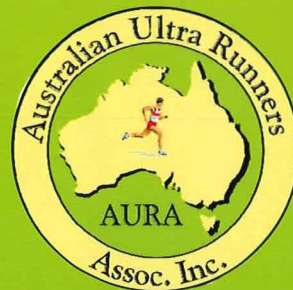
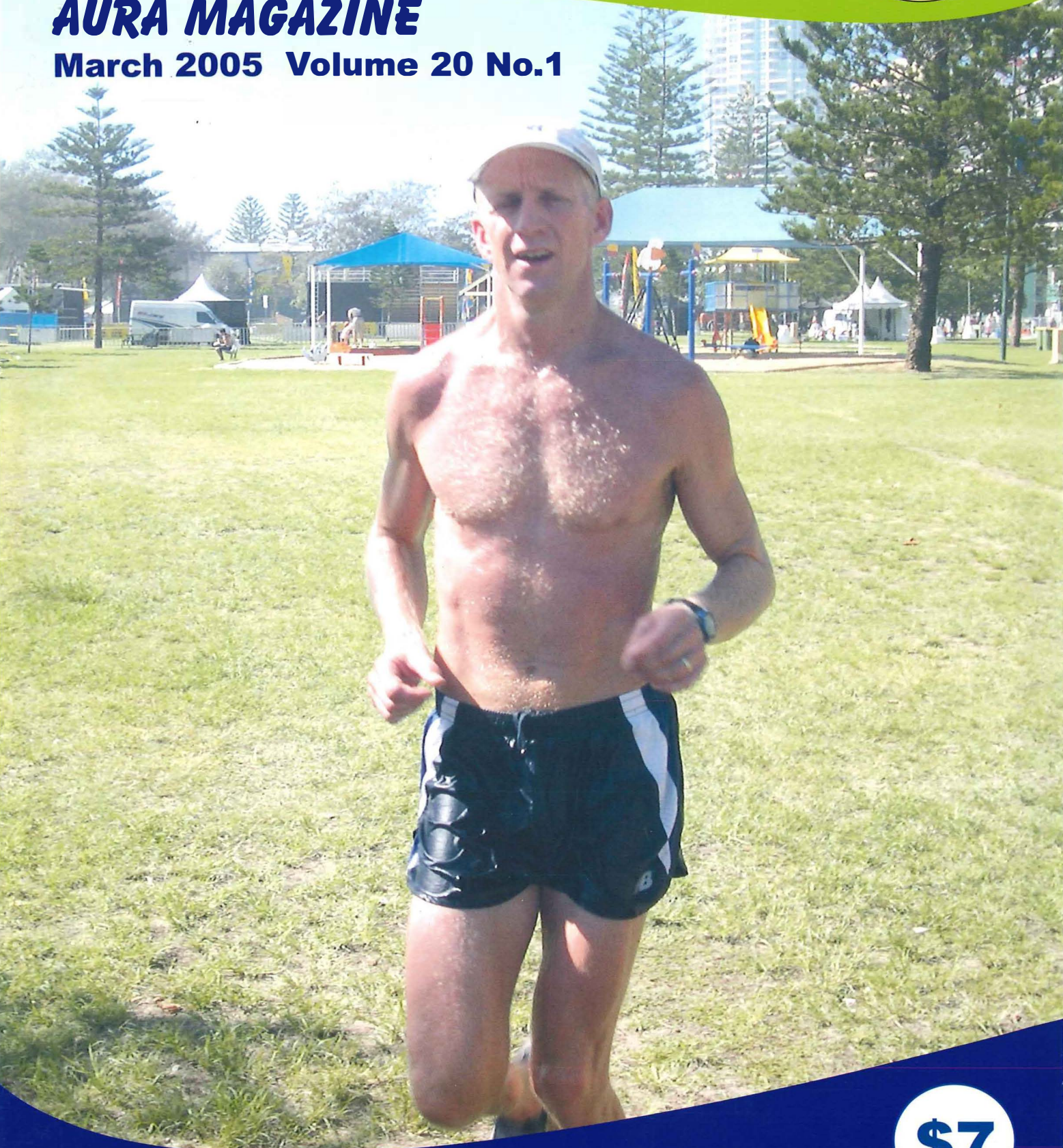


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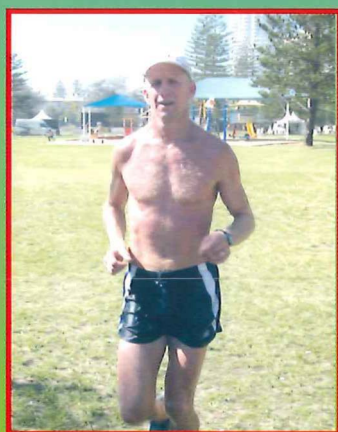
Volume 20 No. 1 March 2005

Inside

- Kurrawa Beach 50km
- Bogong to Hotham
- Coastal Classic 12 hour
- Mansfield to Mount Buller
- Crewing for Jesper Olsen
- Questions & Answers about Ultras
- Aura Hall of Fame - "The Flying Pieman"



Photo from Coastal Classic



Cover pic:

Mark Hutchinson winning the 50km Kurrawa - Point Danger - Kurrawa race on 12 December 2004 in a race record time of 3:16.40 on a hot day.



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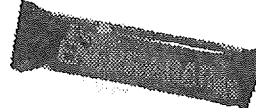
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40:60 ZONE FAVOURABLE



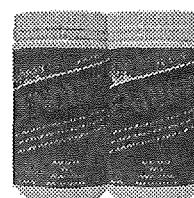
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Editorial

March 2005

Well here we are with our second edition in our brand new look which contains even further refinement and enhancement. Firstly, can I thank the many people who made me feel like a total impostor by heaping praise upon me when all the improvements were at the hands of the technological and formatting skills of Sue Cook at "The Print Run".

We had a couple of hiccups with our transition and hopefully not to many of you noticed that despite all the reports and glossy colour photos, the actual results from the Gold Coast 24-48 Hour Event seemed to vanish. Many apologies and you will belatedly find them in this issue, such is life.

As is often noted, those who have

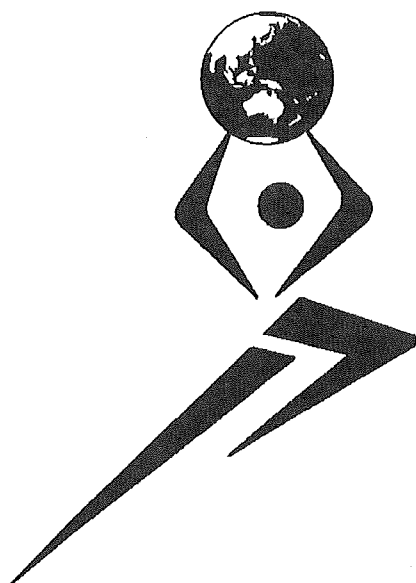
pioneered our sport in years gone by don't actually get recognised as pioneers until long after their deeds have been recorded. On the 12th of December 2004, three individuals set off and completed what I believe will be looked upon in years to come as a truly pioneering expedition. Sean Greenhill, Paul Every and Jan Herrmann became the first known individuals to set out at sea level and run the 236 kilometres to Australia's highest peak on Mount Kosciuszko some 2,229 metres in elevation. Sean's gripping account is compelling stuff indeed.

After achieving such a great result at last year's 100km World Cup when our team placed fourth overall, hopes are high for a repeat or better at this year's event in Japan. Applications

to be a part of the team for the Lake Saroma race are being accepted and a form can be found in this issue.

Two things that I have been inundated with have been AURA clothing orders and Race Reports from numerous events. I would love to be able to publish all reports but space constraints prevent this. If you have submitted a report/story and it does not make it to print, don't be discouraged from submitting future reports as I try to mix up the variety of contributors. As for the clothing orders, well the flood has created a longer than expected waiting list which we will deal with as quickly as possible

Kevin Cassidy



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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:

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

April 2005

- 1-3 OXFAM TRAILWALKER MELBOURNE
100K. Staggered starts at 8am and 10am from Jells Park. For more details phone 1800 088 110 or +61 3 9289 9444 or email trailwalker@melbourne.caa.org.au or read the website at <http://www.oxfam.org.au/trailwalker/melbourne/index.html>. It is an endurance event (walk or run) in which teams of four attempt to complete a 100km trail within 48hours through bushland. In addition they must also raise at least \$1,000 to help to support the work of Oxfam Community Aid Abroad.
- 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.ultraoz.com/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 AUSTRALIA'S PREMIERS ULTRA RUNNING/WALKING EVENT INCORPORATING THE 22ND ANNUAL VICTORIAN 24 HOUR TRACK CHAMPIONSHIP AND 21ST AUSTRALIAN CENTURIONS 24 HOUR WALK AND 12 HOUR TEAM RELAY CHAMPIONSHIPS
Coburg 24 Hour Carnival. Starts at 10am from Harold Stevens Athletics Track - Outlook Drive, Coburg North. AURA regulations apply. Computer lap scoring. Hourly race updates. High quality synthetic athletics track. Trackside camping allowed and portable toilets provided. This year the walking section has been extended to allow 24 Hour walk entrants the chance to compete concurrently in the inaugural "Racewalking Australia" 100 km walk championships for men and women. Entries close 8 April 2005 or earlier if maximum field size of 45 is reached. Be sure to get your entry in early and come join the legends of Australian ultra runners and walkers. For more details please ring Tim Erickson Ph: (03) 9012 or see the race website at <http://www.coburgharriers.org.au/html/24hour.htm>
- ?? 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).

May 2005

- 8 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
- 22 BANANA COAST ULTRA MARATHON, NSW. 85KM
This year the event goes from Coff's Harbour Hotel to Grafton Post Office, 85km, with the shorter alternative being from Coffs to Lanitza (60 kms). We will insist that runners call a halt at Lanitza if they are going to be on the ROAD in the dark. Entry Fee \$15.00, payable to Woolgoolga Athletics Club (\$20 on day). Own support vehicle / driver required. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hotmail.net.au.
- 28 TAMBORINE TREK, GOLD COAST
The Tamborine Trek is a 66 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 Mt. Tamborine. The event is open to solo competitors and 3 person teams, each member running approximately 22 kms. The solo and relay sections both start at 0600 hours. Runners not making the end of leg 2 by 1100hours will not be permitted to commence leg 3. Note that this event is on the Saturday, not Sunday as previously advertised. Contact: Ian Cornelius on (07) 5537-8872 or mobile 0412-527-391 or email info@goldcoast100.com.

June 2005

- 11 POOR MAN'S COMRADES - FAT ASS RUN
A 96km road run, held as close to the racedate 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 I 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 2005 will be an 'down' run i.e. from Pietermaritzburg to Durban. 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 the webpage at www.ultraoz.com/bellarine.shtml or email Brett Coleman at b.coleman@bigpond.com or Daniel Cole on coledanielj@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
- 23 **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

August 2005

- 19-21 **NATIONAL 48hr CHAMPIONSHIPS + GOLD COAST 24hr**
Starts 0900 Friday and finishes 0900 Sunday. 24hr starts 0900 Saturday. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, Qld. The track features a Mondo surface (as used in the Olympics) and the events use electronic scoring, thus eliminating the need for lapscorers. Hot food is provided each 6 hours commencing at 12 noon on the Friday. Prizegiving will be at 1000 hrs on the Sunday. Accommodation is available within the complex, approximately 150 metres from the track. Showers and toilets are readily available at trackside. It is possible to contest this event without crew. For further information, refer www.goldcoast24-48t.com or contact Ian Cornelius via email info@goldcoast24-48t.com or phone (07) 5537-8872.
- ?? **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@mfb.b.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 Fat Ass webpage www.fatassworld.com/12foot for more info or email Kevin Tiller on kevin@coolrunning.com.au or phone 0419-244-406.
- ?? **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 by Phone (02) 8204-3900. More info including results and reports on the webpage at www.coolrunning.com.au/races/trailwalker.

September 2005

- 10/11 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.

October 2005

- 15-16 SELF-TRANSCENDENCE NATIONAL 24 HOUR CHAMPIONSHIPS, ADELAIDE
Starts 8am at Santos Stadium, Mile End, Adelaide. Events available are: Australian 24 Hours Championship (starts 8am Sat), a 12 hour teams relay (starts 8pm Sat), a 12 hour individual race (starts 8am Sat) and a 6 hour race (starts 12 noon Sat). Entries close 8th October 2004 and no on the day entries. Contact Phone (08) 8272-5081 or Anubha Baird on 0421-591-695 or Sri Chinmoy Centre, 1st Floor, 131 Carrington St, Adelaide, SA 5000.
- ?? SOUTHERN TRAILS
15km or 65km walk/run - team event raising funds for Oxfam Community Aid Abroad. Starts at 10 am in Goolwa, South Aust and finishes at Victor Harbor (15km) or Mt Compass (65km, via Heysen Trail). Contact Brad Butler on (08) 8552-2441
- ?? FREYCINET LODGE CHALLENGE
Adventure race on Tasmania's coast around Freycinet & Wineglass Bay comprising Hazards Beach Run, Road Cycle, Freycinet Lodge to Swan River Road, Moulting Lagoon Kayak, Cape Tourville Mountain Bike Ride, Coles Bay Kayak, Road Bike, Friendly Beach Mountain Bike Ride, Wineglass Bay Run. Contact Tim Saul on (03) 6248-9049 or 0438-687-302 or Mark Bowden on (03) 6265-8783 or 0418-145-746 or website at www.threepeaks.org.au.
- ?? BRIBIE BEACH BASH, QLD
3km; 15km; 36km Relay; 30km; 46km Running & Walking Events along the beach on an out going tide. Starting at North Street, Woorim, Bribie Island. Council stipulated, ALL events be on the beach. This is a solo and relay run & walk event to raise money for The Multiple Sclerosis Society of Qld. Post all entries as soon as possible to : Q.U.R.C., C/- Kerrie Hall, 12 Jade St, Caboolture, QLD 4510. or contact Race Director Geoff Williams on (07) 5497-0309 or mobile 0412-789-741 or email gjcarpet@caboolture.net.au
- ?? FITZROY FALLS FIRE TRAIL MARATHON, NSW
42km. Starts 8am from Twin Falls Cottages, Fitzroy Falls. Entry fee \$30. Contact Michael Chapman on (02) 9518-9099 or mobile 0419-515-555 or email michael@bonnefinchapman.com.au or race website at www.fitzroyfallsmarathon.com.
- ?? TRAILBLAZER CHALLENGE
Teams of 2 or 4 for the 25km and 50km events. Teams of 4 for the 100km event (It makes safety sense). The 25km event is wheelchair accessible. Be Inspired. Be Challenged. Be a Trailblazer. Presented by Recreation SA and Adelaide Rotary in partnership with Operation Flinders and Regency TAFE. Starts 8am at Pinky Flat, Memorial Drive, Adelaide. Contact William Ventura by phone (08) 8232-6477 or 73 Wakefield St, Adelaide SA 5000
- ?? BRINDABELLA CLASSIC, ACT
Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start. The traditional course returns this year. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.mountainrunning.coolrunning.com.au or Roy Jones on (02) 6251-0148 or email mountainrunning@coolrunning.com.au.

November 2005

?? VICTORIAN 6 HOUR & 50KM TRACK CHAMPIONSHIPS

The Traralgon Harriers Athletic Club, on behalf of AURA, will be hosting this event at the Moe Athletic Centre, Newborough (synthetic surface). \$30 covers entry into both events and refreshments afterwards. Start time is 8am. There is also a 6 hour relay race for teams of 5 as well. For further information please contact Rob. Embelton, Race Director, on (03) 5133-7568. More information and entry forms at www.traralgonharriers.org.

?? THE MOLESWORTH RUN

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

?? COLAC 6 DAY RACE, VIC

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

?? BRUNY ISLAND JETTY TO LIGHTHOUSE, TASMANIA 64km

Enjoy the ferry trip to the start, then the fantastic ocean and rural scenery as you run along nice quiet roads. A weekend away for family and friends. An event for solos and teams. Contact Paul Risley via phone 0438-296-283 or email riz5@bigpond.com or website at www.dreamwater.org/run/ultra.html.

?? 100KM ROAD CHAMPIONSHIPS, THAT DAM RUN

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

December 2005

?? KEPLER CHALLENGE MOUNTAIN RUN

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

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

50Km and 2 person relay of 25Km each. Flat course along roads & paths adjoining the Gold Coast beachfront. Start time 5:00am from Kurrawa Park, 200 meters north of Kurrawa Surf Lifesaving Club Carpark, Broadbeach Qld. Contact: Ian Cornelius, Box 282 Runaway Bay Qld 4216, Tel (07) 5537-8872 or 0408-527-391 or email info@goldcoast100.com Entry fee \$35 solo, \$45 per relay team. For more information and entry forms see website at www.ultraoz.com/kurrawa

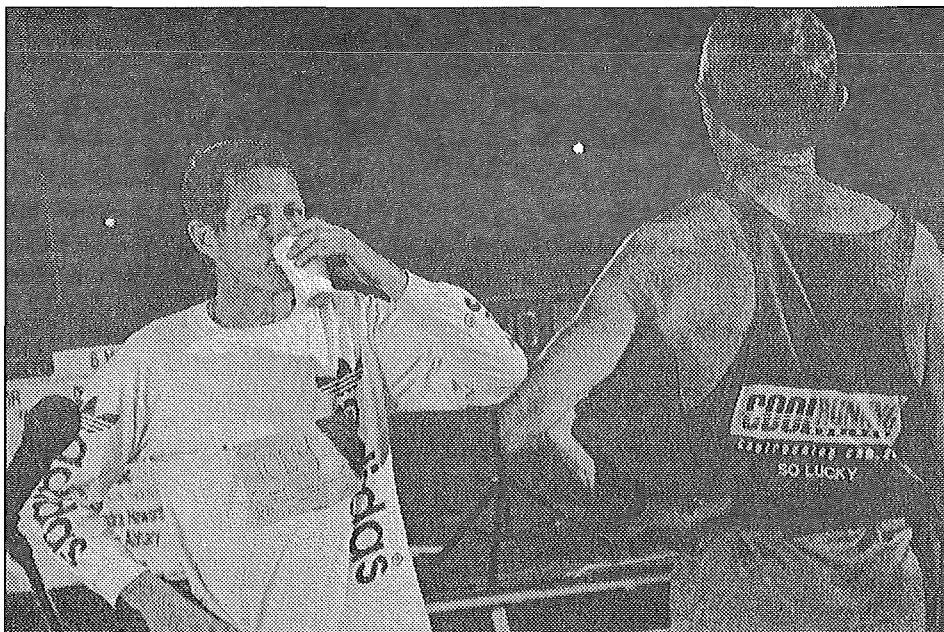


Photo left:

*from 12hr finish
Sri Chinmoy Self
Transcendence 24
hour festival*

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Race organizers deduct 10%

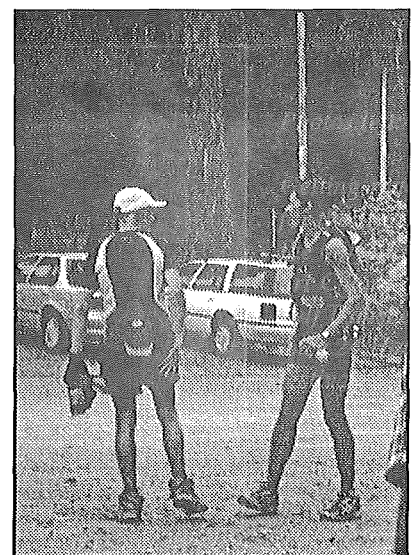
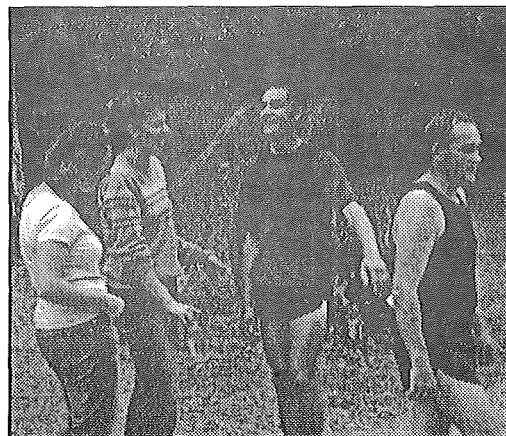
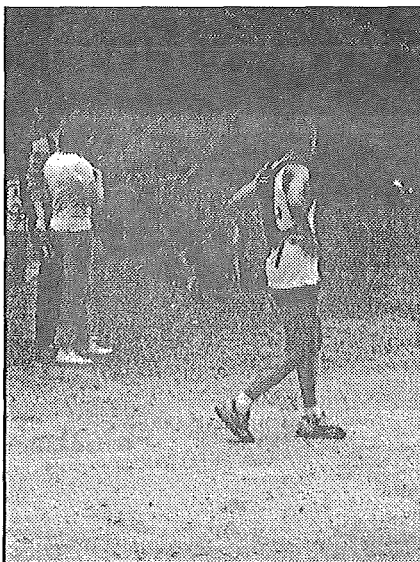
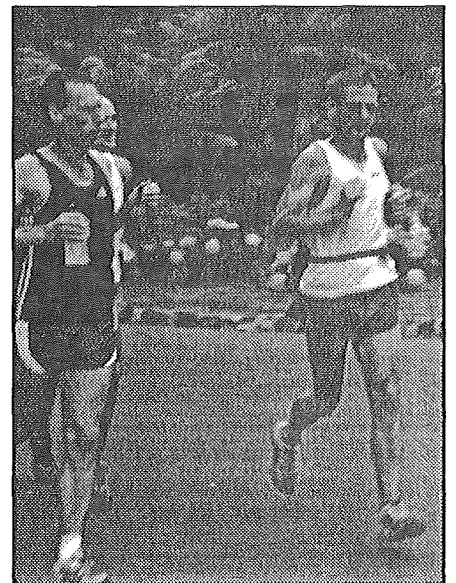
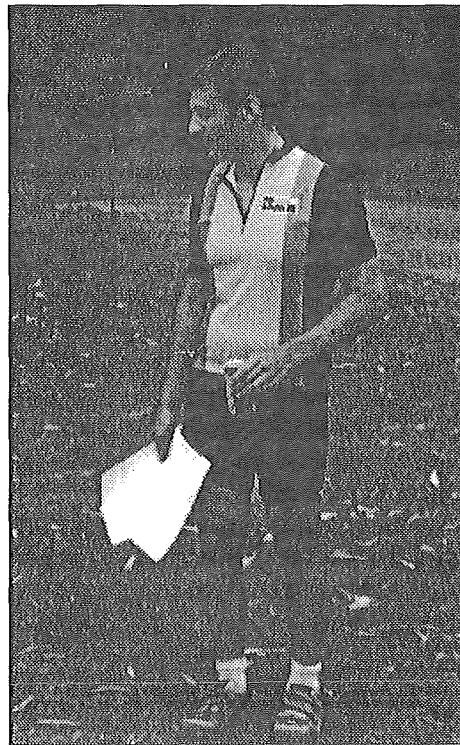
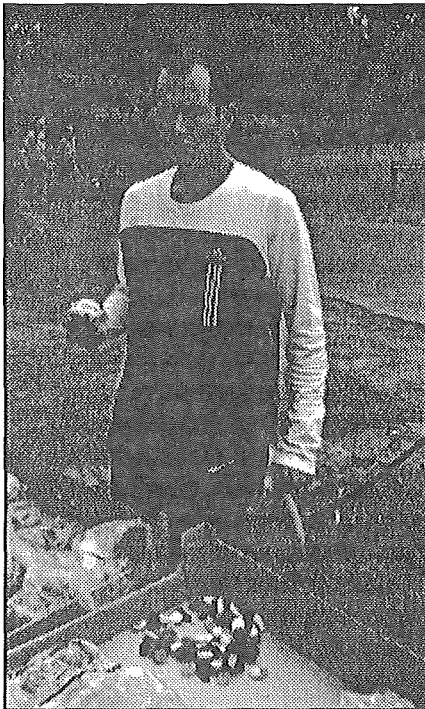
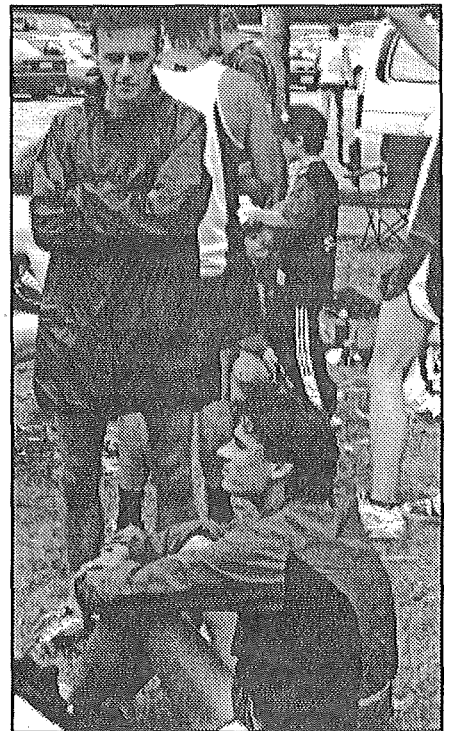
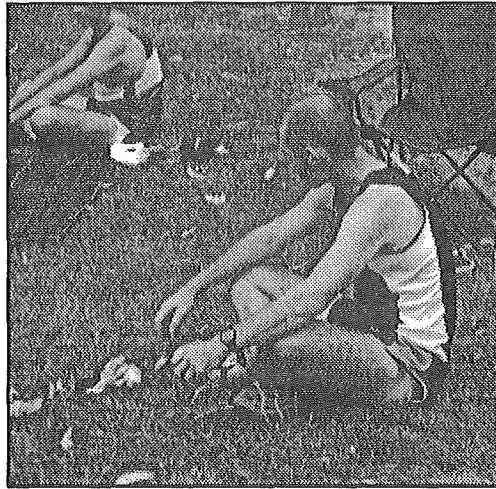
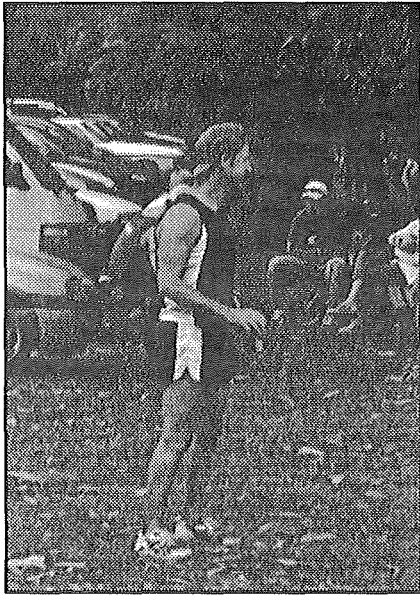
For advertising enquiries or bookings, contact

Ultramag editor Kevin Cassidy by email kc130860@hotmail.com or
phone 0425 733 336

Maroondah Dam Trail Run

50km & 30km

(See story page 36)



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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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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

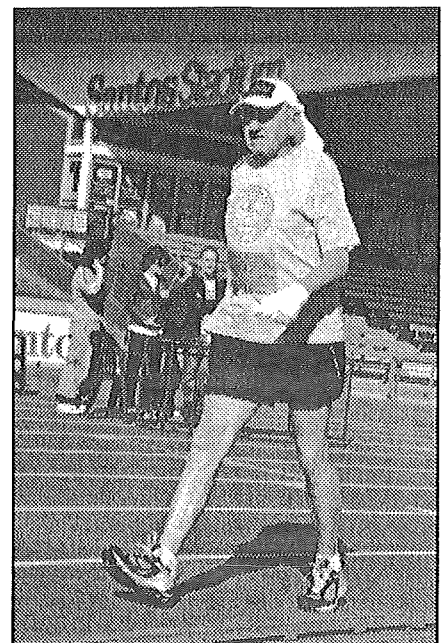
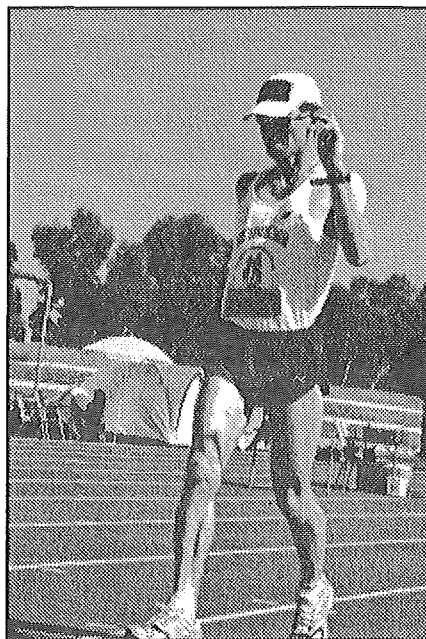
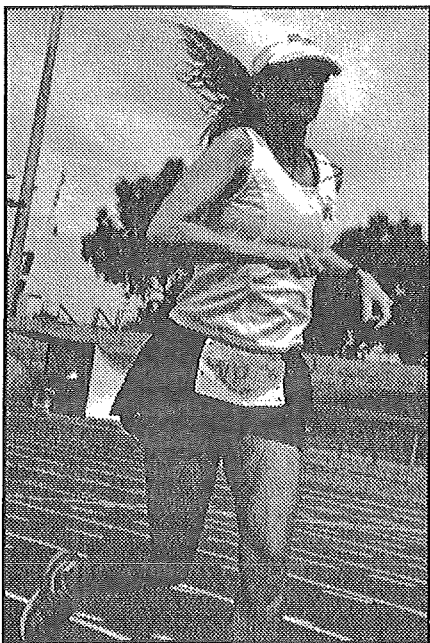
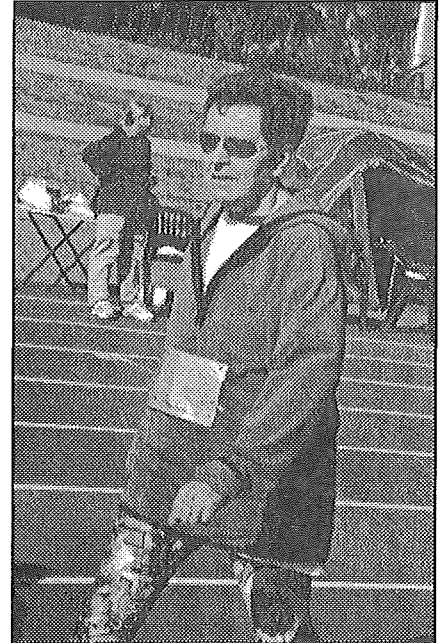
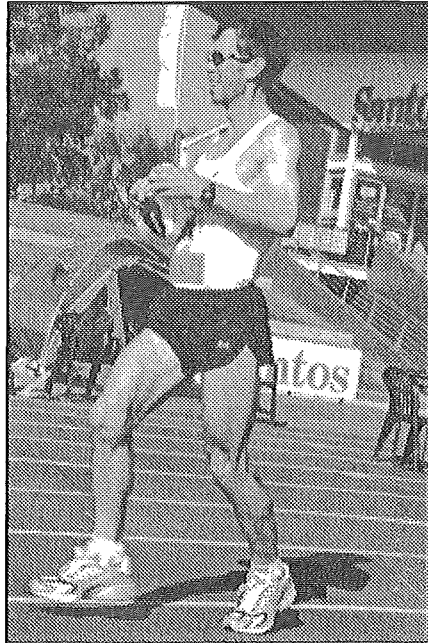
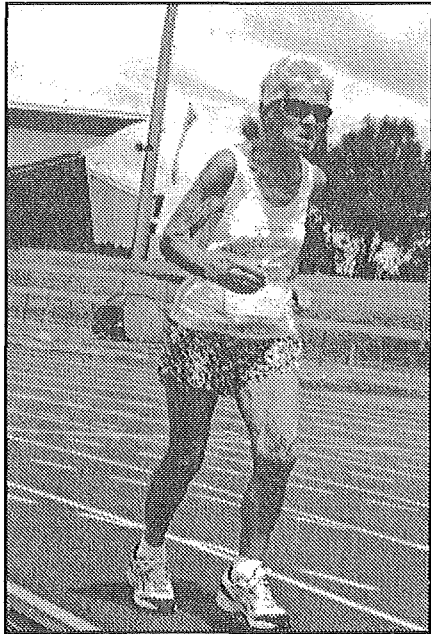
HOW THE POINTS SYSTEM WORKS

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 Distances which exceed 42.2km in an event may be accumulated. One point shall be earned for each 100km completed within the calendar year.
	1	Each 100km	
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

Sri Chinmoy Self Transcendence 24 hour Festival



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

Lake Saroma 2005 - Runner application form

Name

Gender

Date of birth

Australian Citizen (yes or no)

Australian resident (yes or no)

Email address

Phone number(s)

Address

Best 100k time last 12 months
(where when and time)

Best marathon time last 12 months
(where when and time)

All time best 100k
(where, when and time)

All time best marathon
(where when and time)

Other relevant experience

Please email this form to Ian Cornelius: president@ultraoz.com.

