	KENNEDY Brain	PICKARD Terry	WARREN Valerie
CROXFORD Alan	KERR Sandra	PIERCE Simahin	WATTS Graham
CUNNINGHAM Dipall	KERRUISH Graham	POWER Tony	WEINSTEIN Roger
DAVIS Ivan	KEWLEY Doug	PTITCHARD Mark	WHITEOAK Michael
DEVINE Alan	KIDD Trudi	PURCELL Ashley	WIESE Bob
DIETACHMAYER Tony	KINCHEN Marilyn	QUINN Peter	WILKINS Michael
DOCHERTY Andy	KING Les	RAFFERTY Tony	WILKINSON Graeme
DONALD Colin	KING Peter	RAMELLI Ray	WILLIAMS David
DONNELLY Bruce	KINSHOFER Rudi	READ Nick	WILLIAMS Reg
DUNN Stuart	KIRKMAN Geoff	RECORD Joe	WILLIAMS Geoff
ELLIS Ray	KIRKMAN Bruce	REIDY John	WILSON Greg
EVANS Brian	KITTO Max	RICHARDSON Peter	WISHART Greg
EVERY Paul	KOUROS Yiannis	RILEY Gerry	WOLSTENCROFT James
FARMER Pat	LAW Andrew	RILEY Geraldine	WOODHOUSE Paul
FARNHAM Tony	LEAHY Marcia	RISSTROM Peter	WOODS Graeme
FAULKNER Joe	LEAR Phil	ROONEY James	WOODS Kelvin
FICKEL Bob	LEE-McGOUGH Lorraine	ROSS Howard	WORLEY Susan
FIRKIN Graham	LEWIS Stephen	ROWE Craig	YEAMAN David
FISHER Keith	LEWIS John	SALTER Bronwyn	YOUNG Cliff
FOLEY Wanda	LOGAN Peter	SCHNIBBE Klaus	YOUNG Nobby
FORSYTH Ian	LOVE Greg	SCHUBERT Guy	YOUNG Shirley
FOWLER John	LUCAS Andrew	SCHULTZ Peter	ZUKOWSKI Jerry
FRANCIS Mick	LYNN Charlie	SCOTT Dave	
FRENCH Cliff	MADDOCK Mike	SHERMAN Andrew	
FRYER Martin	MAHONY Paul	SIDEBOTTOM Ced	

For additions or corrections contact Ian Cornelius email president@ultraoz.com or tel 07 5537 8872

The above persons are eligible for an AURA 100 Club shirt, see separate order form.

AURA 200 AND 250 CLUB MEMBERS WILL BE PUBLISHED IN THE NEXT ISSUE OF ULTRAMAG

Nigel Aylott dies in USA Adventure Race 23rd September 2004

One of Australia's few professional adventure racers, top-rated Ultra- runner and rogainer, Nigel Aylott, died yesterday whilst his team was leading in the one of the world's most prestigious adventure races, the Subaru Primal Quest in Washington State, USA.

The Subaru Primal Quest is an expedition length adventure race spanning 5-10 days and covering approximately 400 grueling miles in the following disciplines : Trekking, Mountain Biking, Ride and Tie, Skating/Scootering, Ocean Kayaking, Ropes, Mountaineering, River Paddling, and Orienteering. mixed-sex teams of 4 compete in various disciplines while they navigate across demanding terrain to find checkpoints in a defined order. All four members of the team must perform all disciplines and the team members are not allowed to be more than 100 yards apart for the majority of the race. Because the team is only as fast as its slowest member, the teams will tow, push, or carry their teammates or their teammates' gear as necessary to move as quickly as possible. Sleep is optional, so teams will experience sleep deprivation and exhaustion as they push themselves to the limits of their endurance. As many as 75 teams from all over the world will battle for the chance to take home a share of the US\$250,000 prize purse, the largest offered in any adventure race in history.

Team AROC was clearly in first position out of the 56 teams. 2nd place was the Montrail USA team, then the Nike USA team followed by the Seagate New Zealand team. They had been travelling for approx 2 and a half days with reportedly no sleep. Eight members of his team and an American team, Montrail, were using ropes to descend a rocky slope about 400 feet below Illabot Peak. One participant felt the boulder, which weighed more than 300 pounds, come loose underneath him, Skagit County Chief Deputy Sheriff Will Reichardt said Wednesday.

The boulder tumbled. Everyone else dodged it, but Aylott couldn't. It struck his head. Race spokesman Gordon Wright told the Skagit Valley Herald he was not wearing a helmet; helmets were required only for the biking portion of the race. The racer who had been on the rock suffered a serious leg injury and was airlifted off the mountain, then driven to Skagit Valley Hospital, Reichardt said. A hospital spokeswoman said the man, John Jacoby of Team Montrail, was in satisfactory condition Wednesday.

A third racer, also from the American team, suffered minor injuries. Organizers halted the race at Rockport, 70 miles north of Seattle. Racers gathered at a park, wept and embraced one another after hearing that Aylott had died. AROC and Montrail were in the lead at the time of the accident and were the only two out of 58 four-person teams to make it to the orienteering section. Other teams were still biking up Highway 20 when the accident happened.

The 650Km course began with a daunting 80km sea kayaking section from Orcas Island to the mainland. From there, racers trekked southeast towards the Skagit River, then veered northeast toward Mount Baker. From there racers moved southeast into Mt. Baker-Snoqualmie National Forest.

Following the ridgelines of Dickerman and Twin Peaks, teams they traversed knife-edge ridges and faced repeated elevation changes measured in thousands of feet. They will eventually track the Skagit River, where they begin their voyage downstream into downtown Mount Vernon. Kayaks will be portaged to the coast where teams will then complete the expedition with a return paddle to Rosario Resort & Spa on Orcas Island.

Of the 56 teams competing in this year's race, race director Dan Barger anticipated at the start that only half would finish. His prediction was not one of pessimism, rather one of realistic comprehension of the toll that weather and terrain will take on the athletes.

DJ Brooks, one of the team's support crew reported this from the event at checkpoint 20. (The accident happened between checkpoint 21 and checkpoint 22):

We are now at CP 20, having just come from CP 17/TA3 where AROC left at 6:40 pm on the next leg on the bikes. They came into the transition about 6:10, with around a 20 minute lead over Montrail. Everyone was in good spirits and looked good. They haven't slept since the start of the race approximately 35 hours ago. Their plan is to sleep on the trail - they find there is too much excitement going on at the Transition Area to get a proper sleep. Montrail opted to sleep at the Transition Area.

As you have no doubt followed on the web, they have lead the race most the way. They were first to finish the kayak leg, had a 15 minute transition and were out first. Next was a trekking leg over some steep terrain. We dropped their kickbikes which they picked up and rode to TA2. Again, they were first into TA2, followed closely by Montrail.

Nike and Seagate opted to sleep at TA2 and I am told slept three hours. Out of TA2 at around 2 am, AROC took two bikes and traded off running and riding along the Skagit River, parallel to Highway 20. We dropped the other two bikes at a church down the road and headed to TA3 on Shannon Lake. AROC had a long bike up and over some big mountains which Alina said were very rocky. Part of the leg was x-country. During the morning they reached CP16, dropped their bikes at the top of Lake Baker and hiked around the east side of the lake and into TA4.

We've been fixing them various stews with rice, potatoes, and meat. We just fed them a stew with potatoes, baked beans, spinach, mixed vegetables, and bacon. Each time they have finished off a large pot.

The weather has been co-operating. Although it hasn't been warm, it hasn't rained significantly. Today was partly sunny. The sky was clear last night and quite cold.

They cancelled the climbing leg. They were scheduled to climb onto the Easton Glacier on the south end of Mt. Baker in the middle of last night's bike and rappel off an ice wall but due to a large accumulation of snow at that altitude over the last three days they decided it was too dangerous.

Cameras and reporters are all over our transitions since AROC has been the first one to pull in. It's quite a site!

We are keeping very busy setting up and taking down at each transition, cooking food, cleaning gear, and prep'ing maps. Last night after checking into TA3 at 4am we slept about four hours. We're going to set up now and try to get a quick sleep before they come in. Next leg will be an orienteering leg.

AROC is moving well, benefiting from all their years of experience and the last four months of racing. Their success in Australia and 2nd place finished at the Primal Quest last year has given them the confidence to win this race. But we still have a long way to go. They are racing like champions.

Nigel was 38 years old and had been the Vice-President of the Australian Ultra Runners Association for the last few years, Vice President of the Victorian Rogaining Association and was also the race director of the Maroondah Dam Trail race, in Victoria. A standout is his status as a World Champion Rogainer. Nigel worked as an engineer for Telstra before leaving earlier in 2004 to dedicate more time to the sport.

Rock kills elite racer

Shelley Hodgson

A FALLING boulder has killed an elite Melbourne adventure racer competing in the US.

Nigel Aylott, 38, of Ashwood, was competing in the Subaru Primal Quest expedition adventure race, which spans almost 650km during five to 10 days of competition, when he died on Tuesday.

Mr Aylott suffered fatal head injuries when a 135kg boulder came loose as his team and another team lowered themselves down a rocky slope in Rockport, Washington.

Friend Phillip Holman said Mr Aylott, who worked for Telstra for 14 years, had left his job in mid-2003 to become a professional adventure racer.

He was the navigator for Australian team AROC, which was leading the race when the accident happened.

Mr Aylott boasted top-three finishes in adventure races the Primal Quest, Eco-Challenge and the Southern Traverse.

He is a former world rogaining champion. Rogaining is the sport of cross-country navigation.

Regarded in the top two in the world in rogaining, Mr Aylott was vice-president of the Victorian Rogaining Association and had made a significant contribution to the sport, Mr Holman said.

Adventure sport mourns a star



Nigel Aylott

"It's been a great tragedy for all of us," Mr Holman said. "It really is a huge loss. You would need three or four people to pop up to fill the gap that Nigel's vacating."

The Subaru Primal Quest is a multi-discipline event incorporating trekking, mountain biking, skating, ocean kayaking, rope work, mountaineering, river paddling and orienteering.

Primal Quest spokesman Gordon Wright said Mr Aylott had no time to react when the boulder became dislodged as his team descended a gully.

The race was halted immediately.

"We talked with Nigel's family and we talked to

his teammates and we talked with the other teams," Mr Wright said.

"The strong mandate, especially from his teammates and family, was to continue the race, so we have decided to do so."

The race resumed at 5pm AEST yesterday, but Mr Aylott's team retired from competition.

Friends and fellow rogainers paid tribute to the sportsman yesterday.

"Nigel was certainly one of the top multi-sport athletes Australia has known," Grant Jeffrey said.

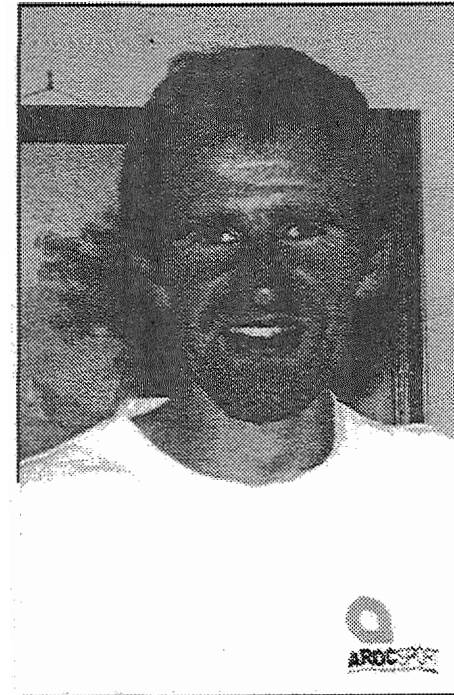
"We are all quite devastated. You don't expect someone like Nigel to go like that — at the peak of his career in multi-sport and rogaining."

"Above all, he was a great sportsman and a great friend to everyone — an unassuming person and very willing to help anyone."

Friend and racing partner Adam Conquest said Mr Aylott did not boast about his achievements.

"If anyone deserved the BP (quiet achiever) award, it was him," Mr Conquest said.