Or fax: (07) 3011 1017

Aura Awards for 2004

Australian Ultra Runner of the Year
(best performed male or female Australian ultra runner)

David Criniti (26) of North Rocks, NSW

David provided many stellar performances in 2004. The first was his 142.495 kms at the 12 hour Coastal Classic on 10/11 January 2004. To put things in perspective, this is believed to be the third best performance in Australia, ranked only behind Yiannis Kouros and George Perdon. David then went on to win the Maroondah Dam 50 km Trail Run in February 2004 in a record time of 4:04. He then contested the Australian Ironman Triathlon in Forster in April, achieving the fastest run time. In May, David won the Grafton to Coffs Harbour 85km race in 5:54, just 5 minutes outside Greg Barton's course record. In September David travelled to Holland where he

competed for Australia in the 100 km World Cup, finishing first Australian in 7:23. In October he travelled to Hawaii to contest the Hawaiian Ironman Triathlon, missing the fastest run time by a mere one second. David is the AURA membership secretary and is a great ambassador for AURA, the sport of ultra running and his country.

Rising Star award (best performed male or female of 25 and under)

Felicity Joyce, (23) Port MacQuarrie, NSW.

Felicity contested the 12 hours Coastal Classic in January where she achieved 2nd female with 98.441 kms. She then ran in the AURA 24 hour National Championships hosted by SCMT in Adelaide in October which she won with 171.543 kms.

Cliff Young Award (best performance by a male athlete of 60 and over in 24 hours track race)

David Jones (63) of Surrey Hills, Victoria

David contested the AURA National 24 hours championships in Adelaide in October 2004, where he achieved 166.860 kms.

AURA Aggregate Points Award
(points for competing with bonuses for placings and records)

Male: Kelvin Marshall; Female: Carol Baird

The AURA Executive extends its heartiest congratulations to the recipients of the various awards.

Ian Cornelius
President 2 January 2005

MESSAGE FROM THE IAU PRESIDENT

Dear friends,

Last month the I.A.U. Executive Council had a working weekend at the premises of the I.A.A.F. in Monaco. It was the first official meeting of the renewed Council and as a large list of items needed to be discussed we had to face a huge agenda and a proportionately workload. It might be useful for you to be informed about some of the decisions that have been taken:

- Roelof Veld, our Vice-President has been appointed as I.A.U. Treasurer
- Soto Rojas Conde Jr. has been appointed as co-ordinator of the Record Committee
- the I.A.U. 100 km World Cup 2006 has been assigned to the Korea Ultra Marathon Federation
(location : Incheon – near Seoul - date : 2006, October 1st)
- the I.A.U. 24 Hours World Challenge 2006 has been assigned to the Chinese Taipei Road Running Association
(location : Taipei - date : 2006, March 4th – 5th)
- the I.A.U. 50 km Trophy, a series of 50 km races throughout Europe with the final leg in Palermo, has been adopted
(more information on : www.veki.be/IAU50 K.htm)
- the proposition of the Track Commission to stage annual World Track Challenges, alternating between 100 km and 24 hours, has been accepted
- the Trail Commission has been asked to investigate the need and the possibilities for future area and world events
- the Technical Committee and the Record Committee will have to work out a mission statement
- the I.A.U. handbook will be revised and new technical and organisational guidelines will be drafted
- the feasibility of Commonwealth Ultra Championships will be investigated
- the website will be redesigned
- working groups have been put in place for marketing, development and anti-doping

You will notice that we have been busy in different areas. The main goal of this meeting was to shape the foundations for our new policy and I think that we succeeded in this mission.

We are aware of the fact that we still have a long way to go but we trust that with the new group we are heading in the right direction.

Regards,
Dirk Strumane I.A.U. President, March 2005

2004 Aura Points Race Results

Report by Stan Miskin

Congratulations to our winners for 2004. Kelvin Marshall and Carol Baird, both repeat winners, have each earned their victories and trophies with a series of great performances.

Kelvin [a prolific competitor] and Carol [a consistent winner and record breaker] will again be hard to beat in 2005. However, I'm sure that many of us will try to beat them.

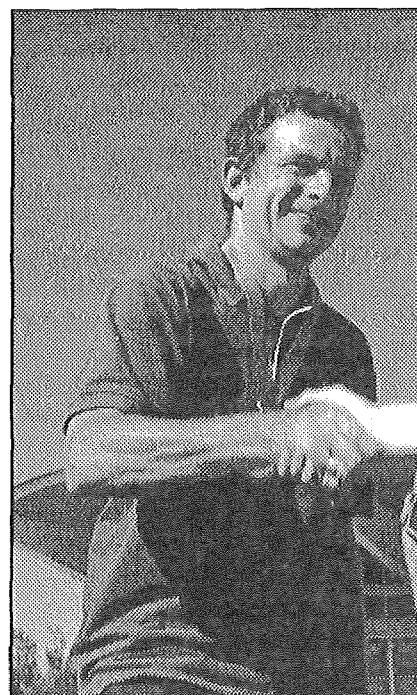
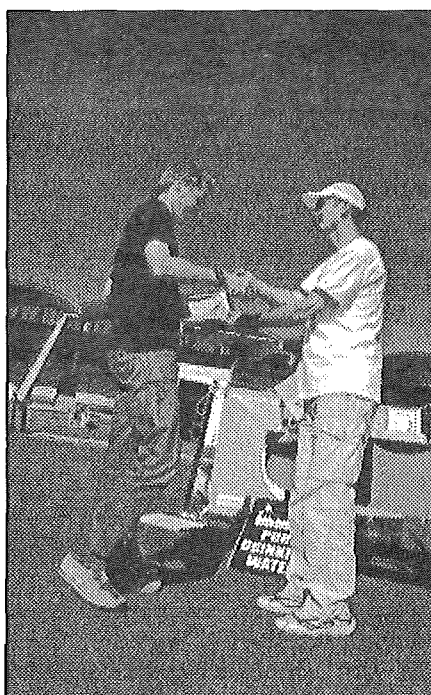
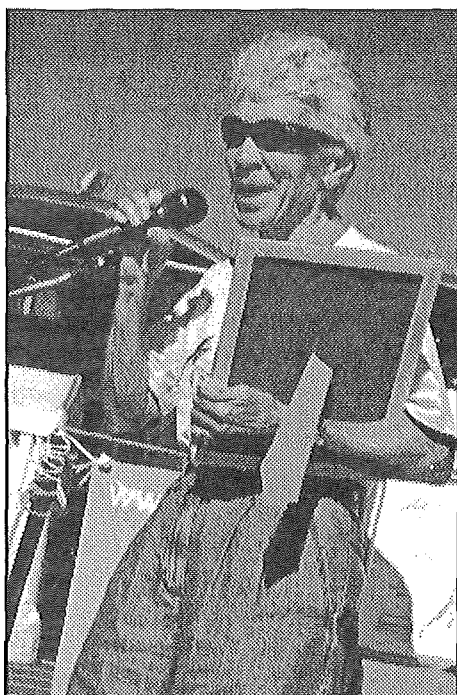
The provisional results follow and for several reasons, I doubt that they are completely accurate. I shall therefore consider all protests made to me in writing or by telephone listing the name and date of each event contested and your result, should you consider the changes significant enough. Only two trophies are presented to the winners.

David Billett is now the Records Officer and Points Score Officer and I hope that Race Directors will assist him with early advice of race results and records as this has been a problem for me in the past.

RESULTS

MEN	Events	Total Km's	Points
Kelvin Marshall	12	752	32
Peter Lahiff	2	202	24
Mick Francis	4	459	21
John Pearson	6	356	20
David Billett	5	1,263	18
Ian Valentine	5	708	18
Rodney Ladyman	6	507	13
Ken Matchett	1	129	12
David Jones	3	857	11
Michael Wheatley	3	200	11
Tony Collins	2	496	11
WOMEN	Events	Total Km's	Points
Carol Baird	4	570	35
Julia Thorn	5	285	17
Felicity Joyce	3	426	15
Mignon Auguszczak	2	150	10
Debbie Woodhead	3	195	9
Shirley Young	2	106	9
Norma Walleth	1	50	6
Anubha Baird	1	100	5
Julie Winner	3	145	5

Photos below: from Presentation Ceremony Sri Chinmoy Self Transcendence 24 hour festival



Kurrawa to Point Danger & Return

by Ian Cornelius

12 DECEMBER 2004 - RACE REPORT
The 8th running of the Kurrawa (Broadbeach) to Point Danger race took place on 12 December 2004.

The winner, Mark Hutchinson, ran a blistering 3:16:14 for the 50 kms

course, attempting to re-affirm his credentials for selection to the team to represent Australia at the World Cup to be held in Lake Saroma, Japan, in June 2005. His time broke the previous course record by 12 minutes.

The first men's relay team of Jason Shortis and Sean Swain finished in 3:17:21, closely followed by Paul Tierney and Mitchell Keys in 3:18:18. Shortis won the Australian Ironman championships in Bunbury, WA last weekend.

RESULTS:

Solo men:

1. Mark Hutchinson (Caboolture) 3:16:14
2. Gavan Reynolds (Gold Coast) 3:44:06
3. Kelvin Marshall (Melbourne) 3:49:07

Solo women:

1. Mignon Auguszczak (Brisbane) 4:56:12

Women:

1. Glenda Banaghan & Kim Grylls (Brisbane) 3:42:37

Mixed:

1. Kylie Spence & Richard Hutchinson (G'Coast) 3:32:03
2. John McKelvie & Kellie Epis (Gold Coast) 3:36:03
3. Jodie Campbell & Andrew Clones (Brisbane) 3:40:15

Two person relay: Men:

1. Jason Shortis & Swean Swain (Gold Coast) 3:17:21
2. Paul Tierney & Mitchell Keys (Gold Coast) 3:18:18
3. Michael Page & Zane Hopper (Gold Coast) 3:27:18

For further information contact Ian Cornelius
on 07 5537 8872 or email info@goldcoast100.com

KURRAWA TO POINT DANGER 12 DECEMBER 2004 - COMBINED RESULTS

Place	No.	Name down	Name back	Cat	Time down	Time back	TOTAL	Remarks
1	51	Mark Hutchinson		M	1:39:38	1:36:36	3:16:14	1M RECORD
2	50	Jason Shortis	Sean Swain	MR	1:32:46	1:44:35	3:17:21	1 MR
3	43	Paul Tierney	Mitchell Keys	MR	1:40:34	1:37:44	3:18:18	2 MR
4	29	Michael Page	Zane Hopper	MR	1:40:02	1:47:16	3:27:18	3 MR
5	58	Keith McKay	Peter O'Sullivan	MR	1:49:02	1:40:18	3:29:20	
6	46	Kylie Spence	Richard Hutchinson	XR	1:46:42	1:45:21	3:32:03	1 XR
7	27	Terry Smith	Rolf Kuelson	MR	1:46:19	1:47:37	3:33:56	
8	39	Paul Worrell	Jeff Bracken	MR	1:46:38	1:48:08	3:34:46	
9	60	John McKelvie	Kellie Epis	XR	1:50:18	1:45:45	3:36:03	2 XR
10	26	Jodie Campbell	Andrew Clones	XR	1:46:32	1:53:43	3:40:15	3 XR
11	48	Mark Kennedy	David Lang	MR	1:46:32	1:55:41	3:42:13	
12	63	Glenda Banaghan	Kim Grylls	FR	1:48:06	1:54:31	3:42:37	1 FR
13	34	Gavan Reynolds		M	1:49:22	1:54:44	3:44:06	2M
14	36	Peter Marconi	James Keightley	MR	1:56:18	1:49:02	3:45:20	
15	3	Kelvin Marshall		M	1:47:25	2:01:42	3:49:07	3M
16	37	John Pearson	Skol Bell	MR	1:48:46	2:02:18	3:51:04	
17	33	Adam Chadburn	Adrian Knight	MR	1:54:36	1:58:22	3:52:58	
18	62	Pat McCormack	Georgie Wilson	XR	1:58:46	1:57:49	3:56:35	
19	65	Nick Teofilo		M	1:47:11	2:09:39	3:56:50	
20	10	Nicholas Petrie	Teresa Fabian	XR	1:58:12	2:00:22	3:58:34	
21	22	Damien Williams	Dave Fitter	XR	2:03:30	2:00:21	4:03:51	
22	19	Liz Lovering	Claire Bellinger	XR	2:04:38	2:03:10	4:07:48	
23	32	Scott Walton	Paula Treagle	XR	2:00:37	2:07:16	4:07:53	
24	17	Ciaran Brock	Karen Weirisma	XR	2:00:05	2:12:46	4:12:51	
25	7	Adrian Pierce		M	1:56:02	2:17:58	4:14:00	
26	21	Penny Bourke	Neil Burgess	XR	2:06:58	2:08:09	4:15:07	
27	45	Kerry Preston	David Engel	MR	2:04:20	2:12:59	4:17:19	
28	49	Mike Davies	Neil Padley	MR	1:56:26	2:25:10	4:21:36	

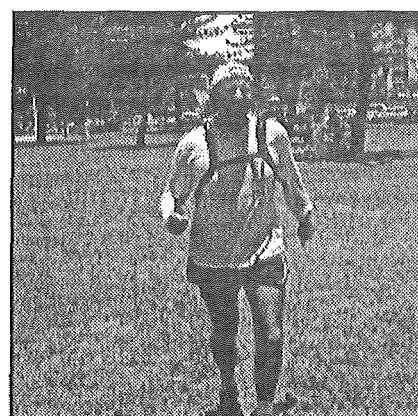
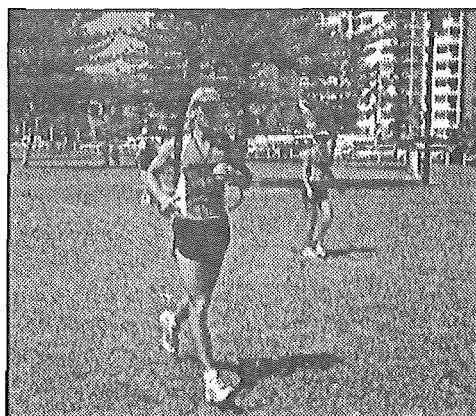
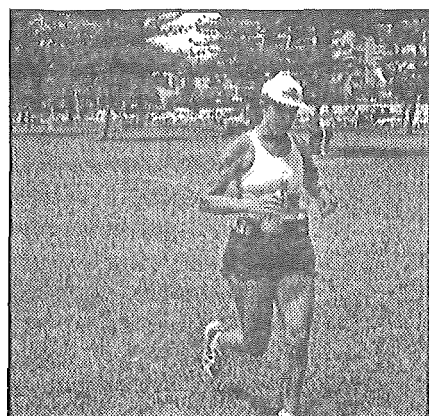
KURRAWA TO POINT DANGER 12 DECEMBER 2004 - COMBINED RESULTS continued...

Place	No.	Name down	Name back	Cat.	Time down	Time back	TOTAL	Remarks
29	16	Tony Kean	Hugh Dearnley	MR	2:01:39	2:20:32	4:22:11	
30	47	Peter McKenzie		M	2:11:41	2:21:43	4:33:24	
31	20	Garry Lefberg	Claire Bellinger	XR	2:20:34	2:14:09	4:34:43	
32	23	Geoff Crowther	Michael Harada	MR	2:22:23	2:12:20	4:34:43	
33	59	Bruce Johnson	Robyn Williams	MR	2:15:29	2:23:08	4:38:37	
34	61	Paul Chamberlain	Mal Draper	MR	2:09:20	2:29:17	4:38:37	
35	67	Carol Wingreen	Trish Griffin	FR	2:11:33	2:27:17	4:38:50	
36	18	Simon Windsor	Jessica Windsor	XR	2:13:48	2:27:36	4:41:24	
37	31	Graeme McGrory	Dave Wager	MR	2:10:49	2:30:43	4:41:32	
38	28	Bob Beer		M	1:53:25	2:50:46	4:44:11	
39	6	Peter Schulenkowski		M	2:15:45	2:29:42	4:45:27	
40	9	Peter Gibson		M	2:13:08	2:34:06	4:47:14	
41	35	Geoff Last		M	2:13:12	2:34:02	4:47:14	
42	15	Louis Casey	Zoe Adams	FR	1:55:39	2:56:46	4:52:25	2 FR
43	52	Brian Evans		M	2:03:01	2:49:30	4:52:31	
44	44	Rick Webb		M	2:01:10	2:51:54	4:53:04	
45	53	Mignon Auguszczak		F	2:10:06	2:46:06	4:56:12	1F
46	4	Nic Moloney		M	1:50:32	3:07:11	4:57:43	
47	40	Andy Gottsman		M	2:25:47	2:33:24	4:59:11	
48	25	Don Griffin	Liz Russell	XR	2:08:30	2:56:52	5:05:22	
49	14	Ross Salmon	Jenni Paxton	XR	2:32:01	2:33:34	5:05:35	
50	30	David Branson	Steve Teague	MR	2:48:05	2:18:15	5:06:20	
51	1	Peter Gardiner		M	2:25:32	2:43:36	5:09:08	
52	38	Martin Winnall		M	2:13:13	3:04:42	5:17:55	
53	64	Janet O'Byrne	Joe McCabe	XR	2:25:32	3:03:34	5:29:06	
54	54	Anthony Bremner		M	2:33:09	3:00:24	5:33:33	
55	42	Richard McCormick		M	2:13:38	3:23:52	5:37:30	
56	66	Geoff Williams		M	2:17:22	3:28:23	5:45:45	
57	24	John Doolan	Leonie Thompson	XR	2:34:03	3:15:19	5:49:22	
58	2	Barry Southgate		M	2:19:50	3:29:49	5:49:39	
59	11	Joe Raftery		M	2:33:48	3:30:42	6:04:30	
60	12	Chris Cohen		M	2:25:21	3:44:02	6:09:23	
61	55	Grant Wishart		M	2:40:05	3:32:43	6:12:48	
62	5	Louis Commins		M	2:33:55	4:08:10	6:42:05	
63	41	Andrew Barr		M	2:43:25	4:01:32	6:44:57	
64	57	Guy Reypert		M	2:43:39	4:01:18	6:44:57	
65	13	Col Colquhoun		M	2:55:30	3:54:30	6:50:00	
	8	Christine McDougall		F	2:06:05	DNF		
	56	Michael Schultz		M	2:05:59	DNF		

Key: M = male solo; F = female solo; MR = male relay; FR = female relay; XR = mixed relay

Distribution of starters; M = 28; F = 2; MR = 19; FR = 2; XR = 16

Photos below from Kurrawa race: from left - Mignon Auguszczak; Adrian Pierce and Col Colquhoun



Bogong to Hotham

HOW NOT TO MAKE THE CUT - by Andrew Hewat

In my mind the Bogong to Hotham "Roof-Top" Run is the greatest trail run in Australia. Big statement? Maybe, but it's just my opinion. Ask around and see what sort of opinion others have. It is held in high regard. Despite not having run very many trail ultras I am resolutely drawn to this race. Just think about it: what other run demands such respect while humbling those that attempt it? A finish at B2H is a much-coveted accomplishment for trail runners of all ability. While the Glasshouse 100 is assured grand-daddy status as Australia's only 100 mile trail run, the Bogong-Hotham carries a prestige and an intangible aura that defines trail running in this country.

Sunday, January 9 dawned clear and cool in the Mountain Creek campground. A promising start for those of us gathered in the shadow of Mt Bogong. This was my third trek up from Geelong, and the ledger was one from two. In 1999 I naively turned up for my trail and ultra debut. Some would say a bad choice for a first timer. I would say ignorance was bliss and the experience had me hooked. I limped in to Langford's Gap 17 minutes after the cut-off but wouldn't have been able to go on even if I had made the 5:30 deadline with a badly inflamed ITB. Time passed, wounds healed and in 2003 on a hot January day I again had ITB problems but this time not until just before Cowbungra Gap. With Sean Greenhill spurring me on I limped on to Hotham Summit dehydrated and in a very sorry state. But I had done it, I had completed the infamous Bogong-Hotham run. Once I had recovered I promised myself I would return and complete it on my terms.

Two weeks later the bushfires struck and the 2004 race was run out and back on the second half of the course only. I had other commitments. After a disappointing DNF at the 130km mark at Glasshouse in September 2004, Bogong took on greater significance. The knee injury (not

ITB) that curtailed my 100-mile attempt cast a shadow on my preparation but completing Bogong was my chance at redemption. It would also assure me that the injury was under control. An intensive but simple weight training program and lots of stretching and massage and I felt ready.

I never really considered that I might miss the cut. As I said to Mike Grayling, the race director, when he greeted me at Langford's Gap: no excuses. I simply had not gone out fast enough to make the cut.

What went wrong? I was more than capable of making the cut. I was fitter and stronger than last time when I made it. How could this be? To train so hard, to be so focussed on finishing strongly, that I actually forgot about how tight the cut would be. I was saving myself for the big finish, but never got there!

There were several contributing factors. In my enthusiasm I didn't have my predetermined splits with me and relied too much on the pace shown on my pedometer. As the actual measured distance to Langford Gap by my pedometers reckoning (accurate or not) was well over the expected 32 km, my planned pace was never going to get me there. I had a fair idea of the bare minimum time I needed to be at the major checkpoints and was running on the edge the whole way. But instead of watching the time I was checking my average pace. I was so confident that I could make the cut-off running as conservatively as I was, so as to have reserve for the second half of the course that I didn't pay attention to how far I was falling behind. Until it was too late. I crossed the line in 5:45, 15 minutes outside the cut and nearly the same time I had run in 1999 when I had literally limped in on one leg from Warby Corner.

I had eased into the run, jog-walking to the start of the staircase. I

submitted Bogong in 1:51 only 4 minutes slower than I had in 2003, when I ran 5:17 for the first half. I was much fresher today and quite happy. Man, I love this run! The landscape was totally different with the trees stripped bare by the fires two years ago. I set off at a good pace and reached Cleve Cole hut in 2:16. Refilled the bottles and drank from the creek nearby. Running strongly down the now open T-Spur I passed the veteran John Lindsay who had set out early by agreement on this his 5th venture across the first half. He looked comfortable. I was cruising. I caught up with another runner and we ran together to Big River where I briefly missed the trail and ran directly to the river instead of through the campsite and along to the chain. We had caught another runner here, Allan who was crossing the fallen tree forming a makeshift bridge allowing us to keep our feet dry. He took off; we filled our bottles and took a photo. 3:09. I was planning for 3:00. Not concerned. I felt so good.

In my book this is where the race really starts. Duane's Spur is everything you've ever heard about it and then some more. I was using a pair of trekking poles on the climbs and they not only spread the load from my knees to my arms they created momentum and rhythm that drove me up this beast of a climb. I thought I had made good time up Duane's Spur. I dropped the runner I had been running with, passed another and then moved right up behind Allan again. Up, up, ever up and then finally some respite. But then I stopped for a pit stop at the remains of Roper's Hut in the salvaged toilet. When I came out I was disoriented. The charred landscape was totally unfamiliar to me.

I found my way back to the track where my previous running companion was now ahead of me. I quickly caught him and pressed on. I was moving well but not with the

speed or intensity that was required. My average pace on my pedometer was still on target, misleading me. I still hadn't realised how far I had slid behind the required pace. At Warby Corner after taking on water I checked my watch. I couldn't believe the time. I realised that given my elapsed time I had no hope from here. But I went like hell. Despite knowing the course, in my panic I thought I had missed the track intersection and doubled back before pressing on and going at breakneck pace through the wooded single track to the aqueduct. Disconsolately resolved to my failure I eased back and jogged the seemingly endless aqueduct track. I crossed the line unceremoniously with another runner, Rudi Kinshoffer, whom I hadn't even noticed was walking just ahead of me as we approached the checkpoint.

I couldn't believe I was so far out. I felt strange. I was walking around

with no blisters, no injuries, no soreness and not really even tired. A minute or two here and there had added up to 15 minutes over the cut. My plan to conserve energy for the second half had worked fine except for the minor point about getting through in time to be allowed to complete it!

I sat around, commiserated with Rudi who has many finishes with low times and high placings and it was small comfort to me that even a runner of his stature could miss the cut. It was a long wait for the last couple of runners so that the mini-bus could drive us back down the mountain. To add insult to injury I got horribly carsick in the bus and the minute I fell out at the campground I emptied my stomach. Many thanks to the Sheena, who drove the bus, for her assistance and to Allan for the restorative cup of tea. He too had missed the cut by a narrower margin

and was disappointed. Rudi got back in the bus to go up to the finish. I envied his stomach, both for facing all the celebrations on the summit and for not getting carsick!

Next year is the 21st running and Mike Grayling is planning a celebratory affair. He already does an outstanding job is organising this event but if ever you needed motivation to give this run a go 2006 will be a big year. I will be there and rest assured, I won't be saving anything for that second half! The score is one from three and I aim to balance the ledger.

Besides thanks to Mike the Radio Operators and other volunteers deserve a medal for their selfless contributions. They may not be aware of how important their efforts are but without them there would probably be no race, and we would miss the chance to pit ourselves against this most challenging course.

Bogong to Hotham 65km "Rooftop Run" Victoria 9-1-05

Report by Philip Murphy

Everyone I have spoken to who has run this race was blown away by its toughness, its spectacular terrain and its lure. So when it came to deciding whether I would front up for the Gosford Coastal Classic 12hr track meet or this race, the decision was made easy (also thanks to some friendly coercion from a certain Mr Greenhill).

This is the race for any aspiring ultra runner, 64kms of some of Australia's finest Alpine trail running.

It turned out I was not alone either. Three other runners from Sydney decided they wanted to taste this Alpine Classic. Notably, three of the finest ultra runners in Australia, in Paul Every, Dave Criniti and Jan Herrmann. I had the pleasure of driving these guys down to the Snowies on Saturday morning. We set off at 10am and after a brief stop for lunch in Yass arrived in Mt Beauty and the Snowgum Motel at 6pm. We were all extremely excited at the prospect of our first bash at B2H. It actually surprised me that the Everyman had not run it before given his resumé! After a quick dip in the

motels pool and a shower to shake off the hours of driving, we made our way to a little restaurant, that happens to be a stones throw away from the motel. There we met up with Canberrans Ian Wright and Martin Fryer, both seasoned B2H veterans and Rudi Kinschoffer, a multiple B2H finisher with an 8:03 finish to his credit.

Pizza, pasta and a couple of beers later we were deep into race tactic talk, chatting about track diversions to watch out for, gear to take, snakes to avoid etc etc. The tips we got from our Canberran friends were most insightful. The B2H virgins were ready!

My training up till now was good but not particularly geared for B2H (I had intended on doing the Gosford Coastal Classic). So about 7 weeks before I got some good quality weekends at the Quarry Track in Sydney for a good hilly workout. I was already doing Strider STaRs quite often and they are always good hill workouts. I was averaging around 80-90km per week with some biking

and swimming in there too. Not a great deal, but quality was good with speed sessions twice a week. Even still I had no great feeling as to whether I could make the cutoff or not. 34km in 5.5 hrs looks easy on paper but from all reports it's bloody tough and if you're not in reasonable you can forget it.

According to all sources you gotta be in around 5hr 6 Foot Track shape to make the cut. I ran 5:02 last year, so maybe? With an average of 20 odd starters most years and less than half the field making the cut-off I had good reason to be nervous. At dinner we spoke about this and other things like the possibility of losing the trail (it happens), where to watch out for track diversions and aid stations (or lack thereof). After dinner I think I was actually more anxious than before!

Race morning was cool and fresh with the wonderful smell of Alpine air, as we gathered at Mountain Creek Campground for the start. The place was a buzz with runners milling about the place, tending to last minute duties, adjustments to packs and

late entrants (us) signing up. There was a wonderful campfire alight right next to the registration tent, very welcoming. After piling our drop bags into the bus we gathered for the start. I decided to wear my trusty CR Tritop with had a spray jacket in my pack just in case the weather turned. Weather forecast for the day was good with temps in the low 20s. Given this forecast I decided at the last minute to leave the spray jacket in the drop bag for halfway and take a long sleeve thermal along instead. Our race director Mike Grayling gave a short speech and then presented us all with a tin of Danish chocolate chip cookies and sent us on our merry way at 6:20ish. 2km of flat 4wd track crossing a creek a few times and then the big climb up Staircase Spur and Mt Bogong. I had the splits that Sean Greenhill got during his 2003 venture this way.

He made it to the summit in 1:45 and ended up getting to Langford Gap and the halfway point in 5:17. I figured his splits would be useful for me (they were, thanks Sean). Dave, Martin and Ian pulled away quickly and I didn't see them again until the finish. I hung back with Paul and Jan making steady progress up the mountain. Jan pulled away as he does on hills; he's such a strong climber.

Paul basically wanted to be as fresh as possible at the top of Mt Nelse so he was backing off a little with the intention of running a faster second half. This was good as he paced me to the summit. In any case I figured staying with Paul was a good idea as there was no way he was gonna miss the cutoff! We reeled in Jan at the track diversion to the summit cairn arriving there together after 1:40. Man, how good was it at the top here, awesome views above the tree line, I was in heaven. My GPS gave a reading of 1991m ASL not bad considering we were at 1986m ASL. We stopped briefly for a photo and a quick chat to the volunteers. The next few km to Cleve Cole Hut made for great running, we were flying along, it was nice to stride out after the long slog up Bogong. Paul stopped briefly to tighten up his shoelaces and I recall it was along here that we passed my Sydney trailwalker teammate from last year John Lindsay, who got away an hour earlier than us. He was moving along quite well looking comfortable.

We reached Cleve Cole Hut where I stopped and filled my Camelbak. I had drunk quite a bit on the climb up and was glad to half a good 1.5ltrs in the pack. Jan didn't stop and set off for Madison Hut before me. I tried to catch up as the running was good here but he was flying along in the direction of T-Spur. Didn't bother stopping at Madison Hut, the volunteers got my number and pointed me in the right direction. When I reached T-Spur I could see what all the fuss was; about getting lost here and finding it difficult to find the track down to Big River. Luckily for us this year the bushwalkers club had very generously attached pink tape along the track making navigation a whole lot easier. The descent here is brutal and my quads were getting smashed. I really wanted to fly down this spur but the terrain just wouldn't allow it. There was lots of bark lying across the track, which almost tripped me up a few times. Then there is the view across the River to Duane Spur. My God we have to climb that too! The recent bush fires had left an unobstructed view of the climb up Mt Nelse on the other side.

The sound of water flowing signalled the arrival of Big River. It was 3:57 into the run, still just ahead of splits. Jan was perched on a rock filling his water bottle. I borrowed his bottle to fill my camelbak, almost losing the cap as it fell into the river. The water is crystal clear and so refreshing here, not many places left where it's so good. I quickly ate a tub of rice pudding before making our way to the crossing. There is a huge fallen tree lying across the river, which enabled a dry crossing. We were thankful, as running up Duane Spur with wet shoes would have been nasty. Going up Duane Spur is when I started to struggle a bit, I managed to stay with Jan for a while but started to fall off as the climb took its toll. I was sweating heaps and stopped every 20 metres or so for a breather. The March flies liked my shoes so much they actually started biting me through the mesh! Luckily I had applied a thick layer of Bushmans bug repellent, loaded with Deet to my legs, arms and neck. It seemed to be working, as they were not interested in my skin. Onward and upward, I was passed along this section as I tried to get a stride

happening. Finally reaching the top passing a burnt out Ropers Hut where the trail levelled out. Normally there's water available here but not this year. From here the running was good again but I was stuffed after the 2 climbs. I caught up to Jan again figuring I would need to stay with someone to make the cutoff. Paul who had dropped off the pace earlier now came screaming up from behind looking extremely comfortable.

We were together now running above the treeline and then dropping towards Watchbed Creek Pole 739 and the track diversion skirting Marm Point. At this point Jan and Paul pulled away from me. The terrain was real good and the slight undulations made for good running. Shame I couldn't get it together, I was struggling big time here. I went into a bit of a dark patch with negative thoughts going through my head, "if I don't stay with these guys I will struggle to make the cutoff" etc. They were a good 400mtrs ahead now and I had to dig deep.

If I start the run/walk thing here that's it, I'm stuffed. Somehow I got my shit together and increased my pace. I caught up to Paul just after the diversion. He had pulled up again to drink from a creek; I was rapt to be back with them. We only had a few more kms to go and we would be at Langford Gap. Meanwhile, I caught Jan a short while later at the bridge crossing. Paul then caught up as Jan and I double-checked our maps and the three of us set off for Langford Gap. Looking at the time, we reckoned we should be right but the further we ran the more worried we got. My GPS was telling me 34km, so where's the halfway point? We followed a winding trail further. Paul muttered something like "any of you guys getting worried yet" We just looked at each other and put in a mini surge until finally the halfway point was in sight. 5:23, with only seven minutes to spare. I was rooted, Jan too, as we sat down for a quick breather. Paul only stopped briefly and was quickly on his way.

Our drop bags were there so I quickly reapplied some more bug repellent and sun cream, grabbed some fruit oranges and bananas and wolfed down another tub of rice, while Mike Grayling generously filled my pack. He asked if I was continuing to which I

replied, "You bet, I wasn't busting my ass to get here and not continue" He just smiled and then said "good on ya" Meanwhile Jan was having his customary bottle of beer when Mike muttered "you guys better get going". So after a good 10 mins there (which we needed) we set off long the Aqueduct.

This next section is flat and winds its way along the aqueduct for a few kms. I was struggling to get into a rhythm again, the effort to make the cutoff taking its toll. Jan was behind (having left Langford Gap just behind me) and I started the dreaded snow pole counting thing. Each snow pole is approx 40 metres to the next, so maths is pretty easy. They are all numbered counting down to Mt Hotham. I passed Wallace Gap turn off and then the Rovers Hut, which is a huge modern hut (with solar panels) in the middle of nowhere. Strange I thought? Luckily for me Jan was behind as I missed the turn off the 4-wheel drive track for Cope Hut. We arrived there together after stopping briefly for some water.

The Bogong High Plains loomed now and the terrain is well, awful. A rut in the ground next to the snow pole line that is difficult to stay in, as it's so narrow. My hips were beginning to hurt from the constant "cat-walk" style running. Every now and again I meandered out onto the uneven grass. We passed the SEC hut and Aqueduct junction before heading off for Pole 333 and the turn south for home. Running was sporadic along these high plains and in hindsight we could make up a lot of time here if we didn't walk. Easier said than done however. It reminded me of the slog along Black Range at 6 Foot. As we approached Pole 333 there was a flock of crows to the south going off near Mt Jim making a right old racket, we figured it was because of the magnetic anomaly that occurs there ;-)

We reached Pole 333 and sat down for a bit, chatting with the two volunteers there. They were great, giving us oranges and fruitcake. We were the last runners through but they would have to wait until we got to

the next checkpoint before they could pack up and go. A big commitment from these guys, big thanks to everyone who got out there to help out.

Feeling refreshed now we set off south along the Alpine Walking Track to Pole 267. A right turn heading west/southwest for the drop down to Cobungra Gap. The trail drops steeply here and I was beginning to develop a hot spot under the ball of my right foot from the constant braking effort. Again the terrain was all broken up with loose rocks everywhere. How the faster guys hurtle along here without doing an ankle defies belief. I stopped briefly to tighten my shoelaces, as my feet were moving around too much.



Cobungra Gap was beautiful, lush and green. The volunteer at Dibbin Hut was a cheerful bloke. He'd had a long day out there. We made our way straight to the Cobungra River for some refreshment and topped up our water supplies. Again the water here was so good, I wanted to jump in.

And so the slog up Swindlers Spur was upon us. I actually got a second wind here and started to feel real good. This has happened to me the last few ultras I've run. I could get used to that! The weather was closing in now with winds freshening and some ominous looking clouds about. I started to pull away from Jan here (yes on a hill!) and when I reached the top quickly got back into a good rhythm again. I arrived a Derrick Hut and just ran straight up the rise to Mount Loch. I was beginning to think the end is nigh! I looked back the

switchback to see if I could spot Jan but he was nowhere to be seen. Into double-digit pole numbers now it was count down time. I knew from the map that Pole 60 was where the T-Intersection was and the final turn towards Mount Loch Car Park. I looked at my watch and started thinking a sub 10hr finish was on the cards! Let's see. I could see the car park off in the distance but it seemed to take forever to get there. I stupidly followed the 4WD track to the car park when I should of stooped to the Snow pole line. Lost some time there. I then spotted a runner ahead and thought about trying to catch him until I realised I was running out of snow poles. I crossed the car park and ran along the bitumen road for a wee bit before following some red arrows to Mt Hotham Summit. As I hit the top of the hill I could see the finish line for the first time. Already there were most of the finishers, our race director and bus driver.

I almost teared up towards the end as the gathered runners clapped. It was a fantastic experience to finish this one. I stopped my watch in 10:02 just missing sub 10 but it didn't matter, finishing this race is achievement enough. Shortly after my arrival Jan came through looking really strong at the end. He surely would have caught me with another km or so.

We sat around sharing war stories for a while. Dave won at his first attempt in 7:50 and Martin and Ian both set huge PBs. Paul pulled up in 9:25ish looking like he could of went the distance again!! A beer and a couple of photos later, we all bundled into the bus for the trip down the mountain. That night we gathered again at the pizza restaurant, sharing our experiences, all feeling pretty smug and proud of our achievements.

This is without doubt the most gruelling and rewarding event I have done thus far. I totally recommend it to anyone considering it and will most definitely be back to break 10hrs.

Thanks to Mike Grayling and all the volunteers out there. We were blessed with wonderful weather and conditions.

Coastal Classic 12 Hour Run/Walk

Race Report 8th / 9th January 2005 - by Paul Thompson

The 8th Annual Coastal Classic was conducted at Adcock Park, West Gosford, N.S.W.

The Classic started at 7:30 pm, 31 athletes were on the starting line. Among those assembled were three people who have done every Classic. Alan Staples, Nick Drayton and by default myself, Paul Thompson (the other co-organiser, Frank Overton would have been the fourth athlete except for double knee replacements done in 2003).

Race conditions were mixed over the night. We had mostly fine weather with a brief rain shower, whilst I was eating a slice of pizza. Some how they always know when I am having a high carbohydrate meal. Once I finished the pizza slice the rain stopped. We then had a steady breeze for the duration of the night / morning.

Wayne Tomasums went out like the proverbial hare and the eventual winner Kieron Thompson (no relation) went out like the tortoise. Just circulating at a steady 10km per hour pace (approximately). Wayne lead the race into the 5th hour then succumbed to his break neck pace.

Vivien Kartsounis the women's victor stayed ahead of Keiron till the 8th hour when Keiron caught up during the 9th hour and was not headed again.

Nick Drayton brought along some of his usual crew. However he was racing and trying to crew as well. Now not so young Andrew (Andy) Drayton now Crew Chief, cigar handler, beer wench and motivator was encouraging his father and younger brother.

During the early hours of the morning David Drayton our youngest competitor went off with the "pixies". He ended in hospital suffering from exhaustion. He has now fully recovered. I am sure he was

just trying to emulate David Crinti's first and second efforts in the Classic.

In the walk division multiple male winner Robin Whyte was keeping last year's female winner and multiple winner Val Chesterton company. I believe he even escorted her Home. Val managed to win her division even though she had to let Robin beat her. Geoff Hain won the men's division with just over 90 kms. Geoff recently walked 100 miles in under 24 hours.

Stan the Man Miskin showed a new way to finish an ultra. Giving us all a fright, overbalancing and falling to the ground. But at 79 years young Stan quickly recovered. I slight cut and a bruise was all to show. I think his wife will be able to dine on this for a while, explaining about her mean uppercut.

Tony Collins made 100 kms again. Tony seems to have got over his niggling injuries. His daughter sought her Dad's approval in her choice of boyfriend. She did this by getting him to compete in the ultra. She has a very wise head on her shoulders. Her boyfriend said it was better than the alternate; route canal therapy!

The quiet achiever Alan Staples went over 100 kms again. Alan is stalwart of the Classic; I think he has run 100kms+ more than any athlete in the Classic.

Apparently a snorer kept people awake during the Classic. The tents were almost sucked into the vortex. I thought keeping people awake would be considered a community service.

Our official starter Phil Donelan ably assisted several athletes with massages during the night. Phil has coached

several athletics to Australian Championships and Commonwealth games.

Phil Essam thought highly enough of the Classic to move closer so he could compete. Phil had what he considered was a fair walk. He gave a very nice speech at our presentation and vowed to return next year.

In our officials, a special mention to Sue Overton (Frank's wife) and Jay Overton (Frank and Sue's son) who have also never missed a Classic.

The presentation took place shortly after the conclusion of the Classic in the shade of the clubhouse. Our now famous lucky draw ensured every competitor managed to get a prize be it a boxed Parker pen, travel kits, sports bags, wine and other gifts. There were prizes for officials and gifts for children supporting parents and grandparents.

We like to thank all our competitors, officials and sponsors for making the Coastal Classic a wonderful success. Next years Classic will be held at 7:30 am at Adcock Park, West Gosford, NSW on 7th / 8th January 2006. Hope to see you there.

Thanks everyone.

*Paul Thompson & Frank Overton
Co-ordinators Coastal Classic*



COASTAL CLASSIC 12 HOUR RUN / WALK GOSFORD NSW 8 / 9 JANUARY 2005 MILESTONES

Name	Place	Half	Marathon	50 KM	80 KM	100 KM	12 Hours
Kieron Thompson	1	2.03.21	4.06.20	4.52.49	7.54.07	9.58.49	120.976
Vivien Kartsounis (f)	2	1.58.00	3.59.40	4.43.50	7.49.38	10.01.36	116.573
Tony Collins	3	2.09.23	4.42.11	5.40.18	9.23.10	11.45.34	101.809
Carol Baird (f)	4	2.00.47	4.05.12	4.54.58	9.12.10	11.57.20	100.437
Alan Staples	5	2.08.20	4.44.28	5.43.45	9.37.16	11.58.22	100.197
Karina Ward (f)	6	2.42.22	5.23.27	6.29.42	10.32.45	D.N.R	91.805
Andrew Cohen	7	2.00.20	4.20.29	6.26.36	10.31.00	D.N.R	91.436
Geoff Hain (w)	8	2.33.24	5.25.00	6.26.47	10.35.26	D.N.R	90.656
Ken McIlwain	9	2.18.36	5.13.46	6.28.49	10.56.29	D.N.R	86.424
Nick Drayton	10	2.44.27	5.41.53	6.53.26	11.22.52	D.N.R	84.970
Bob Fickel	11	2.10.22	4.49.44	5.56.24	11.32.50	D.N.R	82.899
Laurie Hennessey	12	2.19.39	4.49.31	5.45.02	11.44.30	D.N.R	82.690
Joel Hudson	13	2.27.52	5.43.52	6.58.07	D.N.R	D.N.R	77.172
Chris Graham	14	2.09.52	4.15.01	5.04.45	D.N.R	D.N.R	76
David Cannings	15	2.12.08	4.40.17	5.37.35	D.N.R	D.N.R	76
Robin Whyte (w)	16	2.34.04	5.50.36	8.00.19	D.N.R	D.N.R	75.371
Val Chesterton (f) (w)	17	3.12.48	6.27.08	7.50.51	D.N.R	D.N.R	74.171
Ross Jackson (w)	18	2.50.56	6.56.21	8.39.10	D.N.R	D.N.R	67.713
Grahame Kerruish	19	3.26.07	7.17.24	8.42.56	D.N.R	D.N.R	67.698
Blake Walsh (w)	20	3.05.50	6.49.13	8.40.40	D.N.R	D.N.R	67.009
Sandra Howorth (f) (w)	21	3.00.02	6.51.04	8.35.55	D.N.R	D.N.R	64.535
Stan Miskin (w)	22	3.46.56	8.37.57	10.14.20	D.N.R	D.N.R	59.603
Phil Essam (w)	23	3.13.26	7.14.44	9.38.03	D.N.R	D.N.R	58.714
Robyn Davis	24	4.16.42	9.15.38	11.00.26	D.N.R	D.N.R	54.498
David Drayton (w)	25	2.53.17	6.36.17	8.25.53	D.N.R	D.N.R	52.400
Wayne Tomasums	26	1.35.43	3.28.32	4.23.15	D.N.R	D.N.R	51.600
Katrina Cummock (f)	27	3.04.42	11.50.43	D.N.R	D.N.R	D.N.R	43.060
Damien Meyer	28	3.03.06	7.38.24	D.N.R	D.N.R	D.N.R	42
Tony McGee	29	2.08.35	D.N.R	D.N.R	D.N.R	D.N.R	40.400
Antony Spano	30	2.41.26	D.N.R	D.N.R	D.N.R	D.N.R	36.800
Paul Thompson (w)	31	3.48.40	D.N.R	D.N.R	D.N.R	DNR	24

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

Coastal Classic Results raw results with extra mtrs & 1st three in each division

1 st Kieron Thompson	120.976	12 th Laurie Hennessey	82.690	22 nd Stan Miskin (w)	59.603
2 nd Vivienne Kartsounis	116.573	13 th Joel Hudson	77.172	23 rd Phil Essam (w)	58.714
3 rd Tony Collins	101.809	14 th Chris Graham	76.000	24 th Robyn Davis	54.498
4 th Carol Baird (f)	100.437	15 th David Cannings	76.000	25 th David Drayton (w)	52.400
5 th Alan Staples	100.197	16 th Robin Whyte (w)	75.371	26 th Wayne Tomasums	51.600
6 th Karina Ward (f)	91.805	17 th Val Chesterton (f) (w)	74.171	27 th Katrina Cummock (f)	43.060
7 th Andrew Cohen	91.436	18 th Ross Jackson (w)	67.713	28 th Damien Meyer	42.000
8 th Geoff Hain (w)	90.656	19 th Grahame Kerruish	67.698	29 th Tony McGee	40.400
9 th Ken McIlwain	86.424	20 th Blake Walsh (w)	67.009	30 th Antony Spano	36.800
10 th Nick Drayton	84.970	21 st Sandra Howorth (f) (w)	64.535	31 st Paul Thompson (w)	24.000
11 th Bob Fickel	82.899				

(f) indicates Female (w) indicates Walker

Male Run

1st Kieron Thompson 120.976
 2nd Tony Collins 101.809
 3rd Alan Staples 100.197

Female Run

1st Vivienne Kartsounis 116.573
 2nd Carol Baird 100.437
 3rd Karina Ward 91.805

Male Walk

1st Geoff Hain 90.656
 2nd Robin Whyte 75.371
 3rd Ross Jackson 67.713

Female Walk

1st Val Chesterton 74.171
 2nd Sandra Howorth 64.535
 3rd No Third

Mansfield to Mount Buller 50km

30 Jan 2005 - by Julia Thorn

For two years in a row the weather has been perfect for the 50km Mansfield to Mount Buller road race. What a joy to wake to a clear sky and coolish temperatures for this gruelling event. This year the setting was superb as we headed out from Mansfield, with a low fog hanging over the road and not a breath of wind.

As the fog lifted the sky was actually quite overcast for a couple of hours, keeping the heat at bay, and when the day began to warm up seriously I was already starting to climb and hitting patches of shade. This shade is always very welcome once the uphill stuff starts in earnest.

The part of this run that I dread is the early undulating kilometres, where we are still a long way from the serious climb and the road seems endless. It has a few short climbs, and also a few nice downhill, but this part of the road never seems to reach anywhere, any of the landmarks I'm looking forward to ticking off. I've come here for a serious climb and I want to get going. Fortunately this year, with a larger than usual field I had company to chat with for much of this early part.

This year a large contingent of Victorian Road Runners, who are preparing for an assault on the Comrades Marathon later in the year, turned up. So while the race had 14 runners in 2004, this year there were 25.

Of the rest of the field, many of the runners had done the event a large number of times before. Brian Gawne achieved a 14th finish; Kelvin (he doesn't need a surname) was here for his 13th time; Ernie Hartley has notched up lots of finishes. Tim Cochrane is a relative newcomer to the event, having run it twice, and with his win this year came 13 seconds closer to the race record, but Tim Sloan's record of 3 hours 46 minutes is still safe. So too is Sandra Timmer Arends' record of 4 hours 20 minutes for the females. This year's female first place getter was over an hour outside the record.

The organisers and support team as always did an excellent job this year, making us

runners feel as comfortable as it could be possible to feel while running so far on a hilly road. It's always so nice to round a bend and see a drinks table set out with water, fruit and best of all a bowl of lollies. Not to mention all the encouragement. And a special mention goes to Dot Browne, who will pull up alongside you in her car and say what a fantastic job you're doing, when you know you look like a damp dishrag that has been wrung out too often.

I feel I know this road like the back of my hand, and I count off the landmarks as I run. It takes a long time to get to Merrijig, which is the first point at which I feel I'm actually on the way to Mount Buller. That's because we often stay at Merrijig when we go skiing. And also you've covered quite a bit of ground by the time you get here.

After that I want to get to Mirimbah and the National Park entry gates, because that's where the real climbing starts. I would aim to feel reasonably fresh at this point, but of course you can't feel all that fresh after 30km of running. And if I'd set out the way Tim Cochrane did I would be on a stretcher on the way to hospital! From Mirimbah onward much of the running is in the bush and the shaded parts feel pleasantly cool. When you do come out into the sunlight the warmth is welcome too.

From here on in, the landmarks come thick and relatively fast. There's 23 Mile corner, the road sign with elves on it, and some roadside waterfalls, and the snowmakers' depot, and the bend with the giant painted screen. And then there are those serious hairpin bends where you can look down and see where you've just been, or look up and see where you're about to go, and the roadside parking lane begins. Then I start to wait for Channel 7 Corner. And look – you get glimpses of the village, and within a few hours (it seems) you can see the Horse Hill chairlift. That's a great sight because the village is only 1500 metres away from the chairlift car park. It's only a matter of passing all the other car parks, and you come to the 40km sign, which means you've hit the village.

Last year there was a group of bike riders heading up to the village as I ran the last few kilometres and we travelled at roughly the same pace; at one stage they were giving me updates on my speed and I was horrified at how slow I was going. This year I had the road pretty much to myself apart from a few reckless drivers taking the bends at high speed. I hear there was some drag racing going on later in the morning.

Now things get tough. The path up through the village, aptly called Athletes Walk, is very steep, and I imagine most runners are reduced to a walk by now. The path joins the road, and you then have to run/walk/stagger past the finish line at the Arlberg Hotel to continue to the summit of Mount Buller. Running past a finish line when the race isn't finished is always troubling. Especially here where the path remains steep for another two kilometres, with a very short patch of downhill.

The view from the summit is unequalled. Mountains as far as the eye can see. In every direction. Kevin Cassidy usually has the job of standing by the summit cairn to enjoy the view, or rather to check that all runners touch this cairn before descending to the Arlberg. He tells everyone that if they don't touch it they have to do the climb again, which is his idea of a joke! This year Kevin was busy swimming from Queenscliff to Frankston, or maybe that was two separate swims. So Geoff Hook did the job instead. I didn't hang around at the top to see if Geoff had a joke to tell.

I just love the downhill. I can't wait to let rip. It isn't much of a rip but it feels good, exhilarating after all the shuffling. Past Kofflers Hutte, which looks oddly deserted in summer, past the chairlifts, and round the bend to the Arlberg. To clapping and a rest, and this year an over abundance of flies.

Thanks again Peter Armistead, Dot Browne and your crew for a great run.

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

SUNDAY 30th JANUARY 2005

RESULTS

PL.COMPETITOR	5km	10km	20km	30km	40km	50km (Finish)
1. Tim COCHRANE	18.49	37.28	1:15:10	1:53:30	2:49:50	3:52:16
2. David ROBERTS	25.30	49.50	1: 36.20	2:18.40	3:17:20	4:22:20
3. Mark ROBINSON	24.13	47.13	1:33:22	2:18:05	3:19:36	4:33:16
4. Brent DOWER	25.32	49.20	1:33:26	2:16.40	3:18:01	4:36:40
5. Kelvin MARSHALL	22.37	45.30	1:32:35	2:18:05	3:24:40	4:41:19
6. Chris MURPHY	24.58	49.50	1:37:45	2:24:50	3:29:50	4:45:06
7. Dan THOMPSON	23.20	46.28	1:32:02	2:17:55	3:27:3	4:47:48
8. Peter FIELD	26.33	53.40	1:45:26	2:38:12	3:45:50	5:01:11
9. Leigh MURPHY	26.25	53.40	1:43:25	2:31:50	3:43:40	5:06:51
10. Brian GAWNE	24.57	49.10	1:37:50	2:26:07	3:42:15	5:08:56
=11. Steven BARKER	25.48	54.30	1:46:32	2:38:12	3:51:22	5:20:38
=11. Rob CLUTTERBUCK	26.47	53.40	1:45:17	2:38:12	3:51:50	5:20:38
13. Julia THORN (L1)	26.50	54.30	1:49:25	2:44:39	3:58:40	5:21:58
14. Susan OLLEY (L2)	26.45	53.40	1:45:50	3:43:06	3:59:10	5:34:08
15. Ross MARTIN	26.25	53.40	1:45:22	2:38:12	4:02:40	5:41:50
16. Doug STOKES	25.55	54.10	1:46:32	2:38:12	4:00:52	5:43:13
17. Brian O'FARRELL	26.45	53.40	1:45:50	2:43:06	4:08:50	6:03:24
18. Robert BOYCE	28.26	56.40	1:51:42	2:47:20	4:18:15	6:09:34
19. Steven TREVASKIS	26.30	54.30	1:51:22	2:53:00	4:31:40	6:10:17
20. Richard McCORMICK	26.40	54.30	1:49:35	2:44:05	4:15:20	6:11:06
21. David SPENCER	28.54	57.00	1:53:42	2:51:05	4:19:15	6:15:36
22. Jane STURZAKER (L.3)	31.05	63.32	2:04:55	3:10:20	4:40:29	6:18:00
23. Garry WISE	27.16	54.30	1:50:02	2:50:00	4:26:15	6:28:03
24. Ernie HARTLEY	28.31	58.30	2:02:46	3:17:15	5:03:10	7:10:56
25. John NUTTALL	22.38	44.50	1:29:05	2:14:50	DNF	

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

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

Cradle Mountain Run 2005

85km [Tas] 5-2-2005 - Report by Julia Thorn

The Cradle Mountain Run, held annually in February, is truly inspiring. And definitely something to impress your friends with, especially the non-running ones. How can anyone run that far? Well, for starters the scenery is out of this world from start to finish. For seconds the sense of what you are about to achieve is overwhelming. For thirds, you couldn't hope to run with a nicer bunch of people.

Fifty four runners, myself included, took to the Overland Track for the 2005 edition of the Cradle Mountain Run, when runners aim to cover the entire track from Waldheim to Cynthia Bay in under 16 hours.

You can read about the Overland Track in any number of bushwalking guides, but when you run it you get a totally different experience. You see the route as a continuum rather than in separate sections. The huts become distance markers to be checked off rather than home for the night. You have to cope with fatigue just when the track gets difficult, and with boardwalks that were not constructed with running in mind.

This year's race was a tale of mud, mud and more mud. Nobody expected to arrive at the finish in a state of cleanliness, and it was a rare runner who didn't have legs covered in mud, a muddy backside from falling over, and totally black shoes and socks.

Run day dawned cool and before we knew it we were struggling up to Marions Lookout, the sun just risen but very little in the way of views, thanks to thick mist. That climb over, it was all going to be downhill. Maybe not quite all, but it was good to get the worst climb over near the beginning. The other climbs, to Pelion Gap and Du Cane Gap are longer but less steep.

Missing the sight of Cradle Mountain was a shame - another time I'd been here I'd climbed it, with the family

on a blistering 30 degree day. Last year, doing this very same run, under a blue sky, the peak had been resplendent. However the first time I'd been here I'd not seen the mountain at all. It was shrouded in fog when my partner and I came to walk the Overland Track in 1986. We had five days of rain and the mud was unbelievable. The track has changed a lot since then - there is far more duckboard and some bits have been rerouted.

Barn Bluff was out of sight too, but the lakes in the early hours looked lovely, beyond Waterfall Hut. By now the track has descended enough for mist not get in the way of fine views. The water was perfectly still and reflected the low trees beautifully. It was a real joy to run along the boardwalks through here, easy running and lots to look at. However the Dark Forest, then Frog Flats gave us our first taste of serious mud, and were a portent of things to come.

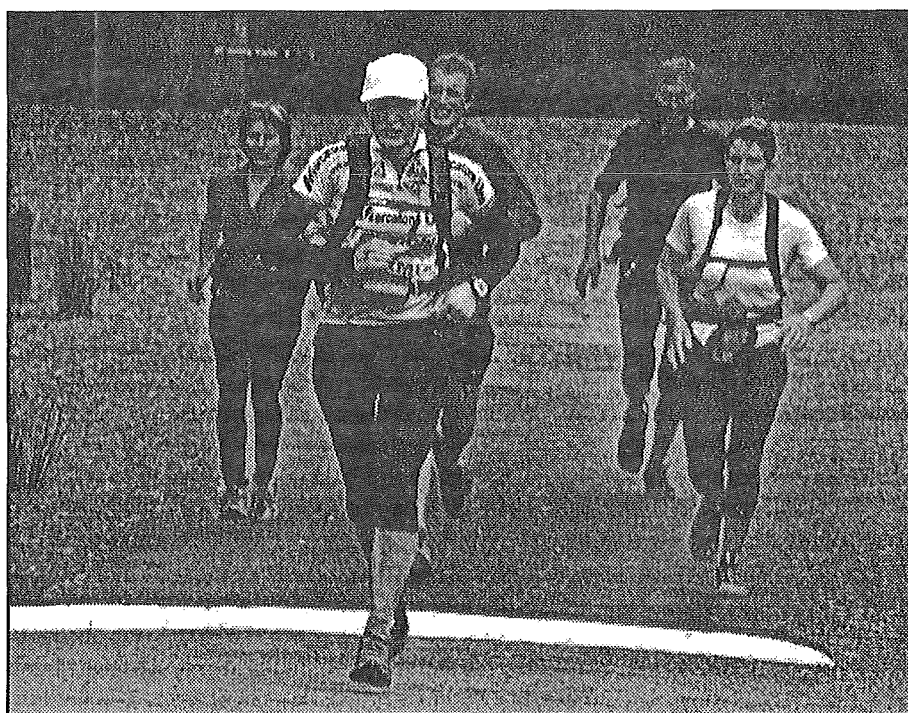
The scene at Pelion Gap is usually the most stunning. The colours were a bit muted this year, in the absence

of sunshine, but at least the climb wasn't so steep as to leave me entirely breathless.

We were lucky to have a cool day. It was just the right temperature for running, and a bit of drizzle made things comfortable too, once we were down off the Cradle Plateau. Of course there was no shortage of drinking water in the creeks we crossed.

The muddiest sections were around Du Cane Hut and coming down from Du Cane Gap. I rolled my ankle twice, stubbed my toe badly, and fell over in quick succession. Gaps in the old duckboards made running hazardous at times, and much of the duckboard was submerged.

The most difficult part of the run, for myself and I suspect for many others, was the stretch from Narcissus through the forest. The tree roots make running difficult, if not impossible, and there are constant ups and downs. And you're tired. There are long gaps in the scenery on the approach to Echo



*Hanny Alliston, 1st Female finisher, about to cross the finish
(Hanny is accompanied by some of her supporters).*



AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

ANNUAL REPORT 2004



AUSTRALIAN ULTRA RUNNERS

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ANNUAL REPORT - 2004

Dear Members

Your committee is pleased to report on the activities of your Association for the year ended 31 December 2004.

OVERVIEW AND FUTURE DIRECTION

The purpose of the Association is to promote the sport of ultra-running or ultramarathoning. Ultra marathons are generally considered as those events longer than a standard marathon (42.195 km).

During the 1880's this sport was extremely popular and the main proponents staged all sorts of events, ranging from 24 hours events to 6 day events. Some were from place to place; yet others on small indoor circuits. Large prizemoney was on offer and huge wagers were made on the outcome of races; mostly match races. The sport declined in popularity with the advent of the great depression of 1890 and the development of cycling as a sport. It was revived again in 1928/29 with the holding of the two Trans America races but declined again with the Great depression of 1930-31. In those days, there was a wide distinction between professionals and amateurs and those who had competed in professional ranks were generally unable to later switch to contest amateur races or to become involved in any way with the Olympic Games.

One such Australian athlete was Mike B McNamara, who featured as the first inductee into the AURA Hall of Fame (see Ultramag Volume 19 No. 4 December 2004). He withdrew from the 1928 race at day 16 but contested the 1929 race in which he finished 7th. He went on to establish world records at 30 and 40 miles, in 1930. Another Australian athlete, Herbert Hedemann finished 38th in the 1928 Trans America race. Unfortunately nothing else is known of Hedemann but this performance was most meritorious for that time and he is the 2nd inductee to the AURA Hall of Fame.

Yet another Australian, William Francis King, known universally as 'The Flying Pieman' made a considerable name for his exploits of pedestrianism in the 1840's. He is the 3rd inductee into the AURA Hall of Fame, see the March 2005 issue of Ultramag.

In Australia, during the late 1960's – early 1970's, George Perdon ran many world class times and world records, as a professional, for events ranging from 30 miles to 24 hours. Many of these were as a 45 year old. He then switched his focus to long distance solo runs. George will be honored as the 4th inductee into the AURA Hall of Fame, to be featured in the June 2005 issue of Ultramag.

Long distance running was then given quite some publicity in Australia with the well documented solo feats of Tony Rafferty and Ron Grant.

However, it was the Sydney – Melbourne races staged on 9 occasions from 1983 to 1991 which really triggered a huge interest in ultra running in Australia. Long distance runners came from all

over the world to contest this event and to chase the prizemoney on offer. To enter the great race, one had to qualify in a 24 hours race which resulted in a large escalation of interest in 24 hour track races during that period.

Worldwide, there have been many ultra races over a quite long period, some having been established for many years. One such race is the Comrades marathon in South Africa. This is a point to point race of ~90 kms which regularly attracts more than 10,000 starters. It has been going now for almost 80 years. There are also a number of trail races of 100 miles conducted in America, where such races are quite popular.

Unfortunately point to point races and trail races, while quite enjoyable for the participants and quite popular, do not lend themselves to the comparison of performances. All sorts of variables come into play including nature of the terrain, flatness of the course, wind assistance, altitude, etc – making comparisons of performances impossible.

Consequently, from an altruistic point of view there has been a big shift in recent years to the staging of World challenges of 100 km road races and 24 hours track races. It has been possible to attract the attention of the IAAF to such races and there is now effectively a World Championship for each of these two events. In Japan alone, there are 4 races annually of 100 kms which between them attract more than 4,000 starters.

We are pleased to report that the Australian team in the 100 kms World Cup in 2004, achieved the best Australian placing ever by an Australian team, for 4th place in a total time of 23:07:49 (Dave Criniti 7:23:30; Jonathan Blake 7:47:42; Mike Wheatley 7:56:37).

The best team performance by Australia ever at the 100 kms World Cup (then Challenge) was in 1994 at Lake Saroma Japan with a total time of 20:47:48 for 6th place (Tim Sloan 6:43:02; Don Wallace 6:51:14; Trevor Jacobs 7:13:32). In 1995 Linda Meadows placed 2nd in the World Challenge with 7:48 and in 1994-95 Linda and Mary Francis (then Morgan) ran several 100 kms races in the range 7:40 to 7:50.

At 24 hours track, we have had many fine performances over the years. These include Yiannis Kouros (numerous 250 to 303 kms); Mike March 260; David Standeven 256; Bryan Smith 254; Owen Tolliday 253; Brian Bloomer 242; Brickley Hepburn 239 and many others in excess of 230 kms. In the ladies section Helen Stanger has been without peer with a 48 hours performance of 329 kms and world age group (45 to 49) records at 12 and 24 hours. With more competition it would be quite possible to replicate these performances.

Your Association intends to focus its attention on staging these two race types and honing them so they become world class events. Your Association also intends to attract the talent necessary to achieve good performances and become competitive on the world stage.

We are hopeful of gaining the support of Athletics Australia and/or the Australian Sports Commission for financial assistance to achieve these objectives.