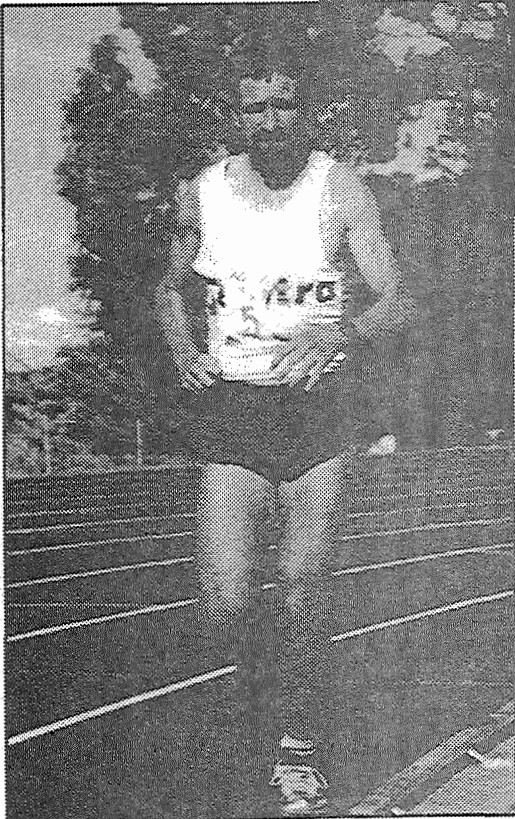
Celebrating the life of



NIGEL PAUL AYLOTT

16 April 1966 - 21 September 2004

St. Mark's Church Emerald
Tuesday 5 October 2004



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To the family and friends of Nigel Aylott

Like everyone I am totally devastated by the news of Nigel Aylott's death.

My first recollection of Nigel was at the Annual General Meeting of Australian Ultra Runners (AURA) held in Melbourne in mid 2002.

I had just returned to Australia after 6 years overseas and had been asked if I would consider taking on the job of President. I agreed to make myself available for election and travelled to Melbourne for the meeting.

The first person to greet me was Nigel who I had not met before. The meeting was quite strange actually as there were only a half dozen persons present, with another half dozen linked up by way of telephone conference call, duly arranged by Nigel. Who else would know how to organise such a thing? Then, almost immediately after organising the telephone hookup, Nigel suffered a serious nosebleed and spent most of the next 30 minutes in the toilet. When he returned, the meeting was finished and I informed him that he had been elected as Vice President and me as his President.

I never had the opportunity to run with Nigel or to see him compete. However his feats and accomplishments are well documented and, to say the least, extremely impressive.

During our joint administrative tenure I found him to be a clear thinker, a willing worker and a person prepared to accept responsibility. His favourite running area was in the Maroondah area on the outskirts of Melbourne and for several years he was the organiser of the Maroondah Dam 50 kms trail run, a very popular ultra race. We will do all possible to see the race continue and, to commemorate Nigel, I would propose that the race be renamed the Nigel Aylott Maroondah Dam trail race.

My last memory of Nigel was at the AGM on Friday 23 July, 2004 when he was again re-elected as my Vice President. Nigel arrived on his pushbike, having just competed in the race up the Rialto building, in which he placed 3rd (?). We had the AGM, followed by dinner at the Emerald Hill hotel in South Melbourne. After dinner, we then dropped him back at the offices of Athletics Australia from where he intended to ride home on his bike, in the rain. I wondered about that course of action at the time, but apparently it was not unusual for him.

Adventure racing is just that. It is an adventure. There are attendant risks. Nigel was well aware of them and would have taken all possible precautions to avoid being hurt. The accident he suffered was a freak and totally unavoidable. There is nothing that he or his team members or the race organisers could have done to prevent it. Except of course, to not have such races or for him to not have participated.

Nigel lived for these events and the one and only consolation is that he died doing what he loved. I commend the decision of his family to permit and encourage the race to resume and be completed. This is exactly what he would have wanted.

His contribution and dedication to the promotion of ultrarunning in Australia was significant and he will be sorely missed by all who knew him.

May his family and friends accept the sincere sympathies and condolences of the committee and members of the Australian Ultra Runners Association.

Ian Cornelius,

President

2 October 2004

The news of Nigel's untimely death fell like a hammer blow upon me. Such a superb competitor and winner of many different types of events.

My strongest recollection of Nigel is the enormous contributions he made back into the sports in which he was involved. He was a tireless worker and extremely patient with novice competitors. I was very pleased Nigel, of all people, put up his hand to takeover the Dam 50 km run from me. He did a great job with the race and had the competitor numbers up by a sizable total over the recent years.

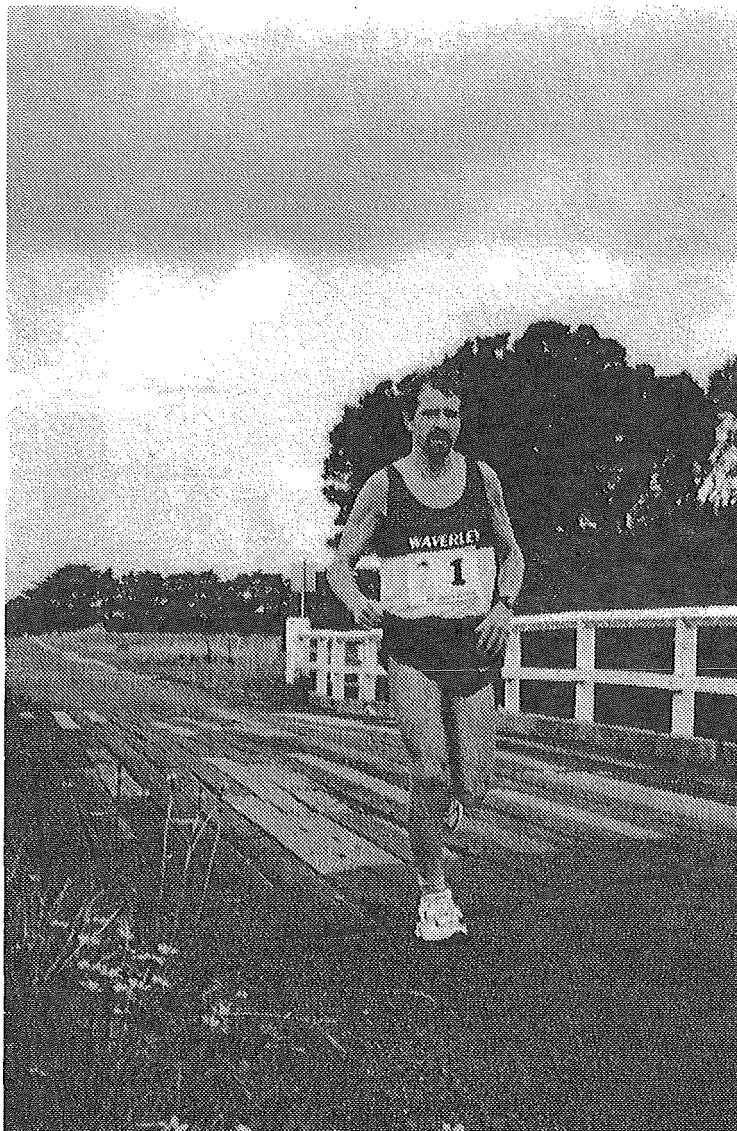
Nigel will be keenly missed by family, friends and fellow competitors.

Vale Nigel.

Geoff Hook, Former President and Founder of AURA

From Geoff Duffell,

I have enclosed a photo of Nigel taken during the 1999 Australian 100km Championship at Glengarry. In the Glengarry races, he was second in 1998 and won in 1999. Both times he did a lot of behind the scenes work for me in promoting the event, so his win was well earned



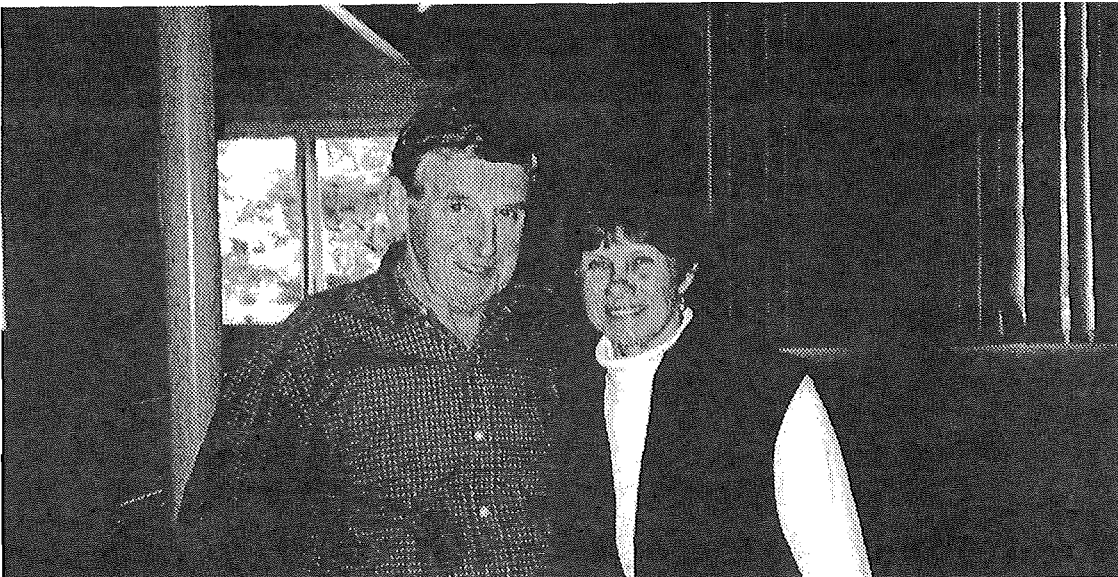
Just 12km to go for Nigel Aylott as he goes on to win the 1999 Australian 100km Championship



A large gathering of runners took time out from their weekday schedules for a Tuesday morning run on some of Nigel's favourite trails



At the Service. Tim Sloan, Ian Clarke, Dave Criniti, Phil Essam, Diane Weaver, Paul Every and Kelvin Marshall



Two of AURA's founders, Colin and Dot Browne

RUNNING ON WATER.

By Vlastislav Skvaril August 2004



It is more than a year since my last charity run for the Make A Wish Foundation. I did not think that another run on Tasmanian soil would create much interest with the media and without the public being informed I could not expect much success in fundraising. It occurred to me that it could sound interesting if I made it a run "From Tasmania to Melbourne"!

How to do it? Place a treadmill on the ferry "Spirit of Tasmania" and keep running on it during crossing from Devonport to Melbourne and back. I had some doubts that in these days of worries about public liability the management of the Spirit of Tasmania would allow me to do it. Nevertheless I wrote to them hoping for the best. I offered even to pay for my own fare. The only other person I discussed my plans with was Bob Weeding. He immediately offered to pay for his own fare if it goes ahead to be with me during the trip.

We did not have to wait long for the good news – to my surprise they said yes! The first question was when? Firstly I looked at the AFL Season Fixture to see when the Sydney Swans are playing in Melbourne. I am a great fan of the team but so far have seen them playing only on TV. It could be a great opportunity to see them playing live. I could not believe my luck when I discovered that they were going to play Richmond in the last round 22 – 28th of August – the day of my 65th birthday! Maybe I can make it even bigger event than just running to Melbourne and back.

I contacted Sydney Swans about the possibility of running onto the football ground during the match, which was to be played on the famous Melbourne Cricket Ground. At that time I let the Burnie branch of MAWF know about my plans. Through their contact with the Head office in Melbourne I soon discovered that it was not enough to talk to Sydney Swans only. It was Richmond's home game so they would decide on what can or cannot be done. We would also need approval from AFL and MCC. Well, life was not meant to be easy! Luckily it was not so difficult either. The State Coordinator of MAWF Adrienne Sharkozy used to work for Richmond Football Club and knew whom to talk to. I did not have to worry about it any more. Meanwhile Dennis Hayes decided to join me on the ship as well and paid for his own ticket too. I expected the Burnie branch of MAWF to take care of the fundraising while I concentrated on training. I never ran on a treadmill, always preferred running outdoors regardless of weather. Now it was time to get used to it. Graeme Thorp from Sports Power store in Burnie has been always very supportive and once again helped by providing a brand new treadmill free of charge. I had it for a month prior to the trip to get used to it as well as take it with me on the ship for the run. Bianca Williams replaced Adrienne who left for greener pastures but both continued in the efforts to make sure that every detail was taken care of. Without their help I could not organize such a complex event.

It is Friday, 27th August 2004 and the day we have been waiting for is here. Dennis, Bob and myself are heading to Devonport to meet at 9.30 am with Caroline de Guingand who is the Corporate Communication Assistant of the Spirit of Tasmania. She arrived on the Spirit from Melbourne to ensure that everything runs smoothly. After meeting with her and the president of Burnie branch Joan

Fawdry to discuss the final details it is time for media conference and photographers to take some pictures for newspapers and Win TV to take few shots on the location of the run on the Spirit. Dennis and Bob had set up the treadmill and a very impressive display of MAWF information and a table with merchandise. The support from Tasmanian media is once again overwhelming and very much appreciated.

At 9 pm the Spirit leaves the Port of Devonport and I start running. There is no lack of support. Apart from Dennis and Bob my both sons with their wives and six children are there to cheer me up. There are about 600 passengers on the ship so there is a lot of movement around. It helps to keep my mind away from running. I am enjoying every minute of it. Louise Jarman, the Hotel Service Manager approaches me with a surprise announcement: "I am going to walk next to you on another treadmill for an hour in my pyjamas if the crew collects \$300 in donations." It does not take long and she is there. I did not hesitate to put on my pyjamas as well. It is a lot of fun. But it did not end after the hour.

There was another challenge – make it two hours if the amount exceeds \$400. It did not take long and there are big smiles on the faces of the crew – yes, we have over \$400 so Louise has to do 2 hrs! Not easy in warm pyjamas as hers. I had only light one with shorts and yet was very happy to take it off after 2 hours and put on again my singlet. It was fantastic what Louise has done. It was the sort of attitude we experienced from the crew the whole time during both voyages. After midnight most passengers were in beds. I did a few laps around the area to relieve the monotony of running in one spot but soon returned back to the treadmill. I was very lucky to have four TV screens in front of me. In the evening I watched the football and the rest of the night it was live broadcast of the Olympics. The worst time was around 2 am when I was getting a bit sleepy and started to count the hours – five hours gone - five to go. But after that the time started to move reasonably quickly and at 7 am, after 10 hours running we are in Melbourne. We have been very lucky with the weather. The sea was very calm so there were no problems at all. I have time for a quick shower before arrival of Melbourne TV cameraman. After few shots and interview we are meeting with members of Melbourne branch of MAWF as well as four members from Burnie who arrived on a Toll ship. Without wasting too much time I am being driven to Adrienne's flat for well-earned rest. It was nice to lay down and close my eyes though I could not sleep.

An hour and half later I am driven back to the ship from where I restart my run, accompanied by Lauren while Bianca is leading on her bike. It is a very pleasant run through parks and other beautiful parts of Melbourne ending at Punt Road Oval – home of Richmond Football Club – for pre match function. The welcome is again overwhelming. TV cameras, Tiger Stripes Dyer – the mascot of their football team and many fans enjoying the lovely weather. MAWF is getting a lot of exposure, which is very pleasing. It is a pity that the club is having a very lean season finishing at the bottom of the ladder. The crowd would have been much bigger had they been more successful on the football fields and our fundraising could have been more successful.

After a couple of hours it is time to move on to MCG. I have with me a "wish child" Lachlan Cripps who is a mad Richmond supporter and is very excited about all the attention he is receiving from the crowd. Ten minutes before the start of the match we meet the mascots of both clubs and start running a lap around the ground. With 30,000 spectators cheering on, it is a feeling I have never experienced before. It is all projected on the large screen accompanied by voice explaining the event and giving information about MAWF. I can see the excitement on the face of young Lachlan, the same on the faces of my family when we are running past them and feel so proud to be a part of such a worthy cause. It does not get much better than this. I know that it has made a huge contribution to the awareness of MAWF and what it is about. My team – Sydney Swans had a big win. Strangely enough as important win as it was I could not enjoy it as much as I normally would. I had met with many officials and fans of the Richmond Tigers who had done so much for us. I felt a bit guilty for being a supporter of the team that caused them so much heartache. It was their 14th loss in a row and kept them at the bottom of ladder. Some people would say it is not important enough to cry over it, but many would not agree.

After the game my whole family attended the Sydney Swans' after match function. Around two thousand fans packed up the hall at Bob Jane's Stadium and when the players arrived, the crowd went crazy. Everyone wanted to take pictures with the players and get their autographs. I was really surprised to see how many supporters the Sydney Swans have in Melbourne. Perhaps it should not be so surprising – it was originally South Melbourne team, which was moved to Sydney some years ago. All I was concerned about was that my grandchildren get autographs and pictures taken with the players. It was all achieved and with everyone happy we had to get back to the ship. I had about one and half hour time before departure so hurried to the cabin to get some rest. At 9 pm the ship started moving and it was back on the treadmill and start my run to Devonport. This time there were only about 340 passengers and the difference was obvious. There were many groups of older passengers and soon after departure many of them retired to their cabin. It got very quiet, there was much less movement around than on the previous night. It obviously meant much less work for the crew on the ship and we enjoyed much more of their company. They were all so friendly and helpful. They could not do enough for us. Before long to my surprise they started singing "Happy birthday" to me accompanied with a lovely cake! The rest of the night went on without any problem. I was watching the Olympics on TV, Bob and Dennis took turns in having rest in the cabin and I was counting the hours. Finally we are in Devonport and I must admit that I

was relieved when I stepped down from the treadmill at 7 am for the last time. I was looking forward to meet my wife Jo with my dog Asta and to continue my run to Burnie – another 50 kms. Although it was a very enjoyable time on the ship, I was glad to be back on the road. It was great to have again changing scenery around and to run with my training partner – Asta.

It was very cold when I left ship so I started running in my tracksuit. But as the sun started to warm up, it did not take long and I was back in my running shorts and T-shirt. It took me about seven hours to Burnie. We were due to run onto a football ground at half time – at 3 pm so we had to slow down towards the end and even found enough time to sit down in a takeaway shop near the football ground to enjoy a nice cup of coffee in a very relaxed mood. After the run around the ground collecting donations it was suddenly all over. It was time to drive home, have a good shower and get ready for work next morning. Many people were surprised that I did not take a day off to rest. It might sound strange, but I was not really tired, in spite of spending around 30 hours running during those two days and having no sleep at all. I was so happy that everything went well and that was probably why I felt so fresh. And it was all so enjoyable that I was actually sad that it was all over. I have to say, that our fundraising result was very short of our target, mainly because we could not shake the tins at the MCG. But the value of promotion of MAWF was significant. Some would say that never before MAWF received so much publicity in Melbourne. And for that reason alone this event can be considered to be very successful.

Running to a record

Matt Cunningham

SHIRLEY Young has never missed a Melbourne Marathon.

But she asks to be forgiven if she can't remember them all.

Mrs Young, 74, was diagnosed with Alzheimer's disease two years ago.

"I tell everybody I will still be running the marathon at 100," she said.

"Now I have got Alzheimer's they say, 'You might run it but you will never remember it'."

The Blackburn resident will become the only woman to complete all 27 Melbourne Marathons if she can successfully negotiate the 42km from Frankston to Melbourne tomorrow.

Mrs Young took up running at 47 while on a family holiday.

A year later she completed the inaugural Melbourne Marathon.

Mrs Young has now finished 67 marathons, two fewer than husband Ron, and holds 21 world age-group records for ultra-marathons.

While she admits to getting a lost a few times on training runs, Mr Young has made sure she doesn't stray too far.

"We put a tag on her shorts with her name, age, our home phone number and my mobile number on it," he said.



Training: Shirley Young on the road again. Picture: JANINE EASTGATE

Walk on the wild sides

DEBORAH De Williams has worn out 35 pairs of shoes in the past year and walked through two tropical cyclones.

She has also set four world records, and will today achieve a fifth.

The Altona woman set off 12 months ago on a mission to walk around Australia.

She will finish the journey at Federation Square today, becoming the first woman to do so.

The gruelling challenge has seen her travel about 16,700 km, or an average of 45km a day.

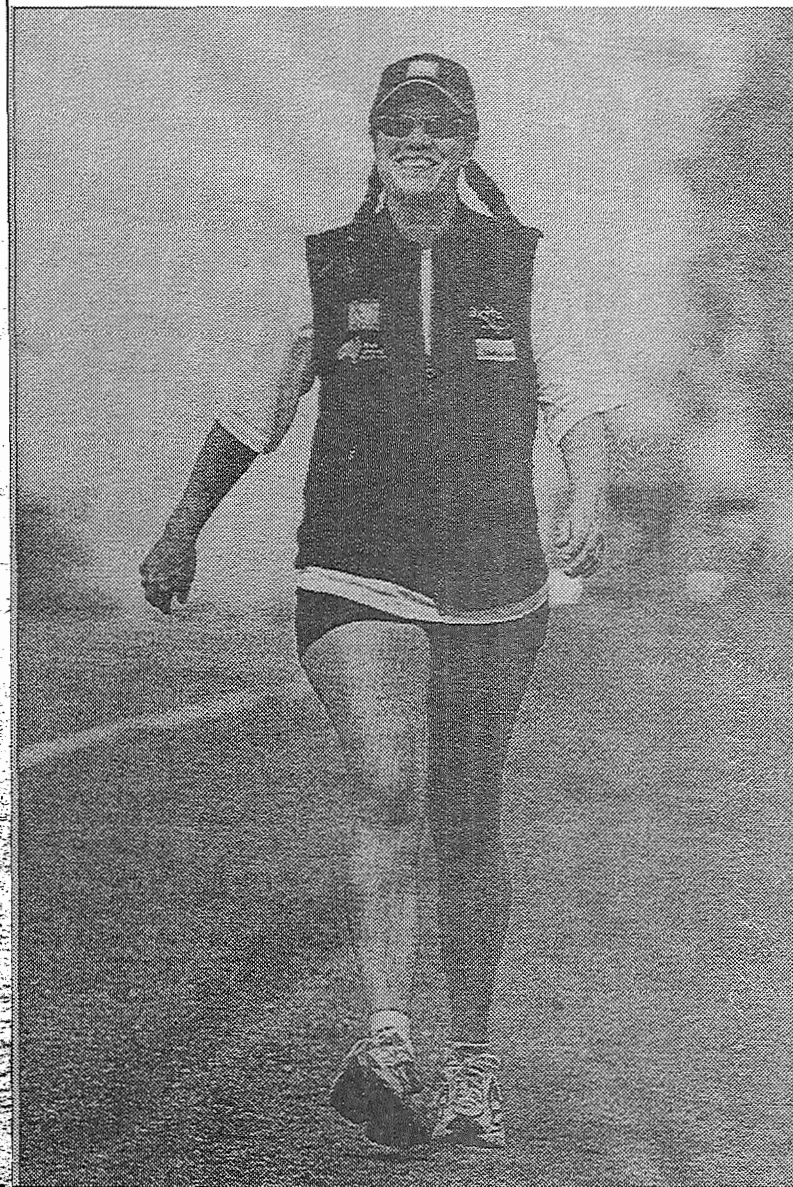
"I just had a dream and went for it," Ms De Williams said.

"That's what drives me forward."

As well as being the first woman to walk around the country, the 35-year-old has broken the record for the world's longest walk in the shortest time (15,689km in 343 days) and the quickest walk over the longest distance (343 days to walk 15,689 km).

She has also set records for the longest continuous walk by a woman, and the outright record for the longest continuous walk by anyone.

She is due to finish the walk at Federation Square at 11am, where Sports Minister Justin Madden will congratulate her on the effort.



On the road: Deborah De Williams. Picture: JOE SABLJAK

A Sense of Belonging

by Ellen McCurtin

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

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

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

When I was 25 and starting out in ultra competitions, I was dating a guy who considered my running in the World 100 Km to be the final straw. Despite his frequent complaints and criticisms of the sport, he had decided to come with me to Belgium, but he made sure to remind me what a favor he was doing me. He used his mother's frequent flier miles. "I'm not sure if I want to give these up," she said in front of me. "Just so you can go see her run?" I was pretty disheartened, but ran a decent race (8:16, which is still my personal best) despite that.

"I don't want to be part of this. It's sick," he told me when we returned to New York after the race. Part of what, I wondered to myself? He was getting ready to go to medical school and told me that by spending so much time running and doing ultras, I was wasting my life, going nowhere, and he didn't want to be dragged down by a slacker like me.

I have thought about that accusation a lot over the years and sometimes have asked myself if I had zigged where I should have zagged. Did I spend too much time and effort on something—all those miles—that in some respects, is just written in the sand? Should I have more to show for my life? Most of the time, I don't think so. If anything, I believe I am a better person for all of it. Talking to a friend recently—a marathoner and triathlete,

who is also an aspiring actor who has had intermittent success, but is also just as frequently concerned about making the next month's rent—the subject of the measure of conventional success came up. "Ask me when I'm 99 years old and I'll tell you how I should have lived my life," he said.

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

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

On a personal note, I am taking a break from the pressures of competition for a year. With age 50 looming just over a year away, and more than 30 years of competing at various distance and levels, I need to restore some of my own fuel and work on some physical aspects of aging. I plan to cut my training volume in half, take a yoga class, work in a more consistent strength and flexibility routine and return to competition at 50, when I suspect some psychological separation will have occurred between my competing as an open runner and acting more like a masters runner.

Fueling the fire within is about balancing life with your running and feeling good about yourself, your past accomplishments and the future. Looking ahead with the proper perspective, as it relates to your abilities and age, is critical to accomplishing the goals.