AUSTRALIAN ATHLETIC FEDERATION

As previously reported, your Association became a member of the Australian Athletic Federation (AAF) in November 2002. Other members comprise Athletics Australia (AA), Australian Track & Field Coaches Association, Australian Masters Athletics Inc., Australian Athletic Confederation (pro runners), School Sport Australia, Australian Federation of Race Walking Clubs and Australian Mountain Runners Association Inc. The objective is to have one unified body to advance the interests of the various members of the athletic family.

The AAF was structured so that its Board comprised the Board of AA and, unfortunately, it had no separate management and no separate budget.

As has been well documented, Athletics Australia encountered its own series of problems in 2004 culminating in the appointment of the Athletics Review Committee. That Review recommended the disbanding of the AAF. However, at a meeting of members of AAF in November 2004 it was resolved to continue with the AAF, as it provides the mechanism for a sharing of ideas and resources between the various members of the Athletic family. A further meeting is planned for March 2005 in Sydney to determine the way forward.

Your Association is of the view that there is merit in having the AAF continue, provided it is run by all of its members and that it has its own separate funding. Your Association played a significant role in securing agreement to this effect by the members of the AAF.

Public liability insurance coverage is provided by AAF (courtesy of AA) for which we are grateful. Athletics Australia also provides assistance with marketing and promotion through the Athletics Australia website (for the more important races). There are also indirect benefits available, such as the use of the Athletics Australia office and Boardroom in St Kilda Road, Melbourne. Also, the more direct affiliation, through AA, with IAAF should prove useful in relation to members competing in world challenges and championships conducted under the auspices of the IAAF. However, and as previously reported, we are receiving no assistance at all with funding for development or for sending teams to compete at world championships and we do not have full control over selection processes.

Notwithstanding, we acknowledge the assistance and support of AA, for which we are most grateful.

NATIONAL CHAMPIONSHIPS

AURA recognises 5 races annually as Championship events. They are the 100 km road race, the 24 hours, 48 hours and 6 day track races; and one trail race, determined annually on a rotational basis.

100 kms road race

The national 100 kms road championship was conducted as part of the Gold Coast 100, held on 17 July 2004.

Placegetters were

	Name	Time
Male 1	Jonathan Blake	7:31:36
Male 2	Mike Wheatley	7:58:17
Male 3	Kelvin Marshall	9:59:34
Female 1	Mignon Augusczyzak	10:00:15
Female 2	Karen Neale (NZ)	11:09:59
Female 3 (2 nd Aust)	Debbie Woodhead	11:42:43

AR: Male 6:29.26 Tim Sloan Tas 23 Apr 1995; Female 7:40.57 Linda Meadows, NZ 19 Nov 1995

24 hours Australian track championships

These were again hosted by the Sri Chinmoy Marathon Team in Adelaide and were held on 16 – 17 October 2004.

Placegetters were

	Name	Distance - kms
Male 1	Mick Francis	221.323
Male 2	John Reidy	184.000
Male 3	Tony Collins	181.471
Female 1	Felicity Joyce	171.543
Female 2	Sarah Barnett	148.378

AR: Male 303.306 Yiannis Kouros, Adelaide 4 Oct 1997; Female 229.080 Helen Stanger, Coburg 23 Aug 1998

48 hours Australian track championships

These were conducted on the Gold Coast as part of the Gold Coast 24-48 hours festival, on 20 - 22 August 2004.

Placegetters were

	Name	Distance - kms
Male 1	Tony Collins	315.773
Male 2	Ian Valentine	283.344
Male 3	David Billett	263.670
Female 1	Carolynn Tassie (NZ)	317.761
Female 2 (1 st Australian)	Carol Baird **	232.286

** F55 records for 50 miles, 100 kms, 100 miles, 200 kms, 6 hours, 12 hours, 24 hours & 48 hours

AR: Male 473.797 Yiannis Kouros, Surgeres France, 3 May 1996; Female 329.256 Helen Stanger, Lota Qld 2 June 1995

6 days Australian track championships

The Australian 6 days race was again hosted by the Cliff Young Australian 6 day race committee at Colac in Victoria and was held from 21 – 27 November 2004.

Placegetters were

	Name	Country	Distance – kms
Male 1	Jesper Olsen	Denmark	756.38
Male 2 (1 st Aust)	Graeme WATTS	Australia	702.12
Male 3 (2 nd Aust)	Vlastick SKVARIL (O60)	Australia	692.85
Male 4 (3 rd Aust)	Peter HOSKINSON	Australia	690.43
Female 1 (1 st Aust)	Dawn PARRIS	Australia	649.64
Female 2	Elvira JANOSI	Hungary	516.38
Female 3 (2 nd Aust)	Deborah de WILLIAMS	Australia	448.17

AR: Male 1002.000 Brian Smith, Colac, November 1984; Female: 738.903 Georgina McConnell, Campbelltown 19 Nov 1990

Australian Trail Race Championship

The event selected for 2004 was the 6 Foot Track Marathon held on 13 March 2004.

Placegetters were

	Name	Time
1 (non AURA member)	Paul Arthur	3:29:48
2 (1 st AURA)	Nigel Aylott	3:37:03
3 (2 nd AURA)	Jonathan Blake	3:37:20
4 (3 rd AURA)	Darren Benson	3:42:10
164 (1 st AURA)	Julia Thorn	5:05:49
181 (2 nd AURA)	Anne Kidman	5:09:12
325 (3 rd AURA)	Carol Baird	5:40:15

RR: Male – Don Wallace (Qld) 3:24:44 (1991); Female - Dawn Tiller (NSW) 4:10:51 (1995)

OPERATIONS

Records

Some Australian age group records were broken by members during the year. Successful in this regard were Peter Lahiff (M65-69 100 kms & 12 hours track) and Carol Baird (W55-59 50 miles, 100 kms, 100 miles, 200 kms, 6 hrs, 12 hrs, 24 hrs and 48 hrs).

Many records established by Cliff Young and Dipali Cunningham over several years were recently recognised, details of which appear on the AURA website.

Our heartiest congratulations to all of the foregoing athletes.

Sincere thanks to our Records Officer Fred Brooks for his fine work. Fred has completed his tour of duty and has handed over to David Billett of Adelaide who we also thank.

AURA points tabulator

Stan Miskin has had the unenviable and painstaking task of seeking out race results from race directors, sifting through the results to determine who are AURA members, allocating the appropriate number of points etc. Thanks to Stan for a job well done. Full details appear in each issue of Ultramag. Stan also has completed his tour of duty and is handing over to David Billett. Thanks David for taking on these tasks.

100, 200 & 250 Club

This award is made to those who have achieved 100 miles, 200 kms, 250 kms in 24 hours track. To qualify it is essential that the feat be achieved on a standard athletic track or, if on a road course, then one that has been properly measured by AURA. It will also need to be performed in a race (not a solo run) and verified by the Race Director. Those who achieve this feat will be included in the 100, 200 or 250 Club listing which will appear from time to time in AURA's official publication, Ultramag and on the website. A commemorative polo shirt is available for purchase. Runners who have achieved this feat in the past will be automatically recognised.

Ultramag

Kevin Cassidy does a superb job in producing Ultramag, AURA's official publication. The magazine, produced quarterly, contains details of forthcoming races, race results, race reports, various stories, pictures and details of records. The publication has been upgraded to include more pics and a colour cover. There will be some advertising content, the purpose of which is to defray costs of publication. The magazine is far more attractive with the colour content. We commend

Kevin for his untiring efforts in publishing Ultramag and we thank Bruce and Sue Cook for their skills in assisting with the transformation to part and, hopefully eventually, full colour.

Website

Thanks to Kevin Tiller of <http://www.coolrunning.com.au/> who provides the link through www.ultraoz.com. There is a wealth of information on the website, including race calendar, race results, records and stories.

Ultra Hosts Network

This initiative, introduced in 2003 at the instigation of David Criniti, aims to facilitate both interstate travel and networking for AURA members.

It is essentially an exchange program for AURA members. Anybody who is willing to host a runner, coming to compete at a local race, in turn is provided with a list of other hosts, and will thus have the opportunity to be hosted by a fellow ultra runner, free of charge, whilst competing away from home.

Members of the scheme are not obliged to host, and are asked to do so only if convenient. What each host provides for their guests is also at their discretion, which in terms of accommodation, may vary from a spare room to floor space, or lawn space to pitch a tent.

Although only introduced recently, the UHN has already attracted members from 6 states across Australia, and will hopefully continue to enjoy a healthy growth throughout its first year. As well as making travelling cheaper for AURA members, and promoting networking amongst members, it is also hoped that the initiative will help boost participation rates for some of Australia's smaller ultramarathons.

AWARDS AND PRIZES

Australian Ultra Runner of the Year (best performed male or female Australian ultra runner)

David Criniti (26) of North Rocks, NSW

David provided many stellar performances in 2004. The first was his 142.495 kms at the 12 hour Coastal Classic on 10/11 January 2004. To put things in perspective, this is believed to be the third best 12 hours track performance in Australia, ranked only behind Yiannis Kouros and George Perdon. David then went on to win the Maroondah Dam 50 km Trail Run in February 2004 in a record time of 4:04. He then contested the Australian Ironman Triathlon in Forster in April, achieving the fastest run time. In May, David won the Grafton to Coffs Harbour 85km race in May in 5:54, just 5 minutes outside Greg Barton's course record. In July he won the beautiful yet brutal Warrumbungles 50km event. In September David travelled to Holland where he competed for Australia in the 100 km World Cup, finishing first Australian in 7:23. In October he travelled to Hawaii to contest the Hawaiian Ironman Triathlon, missing the fastest run time by a mere one second. David is the AURA membership secretary and is a great ambassador for AURA, the sport of ultra running and his country.

Rising Star award (best performed male or female of 25 and under)

Felicity Joyce, (23) Port Macquarie, NSW.

Felicity contested the 12 hours Coastal Classic in January where she achieved 2nd female with 98.441 kms. She then ran in the AURA 24 hour National Championships hosted by the Sri Chinmoy Marathon Team in Adelaide in October which she won with 171.543 kms.

Cliff Young Gumboot Award

This is annual award made to the over 60 male or female member with the best performance at 24 hours for the preceding year. The recipient of this award is David Jones of Surrey Hills Vic., who achieved a distance of 166.860 kms at the AURA National 24 hours championships in Adelaide in October 2004. Thanks to Shaun Scanlon for making the trophy, a wooden gumboot replica with clock.

AURA aggregate points competition

This competition rewards those AURA members who have placed well in as many AURA sanctioned events as possible for the year. Points are awarded 3 for first, 2 for second and 1 for third placings. Further bonus points are awarded for records achieved.

Placegetters were

	Name	Points
Male 1	Kelvin MARSHALL	32
Male 2	Peter LAHIFF	24
Male 3	Mick FRANCIS	21
Female 1	Carol BAIRD	35
Female 2	Julia THORN	17
Female 3	Felicity JOYCE	15

Bryan Smith Award

This is an annual award to an AURA member, either runner race director or administrator who, in the opinion of the committee, has rendered outstanding service in the preceding year in the furtherance of the sport of ultra-running. The announcement of the winner will be made at the 2004 Annual General meeting and Prizegiving.

FINANCIAL & LEGAL

Results and position

The accompanying statements of account reveal an excess of expenditure over income of \$1,718 (2003, \$1,145). This is struck after Ultramag printing of \$7,835 (2003, \$7,254). Membership subscriptions for the year were higher at \$8,231 compared with \$7,375 for the previous year. Donations amounted to \$110, for which we thank the donors concerned. Interest income amounted to \$537.

The cash on hand at year-end was satisfactory at \$12,430 (2003, \$12,232).

Additional costs are being incurred in publishing the upgraded Ultramag but it is expected that these will be offset by additional revenue from subscriptions, clothing orders, advertising revenue etc. Overall, your Association's financial position is considered to be sound.

Memberships

Memberships at year end were 260, compared with 252 a year earlier. It is expected that memberships will continue to increase steadily. Many couples who are interested in AURA have one spouse only registered as a member and share the Ultramag. With the family subscription option now available, we may see an escalation in memberships as the other spouse also joins up.

It is hoped that with more and more publicity for events that event numbers will increase, as well as the number of AURA members. Members are asked to encourage others to join. It is considered that AURA offers a considerable amount for its members with the new colour magazine, championship races, rankings, records, 100 club, points race and the Ultra Hosts Network, various awards etc.

Membership subscriptions

At the last Annual General Meeting held in July 2004 it was resolved to increase membership subscriptions to \$45 for individuals and \$60 for families. The family subscription would cover all persons at the same address without limit, with only one Ultramag being sent to that address. The purpose of the fee increase is to defray increased costs and to provide funds for development.

By laws

The Australian Athletic Federation has asked that we consider adopting by-laws similar to those adopted by the IAAF in August 2003 and Athletics Australia in May 2004. These By-Laws deal with such matters as anti-doping policy, codes of conduct, ethical behaviour, disciplinary tribunals and selection appeals. Your Committee believes that AURA's policy in relation to such issues should be consistent with that of mainstream athletics. However, the task of drafting the by-laws is quite an undertaking and will take some time to complete.

VALE – NIGEL AYLOTT

Our Vice-President, Race organiser and fellow runner, Nigel Aylott, lost his life in a tragic accident on 23 September 2004. Nigel was killed while contesting the Subaru Primal Quest in Washington state, USA. Nigel was a willing worker, a highly accomplished athlete and a good man. He will be sadly missed. More detailed tributes appeared in the December 2004 issue of Ultramag.

APPRECIATION

I wish to thank my Vice president Nigel Aylott (posthumously), his replacement Phil Essam, Secretary Ian Clarke, Treasurer Warren Holst, Registrar Secretary David Criniti, webmaster Kevin Tiller, Ultramag editor Kevin Cassidy and other committee members and state representatives, numerous Race Directors and many members of AURA for their assistance and support.

On behalf of the committee



President
24 February 2005



AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

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Fax 07 3011 1017

Mobile 0408 527 391

Email: president@ultraoz.com

Internet: www.ultraoz.com

NOTICE OF ANNUAL GENERAL MEETING & PRIZEGIVING

NOTICE is hereby given that the 19th Annual General Meeting of the Australian Ultra Runners Association Inc will be held in the Boardroom of the Australian Athletic Federation at Level 22, Fawkner Towers, 431 St Kilda Road, Melbourne Vic 3004 at 5:00 pm on Thursday 28 April 2005 to consider the following business

1. to confirm the minutes of the last Annual General Meeting, held on 23 July 2004
2. to consider and, if thought fit, to approve the Report of the Committee for the year ended 31 December 2004.
3. to consider and, if thought, fit to approve the Financial Statements of Account for the year ended 31 December 2004.
4. to elect office bearers and committee members. In this regard, the following office bearers retire and, being eligible, offer themselves for re-election.

President	Ian Cornelius
Vice President	Phil Essam
Secretary	Ian Clarke
Assistant secretary	David Criniti
Treasurer	Warren Holst
State representatives	
ACT	Trevor Jacobs
NSW	Paul Every
	Sean Greenhill
Qld	Gary Parsons
	Eric Markham
SA	Jerry Zukowski
Tas	Tim Sloan
Vic	Kevin Cassidy
WA	Charlie Spare

Nominations. Financial members are entitled to nominate for any of the above positions. Such nominations should be in writing, signed by two members of the Association and accompanied by the written consent of the candidate. In accordance with our Rules, such nominations should be sent to the above address not less than 21 days before the date of the meeting. Members are encouraged to become involved in the running of your Association.

5. To appoint an auditor. Mr Lindsay Hay kindly offers himself for re-appointment.

PROXIES

Members are entitled to appoint a proxy who may attend and vote in their stead. The form of proxy needs to be as is set out on the following page and needs to be lodged not later than 24 hours before the holding of the meeting. A form of proxy is attached hereto. Members are encouraged to complete and send their proxies.

AWARDS

Awards will be made at the conclusion of the meeting for the following

AURA points champions, male and female

Ultra athlete of the year

The Bryan Smith medal. This is an annual award to an AURA member either runner or administrator who, in the opinion of the committee, has rendered outstanding service in the preceding year in the furtherance of the sport of ultra-running.

The Cliff Young Gumboot Award. This award is made to the best performance by an O60 at 24 hours track.

Dated this 2nd day of March 2005

On behalf of the Committee



President

NOMINATION FOR ELECTION TO THE COMMITTEE

I hereby nominate for election to the Committee for the position of

To be determined at the Annual General Meeting to be held in Melbourne on Thursday 28 April 2005.

Name

Signature

Address

Proposer

Signature

Seconder

Signature

Send to Box 282 Runaway Bay Qld 4216 by 7 April 2005

AURA – ROLL OF HONOUR

President

1987 – 2000	Geoff Hook
2000 - 2001	Paul Ashton
2001 - 2002	Gary Parsons
2002 -	Ian Cornelius

Vice President

1987 - 2000	Tony Rafferty
2000 - 2004	Nigel Aylott
2004 -	Phil Essam

Secretary

1987 - 2000	Dot Browne
2000 - 2002	Phil Essam
2002 -	Ian Clarke

Treasurer

1987 - 2000	Colin Browne
2000 - 2001	Sheila Hunter
2001 - 2003	Graham Ives
2004 -	Warren Holst

Ultra Athlete of the Year (introduced 2002)

2002	Yiannis Kouros
2003	Yiannis Kouros
2004	David Criniti

Rising star award (introduced 2004)

2004	Felicity Joyce
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Cliff Young award (best performance O60 24 hrs)

2003	Brian Evans
2004	David Jones

AURA aggregate points competition - men

2002	Stan Miskin
2003	Kelvin Marshall
2004	Kelvin Marshall

AURA aggregate points competition - women

2002	Shirley Young
2003	Carol Baird
2004	Carol Baird

Life members

Geoff Hook	Inducted 2003
Dot Browne	Inducted 2003
Colin Browne	Inducted 2003

Hall of Fame

Mike McNamara	Inducted December 2004
Herbert Hedemann	Inducted March 2005
William King (The Flying Pieman)	Inducted March 2005



Matt Dalziel, 1st Male finisher, just after he had finished the 2005 Cradle Mountain run

Point, and across the lake Mount Olympus was in a cloud. The sun had emerged briefly at Narcissus, followed by the heaviest rain of the day.

It took forever to get to Echo Point Hut, and then it took forever to get to the finish by the Visitor Centre at Cynthia Bay. Although the forest is a delightful tranquil place, after this much running there's an eagerness to complete the task. Great

excitement was caused by a fallen tree just a few kilometres from the finish; it entirely blocked the path and it was not immediately obvious how to get past it, but we succeeded, in various ways.

There are two time deadlines that runners have to meet, Pelion Hut must be reached in six hours and at Narcissus Hut must be reached in twelve hours. Everyone made the Pelion Hut cut-off. Four runners

didn't quite make the Narcissus cut-off. The cut-off is strictly enforced, to ensure that no runners are left on the track after dark.

This run - I'm taking care to avoid calling it a race - is very well organised. You're taken by bus to the race start from Launceston or Hobart the evening before the event. There is a race briefing at the nearby Wilderness Village that evening, and many runners have a meal at this time. Most runners manage a bit of sleep, despite the nerves and wondering if the wombats or possums hanging around outside will come in and raid the food supplies.

Getting onto the track at Waldheim in the morning is made as pain-free as possible despite the early 5.20 assembly time. At this time of year first light is a touch before 6am. At the conclusion of the race you're whisked to Bronte Park from the finish line (via the Cynthia Bay showers) for a night's rest, and the race presentations the next morning. For me, leaving Cynthia Bay was the most moving moment of the whole day - on exiting the park the penny dropped that I had been at Waldheim in the morning and I had run the entire length of the Overland Track.

At breakfast the next morning everyone was surprisingly perky.

Cradle Mountain report - by Phil Lawrence

In late 2003 my wife and I visited Tasmania for a holiday and to run in the Bruny Island Ultra. The Tasmanian runners we mixed with then talked about the one day, 80 km Cradle Mountain Run from Waldheim to Lake St Clare with some reverence. They put it on a pedestal as the ultimate Ultra and to be attempted if "I thought I could handle it".

On return to Brisbane, I explored the website. The organisers pointed out in very clear terms that a very high level of fitness was required and, without suitable evidence of ability and the support of qualified referees, hopefuls would not be accepted.

With two Comrades, Six Foot Track and Glasshouse Mountains Ultras under my belt, I felt I was up to the task. I decided to go for it. It turned out that I was the only Queenslander to take part this time.

On 5 February 2005, I stood in the dark outside Waldheim Hut with fifty odd other runners. Organisers with headlamps called the role. Nervous laughs, gear checks, last minute stretches and we were off at 6.00am. It was very cold by Brisbane standards. At least it was not raining - yet.

The first 30 mins or so was in the dark, running along duckboards over

the button grass, past Crater Lake and then up rocky steps to Marion's Lookout. Now well above the tree line, the wind picked up and I felt alone in the wilderness - not only due to the rugged landscape but also because I had already lost contact with most of the other runners!

Visibility was poor due to low cloud. There was no view of Cradle Mountain or Barnes Bluff. I put my head down and focused on the rocky track. Rock hopping; I reached Kitchen Hut in 50mins from the start - on schedule for a 13 hour run.

I had carefully marked my map with major milestones and expected times

as provided by organisers. Secretly I thought I could achieve 13 hours easily; In fact the time for some sections actually seemed generous. I discovered how wrong I was soon!

I felt exhilarated at finally taking part. Months of training in Queensland heat over rough trails were being put to the test at last. The night before the run we all attended a race briefing and I was surprised to see how small the majority of running packs and bum bags were compared with mine. Still, my "Deuter 22" was comfortable and I had trained with it laden with the obligatory gear: Thermal underwear, waterproof pants and jacket, emergency shelter and rations, map, compass and, of course, food and water for the run. I had a "Camelbak" but the majority of runners opted for a single water bottle that they refilled from the numerous streams along the way. A plastic cup also turned out to be a most useful item for a quick drink along the way.

I caught up with Vlastik Skvaril on the Cradle plateau on the way to Waterfall Valley. He was running well in spite of having completed 690 odd km at Coburg only a few weeks before! He gradually pulled away from me so that by the time I started to climb out of Waterfall Valley, I was alone again in last place. Duckboards in varying states of repair, narrow wooden bridges and rocky terrain became the norm. Although it was now 8:00 am, the sky remained very dark and clouds hung low on the mountains. Photographs I took of the scenery with a disposable camera at this time failed to turn out due to the poor light.

It started to drizzle rain. Surfaces became more slippery and even more attention was needed to foot placement. The passage of 50 people ahead of me turned much of the track into a black quagmire, with partly submerged, floating duckboards to traverse. Here and there broken boards indicated a runner had fallen through.

After three hours I reached the still waters of Lake Windermere and its well-established camping area. I took the time to refill my Camelbak and have something to eat (figs, muffin

bars, Goo's and Kit Kats were my diet for the day!) I was not pleased to find that I was behind the thirteen-hour schedule at this point. During training I had averaged 8kph but today I was actually travelling at closer to 6kph. I would have to lift my speed to get back to my plan.

I struck out now in slight drizzle across an open area covered in button grass where the track followed well maintained duckboards for a km or two. I made better time and the occasional walker boosted my spirits with words of encouragement. But I was still in last place and the spectre of not meeting the Pelion Hut 6 hour cut off entered my head.

The stretch from Pine Moor to Frog Flats added to my concern. The mud seemed to be everywhere and tree roots made running a treacherous business. My foot slipped on a wet root and I fell heavily skinning my left shin and cutting my finger. The next blow to my morale was the sight of Chris and Karen, two sweepers coming up behind me. They were supportive and told me I was well inside cut off time, but needed to maintain the pace. I thought the last thing I wanted at this point were sweepers pushing me. They must have read my mind because they dropped well back leaving me to focus on the track up to Pelion Hut. Storms of the previous week had brought down huge trees around Pelion Hut and I thanked my lucky stars I hadn't been caught out here in that fury.

I made the Pelion Hut cut off with 27 mins to spare, and this lifted my spirits considerably. I had a drink of water and a bite to eat and set off with determination toward Pelion Gap. A major climb, it took me nearly two hours to traverse the 9 km of rocks, mud and the steep terrain over the gap and down to Kia Ora Hut.

Bernard had taken over as the sweeper at this point and he offered words of encouragement and a reality check on my timings. He left me to take on the climb to Ducane Hut. This was probably the low point of the day out for me. I could not run for more than a few metres at a time and the climb made my knees and

quads very painful. I fell twice more on this stretch.

After more than two hours I reached Windy Hut. I had well and truly thrown the sweepers off my trail at Ducane Hut, continuing along the duckboards to a dead end when I should have dog legged to the left! As I backtracked, Bernard slipped ahead of me, so I was now following him instead of the reverse! This played on my mind and I had visions of them all out looking for me - back tracking, looking up side trails and so on. As I approached Windy Hut Bernard came to meet me with a grin and I was relieved I hadn't inconvenienced them too much.

Things were getting tighter now, I had about 1½ hrs to do the 10km or so to Narcissus Hut and so avoid being 'boated out'! I had the obligatory \$25.00 in my pack to pay for this cruise, but I was determined I was not going to use it. I had a Kit Kat bar and two figs, a drink of cold mountain water and continued on. After the past 4-hour ordeal, I was happy to see the going gradually open up and more resemble a trail than anything I had experienced so far that day.

After 9½ hrs on the move, fatigue was well and truly making its presence felt. My knees were painful and I felt what could only be multiple blisters on my left toes. Surprisingly my mind was sharp and I focussed on running the next 10km in under 90 mins. This seemed achievable if the track stayed friendly and I didn't fall. My efforts were rewarded and, after what seemed like an eternity, I saw the suspension bridge leading to the Narcissus Hut checkpoint. For the first time I was able to catch two other runners who were not sweepers. I ran past them like I was possessed to make the final cut off in 10hrs 48 mins - 12 mins to spare!

The reception from Sue Drake and her team here was wonderful: big smiles, watermelon, coke etc; It was a happy atmosphere but I had to push on. I did not know that the last 18 km leg around Lake St Clair was arguably the hardest of the day. Still I was told that I could walk to the finish in daylight.

11 hrs had passed since I left

Waldheim, I was physically exhausted but mentally I was jubilant that I would complete the run.

I became familiar with new sweepers. This time Graeme, Ras and Alan were the three musketeers who cajoled and encouraged me over that final mud splattered section around Lake St Clair. The trail followed the lake edge closely, through monstrous trees. Their roots reached for metres in every direction, forming stepladders up and down from mud pools and wet rocks for km after km. In places trees had fallen over the route and climbing around and over them drained what little energy I had

left. The view over the lake was very peaceful and serene. The waters stretched a couple of km across to Mt Olympus, which was covered in hundreds of trees, huge even from this distance.

After 14hrs and with twilight fading, we crossed the new Watersmeet Bridge, looking out of place after the wilderness of the previous 78km. My beautiful wife had walked in to meet me here and I have never been so pleased to see her.

We reached Cynthia Bay and the finish at 8.45pm, just under 4 hours to cover the last 18 km and 14hrs

45mins to cover the 80km from Waldheim Hut. The reception from Dale Lancaster and her crew was great and I felt on top of the world to have completed one of the most challenging experiences of my life.

The next morning over a huge breakfast, competitors exchanged stories about the run and Certificates of Achievement were handed out. My longest day is one that I will never forget and I learned how strong the will to succeed could be. You could call the Cradle Mountain run "character building".

Give it a go!

No.	Surname	First name	gen	age	Pellon	Klora	Windy	Narcissus	Cynthia	Cynthia finish order
42	Matt	DALZIEL	F	34	3:11	4:06	5:12	6:15	8:22	1
17	Allan	HOOD		38	3:21	4:28	5:48	6:52	9:10	2
58	Patrick	MICKAN		25	3:43	4:46	6:07	7:10	9:22	3
53	Hanny	ALSTON		18	3:49	4:58	6:20	7:29	9:49	4
22	John	MADDEN		51	3:48	4:56	6:24	7:35	9:57	5
47	Dave	HEATLEY		43	3:38	4:51	6:19	7:34	9:57	6
59	Martin	LEFMANN		32	4:03	5:13	6:36	7:52	10:22	7
48	Ben	LEDITSCHKE		32	4:10	5:28	6:58	8:08	10:25	8
26	Paul	MILLER		41	?	5:17	6:44	8:00	10:29	9
30	David	ROSS		48	3:57	5:18	6:53	8:12	10:44	10
19	Chris	KLEP		38	4:13	5:40	7:09	8:22	10:52	11
54	Peter	CZESZEK		43	4:48	6:11	7:38	8:47	11:00	12
60	Jordan	LEFMANN		24	4:15	5:34	7:10	8:26	11:00	13
31	David	COLE		42	3:57	5:19	6:52	8:12	11:01	14
32	Brett	WORLEY		28	4:08	5:30	7:07	8:32	11:11	15
20	Alex	HOVE		54	4:10	5:31	7:11	8:32	11:12	16
40	Ian	WRIGHT		50	4:29	5:50	7:25	8:41	11:16	17
11	Paul	STEIN		37	4:18	5:45	7:22	8:40	11:22	18
51	Mitch	ROBERTS		39	4:29	5:41	7:22	8:40	11:31	19
29	Michael	SLAGTER		34	4:09	5:30	7:07	8:32	11:32	20
61	Charles	CHAMBERS		51	4:19	5:58	7:47	8:59	11:42	21
52	Sam	DUNCAN		30	4:18	5:42	7:27	8:55	11:49	22
39	Stuart	WHITE		31	4:29	5:56	7:38	9:07	11:53	23
12	Phil	COCK		29	4:05	5:33	7:22	8:51	11:57	24
1	Rod	ANDREWARTHA		46	4:25	5:57	7:46	9:09	12:05	25
4	Peter	HOARE		47	4:18	5:46	7:33	9:00	12:11	26
16	Dave	BYRNES		54	4:10	5:35	7:38	9:04	12:18	27
38	John	BUGG		35	4:29	5:54	7:46	9:06	12:23	28
49	Gary	NOALL		31	4:29	6:01	7:38	9:02	12:24	29
50	Dave	WILLIAMSON		32	4:29	6:01	7:38	9:03	12:24	30
46	Warren	THORNE	F	31	4:36	6:05	7:52	9:05	12:26	31
13	Julia	THORN		47	4:36	6:04	7:47	9:16	12:27	32
5	Doug	STROHFELD		46	4:30	6:02	7:46	9:19	12:42	33
8	Mario	LAROCCA		55	4:36	6:09	7:58	9:25	12:47	34
21	Tim	AUSTIN		35	4:36	6:10	7:58	9:25	12:47	35
25	Rob	TAYLOR		64	4:45	6:16	8:05	9:26	12:53	36

Cradle Mountain Results continued

No.	Surname	First name	gen	age	Pellon	Klora	Windy	Narcissus	Cynthia	Cynthia finish order
2	Michael	BOOTH		50	4:46	6:16	8:05	9:26	12:55	37
57	Stephen	TRISTRAM		41	4:40	6:09	8:00	9:33	13:03	38
37	Sally	ATKINSON	F	37	4:47	6:19	8:08	9:26	13:05	39
9	Nathan	TIMMS		30	4:51	6:24	8:00	9:26	13:15	40
10	Jane	SHADBOLT	F	27	4:51	6:24	8:00	9:26	13:15	41
6	David	MACFARLANE		46	4:48	6:22	8:13	9:45	13:19	42
24	Sharen	WILLING	F	43	4:36	6:13	8:11	9:50	13:36	43
7	Paul	ASHTON		48	4:41	6:16	8:18	9:54	13:51	44
18	Vince	PATTON		33	4:14	6:21	8:24	9:56	13:51	45
45	Chris	ANDRICH		28	4:51	6:29	8:36	10:21	14:01	46
23	Vlastik	SKVARIL		66	5:27	7:02	8:59	10:38	14:21	47
14	Ian	DEMPSEY		50	5:27	7:01	9:05	10:49	14:26	48
41	Steve	PROCTOR		50	5:16	6:59	9:05	10:49	14:26	49
15	Philip	LAWRENCE		58	5:33	7:11	9:20	10:48	14:46	50
35	Richard	FEDOSEJEVS		44	4:56	6:32	8:30	10:10	out at Narc	
36	Dale	ATKINSON		40	4:52	6:32	8:49	10:10	out at Narc	
55	Nigel	GOULD		32	4:30	6:11	8:17	10:09	out at Narc	
56	Simon	GERBER		42	5:00	6:34	8:43	10:28	out at Narc	