What motivates us varies among individuals. Coaches should work on motivational techniques with their athletes, helping fuel their emotions and not those of someone else. I am watchful, both as an athlete and a coach, not to fuel the fires of others. Better to complement the competition with kind words, than to boast of your own prowess. Don't add fuel to their fire, let them fuel themselves. Conversely, take some of their fuel if they exude overconfidence or are antagonistic in any way.

www.iau.org.tw/

WE MUST BE OBSESSED WITH record-breaking. Perhaps that's why we're so excited when an Olympian sets a new time by a fraction of a second, and why we would care when a Hollywood movie breaks an obscure box-office record. It also explains why *Guinness World Records* is a bestseller, year after year.

It is now 50 years since an argument over the fastest game bird inspired the first edition. Sir Hugh Beaver, managing director of the Guinness Brewery and a keen recreational hunter, thought it was the golden plover. As fact-finding twins Norris and Ross McWhirter would discover, it was the red-breasted merganser, with a recorded air speed of 130 kilometres an hour.

The McWhirters compiled the original, 198-page edition (titled *The Guinness Book of Superlatives*) in 1955, and remained the editing team until Ross was murdered 20 years later. (Norris died in April this year.) Over the past 50 years, it has sold some 100 million copies, a record in itself.

Some of the more dedicated readers would notice that one name has appeared in the book with astonishing frequency, in categories ranging from yodelling to backwards unicycling. New Yorker Ashrita Furman has broken 87 records since he first appeared in *Guinness* in 1979, after performing 27,000 consecutive jumping jacks in a Manhattan gym.

Like Jana Pittman, part of his secret is meditation. "I just love choosing a record, and using my meditation practice to attain that goal," he says. "A goal that's in the *Guinness* book represents the best that anyone's ever done in the world, even though it might be somewhat silly. Because so many millions of people read the *Guinness* book, it's at a high level, whatever that record is. Even if it's silly, it requires a lot of physical strength, endurance, determination, concentration."

Fittingly, he recently turned 50 himself, born the very week that work began on the first edition of *Guinness*. Just as the book shows no sign of disappearing, the superfit Furman is still breaking records.

Strictly an amateur athlete, Furman has travelled the world breaking records, often sponsored by friends or local admirers. He did 8555 abdominal sit-ups in front of the Eiffel Tower, walked around the Borobudur temple balancing a milk bottle on his head, jumped 18.5 kilometres up Mount Fuji on a pogo stick, and at Uluru he walked the fastest mile with a hula hoop spinning around his waist. In 1987,

Norris McWhirter gave him a new title: "Mr Versatility".

Furman was a nerd (original name: Keith) until, as a mild-mannered 16-year-old, he learned meditation from the Indian-born mentor Sri Chinmoy. Furman says he is "put to shame" by his teacher, who himself holds records in various fields: weight-lifting, poetry, music and painting among them.

The world records are simply the most public aspect of Furman's spiritual life, based on Sri Chinmoy's philosophy, which also embraces meditation and healthy discipline. Furman is a non-drinking, non-smoking vegetarian who chose not to start a family, and lives alone in an apartment in suburban Queens. In "real life", he manages a health-food store, but admits that he relies on a hard-working staff (also students of Sri Chinmoy), who accept that the boss might spend many hours each day training for his latest juggling or glass-balancing feat.

"Self-transcendence" is a tenet of Sri Chinmoy's teachings. In August, some of his tougher students (including an Australian, 31-year-old Matthew Boulton) completed a 4989-kilometre race, the world's longest certified race, held along a concrete loop in Queens. It took two months, mainly as the competitors needed to sleep occasionally. (Hundreds of other students took it easy, running a marathon instead.)

Furman, however, had other things to do – like pushing an orange across the floor with his nose. Of course, he was going for a record and, though it seemed silly, this one was especially significant.

While he has broken more records than anyone else, Furman is not the only star of Guinnessport – a "sport" that emerged back in the '50s, when people started attempting unusual feats for the purpose of "getting into *Guinness*". Naturally, many of his records have been surpassed by his rivals. When the latest edition was printed in July, he had only 21 left.

Still an impressive number, but Sir Paul McCartney has 22 (almost all based on record sales, and mostly with the Beatles). So Furman had lost his proud title, proclaimed in his media appearances and his website, of "holder of the most records".

That's where the orange came in. Since 2002, the one-mile orange-pushing record had stood at 74 minutes, which Furman considered an easy goal. The idea is to push an orange along the ground, touching it only with your nose, until it has rolled a full mile.

Tedious, but easy enough. Right?

Actually, it's incredibly technical. "When you hit the orange [with your nose], you flatten yourself onto the ground," Furman explains. "Then you run up, [go back down], hit the orange and do it again. It's very intense physically. You also have to keep the orange in a straight line, and keep your technique, so that the orange gets the furthest maximum distance."

After a few training sessions, he was all set to break this record – only to find that it had been reduced to a considerably faster time of 44 minutes by an elite marathon runner, based in Edinburgh, who pushed the orange along an athletics track.

Furman continued to train for another two weeks, until he felt he could break 40 minutes. Just as he was preparing his attempt, however, he received news that the record had been demolished again, by yet another athlete. The newest goal: 29 minutes.

He decided to use a green Florida orange – harder, but faster. He drove around New York searching for a venue: he looked at shopping malls and sports tracks before settling on a smooth surface at JFK International Airport.

On August 12, he finally broke the record, dodging dogs and luggage trolleys at the airport to achieve a time of 24:36. If anyone else takes it away

from him, he feels more than ready to reclaim it. "I actually have this permanent bump in my nose, just from practice. I have an advantage now, because I have a bigger nose."

Still, it was not his toughest record. Nothing can beat his 19.7 kilometres of somersaulting between Boston and Lexington, along the route of Paul Revere's legendary 1775 ride. He had been "carbo-loading" the night before on pizza. Within two kilometres, he was vomiting.

He wants to break that record again, despite the discomfort ... and despite the fact that, after 18 years, he still holds it. Why bother?

"It's waiting to be broken. I really feel like I have to do it in a year or two." This time, he will have no pizza, nor any food, for 12 hours beforehand.

Look at it in a spiritual way. "It's like there's a certain world standard," he explains, "and when you break a record, you are raising the standard. You've pushed that record to a new level. I don't see it as taking records away from these other people. I'm raising the standard of those events. Hopefully, I'm inspiring those people to try it again."

Beyond the marathon

Malcolm Campbell reviews the ultradistance running scene



The IAU 100km European Championships were hosted by the 100km Del Passatore in Italy on 29 May. The course between Firenze to Faenza is extremely challenging, but Mario Ardeghiani broke the 13-year old record previously held by Valmir Nunes (BRA). Monica Casiraghi, the 100km World Cup winner in 2003, won comfortably. Italy won both team races.

The best 100km performances of 2004 so far were set by the winners of the Lake Saroma 100km (JPN), Tsutomu Sassa (6:23:00) and Makiko Hotta (7:38:31). It was Sassa's debut at 100km. The IAU 100km World Cup will take place at Lake Saroma next year.

Worschach is a small Austrian village with a population of about 1200, but around 20,000 visitors turned up there for the 24-hour race. The course is a flat, traffic-free lap of 2300m but surrounded by beautiful mountains. Ewald Eder (AUT) won the race for the fourth time. Worschach will host the IAU European and World 24 hours Challenge next year.

AUSTRALIA

17 July 2004: Gold Coast 100km

1 Jonathan BLAKE (AUS)	7:31:36
2 Mike WHEATLEY (AUS)	7:58:17
3 Kelvin MARSHALL (AUS)	9:59:34
4 Mignon AUGUSZCZAK (AUS)	10:00:15
(1st woman)	

AUSTRIA

13 June 2004: Vienna 100km

1 Markus THALMANN (AUT)	7:32:53
2 Martin JURI (AUT)	8:06:05
3 Rudolf OTTITSCH (AUT)	8:15:06
4 Claudia ILLETSCHEK (AUT)	10:05:51
(1st woman)	

20 June 2004:

6 hours St Kalser-lauf

MEN:	
1 Janos BOGAR (HUN)	79:574km
2 Attila VOZAR (HUN)	77:498
3 Gerlad FABIANEK (AUT)	76:410
WOMEN:	
1 Regina STRASSE (AUT)	68:894km
2 Karin JAKUBEK (AUT)	61:978
3 Margit REITMAYER (AUT)	58:014

20 June 2004: Worschach 24 hours

MEN:	
1 Ewald EDER (AUT)	255:697km
2 Kaname SAKURAI (JPN)	244:168
3 Gastone BARICHELLO (ITA)	221:636
4 Edit BERCES (HUN)	220:005
(1st woman)	
5 Martin JURI (AUT)	218:453
Gerlinde NEUHAUSER (AUT)	172:408
(2nd woman)	

BELGIUM

18 June 2004:

Night of Flanders 100km

MEN:	
1 Alexander HOLOVNYTSKY (UKR)	6:38:04
2 Anatoly KRUGLOV (RUS)	6:46:23
3 Marc PAPANIKITAS (BEL)	6:53:21
4 Sergey OKSENYUK (UKR)	6:56:59
5 Vladimir NTREBA (RUS)	6:57:02
WOMEN:	
1 Nadeja KARESEVA (RUS)	7:51:58
2 Tatiana ARINOSOVA (RUS)	8:21:02
3 Edit BERCES (HUN)	8:32:19

CANADA

10 July 2004: 100km Levis, Quebec

1 Bruce BARTEAUX (CAN)	9:13:56
2 Mark BOMHOWER (CAN)	9:32:45
3 Bruno OULLET (CAN)	9:44:04
5 Patricia SOMMERS (CAN)	10:35:09
(1st woman)	

CHILE

4-10 July 2004:

250km Atacama Crossing

This is a six-day race starting at Machuca and finishing at San Pedro de Atacama

1 Ylchleh LIN (TPE)	27:36:29
2 Charlie ENGEL (USA)	27:40:02
3 Greg BAKER (USA)	31:27:22
4 John SZYMANSKI (USA)	32:30:34
5 Scott SMITH (USA)	32:38:38

CZECH REPUBLIC

4-10 July 2004: MUM Moravian ultramarathon (7 x 43km)

1 Vladimir BYCHKOV (RUS)	23:50:36
2 Ivan DURKOVSKY (SVK)	24:48:19
3 Alexander ALEKSEJEV (RUS)	26:35:30
8 Sharon GAYTER (GBR)	31:13:56
(1st woman)	
10 Irina KOVAL (RUS)	32:20:53
(2nd woman)	
11 Anke MOKENTHIN (GER)	33:22:30
(3rd woman)	



17 July 2004: Transmoravian Masochist 100miles trail race

MEN:	
1 Jan ONDRUS	19:16:00
2 Robert SAMONIL	21:03:00
3 Martin HUNCOVSKY	24:22:00

FRANCE

19-20 June 2004:

24 heures Roche la Moliere

MEN:	
1 Sebastiano FERREIRA DA GUIA	230.0km
2 Vladimir TIVIKOV	219.0km
3 Yvan SHYNKAROU	214.2km
WOMEN:	
1 Nathalie FIRMIN	193.0km

20 June 2004:

100km du Loire Beconnais

1 Yannick DJOUADI	6:48:30
2 Sandor BARCZA	6:58:08
3 Thierry GUICHARD	7:01:16
18 Karine HERRY	8:05:59
(1st woman)	
22 Laurence FRICOTTEAUX	8:14:25
(2nd woman)	
40 Dominique DUVAL	8:40:24
(3rd woman)	

4 July 2004:

100km Bols de Boulogne, Paris

1 Frederic VACARELLA	8:55:36
2 Claude ROUSSEL-GALLE	9:23:41
3 Stephane MATHIEU	9:29:35
15 Christine BODET	10:27:40
(1st woman)	

11 July 2004:

FILA SkyRace (48km trail)

MEN:	
1 Franco ZANOTTI (ITA)	4:32:38
2 Virgil GADEBOIS (FRA)	4:36:36
3 Olivier BULLE (FRA)	4:37:54
WOMEN:	
1 Karine HERRY (FRA)	5:18:51
2 Florence MARQUET (FRA)	5:28:56
3 Isabelle LIADOUZE-ROUME (FRA)	5:48:13

17 July 2004:

Trilpou Trail Race (45km)

1 Antoine GUILLON	3:52:38
2 Bruno CASTECALDE	4:09:05
3 Christian REGAL	4:13:32
20 Josette CASTEIL	6:21:11
(1st woman)	

17 July 2004: 100km de Morvan

1 Emmanuel CONRAUX	8:25:24
2 Jacky BELIN	8:52:03
3 Didier POMMEY	9:10:55
11 Lorena DI VITO	10:03:15
(1st woman)	

GERMANY

26 June 2004:

Gmuder 12 hours race

MEN:	
1 Sigurd DUTZ	136:099km
2 Rudiger DITTMAN	127:495km
3 Johann DELP	125:519km

26-27 June 2004:

80km Fidelitas Nachtlaf

MEN:	
1 Michael SOMMER	5:30:13
2 Jens LUKAS	6:01:09
3 Friedeman HECKE	6:30:40
WOMEN:	
1 Regina BERGER-SCHMITT	7:48:41
2 Sabine GROS	7:57:23
3 Claudia STADER	8:11:30

9-11 July 2004:

Koln 24 & 48 hours races

24 HOURS - MEN:	
1 Kai GRAF (GER)	226.420km
2 Werner SEICH (GER)	221.500km
3 Wolfgang BRAUN (GER)	196.500km
4 Simone STEGMAIER (GER)	190.500km
(1st woman)	
48 HOURS - MEN:	
1 Laszlo FENDRIK (HUN)	347.340km
2 Nicholas REMINDER (FRA)	336.220km
3 Cornelia BULLIG (GER)	333.760km
(1st woman)	

GREAT BRITAIN

26 June 2004: UKA 100km Championships

MEN:		
1	Brian HENNESSEY	7:07:23
2	Mark GOODRIDGE	7:31:15
3	Dominic CROFT	7:34:03
4	Andreas MERDES	7:43:47
5	Nigel HALL	7:52:54
WOMEN:		
11	Lisa KNIGHT	8:48:27
(1st woman)		
12	Isobel PARTRIDGE	8:59:29
(2nd woman)		
22	Debby COX	10:56:36
(3rd woman)		

10-11 July 2004:

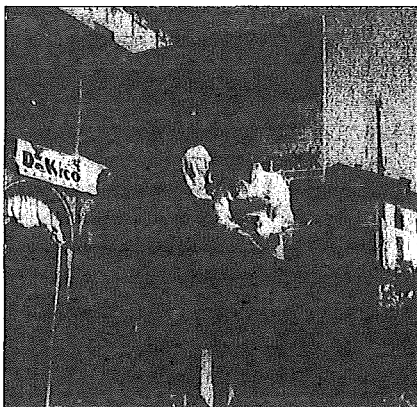
East Hull Harriers 24 hours race

MEN:		
1	Jim ROGERS	226.689km
2	Stuart BUCHAN	209.053km
3	Garth PETERSON	208.032km
4	Lisa MICHEZ	193.612km
(1st woman)		

1 August 2004:

Boddington 50km Championship

MEN:		
1	Brian COLE	3:15:06
2	Greg DELL	3:20:26
3	Gary WOOLGAR	3:21:40
4	Matt LYNAS	3:27:35
5	Chris FINILL	3:36:20
7	Siri TERJENSEN	3:59:12
(1st woman)		
9	Angie SADLER	4:06:05
(2nd woman)		
11	Jackie LEAK	4:13:34
(3rd woman)		



ITALY

29-30 May 2004: IAU European Championships, 100km Del Passatore

MEN:		
1	Marlo ADEGMANI (ITA)	6:31:45
2	Fermin MARTINEZ (ESP)	6:48:08
3	Simon PRIDE (GBR)	6:48:48
4	Stefano SARTORI (ITA)	7:56:09
5	Aleksel BELOSLUTSEV (RUS)	7:01:21
6	Michael SOMMER (GER)	7:06:06
7	Anatoli KRUGILOV (RUS)	7:06:46
8	Igor TYAZKHOROB (RUS)	7:07:51
9	Lorenzo TRICHERI (ITA)	7:12:39
10	Thomas MIKSCH (GER)	7:18:18
TEAMS:		
1	ITA	20:40:32
2	RUS	21:15:56
3	GBR	21:28:33
WOMEN:		
1	Monica CASIRAGHI (ITA)	8:03:04
2	Magali R-MAGGIOLINI (FRA)	8:26:53
3	Tanja HOOS (GER)	8:29:23
4	Giovanna CAVALI (ITA)	8:30:20
5	Birgit SCHONER-HOLSER (GER)	8:42:14
6	Elvira ZOBOLI (ITA)	8:48:50
7	Christine DENIS-BILLET (FRA)	8:56:25
8	Carmen HILDERBRAND (GER)	8:56:32
9	Luisa COSTETTI (ITA)	8:57:08
10	Inna RYSINA (RUS)	9:13:01
TEAMS:		
1	ITA	25:22:12
2	GER	26:08:07
3	FRA	27:08:53

17 July 2004:

Night of the Lions 100km, Ancona

MEN:		
1	Pio MALFATTI	7:42:00
2	Marlo MARTUCCI	8:48:48
3	Antonio MAZZEO	8:48:48
4	Marla Luisa COSTETTI	9:17:27
(1st woman)		

JAPAN

**26 June 2004:
Lake Saroma 100km**
See main Results section - Page 7

KOREA

2 May 2004: KUMF 100km Championships

MEN:		
1	Jaeduk SIM	7:10:31
2	Yongkyoo KWON	7:15:51
3	Gyungseok SEO	8:25:40
4	Taekjong LIM	8:35:40
5	Insuk CHO	8:40:20
	Younsook LEE	11:20:54
(1st woman)		
(77 finishers within 12-hour time limit)		

26-27 June 2004: Trans ROK (South-North 537km stage race)

MEN:		
1	Younhuk KIM	11:55:59
2	Jungkook LEE	11:55:59
3	Wangki JEONG	11:56:29
4	Linam KIM	11:59:54
5	Boosung KIM	12:01:35
(29 finishers)		

NORWAY

2 July 2004: Lapland 100km Race

MEN:		
1	Henry WEDER (GER)	8:26:28
2	Kenny WALLSTROM	9:05:10
3	Elof EVINSEN (NOR)	9:12:14

NETHERLANDS

26 June 2004: 6 hours

Haarlemmermeer, Amsterdam

MEN:		
1	Lucien TAELEMAN	78.760km
2	Tom HENDRICKS	70.754km
3	Herman KRIJNEN	69.847
11	Gerry DUMONT	61.868
(1st woman)		

POLAND

25 April 2004:

Ruda Slaska 12-hour race

MEN:		
1	Maciej CIEPLAK	144.226km
2	Waldemar PEDZICH	140.745km
3	Artur KAWECKI	136.500km
	Barbara SZACHETKA	118.089km
(1st woman)		

SOUTH AFRICA

16 June 2004: Comrades Marathon

MEN:		
1	Vladimir KOTOV (RUS)	5:31:22
2	Jaroslaw JANICKI (POL)	5:34:17
3	Oleg KHARITONOV (RUS)	5:39:08
4	Willie MTOLO (RSA)	5:39:56
5	Andrew KELEHE (RSA)	5:42:34
WOMEN:		
1	Elina NURGALIEVA (RUS)	6:11:15
2	Marina BYCHKOVA (RUS)	6:14:13
3	Farwa MENTOOR (RSA)	6:18:23
4	Olesya NURGALIEVA (RUS)	6:20:32
5	Tatiana ZHIRKOVA (RUS)	6:28:02

11 September 2004: IAU 100km World Cup & IAU Congress Winschoten (NED)

26 June 2005: IAU 100km World Cup Lake Saroma (JPN)

16/17 July 2005: IAU 24-hour European and World Challenge Worschach (AUT)

10 September 2005: IAU 100km European Championships Winschoten (NED)

For information on all IAU events, contact
Malcolm Campbell: Fax: +44 1476578 822;
email: iaumc@yahoo.co.uk

SWITZERLAND

11 June 2004: 100km of Biel

MEN (1316 FINISHED)		
1	Ivan KNECHTLE	7:20:44
2	Thomas MIKSCH	7:30:02
3	Francisco PASANDIN	7:42:28
WOMEN (201 FINISHED)		
1	Eike HIEBL	8:27:23
2	Constanze WAGNER	8:37:57
3	Martina GROSS	8:50:14

4-10 July 2004:

Swiss Jura stage race

MEN:		
1	Thomas MIKSCH (GER)	26:26:42
2	Jens LUKAS (GER)	27:05:46
3	Christian FATTON (SUI)	27:22:06
WOMEN:		
1	Carmen HILDERBRAND (GER)	34:33:53
2	Helena ALTHAUS (SUI)	35:20:03
3	Martina JUDE (ITA)	36:54:32

31 July 2004: Swiss Alpine Marathon Davos, 79km
See main Results section - Page 7

UNITED STATES OF AMERICA

26 June 2004: Western States 100 miles trail race

MEN:		
1	Scott JUREK	15:36:27
2	Dave MACKEY	16:30:17
3	Hal KOERNER	17:17:16
4	Eric SKADEN	17:39:37
5	Joe KULAK	17:43:12
10	Nikki KIMBALL	18:43:25
(1st woman)		
21	Carol O'HEAR	20:24:13
(2nd woman)		
25	Diana FITZPATRICK	20:38:16
(3rd woman)		

9-11 July 2004: Hardrock 100 mile trail race, Colorado

MEN:		
1	Paul SWEENEY	30:39
2	Giselher SCHNEIDER	31:24
3	Kevin SCHILLER	31:59
4	Kirk APT	32:34
5	Betsy KALMEYER	32:48
(1st woman)		

12-14 July 2004:

Kiehl's Badwater Ultra Death Valley to Mt Whitney Portals, 135 miles

MEN:		
1	Dean KAMAZES (USA)	27:22:48
2	Ferg HAWKE (CAN)	27:30:20
3	Monica SCHOLTZ (CAN)	29:22:29
(1st woman)		
4	Pamela REED (USA)	31:17:55
(2nd woman)		

17-18 July 2004:

Vermont 100 mile trail race

MEN:		
1	Leigh SCHMITT	14:53:09
2	Clark ZEALAND	15:03:19
3	Todd WALKER	15:37:34
4	Serge ENGLAND-ARBONA	16:19:49
5	Scott JUREK	16:40:37
8	Sue JOHNSTON	17:49:57
(1st woman)		

2004 SPARTATHLON - 1st & 2nd October

This year 187 athletes set off as the dawn sun peeped over mountains around Athens. The start was from the grand entrance to the Acropolis, recently renovated for the Olympics, and they faced a 246 km painful odyssey in the 2,500 year old footsteps of Pheidippides to reach the statue of King Leonidas in Sparta.

The lead in the men's division constantly changed, making it the most interesting race for many years. Initially two times winner Costas Reppos of Greece set a cracking pace, considering that by one o'clock on the first day the temperature had risen to 39 degrees C. At that time most of the athletes were running along the cornice of the Saronic Gulf with the sun reflected off the sea on one side and rocky cliffs on the other. The glare caused headaches and the tired road became soft.

At the first major support station at 81 km near the Corinth Canal, Reppos had a short lead over Markus Thalman of Austria and last year's winner. But Reppos had to retire in distress at the 97.5 km refreshment station in a pretty bower in a vineyard. This left Thalman to be chased by the Japanese runner Ichiro Hiyoshi. Five times first lady Mary Hanudel-Larsson also retired near here.

By 110 kms Hiyoshi had gained first place. But he was not to keep it for long in the mountains of the Peloponnese, where most of the 7,600 feet climbing takes place. Indeed between 154 and 161 km there is a pass through the Irligirtos Mountains with a 2,700 foot climb in one go.

The rough path is scarcely discernible at night when most competitors struggle up the steep climb over loose stones and scree fields. With precipices first on one side and then the other side of the route it would be forbidden in the UK as too dangerous.

In the cold mountain air many competitors donned anoraks in spite of the exertion needed for such a steep climb. The experienced ones had long since changed their shoes for ones a size larger, or even two, as their feet swelled.

Several times the lead changed between Nemea and Tegea. But Hiyoshi, who had not previously been in the first three, could not maintain the pace and began to fall back, whilst Jens Lukas of Germany, who had won in 1999, surged to overtake Thalman at about 200 km on the high plateau of Arcadia.

Lucas won in 25:49:56. A remarkable achievement considering the heat of the first day. It was only 11 minutes slower than his 1999 win. Whilst in second place Thalman finished in 26:20:02, or nearly three hours slower than in 2003.

Both were delighted to find their names, along with previous winners Patrick Macke's and James Zarie's, have been engraved on a fifteen foot high white marble obelisk erected in the centre of the boulevard leading up to the statue of King Leonidas which is the finish.

Perhaps because they were not outright winners, the names of the first ladies to finish are not also engraved. So John Foden, as the founder of the race, suggested to the mayor of Sparta, in fairly blunt Australian terms, this should be done on one of spare panels before next year's race. Eleanor Robinson's and Hilary Walker's names will then also be displayed for posterity to see. This does not make it a better race, but it does clearly prove its importance. What other ultra race or even marathon has a large monument in the centre of a city

A remaining problem is that the engraving is in Geek script. But one step at a time. When the ladies' names are engraved, the next step is to suggest some method be found to record these champions' names in a Latin script Western Europeans can read. The problem is the mayor does not speak a word of English and might not see the need.