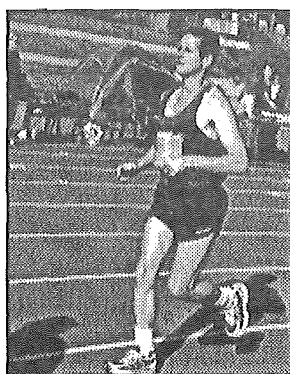
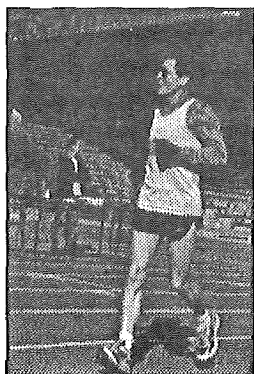
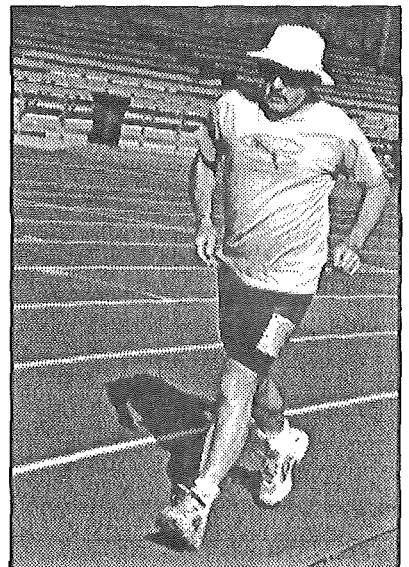
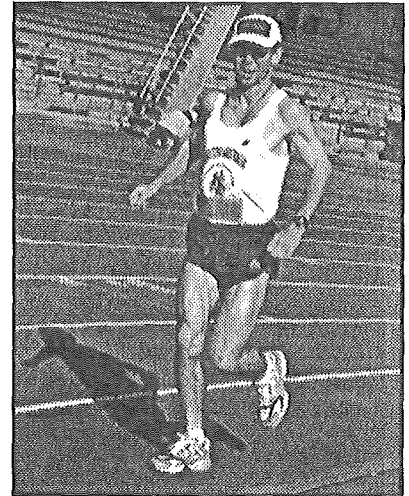
Caboolture Dusk to Dawn Ultra [Qld] 5-2-2005

12 Hour results

1 John Pearson	105.5006
2 Geoff Last	104.4415
3 Peter Anderson	95.5102
4 Rodney Ladyman	95.000
5 Karina Ward [f]	91.1335
6 Joe Raftery (Boonarga)	87.0051
7 Kerrie Hall [f]	88.50067
8 Stan Miskin 79 years old	59.2716
9 Peter Gardiner	55.500
	withdrew
10 Nic Moloney	71.000
	withdrew

6 Hour Results

1 Adam Barron	65.055k
2 Theresa Fabian [f]	62.053k
3 Gavin Bell	57.394k
4 Smilie Willis	57.055k
5 Wendy Stewart [f]	54.5k
6 Peter Lahiff	53.354k
7 Peter Davies	51.521k
8 Faith Anderson [f]	44.251k
9 Eero Piriaho	43.534k
10 Lindsay Phillips	43.45k
11 Wayne Pinches	35.5k
12 Ben Schatzman	27.5k
(at 11pm, no midnight reading)	
13 Brian Evans - withdrew after 2hrs	



*Photos on this page:
from the early stages
of the Sri Chinmoy
24 hour Self Tran-
scendence Festival,
Adelaide*

RACE RESULTS

GOLD COAST 24 - 48 HOURS TRACK RACES 20 to 22 AUGUST 2004 - FINAL RESULTS

48 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)

			Age	12 hrs	24 hrs	48 hrs	100 kms	100 miles	200kms	250 kms	300 kms
1	Carolynn Tassie	NZ	F45	105.200	181.759	317.761	11:23:25	20:45:27	26:59:31	34:25:47	45:26:30
2	Tony Collins	NSW	M55	89.600	170.514	315.773	13:35:53	22:44:16	28:38:55	37:49:29	45:12:23
3	Ian Valentine	Qld	M40	106.000	189.206	283.344	11:17:17	19:33:37	30:39:31	41:19:29	
4	David Billett	SA	M30	79.200	132.159	263.670	15:48:14	29:11:40	36:49:09	45:56:00	
5	Carol Baird	#	ACT	F55	86.000	150.121	232.286	14:10:30	26:56:34	36:58:36	
6	Alan Staples	NSW	M55	82.000	119.410	209.268	15:41:26	33:14:35	45:03:01		
7	Shaun Scanlon	Qld	M55	74.400	107.450	183.630	20:07:24	42:57:59			
8	Lindsay Phillips	Qld	M35	82.000	126.665	150.000	15:37:00	RETIRE			

24 HOURS (ALSO QLD STATE CHAMPIONSHIPS)

1	Martin Fryer	ACT	M40	115.600	206.817	10:06:50	17:49:00	22:58:22		
2	Paul Every	NSW	M40	110.800	200.545	10:35:05	18:55:31	23:56:02		
3	Sean Swain	Qld	M35	93.200	174.803	13:00:34	22:12:38			
4	Steel Beveridge	Walker NSW	M50	75.200	120.087	18:14:41				
5	Nathan Griffith	NSW		59.200	87.202					
-	Geoff Hain	Walker Qld	M55	82.800	101.250	15:24:39	RETIRE			
-	Mel Henry	Qld		84.000	100.400	14:54:10	RETIRE			

NOTES# F55 Records for 50 miles, 100 kms, 100 miles, 200 kms, 6 hours, 12 hours, 24 hours and 48 hours (subject to ratification)
 100 miles splits were all to the next complete lap
 12 hours splits were all to the end of the previous lap

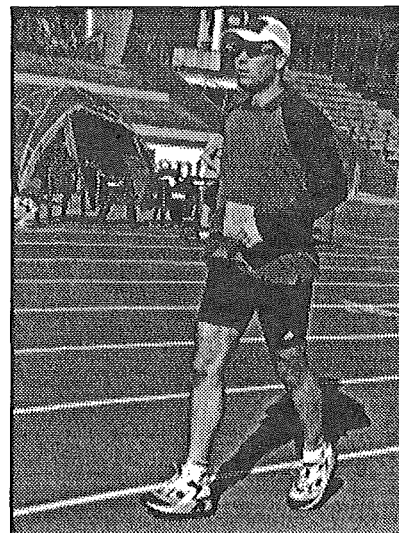
Bruny Island 64km Ultra Marathon Tasmania - 28-11-04

1 John Pearson	5.54.50	6 Tory Trehitt	6.45.48	11 John Gordon	7.28.53
2 Chris Brown	6.02.17	7 Steve Proctor	7.11.48	12 Michelle Thompson [f]	7.30.48
3 Neville Sweetman	6.35.00	7 David Macfarlane	7.11.48	13 David Sweetman	7.43.20
4 Micheal Booth	6.37.26	9 Nick McGann	7.15.00	14 James Crotty	7.51.59
5 Klara Favaloro [f]	6.40.06	10 Jane Sturzaker [f]	7.15.22	15 Jeff Camp	8.21.59

Sri Chinmoy 100 KM Road Race Canberra 30-1-2005

Simon Phillips	8:44:06	Melinda Pearson [f]	16:29:00
Keiron Thompson	9:42:14	Peter Gray	DNF
Trevor Fairhurst	11:11:44	Carl Allars	DNF
Alan Staples	12:59:46	Sven Wittchen	DNF
Peter Elliot	13:06:13		

Photo right from Sri Chinmoy Self Transcendence
 24 hour Festival, Adelaide 2004



Mooroondah Dam Trail 50km

Victoria 20-2-2005 - Report by Kevin Cassidy

I had no idea why my mood was so sombre as I stared forlornly at the television. It was the eve of arguably my favourite race so I realistically should have been looking forward with relish to a day in the Yarra Ranges east of Melbourne.

The reason for my mood became apparent upon the early morning arrival at the Moorondah Dam when it hit me like the proverbial ton of bricks that our race director of recent times, Nigel Aylott, was missing. Nigel's tragic loss three months prior remains paramount in my mind. It still seems inconceivable.

Despite a summer date, a second consecutive year of cool and ideal conditions greeted a much appreciative record number of 31 entries at the Fernshaw start with close to 50 more electing to run the 30km option.

I was able to enjoy the first 20 kilometres in the company of new AURA member, Garry Wise of Ballarat and Bruce Salisbury, who owns a hat so big and bright [and old] that Neil Armstrong is rumoured to have reported sighting it from the Moon back in 1969.

The atmosphere on the ridge to Mount Saint Leonard had an eerie feel to it with the usual panoramic views blanketed in a carpet of fog that was as thick in parts as the ALP's decision to thrust Mark Latham into the party leadership. I recognised immediately the very spot where several years earlier, Nigel came charging towards me with a bemused expression and exclaiming "I must have taken a wrong turn", Upon which he just smiled, turned around and continued on, such was his affable nature. Approaching 30 kilometres, my meandering thoughts turned downcast. Nigel's loss. The recent losses of two work colleagues of a similar age to myself due to heart failure. Visions of our ultra legends in George Perdon, Cliff Young, Bryan Smith and Drew Kettle.

All supermen we thought would live forever but are no longer with us.

As we age, the frailties of life draw much closer. Boggled down by a kaleidoscope of thoughts, I trudged and walked for a lengthy stretch thinking of the vast variety of experiences over the past six or seven years that have awoken my realisation that life is indeed short. It was almost overwhelming and I was trying to imagine a set of circumstances that would be less cheery, but apart from being forced to watch 10 episodes of the Oprah Winfrey Show, I couldn't think of a single thing.

Upon reaching the Mount Saint Leonard summit at 37.7 kilometres, I was feeling much more upbeat and

"Despite a summer date, a second consecutive year of cool and ideal conditions greeted a much appreciative record number of 31 entries at the Fernshaw start with close to 50 more electing to run the 30km option".

appreciating the fact that I was able to enjoy traversing this unique area. I thought of the numerous times I had run this race and of past years when I ran this trail almost weekly in training. I love this area, love it more than I can describe. Just being on the trail is an occasion to savour and cherish.

The long descent to the finish dragged on forever resulting in my substantially slower time than 12 months ago. I can offer a lack of training due to a much larger commitment to this summer's swimming events and an aggravated groin as my lame excuses and I'm sure that given the time, I could invent a few more!! The finish line was a welcome sight with the Cheesymite roll from race sponsor,

Bakers Delight, going down a treat.

For reasons unknown, most of us were a little slower this year with a couple of exceptions being a 15 minute improvement by John Lindsay and a massive 80 minute P.B. by Richard McCormick!

Mark Mex deserves a medal for putting up his hand to take this race on when it looked a possibility that it may die. Ultimately, it was as well organised as it had ever been. If Nigel happened to be looking down from above, I am sure he would have been nodding with approval.

Hovering in the car park after completing the 30km event, Julia Thorn came out with a statement that had me scratching my head. "I had a really tough time, I knew I should have done the 50km!!" If anyone would care to explain the logic behind this, I would be most grateful!

Slowly driving out of the picnic ground, I swear I saw Nigel's ghost holding the obligatory stop watch and clipboard with that impish grin on his face while awaiting the last few runners.

At Nigel's memorial service last November, the often used line was that it was way to soon to say goodbye. I don't know, but maybe that time is now, so farewell old son.

Just like the previous night, the journey home remained both silent and sombre.

Garry Wise reports.....

I got to Melbourne from Ballarat mid afternoon and travelled to Fernshaw Reserve. Walked the track for 2 - 3 Kms and return (did not get to the uphill and walking bit). Felt comfortable with the track and thought good thoughts. Travelled to Dom Dom, had good thoughts but also noted the uphill to the Saddle.

*"My brain wasn't in gear - I could see no one, no ribbons
- a few picnickers who must have thought I was crazy"*

But earlier in the day I got a pain in the chest and was unable to take a full breath. Usually i can take a good breath and the pain disappears. However the pain was still there and even after running a bit in civvies it was still there!

I parked near Coles Supermarket, purchased bananas, bread, oranges, sports drink and noted the toilets opened at 6am. After trying to buy spaghetti bolognese for tea (the lady said from the restaurant at Healesville, we don't make that and we have no Lasagne left) - L left.

The Chinese take away was more inviting, the girl at the entrance with mop in hand from mopping the floor, let me in. A serve of special fried rice with vegetables and chicken was great and filling - pity about the coffee (I love). [I remember Mark Thompson]

That night in the car I awoke on several occasions to the locals doing their thing - yelling obscenities to people I presumed were there and cared. However I wasn't concerned, before an event I never really sleep and the night before the eve of the run is the most important in my opinion.

During the night after tossing and turning the pain in my breathing

suddenly disappeared - what a relief - I could now take big full breaths at last. At 4am I awoke and had breakfast - banana sandwiches in wholemeal bread. No coffee! During my intermittent doses I managed to oversleep a bit and before I knew it, I had to impose on Coles Supermarket. I avoided the cleaning lady and was able to attend to all my domestic and personal chores in peace.

I thought I had the race program covered. The first 20 kms leading to Dom Dom and around was great. Both Kevin and Bruce provided great company and I appreciated their good banter. Then I was by myself; Bruce was taking things easy and Kevin had disappeared up the track. I knew my big weakness was hills (have to get better). I was thankful for the ground staff and their trail markings.

I met up with Kevin at the top of Mt Leonard and was able to make up a little time down the otherside in the mud and slippery downhill. I felt great the Gels worked, I enjoyed the snakes and frogs from the man on the way up to Mt Leonard. I got to the picnic area - 3 kms from the finish- where to?

My brain wasn't in gear - I could see no one, no ribbons - a few picnickers who must have thought I was crazy

running around in circles. I back tracked up the trail a bit and met up with Kevin and a fellow runner. They indicated where to - what an anti climax, however also a good lesson (even though I had covered Fernshaw reserve and Dom Dom I had run out of time to check the finish area - big mistake!)

Nevertheless I feel belittled by the running experience - the track is truly magnificent, in its many forms, overpowering, and it is a privilege to be a part of the event. I can appreciate Kevin's comments about the run being his favourite. This is an experience never to forget.

Kevin explained the importance and historical value of the Frankston to Portsea run - I will be there and enjoy the run and Canberra after that.

I am lucky and delighted that I have stumbled across the experience of running after 30 years of not running. Thank you to all the organizers and dedicated individuals who make running what it is - fantastic, unbelievable! - Love you all, I am indebted to you forever.

Maroondah Dam Trail Results 20/2/05

=1	Robert	Gray	04:35:42	1	Sandra	Timmer-Arends (F)	05:37:35
=1	Stephen	Callahan	04:35:42	17	Andrew	McKenzie	05:46:24
3	Mal	Grimmett	04:41:33	18	Ron	Aimer	05:52:02
4	Jarad	Kohlar	04:53:23	19	Steven	Hyde	05:55:17
5	Danny	Schranz	05:05:57	2	Robyn	Fletcher (F)	06:16:23
6	Mark	Phillips	05:07:27	20	Richard	Mc Cormick	06:18:58
7	Ray	Waschi	05:07:27	21	Robert	Boyce	06:25:25
8	Jeff	Rnd	05:11:32	22	Kevin	Cassidy	06:26:51
9	Kelvin	Marshall	05:13:28	23	Garry	Wise	06:28:54
10	Ian	Twite	05:20:50	24	N.J	Thompson	06:45:20
11	Brent	Dower	05:21:30	25	John	Lindsay	07:20:30
12	Michael	Norden	05:21:30	26	Brendan	Mason	07:25:20
13	Shaun	Mooney	05:21:30	27	Ernie	Hartley	07:27:30
14	Peter	Bignell	05:29:43	28	David	Jones	07:33:00
15	Andrew	Hewat	05:36:09	DNF	Bruce	Salisbury	
16	Ernie	Lim	05:37:07	DNS	Sally	Donaldson	

AURA Hall of Fame

EXTRAORDINARY FEAT OF **PEDESTRIANISM,**

BY THE

LADIES' WALKING



FLYING PIEMAN

*William Francis King — the flying pieman,
(1807-1873)
Maitland Mercury, 2 October, 1847*

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, described in the December 2004 issue of 'Ultramag' was Mike McNamara, originally from Queensland who contested the famous Trans America races (Bunion Derby's) of 1928 and 1929 and went on to break world records at 30 miles and 40 miles.

The second inductee is Herbert Helleman. Not much is known of Helleman other than that he contested the first Trans America race of 1928 finishing 38th. We have tried unsuccessfully to gather further information but all attempts have failed. In any event, placing 38th in the first of the Trans America races was no mean feat and we consider him worthy of induction into the AURA Hall of Fame on this feat alone.

The third inductee is William Francis King, otherwise known as 'the Flying Pieman'.

The flying Pieman

William King was born in London on 19 March 1807.

His father intended him for the Church but his fierce love of field sports and physical activities was not befitting a sacred character and, after leaving school, he entered into a partnership in stock and share broking. The Firm encountered financial difficulties and he sold his interest, then obtaining a position in the Tower of London. However, his restless nature did not see him hold the position for long and he emigrated for the Colony of Australia in 1829, landing at Sydney.

He took a position of Clerk at Bong Bong and then went on to tutor children at Campbelltown. However, his unsettled nature saw him leave that position and take a job as a barman at the Hope and Anchor Tavern at the corner of King and Pitt streets. By 1834 he began manufacturing and selling meat pies around the old cricket ground in Hyde Park and along Circular Quay.

He quickly became a favorite, with his long winded and boisterous bellow of "Pies. Hot pies!. Kidney, pork apple and mutton pies; hot Pies".

He became known as 'The Flying Pieman' as a result of his practice where he offered his pies to passengers as they boarded the Parramatta steamer and would then run 18 miles to Parramatta with the unsold pies, to offer them to the same passengers as they disembarked.

Over a period, King became very well known for his many and varied feats of pedestrianism which included the following. Bear in mind that many of

these feats were for wagers, thus the distances are likely to be reasonably accurate.

- walking 1,634 miles in 6 weeks. (Ed. Note - that's an average of 65 kms per day which, by any standards, is quite an achievement).
- Walking 62 miles in 12.5 hours
- Walking from Sydney to Parramatta and back, twice a day, for 6 consecutive days (36 miles/day for a total of 216 miles)
- Walking 360 miles in 72 hours
- Carrying a live dog of 70 lbs from Campbelltown to Sydney in 7 hours 50 minutes
- Carrying a live goat of 92 lbs plus 12 lbs deadweight from the old Talbot Inn on Brickfield Hill to Parramatta in 7 hours, which he achieved with 12 minutes to spare.
- Walking from the church at Parramatta to the Church at Windsor, a distance of 43.5 miles, for 3 consecutive days. The first day he did it in 8 hours, the second 7:30 and the third day in 7:25.
- Twice beating the Sydney to Windsor mail coach on foot (32.4 miles).

The Pieman's manner was described as 'peculiar and vivacious'. He wore a moustache and dressed in striking costume, with white stockings and stout shoes. He wore an open white shirt, crimson knee-breeches, blue jacket and top hat from which multi colored streamers trailed. He also carried a staff from which more streamers trailed.

He was also known for his practice of issuing some sort of proclamation after each feat of pedestrianism. These were usually quite sensible to start but soon deteriorated into

energetic diatribes or incomprehensible dissertations. He grew to like the public attention and his speeches grew correspondingly longer and more frequent.

He seemed to grow tired of Sydney and moved to The Hunter Valley in 1846. In 1847 he agreed to walk 192 miles in 48 hours at the Maitland race track. He had three men in relays; one keeping tally, one tending the fire and one resting. He walked 102 miles in the first 24 hours but sadly failed in his attempt.

The Pieman set a bristling pace, reeling off 66.5 miles in the first 12 hours, 101 miles in 24 hours and 154 miles in 36 hours. By 8 pm on Thursday, a huge crowd with banners and lanterns had assembled at the racecourse to witness the finish of this historic event.aaaaaaaa

On his second-last round of the course, the Pieman slowed up to be joined by his many hundreds of wellwishers and friends. As he passed the grandstand, a brass band fell in behind. Suddenly, the Pieman stepped up the pace to a healthy 10 kilometres per hour, causing his admirers to trot and the band to straggle along in disarray. Thirty minutes later, the task was completed to a tremendous roar of cheering, the waving of banners and hats, and the salute of guns. The Pieman had walked 192 miles in 46½ hours, well under his 48-hour time limit.

"On first ceasing to walk quickly, it was with some difficulty that he balanced himself," The Maitland Mercury reported. "But having had some tea and a wash, he gradually recovered a good deal, and at length was making speeches to the crowd assembled around the stand." That night, the Pieman made a round of the town's largest hotels, treating admirers to his own special brand of energetic eloquence. At 3 p.m. the next day, he drove down a main street in a highly decorated gig, once more addressing well-wishers along the way. An account in The Maitland Mercury said: "During these proceedings, the crowd in the streets was greater than at any time since the general election".

In November 1848, again for a wager, he walked a 1000 quarter miles in

1000 quarter hours. The Australian Dictionary of Biography states that on the 9th day (of 10) he had himself horsewhipped to spur him on and when he completed the feat he wagered 50 pounds to 40 to repeat the task, commencing that very night, but had no takers.

In December (1847) he embarked on an even more unique feat. This time he ran a mile, walked a mile, wheeled a barrow a half mile, drew a gig with a lady (14 stone) in it for half a mile, walked a half mile backwards, picked up 50 stones (placing them a yard about) and performed 50 leaps over hurdles in a time of 1.5 hours allowing 5 minutes 15 seconds for rest. He completed the task with 45 seconds to spare.

He left Maitland and traveled to Dungog where he arrived on 1 January 1848, in time for the New Year's day races. He was given a tumultuous welcome. He walked around the course in 9:16 followed by a vast number of horsemen. He then proceeded to perform further feats of novelty.

For a bet of 20 pounds he walked 500 miles in 500 successive half hours, commencing on 7 February 1848.

He then traveled to Singleton where he performed similar feats. On 4 May 1848 he walked 60 miles in 12 hours. He again performed his various feats of novelty, followed by a long specimen of his eloquence.

Soon afterwards, he left the Hunter Valley for Queensland. He arrived in Brisbane at the end of August 1848. On September 12 he walked from Brisbane to Ipswich, a distance of 35 miles, carrying a pole weighing 100 lbs (45 kg), beating the horsemen by an hour.

He walked from Brisbane to Ipswich and return, a distance of no less than 70 miles, in 16 hours.

The Pieman announced that he would proceed overland to Adelaide and the Swan River (Perth) and declared that his sole ambition was to surpass the feats of the celebrated Captain Barclay by walking 2000 miles in 1000 hours, to "become the pedestrian champion of the World".

Barclay's principal claim to fame was having walked (or ran) 1000 miles in 1000 hours. That is one mile in each and every consecutive hour for 1000 hours.

King described himself as "the Ladies' Walking Flying Pieman". The inclusion of the word 'Ladies' in his formal title indicated a leaning towards the fairer sex. His behaviour towards them was said to be impeccable, although eccentric.

After performing his various feat of pedestrianism, jumping etc, he left Brisbane and travelled to other parts of the colony, apparently repeating the performances, arriving back in Sydney in 1855.

He sought further wagers to walk 1000 ¼ miles in 1000 ¼ hours; 1000 ½ miles in 1000 ½ hours and 2000 miles in 1000 hours but no takers were forthcoming. The Pieman's reputation for achieving such remarkable feats had become too well known.

This great Australian athlete and champion pedestrianist could not beat Old Father Time forever. In 1873, the Flying Pieman died homeless and destitute at the age of 66, in the Liverpool Asylum, but his amusing exploits and eccentric, good natured fun still bring smiles whenever they are recalled.

Compiled by AURA President Ian Cornelius from information available on the internet and from the book 'The Flying Pieman' by Stephan Williams, published in 1986.

If anyone has more information on Mike McNamara, Herbert Hedeman or William (The Flying Pieman) King, 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. Ultramag is available only to members of AURA.

Crewing for World Runner Jesper Olsen

IN FIRST AND SECOND GEAR

Looking after Jesper Olsen, The World Runner as he was eating into his 3rd continent was easy. Guinness Book of Records' criteria for him being successful as the first person to do a lap of the earth is to cross 4 continents from coast to coast plus to run minimum 26,000 km with a minimum of 50 km per day. He chose not to run the African Continent.

Guinness allows him 1 rest day per month. Jesper said that for a world runner there is no such thing. He supposedly had a rest day when he arrived in Sydney on 30 October 2004. After picking him up from the airport about 9 am waving an Australian and Danish flag, we had to rush to our home, because Zanne Mallett from SBS was waiting to hear from him so they could interview him in Danish. Jesper was not so sure he could still remember his old language after 10 months away, but he did really well. Then we had to return to city, where the Danish Consul General, Jorgen Moellegaard and the Danish Consul in Perth, named Aksel, and others were waiting to welcome him to Australia. After this we went shopping for a new tent because he had to dispose of his smelly old tent in Japan. Exhausted we all had a nap in the afternoon before we packed the car ready for the next morning. That is a rest day for a world runner.

From the stories he told Bob and I en route to Bairnsdale, where we let him go by himself (for a day and a half until someone else 'picked him up') I understand that he has come across countless situations which required a lot of personal skills. If he didn't possess them before, he does now.

Every time he wants something, he would say 'if it is ok with you, then .. (I would like to have a piece of bread with margarine on at the next stop...)' Completely disarming us.

Diplomacy was a must in Russia/Siberia where his team for about 7 months was heavily relying on the

official welcome and accommodation & meals from the local towns. One town would alert the next one, which would then do the welcome routine. Positive alerts would ensure this. Jesper told us that the first person arriving in a small town was greeted with a ceremony, which included drinking goat's milk out of a kind of dish (and keeping it down - self control).

Talk about food. Jesper told us that in Russian/Siberia people are very poor and very generous. They often provided the evening meal for the Team in their homes. I have the impression that they always have buckwheat porridge for dinner. Usually huge gray portions. Carbohydrate for you Jesper!

Jesper told us that after having been with the Team until Vladivostok, East Siberia, he was able to communicate well in the Russian language, having Alex and their Russian driver there. The driver had a Russian vehicle of the make 'Lada'. It broke down regularly on the rough Russian roads. As Bob was running with Jesper through NSW and regularly picking up money, it prompted Jesper to tell his 'pick up' story. As The World Run team ran along the continent.... they would pick up not only rubles but also other bits and pieces of metal and other things, because they would be handy to repair the Lada with: shock absorbers, tyre rims just to mention two.

In the huge World Run situation the team members had to stick together no matter what. They were very isolated in Siberia, and I think one would be lost without the other. As many of you know, the World Run started with two people: Danish Jesper and Russian Alex. Underway a Japanese 50-year-old female runner joined them. Where Jesper doesn't drink other than water, coke and other soft drinks - a commitment made by him to the Guinness Book of Records and his sponsors - the Japanese has a beer each day after the run, without

fail. Jesper says that when he returns to Greenwich, he will catch up with a drink or two.

On two occasions at different times in Russia or Siberia two of the other World Run members had serious injuries and had to go to hospital for treatment. What do the other members do in the meantime? Do they leave the person in hospital and carry on running? Or do they stick around? Decision was that they would stick around. Or should I say run around, because the criteria by Guinness Book of Records is also that they run minimum 50 km per day. They consequently ran around town filling their obligation for 7-10 days waiting for their mates to get better.

The daily running was no dance on roses. You had the job of running a minimum of 50 km every day but it was rarely easy. In Siberia they are in the process of building up the roads so that they are higher than the land around them in order to protect the roads from being broken up by the deeply ever frozen underground. The result was that the runners were running on rough, big and sharp stones, gravel and other difficult surfaces. I imagine like the last 3 km of the Six Foot Track, but much worse and for 1000's of km. The stones often cut the tyres and rims on the Lada. And so were the tyres of the Chariot - the baby stroller they took turns to push - an extra 30 kg.

When Bob & I were Jesper's support crew, he often expressed his appreciation of our crew work, our precision drink stops. Our service would have been surpassed by now, I imagine. He told us that the Russian driver, was doing the same kind of job as we did. On Jesper's request Bob & I (or just I if Bob was running) stopped every 5 km for food and drink stop. At the stop we would report say 5.2 km or 4.8 km, whatever the distance was from the last stop. Jesper told us that the Russian driver had his own idea of

distance. If they agreed on a 10 km stop for instance, they may not see the driver again for 15 or even 25 km. Jesper felt very spoiled by our 'precision crewing'.

Jesper is living proof that for him a good and sensible diet can be a waste of time and worry. I was very taken by his chocolate diet (1 kg per day). I even got him on to cooking chocolate. It is cheaper and doesn't melt as easily. Jesper is always looking for the cheaper alternative to keep the costs down. He also eats a lot (a LOT) of biscuits and cakes. Bob liked to give him a bonus-surprise, when he had done well (all the time) with a Snickers Bar or a cake of a kind (introduced him to a Lamington). At one stage (as so often on this tour) Bob & I wanted a pie. First time Bob asked Jesper if he wanted one, he said he did. The following times, he politely declined the offer. He told us later that his stomach took a double turn at the first bite of the hot meat pie (not because it was bad), because he thought it would be a cold apple pie (like Apple Danish). I think the meat pie is an Australian only phenomenon. Jesper doesn't eat a lot of protein. He would occasionally accept HALF a boiled egg. He does like and eat meat but it is a bit heavy, so he mostly eats carbohydrates. He says his body will ask for protein (makes you wonder which language it uses?). Did I say that he wakes up a couple of times a night to eat and drink? In the night I would be stirred by the rattling of plastic bags and silver foil in which the chocolate and marsh mellow were wrapped.

On the back seat of the vehicle, he had his food and drink, change of clothes and his books for records. He would record every time he had a stop for whatever reason and then when he got going again. He would clock his stopwatch off and on.

If we met somebody on the road, who stopped and talked to us, he would get them to sign his book of notes and give address & ph number, just for the record. That way Guinness Book of Records could verify that 'Jesper was here'.

Two men stopped Jesper on the road to have a chat outside Tahmoor. They had seen on Channel Ten on Sunday night the start of the World Run,

Australian leg, from the Opera House on 31/10/04. They recognized Jesper. One of the blokes bought a 'Jesper Olsen T-shirt' (printed by The Right Track). We still have a few left. Proceeds go to assist with the World Run expenses.

A gentleman who drove past our vehicle asked us what was going on (he must have notice the flashing light on top of our vehicle and the 'caution, runners ahead' sign!

(borrowed from The Right Track). As we told him about the world runner, he blessed us and drove off. Later, Jesper told us that he also got blessed - even with a 20 Dollar note. He said he was overwhelmed by the friendliness of the Australian people. The strangest meeting was when Jesper caught up with John Olsen who was walking in the same direction (note, the same surname but not related). This was a couple of days outside Cooma. John Olsen is 53 years old. He had walked from the tip of Cape York and was on his way to the southernmost point of Tasmania. John Olsen had wanted to do this trip for 30 years. In spite of his friend trying to talk him out of it for two years, John was now actually doing it. He was pulling a cart, which was attached around his waste. He also traveled with a teddy!!!! We got a snapshot of the Olsen Power with each of their mascots (small teddies).

Jesper runs with his satellite phone in his hand. He can answer phone calls, do interviews, do his website reporting and bake a cake all while he is running. Anyone who have looked at the photos on the website www.worldrun.org would have seen some strange photos of him. Jesper takes them himself standing next to a sign advising the name of a place or just a letter and a distance to that place, i.e. S55 (Sale 55 km). This is for the Records. Bob pulls his leg with this, because it is funny when suddenly Jesper stops and his arm is stretched up to the left or the right with the satellite phone camera in his hand.

Modern technology has no boundaries. He told us that with the satellite phone (the name Bluetooth came up again and again) his World Run Team at home in Denmark could follow precisely where he was and how fast he was moving and in which

direction he is moving. As I am writing, Jesper has taken the lead in the Cliff Young 6 Days race' at Colac with less than 24 hours to go (is there any run that man can't do?). I can't help thinking that his team in Denmark must wonder why he is going around in circles (for those who don't know, the run is in a small park in the center of Colac).

When we stopped at the end of a running day, we stayed in private homes, pitched the tent in the side of the road or at a caravan park or hired a cabin. Where we had private accommodation with internet, Jesper would politely ask if he could use it. When we were otherwise installed in the countryside, Bob & I usually sought to satisfy the throat and stomach, whereas Jesper, who was happy with his coke and his biscuits, crept into his 'alcove' and communicated to the world via Bluetooth. There was always a lot of 'office work' to do.

I thought that sitting in the car for hours each day driving or otherwise would be boring, but no so. In fact it was enjoyable, listening to the radio, knitting, reading a book or reading the map over and over, or trying to keep up with copying Jesper' diet: eating cakes for breakfast and chocolate for morning tea!! It was a holiday with a difference - in many ways. Of course You haven't seen the beautiful little bunch of blue flowers in the side of the road, because You would be racing along at 100 km per hour, but I saw them. I enjoyed the trip more than if I was going to Bundaberg/Qld & back to Sydney in 12 days, because we had time to see what we went past - without the danger of speed, safely in the shoulder of the road.

Bob enjoyed the running with Jesper. I wouldn't let him do my knitting, because he may loose a stitch, so he got running most days. Bob entertained Jesper with his talking to the animals. If you weren't looking you would swear by the sound that Jesper was running with a cow or a sheep. The two of them often got the flocks of cows, sheep and Al Pacas racing along the paddock until they came to a fence.

Talk about animals, I must tell you this scary story from Siberia. When

Jesper and the other World Run members were sleeping in each their little tents, well spread out over the area, they heard something roaming around the camp area in the darkness. Branches snapping and heavy breathing. It was sniffing around and they knew it was a bear. The members were advising each other to stay in their tents and cross their fingers. Jesper got his weapon out. A pocket knife..... Finally the bear went away, probably disgusted by the odor of the tents, and the runners live to tell the story.

Accommodation the first day (Sydney Opera House to Campbelltown 54 km of which Bob rang 42 km) was kindly provided by Bob's nephew, Nathan, and his parents and sister: Kerri, Barry and Britany. They gave us a yummy barbeque with lots of protein. There we saw the interview which channel Ten had done with Jesper. He has been interviewed many times in the last 10 months and seen it on TV, but has been unable to understand the language it was translated into (mostly Russian), so he was very pleased to have an opportunity to see and hear himself.

Quite exciting to drive up the ramp to Capital Hill at 6.30 pm - end of a long running day 94 km, park the car at the front door and hope John would come out and say hello. Then look out for the 2 runners with their fluorescent vests (donated by Max & Jan Powdich), which could be seen from afar. Jody, the photographer

from Canberra Times was there, ready to take the photo(s) to accompany the article for next days issue.

In Canberra John Pav and his friends, Claire, Larine and Peter, lavishly accommodated us. They had local Danish friends, and knew how to please the Danish palate with raw fish and liver pate. John and Peter cooked a huge amount of spaghetti bolognaise. Bob & I did our best to make a dent in it, because Jesper just cannot fill himself like we other humans can. During dinner I realized that they had decorated the table in the Danish colours, red and white in honour of Jesper.

Three afternoons we pitched the tents in the roadside. That was when we were far from civilization. Just as well it was cold and rainy because there was not much to do other than to go to the loo and then to bed. One spot on the Monaro Highway, a locality called Tea Gardens, we woke up with frozen dew on the car. Poor Jesper he had not had time to buy a new sleeping bag, yet. He told me in Sydney he only needed a very thin one, but we couldn't find one due to time shortage. I gave him a sheet to use in the meantime, which he thought would be sufficient. He must have frozen like a brown dog in a short leash. Next afternoon when the tents were pitched again we lend him one of our two single doonas. That was beneficial for all of us!

After cold and rainy nights, we chose to book into a cabin in a caravan park. It looks like a box, but is quite comfortable inside. Jesper gets the 3-storey bunk department and Bob & I get the double bed. On occasion it contains a TV - a special bonus, I had not been able to follow the stock market for days!

I did not start out with the intention to sit in the car all the time. No, you see, I had my bike with me. It was supposed to provide a good workout for me and I bought a top size 12 in anticipation of a new me. The weather was wet and windy and the road had many hills. I did get out on the bike once. It was a beautiful day and not too hilly. I got the bike off the back and put my helmet on and cycle clips on my long pants and away I went. Hey that was really good! Then Bob tooted at me as he overtook me to go after Jesper and left me for dead. I was a bit puzzled because without having spoken to Bob about it, I assumed that he would make sure that I was under the protection of the vehicle behind me - not left as a prey on the lonely road. Boy, did he get a mouthful, when I saw him again. All steamed up, I was.

Bob & I wish Jesper all the success in the World Run and in the future. We know he is going to make it with his determination and satellite phone. Apologies to all readers that this is such a long story, but we are just trying to cover the 12 days.

Regards from Bob and Anni Fickel

JESPER OLSEN – conquering the heart of the world

Thirty three year old Danish ultra distance runner Jesper Olsen is attempting to become the first human being to ever run the circumference of the earth. In December 2004, whilst running through Adelaide, South Australia he met with Anubha Baird from the Sri Chinmoy Marathon Team (SCMT) to share some insight into this extraordinary journey.

SCMT: Jesper on behalf of the Sri Chinmoy Marathon Team I would like to congratulate you on your efforts so far and present to you this banner (pictured).

Jesper: WOW! This is really great. REALLY GREAT! Thank you so much. I am so moved. I have done your races. In Germany I did your 24 Hour Run and I follow your ultra events on the internet. Every year I take great interest in the 3100 mile race. Of course your races are always superb.

SCMT: Jesper, how is this run planned? Do you have a whole schedule prepared?

Jesper: Actually, only for Europe and Russia did we do a schedule ourselves. In Russia and Europe, with about twelve Russian runners we

did about two years of training and preparation for this Run - the daily distance and cumulative distances etc. What we have done for Australia and I hope USA and Canada is that I have one general contact. Here in Australia Phil Essam has done the great work of doing a detailed schedule. When I get to countries very far away from home then it is better that I connect with the knowledge of local runners and they advise me what would be a realistic distance, what would be the right route to take. For instance, in one country I can run on the highway, in another one I can't...

SCMT: *Jesper, you commenced this journey with Russian ultra runner, Alexander Korotkov and you have been planning it with him for a couple of years?*

Jesper: Yes, leading up to the Run we actually did two training camps in 2002 and 2003. Three weeks where the mileage wasn't enormous, we did about fifty kilometres a day in both Copenhagen and in Russia, but especially in Russia we got to know the Russian mentality a little bit more. It was very important. Because if you don't understand the people that is going to wear you down much more than the running. Once you understand how the culture works you can begin to enter into their culture and really benefit for it. Again, Russia was and it will be the main part of the Run - 10,000kms so if you can't get by in Russia you won't make it.

We also had a couple of other runners that were interested in being a part of the Run, just them and ourselves. We all had to see if we were ready to do the Run. You will find that many excellent runners perform very well when they have all kinds of support. When however, you are living from your tent and you have to live off camp food week after week, then it is quite a different thing. You wake up and your running clothes are wet and rain is falling on the tent... for all of us it wasn't easy. After that Alexander and I decided to try together.

SCMT: *So when did you commence the World Run?*

Jesper: We started together on January 1st from London, we ran through Europe, then we crossed the border between Finland and Russia, running up through Scandinavia around late February. We did a twelve hour race in Helsinki, an international invitational competition. Alexander did extremely well but unfortunately got injured. He ran 146 kilometres after having run about fifty kilometres a day for so many days. His effort was huge, he is a much stronger runner than I but unfortunately he was injured and after this 12 Hour race he dragged that injury for so long. For about five months Alexander

continued with this injury. He was amazing, he ran another 7,500 kilometres. In total he nearly reached 10,000 kilometres. It was so sad. We tried so hard but he had to stop about 200 kilometres short of 10,000! The problem is, of course, when you have one injury and you keep running, you try to compensate and alter your style and then you get other injuries.

SCMT: *Jesper, with the preparations did you make all the contacts with people in the countries before or did you do this when you arrived in each country?*

Jesper: Basically, the two years preparation for this Run was about three to four hours work everyday after work. I am most inspired by the North Pole type expeditions of the past - so many of them. They have done it all without any of the technology we have today. However, this kind of planning couldn't be done without internet. Every night I sent a lot of emails. This way I made contacts in most countries.

SCMT: *Jesper, as you are running in most part alone, how do you carry all your things?*

Jesper: I push every thing in a baby pusher...

SCMT: *How many kilos does this weigh Jesper?*

Jesper: The baby pusher is five kilos and my things, including my tent etc. are thirty five kilos. It is excellent quality and rolls really easily. The problem is however that by having to push it I lose a lot of extra energy. After doing the 6 Day Race in Colac* I was unwell for a couple of days and lost in ten days about of six kilos, so I have to be careful. In Russia, when I was running with Alexander every hour we would take it in turns. Then it was no problem because you would have a rest from pushing it for an hour. You would look forward to pushing it when you had your hour and when you had a rest you also enjoyed it. Mentally it was good for us because we had some change in our running.

** Jesper one this race outright and went on to create a new Danish record along the way.*

SCMT: *Jesper, running across Russia did you have any support crew?*

Jesper: We had car support and crew from Finland for some time. A Russian driver and his eastern European car. There were all sorts of problems however. Naturally, it was very tough for him. When it gets really hard, of course, you begin to see there is a difference in motivation. When you are running you have one hundred percent motivation. When you are support crew you have good motivation when everything is good. But, for instance, we had about two months where we had no real road, only very, very bad gravel road going down the mountains. Then, of course, the motivation of our support driver, quite understandably would be about trying to get his car to survive. Every day he would see new broken down four wheel drives, expensive cars and he would wonder: "how can I survive...."

SCMT: *Who determines the rules and guidelines for this World Run? I read on your website that you can not take more than two weeks off at any given point?*

Jesper: These are basically guidelines that I set down. Nobody has ever done this before so there is no precedent. If someone had done it we could have learnt from their logistics, on the other hand there is one very positive thing and that is I don't really have to do anything in any particular time. What I do is keep the distance down when I am tired... What I make myself do is a minimum distance of twenty kilometres every day and so far the longest day was actually in Canberra, Australia. It was ninety four kilometres. I had a crew that day. When you have a crew it is a completely different thing.

SCMT: *How have you found running in Australia?*

Jesper: If I compare it overall then in Australia the people are so friendly! I am not just trying to be polite. I am still getting to understand it. I mean in nine out of ten countries I have run in I have been stunned at how friendly and positive the people are about this journey I am doing. But in Australia and in

Finland, in these two countries it has been simply outstanding. In Australia people have just stopped on the side of the road and have been so generous. People would just stop on the side of the road and want to give me money. At first I couldn't understand what was going on. The sociality in Australia is so different.

SCMT: Have your family been able to stay in contact with you?

I have a mobile phone so the best thing is to send a text message. That is more safe when I am on the run. It means that sometimes when I don't have signal then I will still get the message.

SCMT: I noticed on your website you have had over 180,000 clicks (at the time of typing this article there was over 200,000). This is staggering. Jesper I doubt you will have any idea how many people you are inspiring. There must be so many people from all over the world that are following your amazing journey.

Jesper: That has become one of the main reasons for running. I mean, in the beginning, of course, the main reason, being inspired by so many adventurers of the past, was to become the first people to run around the world, but now it is so great that so many people have become a part of this.

SCMT: Jesper, how are you financing the Run?

Jesper: The bulk of the funding has come from my personal finances. However we do have some financial sponsorship, it's not a big amount but we get paid every time we (well now it's just "I") reached certain points. Getting to Moscow for example, then getting to Japan, getting to Australia, finishing Australia, finishing America. With my shoes ASICS have sponsored me.

SCMT: How many shoes have you been through so far?

Jesper: I have been through seventeen pairs, I think so far.

SCMT: How far through the Run are you so far?

Jesper: Usually I don't have internet

but yesterday I saw the internet. Everyday I send a web report to my father in Denmark and he posts it for me. Back home my father does all the calculations. My little sister's husband does all the website coding and so on... I set up the website before we started but of course, I can't maintain it whilst I am on the run. They are doing a great job and I really love that the family has become so involved with it. It is a lot of work too. That's the way it works. So I saw yesterday that I have just past 15,000kms. I didn't know that! I was really pleased.

SCMT: Can you start counting down now? Oh my god, only 11,000kms to go!

Jesper: That was good to see. In Japan I passed 13,500 (half way), so from there..... Of course, mentally, when I reached 1,000km it was great. For me, thinking about it now can be a trap. So now I have really lost count and that's why I send my report to my family to calculate. I remember we celebrated the 8,000km mark in Siberia. Now passing 9,000, 10,000, 11,000. For me 11,000 is the same as 9,000 - it is long and you are tired. While with 1,000 and 2,000 you think: "WOW!"

SCMT: Jesper, it feels to me that you don't seem to have to struggle with motivation. Are there days when just don't want to get up and start running again? Are there days when your mind says that you just can't go on?

Jesper: Well actually, what makes problems for me..... really I have been very lucky. The running itself, you just get out and do it. I love running. I am very careful about keeping that basic joy in running. But what can cause a few problems, for instance yesterday, is when there is too much media attention. I am not that kind of person that really loves to appear in media. I love to live quietly and enjoy my running, my work and so on. I like to stay focused on my running. When there are too many interruptions and commitments that are a part of the run, especially now it has become better known.. that, for me, is what is difficult. I think back to the Europe part of the Run when I was just running alone

with the Russian runner. It was raining and it was cold and no one knew about us and we just had to concentrate on getting by with everyday running. It was excellent. It was wonderful. Then you can put all your strength, all your attention on getting the running done. When there are other expectations of you it is harder.

SCMT: Are a lot of people expecting that you are raising money for a charity or something?

Jesper: In Australia they have asked this a lot. In my country it is different. We pay sixty to seventy five percent income tax... It means if there is any problem the government in Denmark will take care of it. We are not used to the charity thing. We are a small country so it is possible. Of course, whilst running through Russia we tried to stop many times at orphanages and children's homes. In the cases when I see that there is something where I can make a difference we definitely try to do it and we tried to inspire them. There were so many orphanages in Russia. They have had so much suffering. We tried to make meetings with them and tell them about the Run... show them pictures of the Run and basically say to them that you can have everyday really, really hard conditions but you can still really achieve something and follow your dreams (and so on).

There is also another reason too why I don't do one official charity. It is because a little part of my aim of the Run is to try hopefully to give ultra running an image like any other sport. As an ultra runner I will get that question: "what charity are you doing this for?" A long distance walker will get the same question. It seems to me that a football player or any of the other established big sports will never get this question. When journalists ask me this question I like to tell them that ultra running is a sport like any other sport. We take it very seriously and while I like to do charity when I see there is a worthy cause it is actually a serious sport like any other sport and sometimes you can do it just for the sport.

SCMT: How do you feel about the idea that you will become the first person to have ever run around the

world? Does this enter into your mind?

Jesper: (laughs) Mainly, I feel this way. I'm definitely not sure I am going to be the first person yet, not until I see the finish line! Mainly I think about the logistics of the Run. For instance, I have to think about my visas to America and Canada and my flight from Perth to USA etc. There are a number of logistic things for instance. I have to get the sponsors to send me my shoes in Australia. They have arrived in Adelaide but I really needed them in Sydney. These sorts of things. I do every day planning and long term planning. I don't think about the distance because unless I am really, really close to the finish line it does really matter so much.

SCMT: Jesper, you have been planning this Run for two years, but was this Run something you thought about before that?

Jesper: That is the funny thing. We had about ten runners planning this project in the beginning. I would have guessed that I was one of them who had the shortest number of years of having this kind of dream. Though I have been running since I was twelve, for me it hadn't been a lifetime dream. Again, for the Russian runner (it is such a pity he was injured), he had been dreaming of running around the world since he was a small child. For many of the other runners that were involved it was the same. For me, I heard about another runner that had previously tried, but had cheated. There had been a lot of discussion about that. I followed that discussion for two years on the internet. Then one day at University (I used to work at the University in political science) I proposed on the web forum that instead of criticizing this guy at least recognize the effort to try. It is very bad to cheat, I don't like that of course. I just proposed, more theoretically, that wouldn't it be more sporting for some ultra runners to show that it is possible, instead of criticizing the one that tries. You know it was more theoretically. I thought it would be more correct. Then the day after I sent this it was a Canadian ultra runner who was the first to send a message back. He

said: "when are we going to start, I am ready". The idea was too much for me - I couldn't bring myself to read these messages again for about two weeks.

*SCMT: This is how it all started?!**

Jesper: Yes, then I got to thinking: well *now* it's the right time, not in ten years. I thought: I have been running for twenty one years. With ultra running I have already reached many of my goals, so I thought this could be a perfect opportunity for me to get a really great run, to see the different cultures and nature. That is about fifty percent of the motivation and for me the logistics of doing it the right way, of doing the right organisation; that actually was more of the motivation than thinking: wow! I could be the first person to run around the world. If you understand.

SCMT: What an amazing surprise for you!

Jesper: (laughs) I hope this doesn't take all of the illusion out of it for you! I had never been dreaming of this really.

SCMT: Do you feel sometimes it is better like that? When you don't have time to think about it too much there's no time for all the fears and things to come forward?

Jesper: Exactly, and you don't have any expectations about what it is going to be like.

SMCT: Jesper, this is so extraordinary. You are so humble. You have inspired so many people.

Jesper: Definitely that is a good thing. There are so many things that when start you have one motivation starts and then another motivation takes its place. Again, if I have inspired someone to reach their goal with ultra running then it is really, really great. We had some stages, especially in Russia when we had people for the first time try ultra running. Or some tried just five kilometres or 50 kilometres. We had one runner his longest distance previously had been a half marathon, then he ended up running with us for two days.. That was really great.

This inspiration kept us going for a week or two weeks.

SCMT: How do you feel about the prospect of running across the Australian Nullabor, it is so barren and deserted!

Jesper: I have researched this. Basically since I have been running in Siberia I have been SMSing Phil Essam and we started planning the Nullabor from then!

*SCMT: You are kidding! You are in the middle of running across Siberia and you are planning running across the Nullabor of Australia!?!**

Jesper: Yes, you have to do this. Again for the planning type of runner which I am, very often this worked positively. You put your mind into plan and you forget about the problems you have now. I thought the Nullabor sounded so interesting and knew there I really had to plan right, get the logistics right, the support and when to run, when not to run and what to eat. Often it was quite horrible in Siberia and this helped me to forget about my problems.

SCMT: Jesper, when you run how do people passing by know what you are doing?

Jesper: In Australia I am wearing this tshirt that has "worldrun" on it. But mostly, there has been a lot of media in Australia so sometimes people just know what I am doing. But other times they stop and are curious and just ask.

SCMT: Jesper you ran the Australian 6 Day Race. Not only did you win it outright but you also set a new Danish record along the way. Are these kilometres included anywhere in your total distances?

Jesper: No, they were rest days! Perhaps they are not rest days for the body but they are rest days for the mind. That was one of the ideas for trying to do races along the way. You know running competitions I really love so much. It is so friendly. Running races and of course my family are two the things I have missed the most since starting this Run. I REALLY love racing. Every

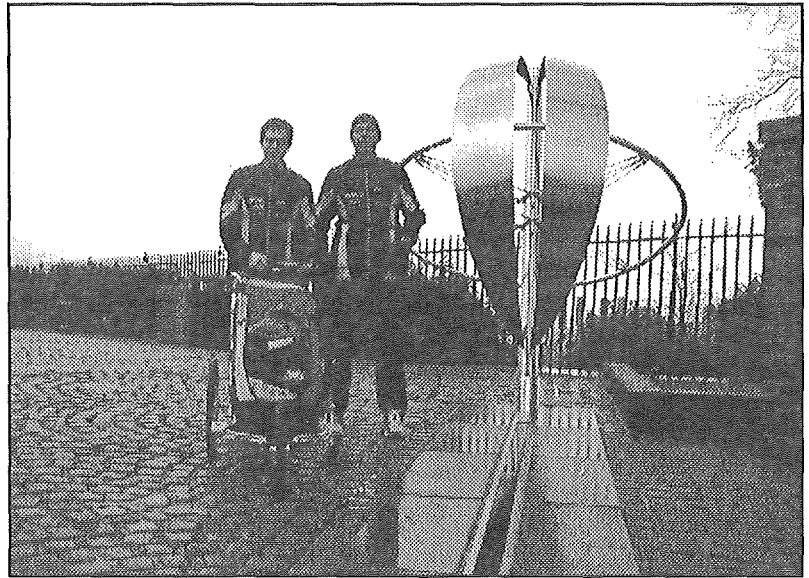
month before this Run I would do a race. I really like the basic competition. I think it is probably the most simple sport in the world. It gets to the basic joy of what is having a competition. I mean, just seeing who is fastest to the finish line. You get enormous joy from this. This was the idea along the Run to do as many races. In Helsinki we did the 12 hour, in Omsk a half marathon, then in Australia the 6 day race. I loved Omsk, Russia, Siberia. Just being in Siberia I can't guarantee it but I am almost certain if you go there it will change you. Just being there. It is SO different. The life is so hard there and still they are so positive. Their positive-survival-spirit is something I have not seen anywhere else.

SMCT: WOW! You really get such a feeling for the country, don't you!

Jesper: While I was running there I had many, many days where I wasn't so positive about Siberia. You know you are tired and it is so difficult there. I would think I can't wait to get back to 'real' civilization. It is so simple there. They are slow. They don't have the modern things we consider necessities. I think they have a very good perspective about was is and what isn't important.

SCMT: *Jesper, this is all so fascinating - everything! I hope you have a wonderful experience in the rest of Australia. Thank you so much for your time. This is a truly remarkable story. We will do whatever we can to assist you for the remainder of your phenomenal journey.*

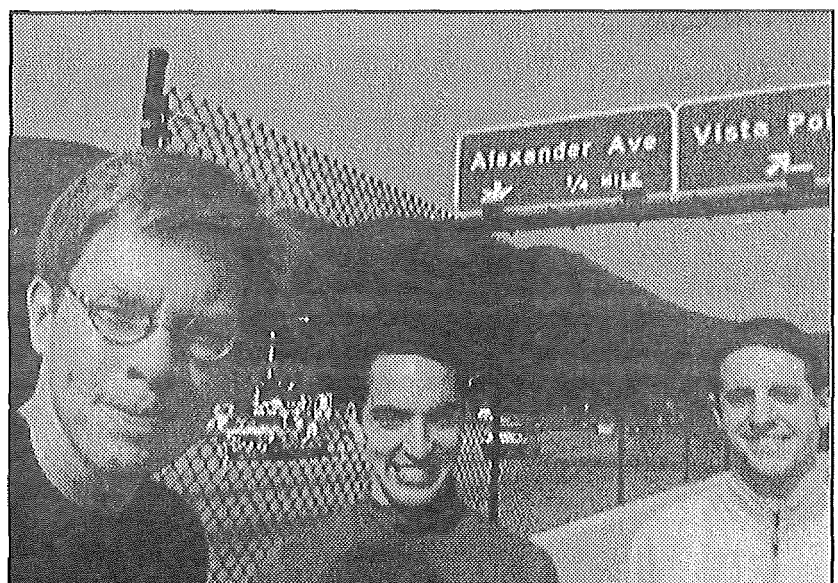
Jesper would like to thank everyone two who has helped him in his journey across Australia. The list is not complete but includes his Road Crew at various stages: Bob and Anni Fickel, Derek Foley, Michael Gillan, Sandra Howorth, Daniel Cole, Erik Thorup, David and Lorraine Billett, Ian Roberts, Dirk Thys and Peter Gray (who helped for a month during the difficult Nullabor stage). Thanks Everyone - you have helped make the Australian leg a SUCCESS for Jesper. Apologies if I have forgotten anyone



The start in London



Training camp , Russia 2003



A more recent photo - Feb 2005

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Starts at 0900 Friday 19 August 2005 and finishes 0900 Sunday 21 August 2005. The 24hr starts at 0900 Saturday. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, Qld. The track features a Mondo surface (as used in the Olympics) and the events use electronic scoring, thus eliminating the need for lapscorers. Hot food is provided each 6 hours commencing at 12 noon on the Friday. Prizegiving will be at 1000 hrs on the Sunday. Accommodation is available within the complex, approximately 150 metres from the track. Showers and toilets are readily available at trackside. It is possible to contest this event without crew. For further information, refer www.goldcoast24-48t.com or contact the race director, Ian Cornelius on 07 5537 8872, mobile 0408 527 391 or email info@goldcoast24-48t.com

NOW THE SERIOUS STUFF IS OVER, WHY NOT JOIN THE CHRISTMAS SPIRIT?

GOLD COAST – KURRAWA TO POINT DANGER & RETURN – 50 km

25km out and 25km back or two person relay of 25km each. Flat course along roads & paths adjoining the magnificent Gold Coast beachfront, the best in the World. Start time 0500hrs from Kurrawa Park, 200 metres north of Kurrawa Surf Lifesaving Club Carpark, Broadbeach Qld. Contact: Ian Cornelius, Box 282 Runaway Bay Qld 4216, Tel (07) 5537-8872 or 0408-527-391 or email info@goldcoast100.com

The loneliness of the long-distance runner . . .

He does 150 kms every day

By HEATHER SMITH

ALONG the streets of Cronulla, through the highways and byways of Beverly Hills and into the shopping districts of Hurstville and Kogarah runs the Little Leprechaun.

Frank Kelly, seldom of Penshurst, is a familiar sight on our streets as he clocks up to 150km a day – every day.

The long-distance runner is the record holder for the Westfield 24-hour endurance event, which he won in 1987 and 1988, covering nearly 200km in the allotted time.



PIMPERNEL . . . Frank Walker pops up all over the Shire and St George.

Mr Kelly, from County Clare in Ireland, runs nine to 10 hours a day and, in his spare time, goes to the gym or plays squash. Despite wearing up to four tracksuits, Mr Kelly doesn't sweat and has to have a sauna or a spa to release the lactic acid build-up in his muscles.

A compatriot of round-Australia runner Cliff Young, Mr Kelly has a similar shuffle in his training run but stretches out when he's racing.

He is considering a suggestion to run around Australia.

"I'm also considering Athens in 2004," he said.

Mr Kelly, a former bricklayer, does not have any coaches or sponsors and is not terribly interested in money, despite having to buy a new pair of running shoes every month.

He's simply addicted to running. When he went back to Ireland for

Photo: ANTHONY JOHNSON

a holiday, he ran from County Clare to Belfast – a distance of about 305km – "as you do".

Mr Kelly said running gave him a psychological edge and improved self-esteem. As he pounds the pavement, sand, gravel and grass, he's deciding whether to live in Australia or Spain after he sells his house.

He's certain to have plenty of thinking time to work it out.



experiment of one

More Questions and Answers about Racing Ultras

by Shawn McDonald

In this month's column we'll review several questions that both new and veteran ultrarunners have asked about competing in races. The tips given and discussion points covered should apply to most runners. Keep in mind that training for and competing in ultras is a continual learning process for all runners. Also note that how you perform in ultras is tied directly to how you train leading up to the race.

How should I decide on a race strategy for an upcoming ultra I am planning to run? What factors should I consider?

There are a number of strategies that work well for runners in competing in ultras. You will first want to define what goals you have for the race. Do you want to simply finish, or do you hope to run a strong time or set a personal record? Do you care how you place, overall or in your age group? Are you looking to extend a streak of finishes at the race or complete a particular distance for the first time? The strategy you choose will depend upon the answers to these questions, as well as a number of other factors, such as your experience level, recent training, and how confident you feel going into the race.

Some plausible strategies include: going out fast for the first hour or two and then trying to hold a solid pace and gain an early advantage on fellow competitors or your past splits; starting out easily for the first two to four hours (depending on length of the race) and then gradually picking up your effort for the remainder of the race; trying to run an even effort throughout the race; or striving to run a negative split, in which you back off your goal pace in the early hours, and then pick up your effort and pace during the last half of the race.

If you are new to ultrarunning, you are probably best off following either a steady effort strategy or trying to start out easily the first hour or two and gradually increasing your effort over the final hours of the race. The strategy of going out fast has merit if you are confident in your training, know the course well, and are looking for an age-group award or to compete in the overall category. You will have the best chance of hanging on to a good pace later in the race with this plan if you have done some of your training at an effort above your aerobic range, if the weather is fairly cool during the race, and/or if the terrain becomes less hilly or rough during the second half of the race.

Running a negative split is a good plan if you tend to start out too fast in the early miles and slow substantially later in the race. Try to mix some walking into your running during the first couple of hours, and run at the lower end of your aerobic effort

range until you get past the halfway point. If the weather is going to be hot or you have done all your training at a steady aerobic effort level, you will most likely want to try to maintain an even effort during the course of the race. This strategy will almost always result in the fastest time possible given your training and ability level, and will minimize the possibility you will run out of your energy or overheat early on. Your running pace will gradually slow from start to finish with this even effort plan.

Is it possible to predict my finishing time for an upcoming ultra from my past performances at other ultra races and shorter distances? What level of accuracy can I expect from the predictions and how do I use that information to set my initial race pace and finishing goals?

It is indeed possible to estimate your likely time in an ultra based on your past performances on the same or a different course, or for a shorter or longer distance. The best way to do this is to have a number of data points to compare within the past two years, as well as in races run in the three months leading up to the race in which you are trying to estimate your time. The latter races will more accurately reflect your recent training and progression in fitness.

One way to estimate your time is to find a number of runners that have finished near you in other ultras, then average their finishing times for your upcoming race. A rough estimate of your time can also be determined based on your approximate finishing place percentile. For example, if you usually finish in the 65th percentile (ahead of all but 35 percent of the runners in most ultras), then look at the results from the several previous years for your target race to get a range of likely finishing times. The estimated time range can be used to set an initial goal and pacing plan for the upcoming ultra.

Times can also be predicted based on your previous times in other ultras. If the target race will be held on similar terrain and footing and with weather comparable to an ultra you ran a few months earlier that was half as long, and then you can make your prediction using the 15-percent slowdown estimate. For example, if you averaged 10 minutes-per-mile in the recent, shorter ultra, you can expect to average about 11.5 minutes-per-mile in the longer, upcoming ultra. The 15-percent slowdown estimate should work well for most distances up to the 100-km distance. To predict 100-mile trail race times from 50-mile times, use a slowdown of 20 to 30 percent, since running on rough trails at night will cause a greater slowdown than in shorter ultras.

Crewing & Preparation

VITAL INGREDIENTS FOR EVERY ULTRA TRACK RUNNER - *By Phil Essam*

"Prior Preparation prevents poor performance" - This quote has been bandied around in work cultures and environments for the twenty-six years of my working life. The Five P's can also be applied to ultra running in all contexts and types.

Over the last few years I have seen quite a few ultra runners not perform at their BEST because they have not had a crew to assist them and they have not planned on how to run their race prior to the Starter's Gun going off. This is a shame as they are only cheating themselves. On the other side of the coin - I have seen many competitors perform at their best because they did have a crew and they did plan prior to the start.

I do not claim to know everything about crewing and planning, but I would like to share some of the things that I have learnt over the years with the wider Ultra community. The ideas may not work for everyone. These ideas may lead to the exchange of other crewing and planning ideas. This can only be good for the sport. I invite others to publish their ideas in writing for others to read.

Any reference to males in this article also refers to females.

CREWING AT TRACK RACES

By track races I refer to any Ultra races held on a certified 400-metre track. These can range from 50 kilometres through to 1000 miles.

Most races in this day and age will provide a water drinks table by the track. Unfortunately there is more to crewing than providing water for the runner every fifteen minutes. Here are some areas that I feel need to be considered. Whilst preparing yourself for crewing at a track race.

- What does the runner want to achieve? What is his plan for various stages of the race and what's the alternative plans if the race doesn't

go to plan. (Discuss this with your runner prior to race day)

- What does your runner like to eat and drink during a race? Remember, if this is your runner's first ultra he might have to educated in the "little and often" principle

- Time and location of the race

- Any specific rules for the race? The crew can get the runner into trouble by not compiling with the rules

- The crew should be aware that the weather can change several times during a race and take extra clothes to be ready for a weather change

- Can the crew get something to eat during the race?

- If the runner is running to a strict plan and wants his crew keeping an eye on the lap times, you might want to consider getting a second crew member. It is impossible to feed, drink, motivate your runner and record their lap times at the same time.

- Shelter for the crew during a race. Consider taking a tent. It helps to keep the crew warm, keeps the runners spare clothing dry, food and drink dry and the runner can have a rest if necessary.