But I have been side tracked. The athlete who captured everyone's hearts was the diminutive Japanese lady, Kimie Noto. She looked less than four foot high, but always had a four foot smile. Indeed she often politely bowed in acknowledgement of the cheers she received at refreshment points. She was the first lady to finish in 29:57:40, a dramatic improvement on her previous best of 33:01:35. Thus, like the leading men, she demonstrated how experience is crucial for success in this great ultra distance race.

Of the 217 athletes who entered 183 started out from the Acropolis but only 73, or 39%, finished. Of the 27 ladies who entered 8 finished. It is the 36 hour time limit which the RAF runners thought was the maximum time Pheidippides could have taken, when they proved in 1982 this was possible and then founded the race.

1	Lucas Jens	Germany	25:49:56	13	Kim Rassmussen	Denmark	30:48:31
2	Markus Thalman	Austria	26:20:02	14	Kazuhiro Kawamura	Japan	30:48:31
=3	Martin Juri	Austria	27:19:15	15	Hubert Karl	Germany	31:00:25
=3	Janne Kankaansurja	Finland	27:19:15	16	Hiroko Okiyama [F]	Japan	31:01:17
5	Andras Low	Hungary	28:17:46	17	George Weiss	Germany	31:59:37
6	Peeter Vennikas	Estonia	28:44:42	18	Patrick Degeyter	France	32:01:24
7	Ichiro Hiyoshi	Japan	28:55:11	19	Kazuyoshi Ikera	Japan	32:13:14
8	Georgios Psailas	Greece	29:12:20	20	Mark Williams	UK	32:38:49
9	Wojciech Pismenko	Poland	29:19:57	21	Maria Nowak	Poland	32:44:33
10	Ralf Steisslinger	Germany	29:27:01	22	Hermann Bohm	Germany	32:45:54
11	Zbigniew Molinowski	Poland	29:40:08	23	Anke Drescher [F]	Germany	32:55:26
12	Kimie Noto [F]	Japan	29:57:40				



Blisters

by Jason Hodde, MS, ATC

For many runners, blisters drain energy, cause severe pain, and sometimes stop an ultrarunner in his or her tracks. In fact, blisters are one of the most common reasons people drop out of long distance events more than 50 miles in length. Adequate training and preparation is just as important in preventing the onset of blisters during the race as in preventing musculoskeletal overuse injuries.

There are a few lucky runners who never get blisters, but most will experience some blistering in long events. Blisters are caused by any combination of heat, moisture, and friction that causes two layers of skin to rub together, with the outer layer of epidermis separating from the deeper layers. The sac between the layers usually fills with lymph fluid. As the fluid separates the layers of skin, the outer layer dies because it is devoid of oxygen and nutrients. When the blister is deep or traumatically stressed by continued running and rubbing within the shoe, it can become filled with blood.

Blister Prevention

Most blister problems are caused by socks, lubricants, or powders, but can also be caused by anatomical conditions such as heel spurs or bunions. Many runners fail to determine what taping or lubrication strategy works best for their given foot shape and anatomy, assuming that the strategies used by other runners will work for them as well. Often, they try a given strategy and stick to it even if it doesn't work. Because our feet are all different, successful blister prevention is individual to each runner. Consider asking yourself the following questions in designing a strategy that works for you:

1. Which socks work best for me?
2. Do my feet need to be dry with powders, or should I use Vaseline?
3. Am I wearing the right shoe for my running style?
4. Should I consider taping my feet?
5. How can I alleviate "hot spots"?
6. Do I have heel spurs, bunion, or a protruding bone that I need to pay particular attention to?

Other blister-causing factors vary from race to race and are completely unrelated to shoes and prevention strategy. Weather conditions, lack of proper training and conditioning, hydration level, the length of the race, and changes in running biomechanics with the onset of injury or fatigue all contribute to potential problems. Remember, the blister prevention strategy that worked today may not work tomorrow. You need to be able to adapt quickly during an event, addressing problems that occur immediately in order to avoid more serious problems later in the race.

To minimize the chances that blisters will occur at all, consider that you need to start with properly fitting shoes with a quality insole. No matter how well you tape, or use any other technique, if the shoes fit incorrectly, you will have problems. High-quality, moisture-wicking socks and frequent changes during an event are

also important. If the course you are running is particularly dusty, you should consider changing socks more frequently than usual. Powders, lubricants, and tape must work together with your insoles, orthotics, socks, shoes, gaiters, and even your shoelaces in order to prevent blisters. Practicing different combinations of these strategies in training may offer clues as to what combinations work better than others.

Many anatomical problems, such as bunions and heel spurs, are usually known before a race. If you have an unusual foot condition that you have identified, experiment during training to find the best fix. You may need a special cushioned insert or pad, or may need to modify your shoe with slits cut over the bunion or hammertoe area. During the race, a blister repair kit in your crew bag should contain essential items: thick moleskin, Elastikon or duct tape, tincture of benzoin, alcohol wipes, scissors, lubricant, powder, Coban self-adhering wrap, a few pieces of tissue, as well as matches, a needle and thread for blister draining. Also include your favorite blister patches, such as Blister Block or Second Skin. Knowledge of how to make a blister patch, how to tape, and how to modify a shoe will help ensure foot care success.

Blister Management

How you manage blisters depends on the location of the blister and its size. Blisters in a weight-bearing area of the foot may be drained to allow for pain-free running. The same goes for blisters on skin where there is continuous friction: between the toes, at the tips of the toes, or on the heels. Blisters that are not bothering you may be left alone until after the run. If a blister is more than three-quarters of an inch in size, draining it will help with comfort and keep it from getting larger. An undrained blister in a weight-bearing location and with pressure from running will get larger and more painful. That, in turn, can alter your running form and cause additional blisters or other biomechanical problems.

Draining a blister is not difficult, basic steps in doing it right must be taken. Wipe the blister with an alcohol pad before draining it to help prevent infection. For most blisters, use a flame-sterilized pin or needle to make several holes at the side of the blister, and then gently use your fingers to push the fluid out of the blister. Another option is to use scissors to make two small "V" cuts instead of several needle holes. Be careful, however, to prevent the roof of the blister from falling off and exposing the fragile skin underneath. For safety reasons, blood-filled blisters should not be drained due to the increased risk of infection. Once you are done with your race, allow the blisters to be exposed to the air to dry. Soaking your feet in warm water and Epsom Salts several times a day will speed healing. Watch the blister for any sign of infection, such as redness, swelling, pus, additional pain, fever, or red streaks going up your leg. If you suspect an infection, see your doctor.

For more information on blister care and prevention, read ultrarunner John VonHof's book, Fixing Your Feet. John contributed much of the information used in this column.

Go to www.iau.org.tw/ for a comprehensive coverage of the international ultra scene

Australian 24 hours Best Performances - track

Men (better than 200 kms)

KOUROS	Yiannis	Vic	303.306	Adelaide, SA	4-Oct-97
KOUROS	Yiannis	Vic	295.030	Canberra, ACT	1-Mar-97
KOUROS	Yiannis	Vic	294.104	Coburg, Victoria	13-Apr-96
KOUROS	Yiannis	Vic	290.221	Basle, Switzerland	2-May-98
KOUROS	Yiannis	Vic	285.362	Sugerles, France	6-May-95
KOUROS	Yiannis	Vic	284.070	Taipei, Taiwan	2-Mar-02
KOUROS	Yiannis	Vic	282.981	Coburg, Victoria	8-Apr-95
KOUROS	Yiannis	Vic	280.469	Melbourne, Victoria	4-Aug-90
KOUROS	Yiannis	Vic	277.415	Sylvania, NY	14-Sep-02
KOUROS	Yiannis	Vic	275.828	Verona, Italy	22-Sep-01
KOUROS	Yiannis	Vic	275.357	Sugerles, France	9-May-97
KOUROS	Yiannis	Vic	269.474	Nat champs USA	16-Sep-99
KOUROS	Yiannis	Vic	267.510	Surgeres, France	2-May-03
KOUROS	Yiannis	Vic	266.180	Coburg, Vic	8-Apr-97
KOUROS	Yiannis	Vic	265.683	Lupatoto, Italy	23-Sep-00
KOUROS	Yiannis	Vic	262.329	European champs. Italy	22-Sep-99
KOUROS	Yiannis	Vic	261.478	Surgeres, France	3-May-02
MARCH	Mike	Tas	260.099	Coburg, Vic	25-Feb-89
KOUROS	Yiannis	Vic	257.817	Wyong, NSW	27-May-91
STANDEVEN	David	SA	256.157	Adelaide, SA	28-Oct-89
SMITH	Bryan	Vic	254.515	Olympic Park, Vic	19-Aug-89
TOLLIDAY	Owen	Qld	253.063	Adelaide, SA	29-Oct-88
KOUROS	Yiannis	Vic	251.229	Coburg, Vic	9-May-99
SMITH	Bryan	Vic	250.729	Coburg, Vic	24-Feb-91
KOUROS	Yiannis	Vic	250.000	Coburg, Vic	9-Apr-98
STANDEVEN	David	SA	242.605	Coburg, Vic	26-Feb-89
BLOOMER	Brian	Vic	242.598	Box Hill, Vic	15-Feb-86
HEPBURN	Brickley	Vic	239.320	Coburg, Vic	23-Feb-91
BREIT	John	Vic	238.469	Olympic Park, Vic	4-Aug-90
STANDEVEN	David	SA	237.436	Adelaide, SA	29-Sep-91
YOUNG	Cliff	Vic	235.969	Adelaide, SA	9-Nov-85
TOLLIDAY	Owen	Qld	235.465	Queensland Uni	6-Sep-87
PURCELL	Ashley	Qld	234.959	Hensley, NSW	23-Feb-85
STANDEVEN	David	SA	234.313	Adelaide, SA	4-Oct-87
SMITH	Bryan	Vic	232.960	Campbelltown, NSW	9-Oct-88
KINSHOFER	Rudi	SA	232.431	Coburg, Vic	23-Feb-91
MOLLOY	Geoff	Vic	232.400	Box Hill, Vic	2-Feb-85
FISHER	Keith	Vic	232.207	Coburg, Vic	15-Feb-89
SMITH	Bryan	Vic	231.406	Kensington, SA	29-Oct-91
GRAY	Peter	Vic	230.732	Coburg, Vic	23-Feb-91
RECORD	Joe	WA	230.029	Crystal Palace. UK	12-Oct-79
MERCER	Neville	Vic	229.755	Coburg, Vic	27-Feb-93
STANDEVEN	David	SA	228.556	Adelaide, SA	2-Nov-87
BROOKS	Barry	Vic	227.574	Box Hill, Vic	28-Feb-87
SMITH	Bryan	Vic	227.008	Sri Chinmoy	4-Oct-87
STANDEVEN	David	SA	225.690	Canberra, ACT	3-Mar-97
KELLY	Frank	NSW	225.275	Hensley, NSW	28-May-88
FRANCIS	Mick	WA	224.521	Adelaide, SA	24-Oct-99
SMITH	Bryan	Vic	222.516	Campbelltown, NSW	14-Oct-90
SMITH	Bryan	Vic	222.294	Tamworth, NSW	27-Mar-94
FRANCIS	Mick	WA	221.323	Adelaide, SA	16-Oct-04
KIRKMAN	Geoff	SA	220.560	Adelaide, SA	9-Nov-95
AUDLEY	George	WA	219.361	Perth, WA	18-Oct-86
ROONEY	James	NSW	218.421	Liverpool, NSW	2-Oct-94
COX Jr	Terry	Vic	217.373	Coburg, Vic	10-Mar-90
PARKER	Ross	WA	217.237	Perth, WA	20-May-92
SMITH	Bryan	Vic	217.100	Liverpool, NSW	30-Jan-94