- Has the runner got a basic first aid kit to bring? Even if there is First Aid at the race, the runner should consider bringing his own supplies. These supplies include Vaseline, sports tape, icepacks, sunburn cream etc

- Get to the race at least an hour before it is due to start. This helps to have the crew area and runner organised before the start. Everything in the crew area should have a place. Two minutes isn't long to prepare a half strength drink, get half a dozen jellybeans and get the favourite Nike shirt for the runner.

- Consider hygiene. Have something in place to keep bowls and bottles clean during the race.

- Consider other runners when passing food and drink to your runner. Causing accidents on the track is not a good move.

- Talk to the crews that are close to you on the track. Track ultras can be a very sociable occasion

- If you have to leave the track for any reason let your runner know where you will be and how long you will be. If necessary leave some drinks and food out on the table for him

- If your runner comes off for any breaks it is imperative that you keep him warm. Body heat can be lost very quickly - especially of a nighttime! Make sure that the runner layers with extra clothing as well during the night.

CREWING AT MULTI DAY TRACK RACES

Along with the above information the following should be considered for a Multi-day race:

- Planning is even more important in a multi-day race. The runner should have several plans and the crew should know them and have access to them as well.

- The ideal crew size in a multi-day is at least two or three people. A single person crew for a multi-day Ultra is only going to be able to function properly for 18 hours a day at the most. A single crew will start to make mistakes after 2/3 days which can effect the runner. It was two years ago at Colac when I was crewing for a Journeyman who was struggling to make the cut-off for the day. I made some calculations and told him what his target was. One hour later I rechecked my calculations and realised that he had another nine laps

to complete his target. I was very lucky that the runner concerned took the "bad news" in his stride and got on with the job!

- Your runner will have sleep breaks in his plan. Make sure he takes them and make sure that he doesn't sleep in past the allowed breaks off the track. This could mean that the runner is disqualified from the race.

- The race will probably provide some food and drink. This along with the food and drink that the runner brings should provide for his dietary needs. But be prepared at nine o'clock at night when your runner runs past and asks for fish and chips along with a double malt milkshake. This is when you need to know the location of every fast food shop in the town before the race starts. It's also a good idea to know the location of the supermarkets and laundrette in the town.

- Look after your own health and welfare during the race. Apart from sleep, make sure that you have regular meals, some clean clothes and look after your feet as well. A crew person with blisters won't be any good to anyone!

TACTICS AND PSYCHOLOGY

Tactics and psychology are a very important part of ultra running. The successful ultra runner must have a good grasp on successful tactics and a good crewmember must be able to use tactics at the same time. The crew person must know when to use a tactical ploy to motivate his runner

out of the doldrums or into a winning position. A word of warning though - the crewmember must know the runner he is looking after.

I don't think that ultra tactics can be listed in an article as such. They have to be witnessed at an ultra first hand. Ultras have often been described as a human chess match with the placegetters battling it out, every runner pushing towards a personal best and even the last two places battling it out so they don't get last in the event. One of the best ways to pick up on tactics is to go to and watch a couple of track ultras from start to finish and watch the battles and tactics that are employed throughout the race.

SUGGESTED EQUIPMENT CHECKLIST

This list can be endless. Here are a few of my suggestions:

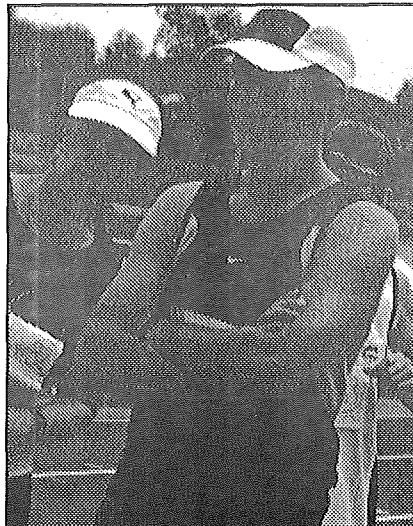
- Tent
- Table
- Chairs
- Drink esky and food esky. More eskies the better for multi day events
- Ice packs and ice
- Food and drink for runner
- Food and drink for crew
- Camping stove and gas bottle (if no cooking or hot drink facilities at race)
- Clothes and shoes for runner
- Spare clothes for crew
- Sleeping bag and blankets (crew and runner)
- Basic first aid kit (blister treatment, headaches, multi

- vitamins, sunburn treatment)
- Bucket for cleaning
- Bucket for ice treatment
- Towels
- Cutlery and crockery
- Music for runner and crew
- Torch for night time
- Hammock and bed for resting
- Clipboard, pens and calculator
- Shade cloth for food and drink if no protection in heat of day
- Pegs to hang wet clothes up to dry
- Favourite book for the crew
- Plastic water bottles for drinks. (The tomato sauce squeeze bottles are my favourite)
- Spray bottle for hot days.
- Big alarm clock for multi day races

As I said the list is endless and I'm sure people will suggest plenty of other necessary items for Track Ultras.

CONCLUSION

No one has all the answers in ultra running. This article certainly won't provide all the answers to the crewing aspect of ultra track races. But I hope that it is used as a springboard for future discussion on the subject or it is used by a runner making his debut into ultra running. We might not be a professional sport as such, but we can still approach our sport in a professional manner and make sure that we all do the best we can at each race. If the crew side of the house can be organised and prepared properly prior to the race it will go along way to ensuring a successful race for the runner.



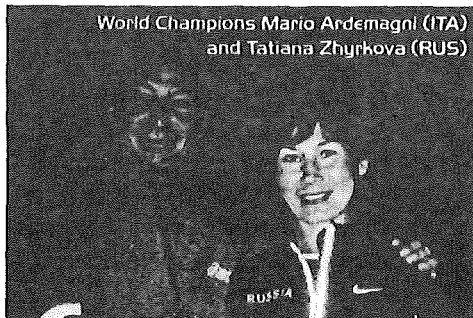
Photos left:

Getting ready for the start of the 6hr event at Sri Chinmoy Self Transcendence 24 Hour festival

Beyond the marathon

Malcolm Campbell reviews the ultradistance running scene

World Champions Mario Ardemagni (ITA) and Tatiana Zhyrkova (RUS)



IAU 100km World Cup and Congress

The Dutch town of Winschoten has been the scene of many historical IAU competitions, none more so than the IAU 100km World Cup on 11 September 2004. The IAU Congress took place the day before the race and, with Malcolm Campbell not standing for re-election as President after 20 years in the position, there was much interest in his successor. The new elected President was Dirk Strumane (BEL) and we wish him every success for the future.

The 100km World Cup had attracted some outstanding entries and all eyes were on the Italian teams which had won both team races and both individual races last year in Taiwan. The defending Champions were Mario Fattore, who had also won the World Cup in 2002, and Monica Casiraghi. In the men's race it was another Mario - Mario Ardemagni - who led the field to the 50km point in 3:07.45. He must have found the 10km "canal-flat" course to his liking as he gradually increased his lead to win with 6:18:24 - the best time of the year, a national record and a World Age-Best Performance (M40).

In the women's race Tatiana Zhyrkova (RUS) also won the race from the front. She led at 50km in 3:32:09, just a few seconds ahead of Casiraghi. Gradually Zhyrkova's increased her lead and it seemed that the defending champion would have to settle for silver, but during the last 10km Marina Bychkova (RUS) came past Casiraghi. Zhyrkova's winning time of 7:10:32 was the best in 2004.

Italy secured gold in the men's team race and the Russian team won the women's race. With three to score, 16 men's teams and 12 women's teams finished. The event was held under IAAF patronage and the IAAF flag next moves on to Japan where the 100km World Cup 2005 will take place at Lake Saroma, Hokkaido on 26 June.

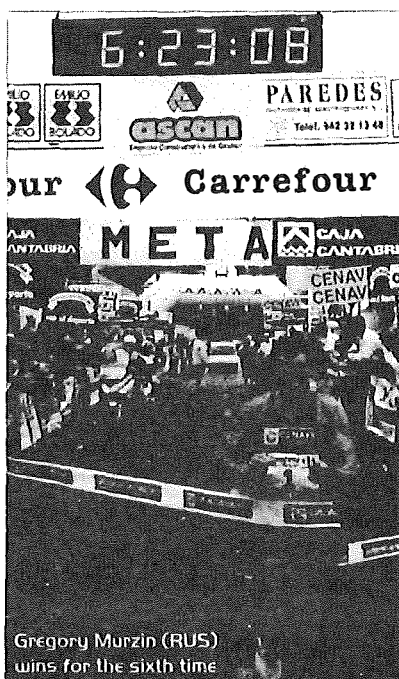
Please note the new address of the IAU Bureau is:
International Association of
Ultrarunners (IAU),
Kruisakalsijdestraat 32,
B-8900 Ieper (Ypres), Belgium

President: dirk.strumane2@pandora.be

General Secretary:
hilary.walker@virgin.net

The IAU 24-Hour European Challenge was first staged in 1992 and following the success of this and subsequent events it was decided to open the event up to competitors from outside Europe. In 2003 at Uden, Netherlands the IAU World 24-Hour Challenge was held in conjunction with the European 24-Hour Challenge. In 2004 these combined events were staged at Brno in the Czech Republic.

Scoring three to a team, 16 men's teams and 10 women's team finished and a record number of 61 runners passed the 200km point. Individual winners of the World Challenge were Ryiochi Sekiya (JPN) and Sumie Ingaki (JPN). The Individual European Champions were Lubomir Hrm (SVK) and Galina Eremina (RUS)



Gregory Murzin (RUS) wins for the sixth time

The first Cantabria International 100km race took place on 13 September 1980. Although the venue has changed from time to time the event has been located at Santa Cruz de Bezana for many years. The race director has always been Soto Rojas-IAU Director of Development. The 25th edition took place on 2 October 2004.

Gregory Murzin (RUS), winner for the last five years, was race favourite and he set off in determined fashion. He finished the first 10km lap in 37:21, and reached halfway well clear, in 3:06:00. There was a point when a world best performance seemed possible but somewhere between 70-90km his pace dropped slightly and he left himself too much to do in the closing stages. His winning time of 6:23:08 places him high on the 2004 ranking list. The women's race was dominated by Marina Myshlyanova who finished in 7:57:56, well clear of any challengers.

CZECH REPUBLIC

23-24 October 2004:
IAU 24 Hours European &
World Challenge, Brno

MEN:			KM
1	Ryiochi SEKIYA	JPN	269.095
2	Lubomir HRMO	SVK	259.064
3	Mohammed MAGROUN	FRA	257.881
4	Vladimir BYCHKOV	RUS	248.595
5	Emmanuel CONRAUX	FRA	247.205
6	Kaname SAKURAI	JPN	241.449
7	Claude HARDEL	FRA	240.638
8	Lars CHRISTOFFERSON	DEN	239.136
9	Dominique PROVOST	FRA	236.354
10	Andrej KAZANTSEV	RUS	235.160

TEAMS: (3 TO SCORE)

1	FRA
2	JPN
3	RUS
4	USA
5	SVK

(16 teams finished)

WOMEN:			KM
1	Sumie INGAKI	JPN	237.154
2	Galina EREMINA	RUS	235.012
3	Stephanie EHRET	USA	225.573
4	Edit BERCEC	HUN	217.664
5	Sachiko OKANDA	JPN	215.824
6	Irina REUTOVICH	RUS	214.632
7	Pam REED	USA	213.276
8	Irina KOVAL	RUS	211.913
9	Nina MYTROFANOVA	UKR	209.186
10	Veronique JEHANNO	FRA	207.068

TEAMS (3 TO SCORE)

1	RUS
2	JPN
3	USA
4	FRA
5	ITA

(10 teams finished)

FRANCE

25 September 2004:
100km de Millau

MEN:			
1	Christophe BUQUET		7:31:57
2	Christophe MORGO		7:34:20
3	Eric PLANTIN		7:47:46
28	Anny FLORIS		9:15:27
1st woman			
68	Katell CORNE		9:49:18
2nd woman			
82	Laelita BERGASSE		9:56:55
3rd woman			

16-17 October 2004:
24 Heures de Saint Doulchard

MEN:			KM
1	Christian MAINIX		217.532
2	Olivier ARA		206.893
3	Robert BERTIN		198.459
WOMEN:			
1	Christine BODET		193.883
2	Noell CHARLON		176.133
3	Nicole GOLFIER		144.642

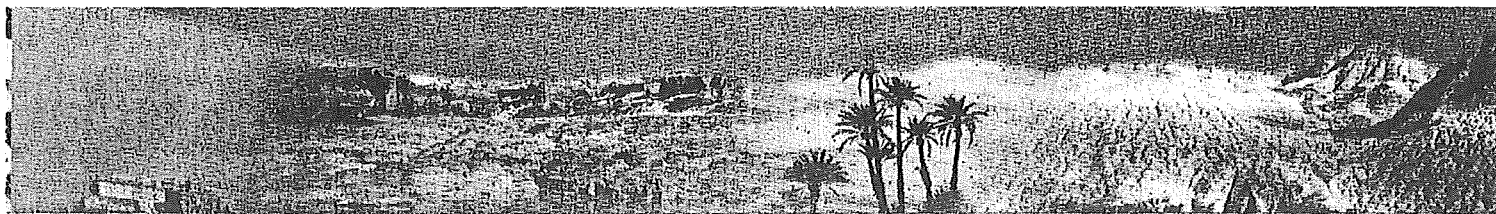
GERMANY

23 October 2004:
Schwablsche 50km, Gmund

MEN:			
1	Jurgen WIESER		3:23:47
2	Helmut DEHAUT		3:26.03
3	Bernard WEIS		3:38.04
WOMEN:			
1	Mira KAIZI		4:15.02
2	Andrea CAIMBACH		4:16.16
3	Jutta KOLENC		4:17.33

7 November 2004:
Bottrop 50km

MEN:			
1	Serhiy OKSENYUK	UKR	3:16:33
2	Jorg FRIESE		3:18.53
3	Olaf KRACHT		3:35.16



WOMEN:

1 Birgit SCHONHERR-HOLSCHER	3:44:26
2 Petra PFLITSCH	4:27:00
3 Martina GORZ	4:28:34

GREAT BRITAIN

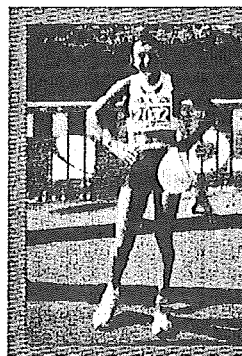
3 October 2004:
London to Brighton, B9kms

MEN:

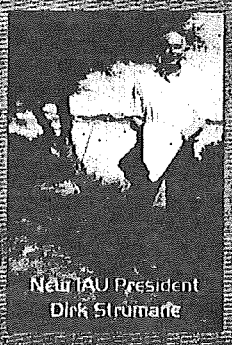
1 Brian HENNESSEY	6:13:59
2 Ian BAILEY	6:18:43
3 Mark GOODRIDGE	6:38:51

WOMEN:

1 Vicky SKELTON	7:20:43
2 Michelle STEWART	7:58:11
3 Deldre FINN	8:25:05



The inaugural IAU 50km Open Challenge took place in Palermo, Italy on 17 October 2004 and was hosted by the Palermo SuperMarathon. On a gently undulating four-lap course over 100 runners took part. Mario Ardegnani (ITA) continued his winning ways in a convincing manner and Danielle Sanderson (GBR), pictured left, produced a great run to take gold in the women's race with a world age best performance (F40) (see main results section, p.1).



New IAU President
Dirk Strümarke

GREECE

24-25 September 2004:
Spartathlon, Athens-Sparta 246km

1 Jens LUKAS	GER	25:49:56
2 Markus THALMANN	AUT	26:20:02
3 Martin JURJ	AUT	27:19:15
12 Kimie NOTO	JPN	29:57:40
1st woman		
16 Hiroko OKIYAMA	JPN	31:01:17
2nd woman		
23 Anke DRESCHER	GER	32:55:26
3rd woman		

HUNGARY

19-23 September 2004:
15th Vienna-Budapest
5-day stage race, 352km

MEN:

1 Attila VOZAR	HUN	27:27:44
2 Thomasz CHAWAWKO	POL	27:42:14
3 Janos BOGAR	HUN	28:05:06
4 Anatoly KRUGLIKOV	RUS	30:32:30
5 Stephan GUNZELMANN	GER	32:43:48

WOMEN:

1 Marla BAK	GER	31:44:36
2 Anke DRESCHER	GER	33:21:24
3 Agnes CZIBOK	HUN	34:21:09
4 Ludmila KALININA	RUS	35:25:14
5 Svetlana SAVOSKINA	RUS	35:25:14

ITALY

25-26 September 2004: National
24-Hour Track Championships
San Giovanni Lupatoto, Verona

MEN:

1 Massimo PETRUZZELLI	KM	203.702
2 Tiziano MARCHESI		198.740
3 Giorgio GARELLI		191.529

WOMEN:

1 Nunzia PATRINO	190.148
2 Carmela DI DOMENICO	179.503
3 Reginella PERON	165.813

17 October 2004:
Palermo Supermarathon,
IAU 50km Open Challenge
See main Results section - Page 20

KOREA

26-29 September 2004: Trans Korea
Stage Race (West to East), 311km

MEN:

1 Gyung Seok SEO	42:41
2 Ja Hyun KWON	48:35
3 Kwang Ho KIM	48:35
12 Sook Hoe HUR	55:30
1st woman	
53 Hyun Sook HWANG	64:23
2nd woman	
73 Soon Hui UM	65:20
3rd woman	

NETHERLANDS

11 September 2004: IAU 100km
World Cup, Winschoten

MEN:

1 Mario ARDEGMANI	ITA	6:18:24
2 Jaraslaw JANICKI	POL	6:26:21
3 Oleg KHARITOV	RUS	6:32:56
4 Pascal FETIZON	FRA	6:36:20
5 Piotr SEKOWSKI	POL	6:37:20
6 Oleksandr HOLOVNYTSKI	UKR	6:37:32
7 Stefano SARTORI	ITA	6:45:25
8 Yoshiaki KOBAYASHI	JPN	6:46:16
9 Jorge AUBESO	ESP	6:52:22
10 Marc PAPANIKITAS	BEL	6:53:59

TEAMS:

1 ITA
2 JPN
3 BEL
4 AUS
5 SVK
(15 teams finished)

WOMEN:

1 Tatiana ZHYRKOVA	RUS	7:10:32
2 Marina BYCHKOVA	RUS	7:26:37
3 Monica CASIRAGHI	ITA	7:29:20
4 Aiko SEKIYA	JPN	7:44:15
5 Kazuhiko IZUTSU	JPN	7:49:53
6 Paola SANNA	ITA	7:58:52
7 Giovanna CAVALLI	ITA	8:00:22
8 Birgit S. HOELSCHER	GER	8:00:42
9 Yoko YAMAZAWA	JPN	8:03:37
10 Christine DENIS-BILLET	FRA	8:16:16

TEAMS:

1 RUS
2 ITA
3 JPN
4 GER
5 USA
(11 teams finished)

NORWAY

30 October 2004: Troll Races
100kms & 63km, Bergen

100km:

1 Runar GILBERG	7:22:50
2 Gjermund SORSTAD	8:27:32
3 Willy HAMRIE	8:34:58
Anne Marie HEIENBERG	9:17:18
1st woman	

63km:

1 Helge HAFSAS	4:03:56
2 Per Olaf BOYUM	4:31:15
3 Ludvik TENEBEKK	5:06:32
Edna LEIKVOLL	6:04:26
1st woman	

SPAIN

2 October 2004: 25th International
100km of Cantabria, Santa Cruz de
Bezana

MEN:

1 Gregory MURZIN	RUS	6:23:08
2 Jorge AUBESO	ESP	6:51:18
3 Ildar AKHMETSHIN	RUS	6:54:03

WOMEN:

1 Marina MYSHLYANOVA	RUS	7:57:56
2 Laudeline FRANCO	ESP	9:17:11
3 Ann Maria FERRADAS	ESP	10:03:19

UNITED STATES

11 September 2004:
National 100 Mile Championships,
Sylvania, Ohio

1 Bob SWEENEY	13:05:28
2 Steve PETERSON	14:11:26
3 John GEESLER	14:55:44
4 Connie GARDNER	15:48:04
1st woman	
7 Rebecca JOHNSON	16:19:13
2nd woman	
9 Janet RUNYAN	17:28:59
3rd woman	

17 October 2004:
Edmund Fitzgerald 100km, Duluth

MEN:

1 Patrick RUSSELL	7:32:26
2 Jim RAMACIER	8:30:38
3 Brett EVANS	9:21:01

WOMEN:

1 Sue KAINULAINEN	9:08:01
2 Sue OLSEN	10:19:51
3 Heather KICK	13:15:41

6-7 November 2004:
National 24 Hour Championships,
San Diego

MEN:

1 Steve PETERSON	KM	231.502
2 Danny RIPKA		220.232
3 John GEESLER		218.042

WOMEN:

1 Rebecca JOHNSON	209.477
2 Brenda KLEIN	199.382
3 Janet RUNYAN	185.778

DIARY

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

16/17 June 2005:
IAU 24 Hours European
Challenge & World 24
Hours Challenge,
Worschach (AUT)

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

For information on all IAU events,
contact Malcolm Campbell.
Fax: +44 (0)1476578822
Email: iaumc@yahoo.co.uk

World Rankings - IAU

48H	24H	12H	6H	NAME/FIRST NAME	DD.MM.YY	CAT	NAT	PLACE	
443,337	270,224	147,175	79,619	KOUROS Yiannis	13.02.56	M45	GRE	1	48SUR2004
400,000	248,550	000,000	00,000	GEESLER John	2.09.59	M40	USA	1	48APH2004
371,559	170,000	111,250	60,750	DURKOVSKY Ivan	24.09.58	M45	SVK	1	48BRN2004
363,520	211,750	112,250	60,500	SOLNICKA Petr	17.01.60	M40	CZE	2	48BRN2004
363,416	212,620	120,636	63,635	BERCES Edith	16.05.64	W35	HUN	2/01	48SUR2004
362,210	221,065	121,842	65,143	RENAUD Jean-Pierre	16.06.59	M45	FRA	3	48SUR2004
354,971	203,874	109,175	60,318	REED Pam	27.02.61	W40	USA	4/02	48SUR2004
352,182	219,500	123,000	64,750	TIVIKOV Vladimir	16.12.51	M50	RUS	3	48BRN2004
351,956	208,097	116,112	62,429	PIRRUNG Roy	7.07.48	M55	USA	5	48SUR2004
350,525	201,000	118,250	62,250	REUTOVICH Irina	21.01.50	W50	RUS	4/01	48BRN2004
347,340	000,000	000,000	00,000	FENDRIK Laszlo	58	M45	HUN	1	48KOL2004
346,500	193,500	108,500	57,800	SATA Fumie	25.06.62	W40	JPN	2/01	48APH2004
341,098	210,811	118,826	00,000	REUTOVICH Irina	(02)	W50	RUS	6/03	48SUR2004
338,082	204,176	116,413	65,445	KISS Zoltan	1.01.69	M	HUN	7	48SUR2004
337,142	218,000	114,000	64,000	ONDRUS Jan	11.03.55	M45	CZE	5	48BRN2004
336,574	204,779	120,636	65,143	DVORACEK Vlastimil	23.03.59	M45	CZE	8	48SUR2004
336,352	194,730	000,000	00,000	JAKELAITIS Rimas	55	M45	LIT NY	1	10NYK2004
336,220	000,000	000,000	00,000	REMINDER Nicolas	73	M	FRA	2	48KOL2004
335,308	195,000	108,250	54,500	OSLADIL Miroslav	3.08.52	M50	CZE	6	48BRN2004
334,000	207,540	000,000	00,000	HEINEMANN Mark	58	M45	USA AZ	3	48APH2004
333,860	211,716	117,016	62,730	OKIYAMA Hiroko	21.04.62	W40	JPN	9/04	48SUR2004
333,760	000,000	000,000	00,000	BULLIG Cornelia	20.09.59	W40	GER	3/01	48KOL2004
326,214	000,000	000,000	00,000	HAGEN Jeffrey	47	M55	USA WA	1	48HOU2004
325,652	195,250	114,750	62,000	PEEL Michael	6.08.66	M	AUT	7	48BRN2004
325,416	185,176	099,524	56,698	SOLNICKA Petr	(02)	M40	CZE	10	48SUR2004
324,640	000,000	000,000	00,000	MAINIX Christian	19.04.39	M65	FRA	4	48KOL2004
322,098	176,128	102,540	55,492	BULLIG Cornelia	(02)	W40	GER	11/05	48SUR2004
318,679	190,169	000,000	00,000	HEUKEMENS Achim	25.09.51	M50	GER	1	6ERKA2004
317,761	181,759	105,200	00,000	TASSIE Carolyn	7.05.58	W45	NZL	1/01	48GOD2004
316,368	187,188	106,762	58,810	MAINIX Gilbert	8.06.35	M65	FRA	12	48SUR2004
315,773	170,514	089,600	00,000	COLLINS Tony	47	M55	AUS NSW	2	48GOD2004
312,678	188,000	108,000	57,000	HOFMAN Jiri	20.03.70	M	CZE	8	48BRN2004
312,000	179,000	104,750	57,750	CHMEL Christian	23.04.62	M40	AUT	9	48BRN2004
308,275	177,250	107,250	63,500	KOVAL MARKOVNA Irina	19.11.58	W45	RUS	10/02	48BRN2004
307,560	000,000	000,000	00,000	SCUKA Silvio	4.09.55	M45	ITA	5	48KOL2004
306,183	173,250	093,250	48,250	HAUSMANN Martina	13.01.60	W40	GER	11/03	48BRN2004
303,678	165,000	099,000	57,250	GHAMSARANOV Dymbryl	5.01.43	M60	RUS	12	48BRN2004
302,920	158,250	102,000	54,200	DOSTALEK Petr	7.05.67	M	CZE	13	48BRN2004
302,796	167,985	115,207	64,540	KAKAANSYRJA Janne	2.12.67	M	FIN	13	48SUR2004
301,700	000,000	000,000	00,000	LUDWIG Manfred	1.09.40	M60	GER	6	48KOL2004
300,710	000,000	000,000	00,000	NICKLAUS Ulrich	9.07.56	M45	GER	7	48KOL2004
300,664	184,964	000,000	00,000	BECKERS Paul	22.08.62	M40	BEL	3	6ERKA2004
299,337	170,590	000,000	00,000	DIPALI CUNNINGHAM Cat	27.08.58	W45	AUS	1/01	6dNYK2004
296,161	180,652	111,889	64,540	HEUKEMENS Achim	(02)	M50	GER	14	48SUR2004
296,119	180,246	000,000	00,000	JAKELAITIS Rimas	55	M45	LIT BROOKL	18	70NYK2004
292,000	000,000	000,000	00,000	DOBRIJEVIC Djuro	6.04.44	M55	YUG	8	48KOL2004
290,610	164,750	091,250	50,000	NAGY Krisztina	17.05.62	W40	HUN	14/04	48BRN2004
287,415	172,811	110,985	60,619	PALLARUELO Gilles	12.04.63	M40	FRA	15	48SUR2004
285,687	141,500	084,250	51,500	SIMET Jan	10.02.56	M45	CZE	15	48BRN2004
284,260	000,000	000,000	00,000	PAWZIK Helka	21.09.63	W35	GER	9/02	48KOL2004
283,344	189,206	106,000	00,000	VALENTINE Ian		M40	AUS NSW	3	48GOD2004
282,891	153,810	095,604	53,984	LE CERF Christiane	12.06.50	W50	FRA	16/06	48SUR2004
280,665	166,000	100,000	54,750	BARBORAK Bohus	29.11.59	M40	CZE	16	48BRN2004
279,129	161,594	000,000	00,000	DIEHL Jim		M	USA OK	1	48TXA2004
273,941	158,250	086,000	47,500	BURGER Hans-Peter	1.08.56	M45	AUT	17	48BRN2004
273,588	162,543	000,000	00,000	DIPALI CUNNINGHAM Cat	(02)	W45	AUS	1/01	70NYK2004
270,870	000,000	000,000	00,000	KOENIG Jörg	49	M55	GER	10	48KOL2004
270,141	169,000	106,000	57,750	SOKOLOV Nikolai	1.01.47	M55	RUS	18	48BRN2004
268,760	144,840	000,000	00,000	AALTO Ashprihanal	27.08.70	M	FIN HELSIN	1	31NYK2004
265,541	138,403	000,000	00,000	SCHWERK Madhupran	56	M45	GER SOLING	4	31NYK2004
265,131	161,594	000,000	00,000	PAWZIK Helka	(02)	W35	GER	2/01	48TXA2004
263,670	132,159	079,200	00,000	BILLET David	70	M	AUS SA	4	48GOD2004
263,562	000,000	000,000	00,000	MANGAN Tony	58	M45	IRE	2	48HOU2004
261,000	000,000	000,000	00,000	BARTEL Peter	16.01.42	M50	GER	11	48KOL2004
258,226	120,907	000,000	00,000	TARASCIO Vincenzo	19.04.59	M45	ITA	7	6ERKA2004
256,352	155,922	088,667	48,857	WINKLEY Donald	9.04.38	M65	USA	17	48SUR2004
255,885	128,747	000,000	00,000	MARINI Ric	55	M45	RSA	3	10NYK2004
254,750	000,000	000,000	00,000	VÖGELI Dorothea	6.03.64	W35	SUI	12/03	48KOL2004
254,276	135,184	000,000	00,000	CHERNS Trishul	57	M45	CAN NY	5	10NYK2004
254,222	148,532	000,000	00,000	GRAF Karl	17.12.50	M50	GER VFB	6	6ERKA2004
253,828	156,138	000,000	00,000	KISS Zoltan	(02)	M	HUN	11	6ERKA2004
253,250	000,000	000,000	00,000	HOTTAS Christian	56	M45	GER	13	48KOL2004
251,022	147,250	096,000	55,000	PALMQVIST Bertil	28.11.46	M55	SWE	19	48BRN2004
251,057	140,012	000,000	00,000	TZEKOV Tzvetan	82	M22	BUL SOFIA	2	70NYK2004
249,824	140,124	000,000	00,000	BEHM Michael	9.04.53	M45	GER DUV	8	6ERKA2004