JAVES	Ian	Qld	217.070	Box Hill, Vic	28-Feb-87
STANDEVEN	David	SA	217.051	Coburg, Vic	23-Feb-92
KINSHOFER	Rudi	SA	216.856	Adelaide, SA	25-Oct-92
GRAY	Peter	Vic	216.836	Adelaide, SA	29-Sep-91
WISHART	Greg	Vic	216.784	Coburg, Vic	25-Feb-89
FRANCIS	Mick	WA	216.298	Coburg, Vic	14-Apr-02
YOUNG	Cliff	Vic	216.095	Box Hill, Vic	3-Feb-85
BEAUCHAMP	William	Vic	213.875	Box Hill, Vic	28-Feb-87
LYNN	Charlie	NSW	213.839	Adelaide, SA	9-Nov-85
GRAY	Peter	Vic	213.522	Coburg, Vic	23-Feb-92
HUNTER	Bob	Qld	213.453	Qld	1-Jul-89
SMITH	Bryan	Vic	213.321	Adelaide, SA	23-Oct-99
MELHAM	Anyce Kip	NSW	213.287	Adelaide, SA	28-Oct-89
WOODS	Graeme	Qld	212.559	University, Qld	5-Sep-87
KELLY	Frank	NSW	212.407	Hensley, NSW	31-May-87
STANDEVEN	David	SA	211.797	Adelaide, SA	22-Oct-95
BRUNER	Bob	Vic	211.584	Box Hill, Vic	15-Feb-86
FRANCIS	Mick	WA	211.459	Adelaide, SA	4-Oct-04
HEPBURN	Brickley	Vic	211.447	Coburg, Vic	23-Feb-91
CROXFORD	Alan	WA	210.934	Perth, WA	18-Oct-86
SKROBALAC	Joe	Vic	210.430	Coburg, Vic	9-Apr-95
RILEY	Gerry	Vic	210.272	Adelaide, SA	1-Nov-86
STANDEVEN	David	SA	210.037	Adelaide, SA	27-Oct-96
OOSTDAM	Bert	WA	209.539	Perth, WA	30-May-92
STANDEVEN	David	SA	209.218	Adelaide, SA	17-Oct-93
CHANNELS	Robert	NSW	209.146	Campbelltown, NSW	28-Oct-89
McKELLAR	Jack	Vic	208.915	Box Hill, Vic	25-Feb-86
READ	Nick	ACT	208.859	Coburg, Vic	13-Feb-88
BEAUCHAMP	Bill	Vic	208.486	Box Hill, Vic	4-Oct-87
BELL	John	Vic	208.450	Box Hill, Vic	15-Feb-86
FICKEL	Bob	NSW	208.440	Liverpool, NSW	2-Oct-94
STANDEVEN	David	SA	208.245	Adelaide, SA	10-Nov-85
COLLINS	Tony	NSW	208.091	Campbelltown, NSW	28-Oct-89
DONNELLY	Bruce	Qld	207.929	Campbelltown, NSW	13-Oct-90
PEACOCK	Alan	Qld	207.410	Qld University	5-Sep-87
BREIT	John	Vic	207.187	Adelaide, SA	29-Sep-91
FORSYTH	Ian	NSW	207.167	Liverpool, NSW	15-Oct-95
GRAY	Peter	Vic	207.087	Adelaide, SA	25-Oct-92
TAGGART	Bob	SA	206.849	Adelaide, SA	29-Oct-88
FRYER	Martin	ACT	206.817	Gold Coast, Qld	20-Aug-04
EVERY	Paul	NSW	206.588	Adelaide, SA	24-Oct-99
GRAY	Peter	Vic	206.540	Tamworth, NSW	27-Mar-94
KINSHOFER	Rudi	SA	206.400	Adelaide, SA	22-Oct-95
WOLSTENCROFT	James	Vic	205.848	Coburg, Vic	25-Feb-89
ROSS	Howard	Vic	205.634	Box Hill, Vic	15-Feb-86
SKROBALAC	Joe	Vic	205.604	Coburg, Vic	17-Apr-94
SHERIDAN	James	SA	205.462	Connecticut, USA	3-Feb-82
MEDILL	Graham	Qld	205.350	Caboolture, Qld	26-Sep-92
BRUNER	Bob	Vic	205.315	Adelaide, SA	5-Nov-83
SMITH	Jeff	Vic	204.852	Coburg, Vic	23-Feb-91
BOYLE	Brad	NSW	204.717	Campbelltown, NSW	28-Oct-89
WILKINSON	Graeme	NSW	204.716	Hensley, NSW	29-Nov-86
NASMYTH	Chilla	NSW	204.213	Campbelltown, NSW	13-Oct-90
YOUNG	Nobby	NSW	204.083	NSW	1-Sep-90
RILEY	Gerry	Vic	204.051	Adelaide, SA	4-Nov-84
ROONEY	James	NSW	203.995	Tamworth, NSW	27-Mar-94
PARSONS	Patrick	Vic	203.812	Coburg, Vic	10-Mar-90
FIRKIN	Graham	NSW	203.608	NSW	1-Sep-90
STENNER	Graham	SA	203.526	Coburg, Vic	25-Feb-89
TAYLOR	Maurice	NSW	203.526	Hensley, NSW	1983?

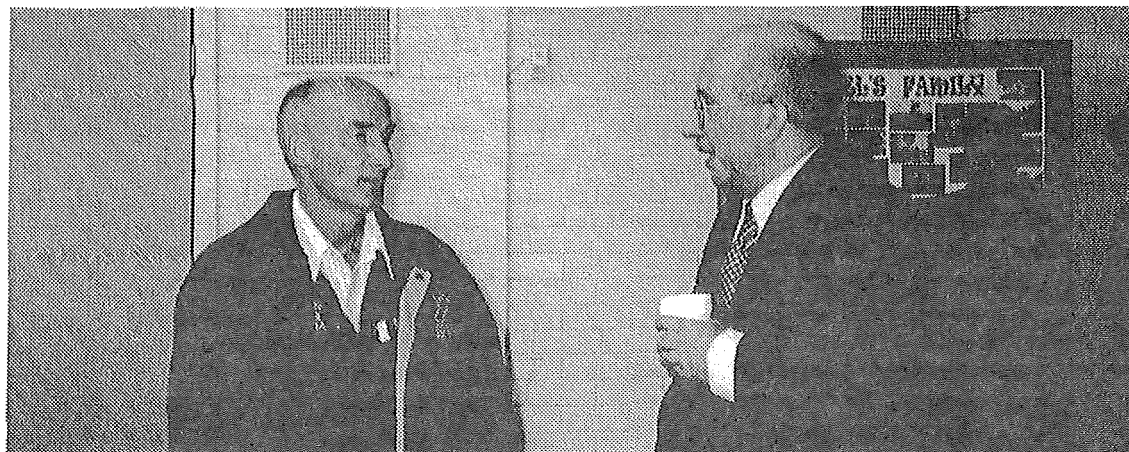
TWARTZ	John	SA	203.522	Adelaide, SA	22-Oct-95
YOUNG	Cliff	Vic	203.200	Box Hill, Vic	16-Feb-86
GRAY	Peter	Vic	203.159	Coburg, Vic	17-Apr-94
CHAMPNESS	John	Vic	202.934	Hensley, NSW	28-May-88
MELHAM	Anyce Kip	NSW	202.862	Adelaide, SA	5-Nov-86
GRAY	Peter	Vic	202.829	Adelaide, SA	17-Oct-93
SMITH	Bryan	Vic	202.765	Campbelltown, NSW	13-Oct-91
TAYLOR	Maurice	NSW	202.666	Box Hill, Vic	28-Feb-87
LUCAS	Andrew	Tas	202.652	Adelaide, SA	5-Oct-97
TAYLOR	Maurice	NSW	202.561	Adelaide, SA	4-Oct-87
HOOK	Geoff	Vic	202.532	Coburg, Vic	23-Feb-91
TAYLOR	Maurice	NSW	202.398	Hensley, NSW	31-May-87
DEVINE	Alan	WA	202.000	Perth, WA	17-Oct-87
SKROBALAC	Joe	Vic	201.856	Coburg, Vic	17-Apr-96
QUINN	Peter	Vic	201.708	Olympic Park, Vic	4-Aug-90
JACOBS	Trevor	ACT	201.238	Adelaide, SA	28-Sep-91
THOMPSON	Mike	WA	201.228	Perth, WA	27-May-89
TWARTZ	Peter	SA	201.200	Adelaide, SA	22-Oct-95
AUDLEY	George	WA	201.000	Perth, WA	16-Oct-87
PEARCE	Phil	WA	200.808	Perth, WA	26-May-90
ALLEN	Barry	Vic	200.776	Box Hill, Vic	28-Feb-87
ARMISTEAD	Peter	Vic	200.612	Coburg, Vic	10-Mar-90
EVERY	Paul	NSW	200.545	Gold Coast, Qld	20-Aug-04
STANDEVEN	David	SA	200.448	Adelaide, SA	19-Oct-02
DAVIS	Ivan	Tas	200.420	Lota, Qld	3-Jun-95
EVERY	Paul	NSW	200.190	Canberra, ACT	3-Mar-97

Women (better than 160 kms)

STANGER	Helen	NSW	229.080	Coburg, Vic	23-Aug-98
STANGER	Helen	NSW	219.782	Wollongong, NSW	2-Aug-95
STANGER	Helen	NSW	213.494	Tamworth, NSW	8-Mar-93
STANGER	Helen	NSW	211.130	Coburg, Vic	14-Apr-96
STANGER	Helen	NSW	207.969	Kensington, S.A.	29-Sep-91
STANGER	Helen	NSW	206.860	Coburg, Vic	13-Apr-97
PARRIS	Dawn	Vic	203.650	Olympic Park, Vic	19-Aug-89
STANGER	Helen	NSW	200.865	Westfields, Sydney	1-Feb-90
HERBERT	Cynthia	Vic	200.615	Adelaide, SA	1-Nov-86
STANGER	Helen	NSW	196.213	Coburg, Vic	24-Nov-92
McCONNELL	Georgina	NSW	195.355	Olympic Park, Vic	18-Aug-89
SPAIN	Trisha	WA	191.207	Perth, WA	27-May-89
CAMERON Herbert	Cynthia	Vic	191.200	Melbourne, Victoria	16-Feb-86
BAIRD	Carol	ACT	189.292	Coburg, Vic	17-Apr-04
BAIRD	Carol	ACT	188.645	Gold Coast, Qld	22-Aug-03
STANGER	Helen	NSW	188.252	Campbelltown, NSW	14-Oct-90
BAIRD	Fiona	SA	183.805	Adelaide, SA	24-Oct-89
BAIRD	Fiona	SA	183.240	Adelaide, SA	21-Oct-00
BAIRD	Carol	ACT	182.657	Coburg, Vic	14-Apr-02
SPAIN	Trisha	WA	182.000	Perth, WA	29-May-88
McCONNELL	Georgina	NSW	181.900	Liverpool, NSW	30-Jan-94
SPAIN	Trisha	WA	181.099	Perth, WA	9-Jun-91
BAIRD	Carol	ACT	180.919	Adelaide, SA	4-Oct-03
BAIRD	Carol	ACT	179.811	Adelaide, SA	20-Oct-02
McCONNELL	Georgina	NSW	178.527	Campbelltown, NSW	13-Oct-91
GORDON-LEWIS	Lyn	Qld	178.413	Gold Coast, Qld	18-May-96
SPAIN	Trisha	WA	177.658	Perth, WA	27-Jul-86
SMITH	Margaret	Vic	177.600	Box Hill, Vic	2-Feb-85

YOUNG	Shirley	Vic	176.810	Coburg, Vic	9-Apr-00
GRANT	Dell	Qld	176.800	Queensland Uni, Qld	6-Jun-93
BAIRD	Carol	ACT	176.728	Auckland, New Zealand	8-Jul-01
SPAIN	Trisha	WA	176.097	Perth, WA	18-Oct-87
CLARKE	Angela	Qld	175.541	Gold Coast, Qld	18-May-97
BAIRD	Carol	ACT	175.460	Adelaide	3-Sep-00
McCONNELL	Georgina	NSW	172.910	Campbelltown, NSW	9-Oct-88
LEE-McGOUGH	Lorraine	SA	172.791	Adelaide, SA	23-Oct-94
SPAIN	Trisha	WA	172.612	Kensington, SA	29-Sep-01
GRANT	Dell	Qld	172.002	Queensland Uni, Qld	6-Sep-87
BAIRD	Carol	ACT	171.927	Coburg, Vic	8-Apr-00
JOYCE	Felicity	NSW	171.543	Adelaide, SA	16-Oct-04
O'CONNOR	Helen	SA	171.426	Adelaide, SA	1-Nov-86
McCONNELL	Georgina	NSW	171.247	Pagewood, NSW	29-May-88
FOLEY	Wanda	Qld	170.179	Adelaide, SA	28-Sep-91
BAIRD	Carol	ACT	169.607	Adelaide, SA	18-Oct-99
BAIRD	Carol	ACT	169.252	Malaysia	26-Aug-01
MARKHAM	Aileene	Qld	169.234	Gold Coast, Qld	17-May-96
JOYCE	Felicity	NSW	168.777	Gold Coast, Qld	22-Aug-03
STANDEVEN	Cheryl	SA	168.584	Adelaide, SA	29-Oct-88
TALBOT	Kim	Vic	168.493	Coburg, Vic	25-Feb-89
McCONNELL	Georgina	NSW	168.100	Liverpool, NSW	30-Jan-94
BAIRD	Carol	ACT	167.290	Coburg, Vic	14-Apr-03
McCONNELL	Georgina	NSW	166.942	Tamworth, NSW	10-Mar-91
CARRISSA	Carmela	Vic	166.600	Coburg, Vic	13-Apr-97
McCONNELL	Georgina	NSW	165.852	Campbelltown, NSW	14-Oct-90
GRANT	Dell	Qld	165.200	Lota, Qld	3-Jun-95
FOLEY	Wanda	Qld	165.060	Coburg, Vic	13-Feb-88
KERR	Sandra	Vic	165.009	Coburg, Vic	10-Mar-90
WORLEY	Susan	SA	164.568	Adelaide, SA	1-Nov-86
RILEY	Geraldine	Vic	164.412	Box Hill, Vic	15-Feb-86
GORDON-LEWIS	Lyn	Qld	163.610	Coburg, Vic	14-Apr-02
BOWER	Jill	WA	163.461	Perth, WA	12-Oct-85
FOLEY	Wanda	Qld	163.100	Campbelltown, NSW	9-Oct-88
SPAIN	Trisha	WA	162.913	Olympic Park, Vic	20-Aug-89
BOLLEN	Karen	Vic	162.843	Coburg, Vic	14-Apr-02
WARREN	Valerie	NSW	162.793	Campbelltown, NSW	28-Oct-89
CARRISSA	Carmela	Vic	162.540	Coburg, Vic	13-Apr-96
KINCHEN	Marilyn	NSW	162.527	Campbelltown, NSW	12-Oct-91
SALTER	Bronwyn	WA	162.342	Perth, WA	31-May-92
LEAHY	Marcia	NSW	162.328	Campbelltown, NSW	13-Oct-90
KERR	Sandra	Vic	161.600	Coburg, Vic	25-Feb-89
KIDD	Trudi	Qld	161.600	Liverpool, NSW	2-Oct-94
HAARSMA	Kay	SA	161.578	Adelaide, SA	13-Nov-82
MILBURN	Colleen	WA	161.044	Perth, WA	27-May-89

For additions or corrections contact Ian Cornelius 07 5537 8872 or email ian@fuelstar.com



Mike Grayling [left] and Phil Essam in a moment of serious “ultra” discussion

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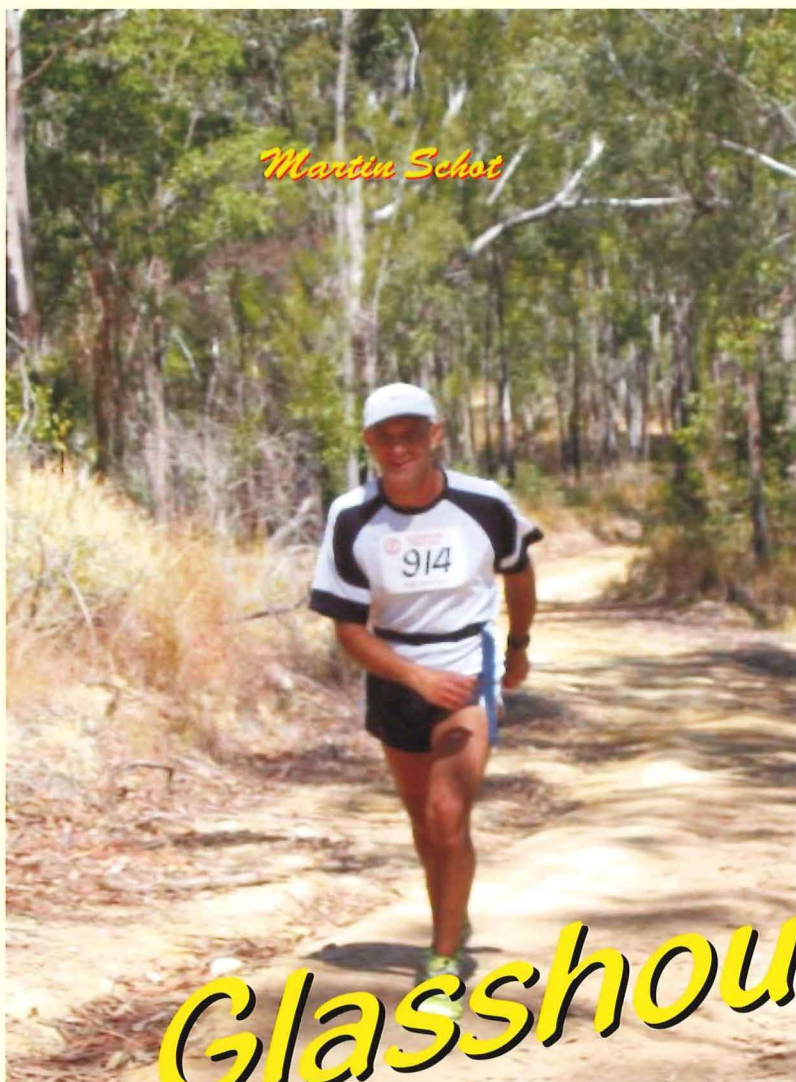
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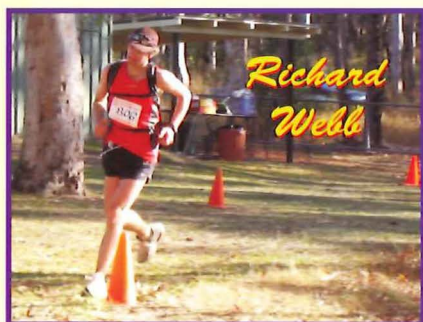
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Sean Greenhill

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September 2004



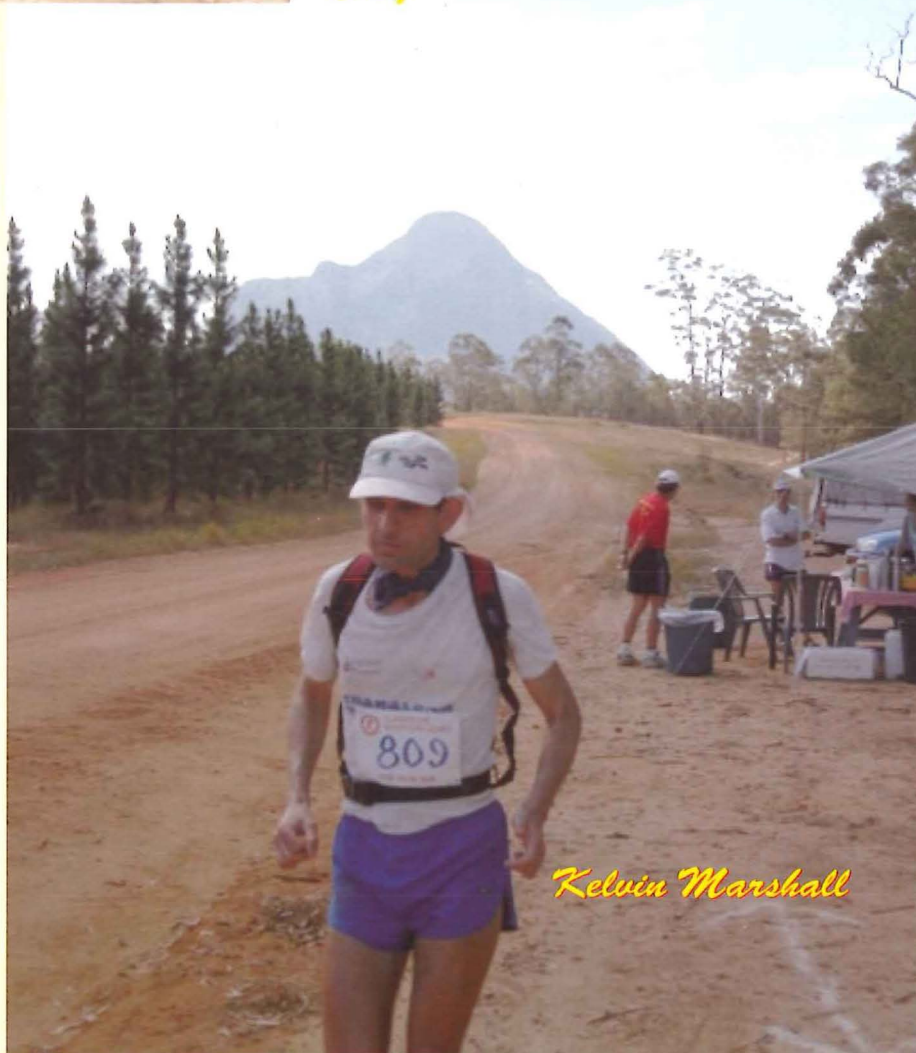
Richard Webb



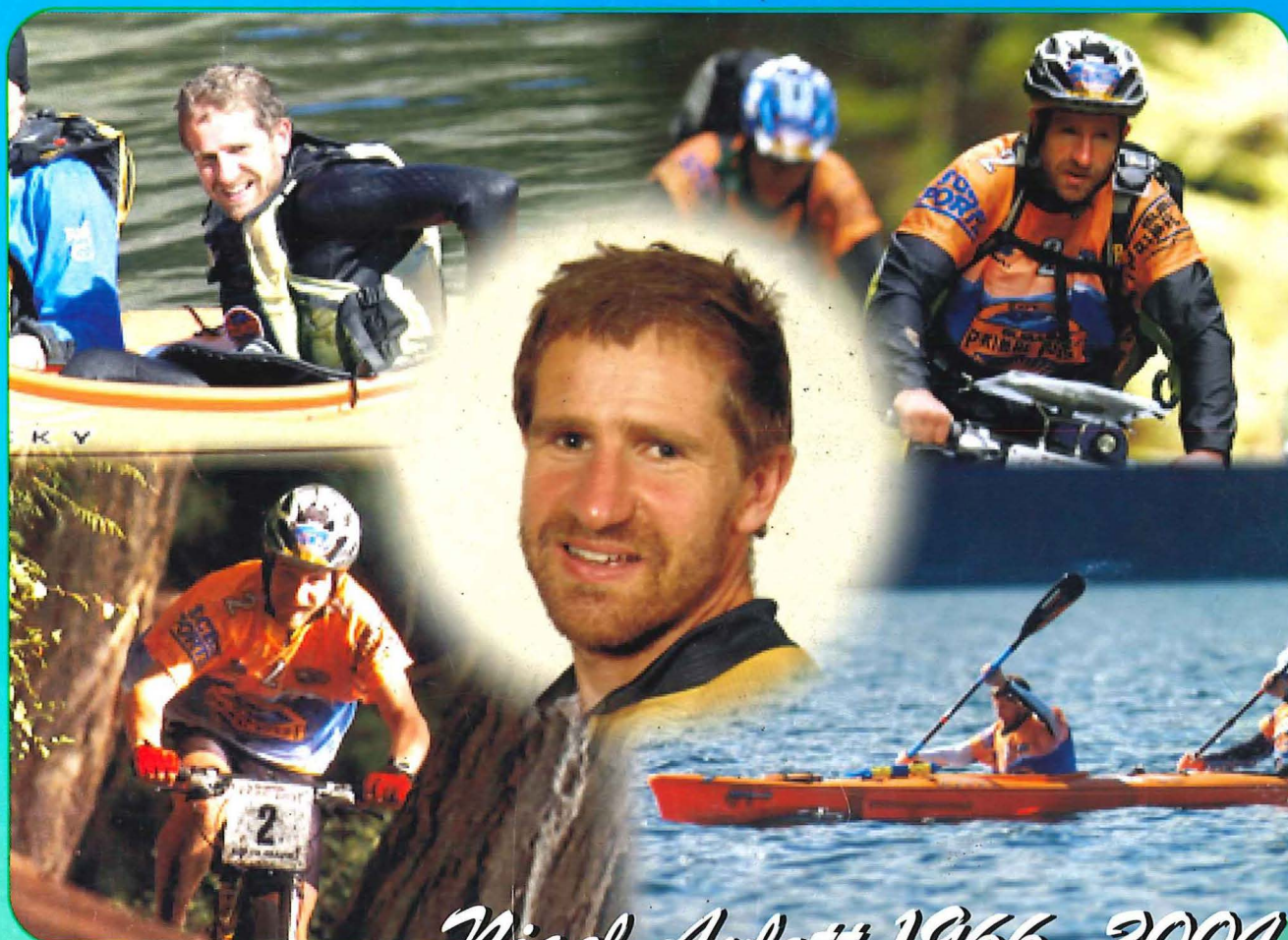
Geoff Last



Robert Ware



Kelvin Marshall



Nigel Aylott 1966-2004



Australian 100 kms team, Winschoten Holland, September 2004
 Mal Grimmett, Jo Blake, Warren Holst (capt), Dave Criniti & Mike Wheatley