48H	24H	12H	6H	NAME/FIRST NAME	DD.MM.YY	CAT	NAT	PLACE	
247,662	151,500	094,750	55,750	BRABEC Frantisek	24.03.65	M	CZE	20	48BRN2004
246,000	152,860	000,000	00,000	BROOKS Mike		M	USA	4	48APH2004
245,422	148,532	000,000	00,000	PAWZIK Helka	(03)	W35	GER	15/03	6ERKA2004
245,021	147,331	000,000	00,000	MAZZEO Antonio	19.05.52	M50	ITA BG	5	6ERKA2004
244,620	138,403	000,000	00,000	MUELLAUER Christo	73	M	SUI ZURICH	8	70NYK2004
243,722	138,403	000,000	00,000	PEEL Michael	6.08.66	M	AUT NEUSIE	2	31NYK2004
243,415	151,735	000,000	00,000	CHMEL Christian	23.04.62	M40	AUT	11	6ERKA2004
243,010	165,762	000,000	00,000	AALTO Ashprihanal	(02)	M	FIN	2	6dNYK2004
244,620	138,403	000,000	00,000	MUELLAUER Christo	73	M	SUI ZURICH	8	70NYK2004
242,347	147,995	000,000	00,000	VINCENT Dominique		M	TAH	3	48TXA2004
241,401	000,000	000,000	00,000	SVECOVA Lenke	74	W	CZE	1	10NYK2004
241,401	127,138	000,000	00,000	ZIMMERMANN Walter	5.01.54	M50	GER	12	10NYK2004
241,063	176,250	100,250	57,000	DURAN Bakiye	11.01.59	W45	TUR	21/05	48BRN2004
239,792	141,622	000,000	00,000	McBRYDE Barnaby	65	M	NZL	4	6dNYK2004
239,694	153,250	088,250	47,500	CAUET Georges	25.04.48	M55	FRA	22	48BRN2004
238,210	139,724	000,000	00,000	BULLIG Cornelia	(03)	W45	GER	9/01	6ERKA2004
238,182	128,747	000,000	00,000	COLLINGS Brian	53	M50	RSA BENONI	3	6dNYK2004
238,182	152,887	000,000	00,000	LULJAK David	54	M45	USA MD	8	6dNYK2004
236,573	128,747	000,000	00,000	POBITZER Rainald	80	M	AUT	8	10NYK2004
235,240	158,334	104,953	60,921	DE FREITAS Antonio E	14.01.54	M50	BRA	18	48SUR2004
234,964	128,747	000,000	00,000	ZUIDEMA Peter	23.08.67	M	NED SCMT	10	6dNYK2004
233,431	193,319	110,080	57,302	PLATEAU Jean-François	25.02.54	M50	FRA	19	48SUR2004
233,354	141,622	000,000	00,000	MAURER Urs	55	M45	SUI	7	6dNYK2004
233,354	138,403	000,000	00,000	VLADOVIC Martin	76	M	SVK TRNAVA	2	10NYK2004
232,286	150,121	086,000	00,000	BAIRD Carol		W55	AUS ACT	5	48GOD2004
232,130	000,000	000,000	00,000	WANDT Harald	29.11.49	M45	GER	14	48KOL2004
231,745	122,310	000,000	00,000	PUNTIGAM Smarana	70	M	AUT WIEN	3	31NYK2004
231,030	000,000	000,000	00,000	SCHMIDT Peter	50	M50	GER	15	48KOL2004
230,136	135,184	000,000	00,000	KHISAMUTDINOVA Svetl	7.03.44	W55	RUS	1	13NYK2004
230,136	133,575	000,000	00,000	TZEKOV Tzvetan	82	M22	BUL SOFIA	4	6dNYK2004
229,901	131,500	083,500	43,500	SPACIL Petr	20.07.78	M	CZE	23	48BRN2004
228,602	126,112	000,000	00,000	NARDIN Maria Teresa	19.11.50	W50	ITA	21/05	6ERKA2004
228,526	120,700	000,000	00,000	RANA Christopher	76	M	GER HAMBURG	3	7dNYK2004
227,097	143,858	091,381	57,603	RUSSIAS Pierre	22.03.44	M60	FRA	20	48SUR2004
226,917	140,012	000,000	00,000	MUELLAUER Christopher	73	M	SUI ZURICH	9	10NYK2004
226,209	000,000	000,000	00,000	LEDESMA Vicente	52	M50	USA	3	48HOU2004
225,175	135,500	082,000	42,750	ZIMMERMANN Walter	5.01.54	M45	GER	24	48BRN2004
223,520	000,000	000,000	00,000	SUTER Martin	5.01.44	M50	SUI	16	48KOL2004
223,698	140,012	000,000	00,000	RANA Christopher	76	M	GER HAMBURG	6	10NYK2004
222,500	138,260	000,000	00,000	SEKIYA Ryoichi	12.02.67	M	JPN	5	48APH2004
222,089	115,872	000,000	00,000	POBITZER Rainald	80	M	AUT INNSBR	5	70NYK2004
222,197	120,907	000,000	00,000	BAZZANA Lucio	26.07.54	M45	ITA BG	4	6ERKA2004
222,170	000,000	000,000	00,000	SCHEER Karin	12.09.49	W50	GER	17/04	48KOL2004
222,089	122,310	000,000	00,000	CONDON Kate	18.07.55	W40	GBR	2	13NYK2004
222,089	115,872	000,000	00,000	POBITZER Rainald	80	M	AUT	4	13NYK2004
221,394	140,124	000,000	00,000	BHARDWAJ Arun Kumar	24.02.69	M	IND DELHI	19	6ERKA2004
221,000	121,000	000,000	00,000	MYBURGH Petra		M	RSA	3	6DUSK2004
220,820	000,000	000,000	00,000	RYAN Shakal	62	M40	GER	18	48KOL2004
6d	72H	48H	24H						
822,730	441,989	318,679	190,169	HEUKEMENS Achim	25.09.51	M50	GER SC ROTH	1	6ERKA2004
782,698	337,098	184,968	110,098	HARDEL Claude	28.01.59	M45	FRA IND IDF	2	6ERKA2004
778,922	482,803	336,352	194,730	JAKELAITIS Rimas	55	M45	LIT NY	1	10NYK2004
770,875	436,132	299,337	170,590	DIPALI CUNNINGHAM Cat	27.08.58	W45	AUS	1/01	6dNYK2004
763,077	414,364	300,664	184,964	BECKERS Paul	22.08.62	M40	BEL HERENTALS	3	6ERKA2004
756,380	000,000	000,000	000,000	OLSEN Jesper Kenn	2.09.71	M	DEN	1	6YOUN2004
741,457	343,907	222,197	120,907	BAZZANA Lucio	26.07.54	M45	ITA BERGAMO	4	6ERKA2004
731,124	389,461	268,760	144,840	AALTO Ashprihanal	27.08.70	M	FIN HELSINKI	1	31NYK2004
726,644	367,231	245,021	147,331	MAZZEO Antonio	19.05.52	M50	ITA BERGAMO	4	6ERKA2004
719,838	357,112	254,222	148,532	GRAF Karl	17.12.50	M50	GER AL AACHEM	6	6ERKA2004
718,566	000,000	000,000	000,000	DVORACEK Vlastimil	23.03.59	M45	CZE DOUDLEBY	1	6MEXI2004
709,076	381,414	265,541	138,403	SCHWERK Madhupran	56	M45	GER SOLINGEN	4	31NYK2004
702,223	365,526	258,226	120,907	TARASCIO Vincenzo	19.04.59	M45	ITA CUCPL	7	6ERKA2004
702,120	000,000	000,000	000,000	WATTS Graham		M	AUS QLD	2	6YOUN2004
696,845	363,711	243,010	165,762	AALTO Ashprihanal	(02)	M	FIN	2	6dNYK2004
692,850	000,000	000,000	000,000	VLASTIK Skvaril		M	AUS TAS	3	6YOUN2004
692,850	000,000	000,000	000,000	HOSKINSON Peter		M	AUS	4	6YOUN2004
692,017	379,805	273,588	162,543	DIPALI CUNNINGHAM Cat	(02)	W45	AUS	1/01	70NYK2004
671,395	360,324	249,824	140,124	BEHM Michael	9.04.53	M45	GER DUV	8	6ERKA2004
661,986	000,000	000,000	000,000	RASMUSSEN Kim	14.07.67	M40	DEN ALLINGE	2	6MEXI2004
659,831	363,711	251,057	140,012	TZEKOV Tzvetan	82	M22	BUL SOFIA	2	70NYK2004
656,612	363,711	254,276	135,184	CHERNS Trishul	57	M45	CAN ELMHURST	5	10NYK2004
653,780	348,701	219,391	125,711	BURGER Hans-Peter	1.08.56	M45	AUT TERNITZ	9	6ERKA2004
651,784	347,618	238,182	128,747	COLLINGS Brian	53	M50	RSA BENONI	3	6dNYK2004
649,640	000,000	000,000	000,000	PARRIS Dawn		W	AUS VIC	5/01	6YOUN2004
643,737	339,571	202,777	135,184	SPACIL Petr	20.07.78	M	CZE BRNÖ	3	13NYK2004
643,737	337,962	230,136	133,575	TZEKOV Tzvetan	82	M22	BUL SOFIA	4	6dNYK2004
637,622	313,822	217,261	119,091	GLAZKOV Vladimir	39	M65	RUS MOSCOW	DNF	31NYK2004
635,690	358,883	255,885	128,747	MARINI Ric	55	M45	RSA	3	10NYK2004
634,886	346,008	243,722	138,403	PEEL Michael	6.08.66	M	AUT NEUSIEDL	2	31NYK2004

6d	72H	48H	24H	NAME/FIRST NAME	DD.MM.YY	CAT	NAT	PLACE	
634,563	335,095	243,415	151,735	CHMEL Christian	23.04.62	M40	AUT	11	6ERKA2004
634,563	335,098	253,828	156,138	KISS Zoltan	1.01.69	M	HUN BUDAPEST	12	6ERKA2004
621,206	328,306	233,354	138,403	VLADOVIC Martin	76	M	SVK TRNAVA	2	10NYK2004
619,597	326,696	228,526	120,700	RANA Christopher	76	M	GER HAMBURG	3	70NYK2004
611,550	336,352	229,291	135,184	KHISAMUTDINOVA Svet	7.03.44	W55	RUS SCMT	1/01	13NYK2004
609,340	302,667	180,957	120,107	BODET Christine	8.05.58	W45	FRA MONTUSSAN	13/02	6ERKA2004
604,952	321,868	231,745	122,310	PUNTIGAM Smarana	70	M	AUT WIEN	3	31NYK2004
604,952	307,384	209,214	104,613	LEBEDYEV Oleg	70	M	UKR KIEL	6	31NYK2004
600,285	333,134	239,792	141,622	McBRYDE Barnaby	65	M	NZL AUCKLAND	5	6dNYK2004
597,862	000.000	000.000	000.000	JUAREZ CAMPUZANO Arc	28.06.54	M50	MEX	3	6MEXI2004
587,088	304,166	209,214	109,435	BECKJORD Suprabha	56	W45	USA WASHING	9	31NYK2004
583,387	291,291	199,558	109,435	DE ANGELO Arpan	52	M50	USA NY JAMAIC	5	31NYK2004
582,116	301,869	208,589	122,509	DIJK Ubel	12.07.55	M45	NED IMPELA	14	6ERKA2004
581,315	333,902	245,422	148,532	PAWZIK Heike	21.09.63	W40	GER BERLIN	15/03	6ERKA2004
580,973	300,947	207,605	107,826	SPACIL Petr	(02)	M	CZE BRNÖ	4	10NYK2004
580,888	000.000	000.000	000.000	CARRERA Jose Luis	59	M45	MEX ESCOBEDO	4	6MEXI2004
569,890	000,000	000,000	000,000	BILLET David	70	M	AUS S.A	6	6YOUN2004
568,098	326,696	236,573	128,747	POBITZER Rainald	80	M	AUT INNSBRUCK	8	10NYK2004
563,270	310,603	222,089	122,310	CONDON Kate	18.07.55	W40	GBR Unattach	2/02	13NYK2004
558,000	260,000	175,000	100,000	COLLINGS Brian	(02)	M	RSA BENONI	1	6DUSK2004
556,060	000,000	000,000	000,000	MARSH Trevor		M	AUS VIC	7	6YOUN2004
555,693	312,277	210,987	120,907	KAINZ Felix	20.02.60	M40	GER POTSDAM	16	6ERKA2004
555,223	294,509	202,777	112,654	EICHNER Sigrid	29.06.40	W60	GER BERLIN	6/02	6dNYK2004
552,890	308,678	212,588	122,108	BAYER Else	30.06.39	W60	GER TSG VALB	17/04	6ERKA2004
552,004	320,259	222,089	115,872	POBITZER Rainald	80	M	AUT INNSBRUCK	5	70NYK2004
551,850	000,000	000,000	000,000	JONES David	41	M60	AUS VIC	8	6YOUN2004
551,000	289,000	195,000	100,000	WATTON Herbie		M	RSA	2	6DUSK2004
550,395	313,822	223,698	140,012	RANA Christopher	76	M	GER HAMBURG	6	10NYK2004
550,395	333,134	226,917	140,012	MUELLAUER Christopher	73	M	SUI ZURICH	9	10NYK2004
550,395	297,728	207,605	120,070	HOERBINGER Magdalena	64	W40	AUT VIENNA	7/02	70NYK2004
545,284	301,870	209,390	124,110	BRAMSTANG Mattias		M	SWE	18	6ERKA2004
535,000	305,000	221,000	121,000	MYBURGH Petra		M	RSA	3	6DUSK2004
534,945	296,119	209,214	114,263	WARUM Stefan	74	M	GER HEIDELBE	DNF	31NYK2004
533,738	000.000	000.000	000.000	CERDA HERNANDEZ Gil	4.02.64	M40	MEX GUADALUPE	5	6MEXI2004
532,873	300,664	221,394	140,124	BHARDWAJ Arun Kumar	24.02.69	M	IND DELHI	19	6ERKA2004
532,692	305,775	218,870	112,654	RIOS Luis	49	M55	USA BROOKLYN	4	70NYK2004
532,692	328,306	233,354	141,622	MAURER Urs	55	M45	SUI OBERAGERL	7	6dNYK2004
526,540	000,000	000,000	000,000	AUDLEY George		M	AUS W.A	9	6YOUN2004
526,255	323,478	238,182	152,887	LULJAK David	54	M45	USA MD	8	6dNYK2004
526,194	000.000	000.000	000.000	CORTES Carlos Arturo	70	M	MEX ESCOBEDO	6	6MEXI2004
524,646	262,323	177,027	107,826	POSPIECH Hans-Jürgen	16.09.40	M60	GER DUV	9	6dNYK2004
523,036	300,947	214,860	123,919	RIOS Luis	49	M55	USA BROOKLYN	7	10NYK2004
522,422	000.000	000.000	000.000	AGUILAR GALVAN Jose	15.02.64	M	MEX EL CARMEN	7	6MEXI2004
522,240	000,000	000,000	000,000	BLOOMER Brian		M	AUS	10	6YOUN2004
515,380	000,000	000,000	000,000	JANOSI Elvira	2.12.55	W45	HUN	11	6YOUN2004
513,380	342,790	241,401	127,138	ZIMMERMANN Walter	5.01.54	M45	GER MARKTHLD	12	10NYK2004
510,453	290,256	208,186	108,096	ACKERMANN Detlev	17.06.70	M	GER KÖLN	20	6ERKA2004
507,587	265,541	197,949	109,435	WATKINS Abichal	61	M40	GBR WALES	8	31NYK2004
505,248	282,652	228,602	126,112	NARDIN MariaTeresa	19.11.50	W50	ITA	21/05	6ERKA2004
503,230	000,000	000,000	000,000	GRAY Peter	65	M	AUS VIC	12	6YOUN2004
502,115	339,571	234,964	127,138	ZUIDEMA Peter	23.08.67	M	NED SCMT	10	6dNYK2004
502,000	266,000	182,000	112,000	STEYN Peter		M	RSA	4	6DUSK2004
501,645	262,232	191,772	114,502	LARSSON Andreas		M	SWE	22	6ERKA2004
501,676	000.000	000.000	000.000	KNECHTLE Beat	26.05.64	M40	SUI THALHEIM	8	6MEXI2004
501,676	000.000	000.000	000.000	BHARDWAJ Arun Kumar	(02)	M	IND DELHI	9	6MEXI2004
493,070	000,000	000,000	000,000	WRIGHT Eric		M	RSA	13	6YOUN2004
492,459	254,276	165,762	099,779	KAKONJL Dejan	69	M	SCG SUBOTICA	11	6dNYK2004
491,190	000,000	000,000	000,000	SCANLON Shaun		M	AUS NSW	14	6YOUN2004
490,849	259,104	205,996	123,919	VASILEV Krastin	80	M	BUL SOFIA	12	7dNYK2004
484,411	249,448	183,465	102,998	HOERBINGER Magdalena	(02)	W40	AUT VIENNA	12/03	6dNYK2004
482,893	254,276	165,762	090,123	ELLIOTT Peter	66	M	AUS MELBOURNE	13	6dNYK2004
476,365	262,323	186,683	106,216	JACOVIC Chanakhya	54	M45	GBR NY JAMAI	1	10NYK2004
475,980	000,000	000,000	000,000	NEVILLE Howard		M	AUS	15	6YOUN2004
469,928	273,588	201,168	115,872	GRUNSTAUDL Gerhard	69	M	AUT VIENNA	10	10NYK2004
465,613	252,632	176,962	103,292	BACKHAUS Helga	19.01.53	W50	GER BERLIN	23/06	6ERKA2004
460,272	244,620	173,809	104,607	BRAVO Unnatishil	10.04.58	M45	FRA PARIS	9	7dNYK2004
457,053	244,620	168,981	093,341	DAY Nicholas		M	TRI	6	7dNYK2004
455,444	289,681	197,949	115,872	KAINZ Felix	20.02.60	M40	GER BERLIN	14	6dNYK2004
454,526	000.000	000.000	000.000	ANDONIE GRANZIAN Sil	7.10.55	W45	MEX SANPEDRO	10	6MEXI2004
453,835	334,743	244,620	138,403	MUELLAUER Christo	73	M	SUI ZURICH	8	70NYK2004
452,869	251,057	186,683	104,613	BOULTON Matt	73	M	AUS CANBERRA	7	31NYK2004
450,616	252,667	168,981	091,732	DUTHELY Lunthita	64	W40	USA HIALEAH	15/04	6dNYK2004
450,000	257,000	194,000	104,000	KOEDYK Peter		M	RSA	5	6DUSK2004
449,006	233,354	164,153	083,685	ZUBATY Standa	72	M	CZE ZLIN	16	6dNYK2004
448,170	000,000	000,000	000,000	DE WILLIAMS Deborah		W	AUS	16/02	6YOUN2004
445,788	260,713	180,246	102,998	PETRACEK Michal	64	M40	CZE BRNÖ	13	10NYK2004
445,788	226,917	152,887	091,732	BRAVO Unnatishil	(02)	M45	FRA PARIS	17	6dNYK2004
444,178	244,620	177,027	101,388	KNAUER Gregor	55	M45	USA AZ TEMPE	11	10NYK2004
439,350	234,964	164,153	096,560	POSTLER Uwe	63	M40	GER DACHAU	18	6dNYK2004
434,522	241,401	160,934	080,467	STOJANOVIC Dragan	72	M	SCG BELGRADE	19	6dNYK2004
434,522	239,792	175,418	098,169	PLECHLOVA Danica	76	W	SVK BRATISLAV	20/05	6dNYK2004

6d	72H	48H	24H	NAME/FIRST NAME	DD.MM.YY	CAT	NAT	PLACE	
434,522	225,308	164,153	096,560	TARANTSOVA Kushall	67	W35	UKR	KIEV	21/06
432,913	222,089	148,059	085,295	DZIERLATKA Roman	57	M45	USA	BRISTOL	22
428,380	249,422	180,562	104,092	COFFEY Dan Peter	24.06.31	M70	GBR		24
425,978	209,385	142,925	084,475	JAKOBS Ruud	30.12.62	M40	NED	KOMET	25
425,000	215,000	150,000	080,000	DE BRUYN Jaco		M	RSA		6
424,866	247,838	178,637	102,998	KOMAC Mario	75	M	SVK	BRATISLA	23
423,740	257,495	175,418	106,216	GAUTHIER Virenda	52	M50	CAN		DNF
421,704	273,588	186,683	140,012	PRAVDA Al	47	M55	USA	BROOKLYN	24
420,000	215,000	152,000	089,000	GROENEWALD Dolf		M	RSA		7
415,210	260,713	173,809	86,904	KLANDT Srotaswini		W70	USA		10/03
413,200	000,000	000,000	000,000	TIMMS John		M	AUS	VIC	DNF
413,034	000,000	000,000	000,000	ESPINO Roberto	56	M45	MEX	TLAXCALA	11
412,000	206,000	143,000	080,000	BEUKES Wynand		M	RSA		8
411,992	257,495	170,590	088,513	SCHULZ Klaus	11.09.40	M60	GER	BERLIN	15
411,992	222,089	168,981	101,388	POORJITS Sukalpa		W	NED		2/01
408,877	241,401	191,511	112,654	MARINKOVIC Zoran	64	M40	SCG	LESKOVAC	25
405,554	226,917	160,934	094,951	BALMER Lucian	83	M21	USA	S FRANCI	26
405,554	241,401	172,199	112,654	VASILEV Krastin	80	M	BUL	SOFIA	27
405,000	216,000	143,000	077,000	SCHAFFNER Mark		M	RSA		9
404,150	000,000	000,000	000,000	SUTCLIFFE Bill		M	AUS	VIC	17
404,000	252,000	184,000	096,000	LAUBSCHER Xavier		M	RSA		10
403,000	233,000	161,000	070,000	VAN DEN BERGH Bennie		M	RSA		11
402,336	386,242	296,119	180,246	JAKELAITIS Rimas	55	M45	LIT	BROOKLYN	18
402,336	218,870	152,887	094,951	DUTHELY Lunthita	64	W40	USA	HIALEAH	11/04
402,336	204,386	160,934	085,295	SZELDEMAN Janos	55	M45	HUN	PECS	28
397,946	000,000	000,000	000,000	CASTILLO Eleut	36	M65	MEX	MONTERREY	12
394,289	217,261	151,278	080,467	AGOSTON Tamas	65	M	SUI	ZURICH	14
392,679	238,182	170,590	112,654	MORISON Karnayati	46	W55	CAN	NEPEAN	13/05
392,679	238,182	160,934	080,467	KALMAN Gabor	66	M	HUN	BUDAPEST	16
386,946	000,000	000,000	000,000	LOVY Andy	35	M65	USA	KIRKSVIL	13
386,630	000,000	000,000	000,000	REYES Rosa Silva	52	W50	MEX	SAN NICO	14
384,744	000,000	000,000	000,000	AREVALO MORENO Antonio	55	M45	MEX	APODACA	15
384,633	218,870	143,231	086,904	LANHAM Arayavan	52	M50	AUS	NY JAMAI	3
378,195	243,010	175,418	098,169	WINKLEY Don	9.04.38	M65	USA	CORP CHR	17
365,532	208,992	144,132	070,062	SCHULTE Uli		M	GER		26
360,493	210,824	159,325	093,341	TORRES Luis		M	MEX		15
358,883	197,949	144,840	082,076	AGOSTON Tamas	65	M	SUI	ZURICH	14
329,915	178,637	120,700	077,248	LANHAM Aryavant	(02)	M50	AUS	PERTH	29
322,506	000,000	000,000	000,000	VALDEZ Maria Luisa	52	W50	MEX	TORREON	16
303,646	000,000	000,000	000,000	CASTILLO Laura Tovalin	52	W50	MEX	MONTERREY	17
301,760	000,000	000,000	000,000	GOMEZ Francisco Zuniga	66	M	MEX	MONTERREY	18
290,800	000,000	000,000	000,000	DAVIS Robyn		M	AUS	NSW	DNF
247,838	143,231	104,607	064,373	CIMMER Szabolcs		M	USA		17
200,000	190,000	131,000	080,000	WATTON Shaun-David		M	RSA		12
185,074	185,074	128,747	064,373	TOLEDO Walter		M			19
183,465	183,465	117,482	064,373	LITUMA Angel		M			16
181,600	000,000	000,000	000,000	MISKIN Stan	26	M75	AUS	VIC	DNF
164,082	000,000	000,000	000,000	RODRIGUEZ Juan Ignacio	72	M	MEX	MONTERREY	19
149,200	000,000	000,000	000,000	VALENTINE Ian		M40	AUS	NSW	DNF
000,000	384,000	000,000	000,000	HAUSMANN Martina	13.01.60	W40	GER	LG WÜRZB	2/01
000,000	290,000	000,000	000,000	NEWTON Lynn David	44	M55	USA	AZ	3
000,000	285,500	000,000	000,000	VERTREES Ron		M	USA		4
000,000	249,000	000,000	000,000	PIPLANI Paul	50	M50	USA	AZ	5
000,000	245,000	000,000	000,000	MENARD Jack	51	M50	USA	CO	6
000,000	182,500	000,000	000,000	SIEGLAFF Harold P.	35	M65	USA	AZ	7
000,000	166,000	000,000	000,000	JOHNSON Cassandra	46	W50	USA	CA	8/02
000,000	163,000	000,000	000,000	RILEY Jesse		M	USA		9
000,000	095,500	000,000	000,000	O'LOUGHLIN Christopher	53	M45	USA	AZ	10
000,000	024,500	000,000	000,000	NAGY Laura	68	W35	USA	AZ	11

AURA would like to thank the following members for their generous and much needed donations:

Coran Lang - \$100
 Trish Bates - \$55
 Andrew McComb - \$40
 Greg Love - \$35
 John Connellan - \$30
 Stephen Firth - \$30
 John McLeish - \$30
 Peter Sinfield - \$30

Ernie Hartley - \$25
 Greg Spain - \$25
 Jonathan Blake - \$20
 Chris Gamble - \$20
 Chris Graham - \$20
 Peter Nelson - \$20
 Richard Bilewicz - \$15

Jon Bell - \$15
 Laurie Hennessey - \$15
 Ross Shilston - \$15
 Sean Swain - \$15
 Stewart Vincent - \$15
 George Audley - \$10
 Carol Baird - \$10

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
BILLET	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	HAARMSA	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	Bill
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	Dipali	KERRUSH	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	RAELLI	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 David Billett on 08 8278 6623 or email DavidBil@lnet.net.au

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

AURA 200 Club (200 kms in 24 hours) **

Family Name	First Name	State	M/F	Place first achieved	Date	kms
ALLEN	Barry	Vic	M	Box Hill, Vic	28-Feb-87	200.776
ARMISTEAD	Peter	Vic	M	Coburg, Vic	10-Mar-90	200.612
AUDLEY	George	WA	M	Perth, WA	18-Oct-86	219.361
BEAUCHAMP	William	Vic	M	Box Hill, Vic	28-Feb-87	213.875
BELL	John	Vic	M	Box Hill, Vic	15-Feb-86	208.450
BLOOMER	Brian	Vic	M	Box Hill, Vic	15-Feb-86	242.598
BOYLE	Brad	NSW	M	Campbelltown, NSW	28-Oct-89	204.717
BREIT	John	Vic	M	Olympic Park, Vic	4-Aug-90	238.469
BROOKS	Barry	Vic	M	Box Hill, Vic	28-Feb-87	227.574
BRUNER	Bob	Vic	M	Box Hill, Vic	15-Feb-86	211.584
CHAMPNESS	John	Vic	M	Hensley	28-May-88	202.934
CHANNELS	Robert	NSW	M	Campbelltown, NSW	28-Oct-89	209.146
COLLINS	Tony	NSW	M	Campbelltown, NSW	28-Oct-89	208.091
COX Jr	Terry	Vic	M	Coburg, Vic	10-Mar-90	217.373
CROXFORD	Alan	WA	M	Perth, WA	18-Oct-86	210.934
DAVIS	Ivan	Tas	M	Lota Qld	3-Jun-95	200.420
DEVINE	Alan	WA	M	Perth, WA	17-Oct-87	202.000
DONNELLY	Bruce	Qld	M	Campbelltown, NSW	13-Oct-90	207.929
EVERY	Paul	NSW	M	Adelaide, SA	24-Oct-99	206.588
FICKEL	Bob	NSW	M	Liverpool, NSW	2-Oct-94	208.440
FIRKIN	Graham	NSW	M	NSW	1-Sep-90	203.608
FISHER	Keith	Vic	M	Coburg, Vic	15-Feb-89	232.207
FORSYTH	Ian	NSW	M	Liverpool, NSW	15-Oct-95	207.167
FRANCIS	Mick	WA	M	Adelaide, SA	24-Oct-99	224.521
FRYER	Martin	ACT	M	Gold Coast, Qld	20-Aug-104	206.817
GRAY	Peter	Vic	M	Coburg, Vic	23-Feb-91	230.732
HEPBURN	Brickley	Vic	M	Coburg, Vic	23-Feb-91	239.320
HERBERT	Cynthia	Vic	F	Adelaide, SA	1-Nov-86	200.615
HOOK	Geoff	Vic	M	Coburg, Vic	23-Feb-91	202.532
HUNTER	Bob	Qld	M	Qld	1-Jul-89	213.453
JACOBS	Trevor	ACT	M	Adelaide, SA	28-Sep-91	201.238
JAVES	Ian	Qld	M	Box Hill, Vic	28-Feb-87	217.070
KELLY	Frank	NSW	M	Hensley	28-May-88	225.275
KINSHOFER	Rudi	SA	M	Coburg, Vic	23-Feb-91	232.431
KIRKMAN	Geoff	SA	M	Adelaide, SA	9-Nov-95	220.560
KOUROS	Yiannis	Vic	M	Melbourne, Victoria	4-Aug-90	280.469
LUCAS	Andrew	Tas	M	Adelaide, SA	5-Oct-97	202.652
LYNN	Charlie	NSW	M	Adelaide, SA	9-Nov-85	213.839
MARSH	Mike	Tas	M	Coburg, Vic	25-Feb-89	260.099
McKELLAR	Jack	Vic	M	Box Hill, Vic	25-Feb-86	208.915
MEDILL	Graham	Qld	M	Caboolture, Qld	26-Sep-92	205.350
MELHAM	Anyce Kip	NSW	M	Adelaide, SA	28-Oct-89	213.287

Family Name	First Name	State	M/F	Place first achieved	Date	kms
MERCER	Neville	Vic	M	Coburg, Victoria	27-Feb-93	229.755
MOLLOY	Geoff	Vic	M	Box Hill, Vic	2-Feb-85	232.400
NASMYTH	Chilla	NSW	M	Campbelltown, NSW	13-Oct-90	204.213
OOSTDAM	Bert	WA	M	Perth, WA	30-May-92	209.539
PARKER	Ross	WA	M	Perth, WA	20-May-92	217.237
PARRIS	Dawn	Vic	F	Olympic Park, Vic	19-Aug-89	203.650
PARSONS	Patrick	Vic	M	Coburg, Vic	10-Mar-90	203.812
PEACOCK	Alan	Qld	M	Qld University	5-Sep-87	207.410
PEARCE	Phil	WA	M	Perth, WA	26-May-90	200.808
PURCELL	Ashley	Qld	M	Hensley	23-Feb-85	234.959
QUINN	Peter	Vic	M	Olympic Park, Vic	4-Aug-90	201.708
READ	Nick	ACT	M	Coburg, Vic	13-Feb-88	208.859
RECORD	Joe	WA	M	Crystal Palace	12-Oct-79	230.029
RILEY	Gerry	Vic	M	Adelaide, SA	1-Nov-86	210.272
ROONEY	James	NSW	M	Liverpool, NSW	2-Oct-94	218.421
ROSS	Howard	Vic	M	Box Hill, Vic	15-Feb-86	205.634
SHERIDAN	James	SA	M	Connecticut, USA	3-Feb-82	205.462
SKROBALAC	Joe	Vic	M	Coburg, Vic	17-Apr-94	205.604
SMITH	Bryan	Vic	M	Sri Chinmoy	4-Oct-87	227.008
SMITH	Jeff	Vic	M	Coburg, Vic	23-Feb-91	204.852
STANDEVEN	David	SA	M	Adelaide, SA	10-Nov-85	208.245
STANGER	Helen	NSW	F	Westfield, Sydney	1-Feb-90	203.608
STENNER	Graham	SA	M	Coburg, Vic	25-Feb-89	203.526
TAGGART	Bob	SA	M	Adelaide, SA	29-Oct-88	206.849
TAYLOR	Maurice	NSW	M	Hensley, NSW	1983 ?	203.526
THOMPSON	Mike	WA	M	Perth, WA	27-May-89	201.228
TOLLIDAY	Owen	Qld	M	Queensland Uni	6-Sep-87	235.465
TWARTZ	John	SA	M	Adelaide, SA	22-Oct-95	203.522
TWARTZ	Peter	SA	M	Adelaide, SA	22-Oct-95	201.200
WILKINSON	Graeme	NSW	M	Hensley	29-Nov-86	204.716
WISHART	Greg	Vic	M	Coburg, Vic	25-Feb-89	216.784
WOLSTENCROFT	James	Vic	M	Coburg, Vic	25-Feb-89	205.848
WOODS	Graeme	Qld	M	University, Qld	5-Sep-87	212.559
YOUNG	Cliff	Vic	M	Box Hill, Vic	3-Feb-85	216.095
YOUNG	Nobby	NSW	M	NSW	1-Sep-90	204.083

Multiple performances 200 kms and more

KOUROS	Yiannis	Vic	M	13
STANDEVEN	David	SA	M	12
SMITH	Bryan	Vic	M	10
STANGER	Helen	NSW	F	7

AURA 250 Club (250 kms in 24 hours)**

Family Name	First Name	State	M/F	Place first achieved	Date	kms
KOUROS	Yiannis	Vic	M	Melbourne, Victoria	4-Aug-90	280.469
MARSH	Mike	Tas	M	Coburg, Vic	25-Feb-89	260.099
STANDEVEN	David	SA	M	Adelaide, SA	28-Oct-89	256.157
SMITH	Bryan	Vic	M	Olympic Park, Vic	19-Aug-89	254.515
TOLLIDAY	Owen	Qld	M	Adelaide, SA	29-Oct-88	253.063

AURA 300 Club (300 kms in 24 hours)** The one and only.....

Family Name	First Name	State	M/F	Place first achieved	Date	kms
KOUROS	Yiannis	Vic	M	Adelaide SA	4-Oct-97	303.306

****For additions or corrections contact David Billett on 08 82786623 email DavidBil@lweb.net.au**

Coastal Classic 12 Hour Track Run & Walk,
Jan 2005 - West Gosford, NSW



Kurrawa to Point Danger & Return 2004

