

ULTRAMAG



AURA MAGAZINE

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**Official publication of the
Australian Ultra Runners'
Association Inc.
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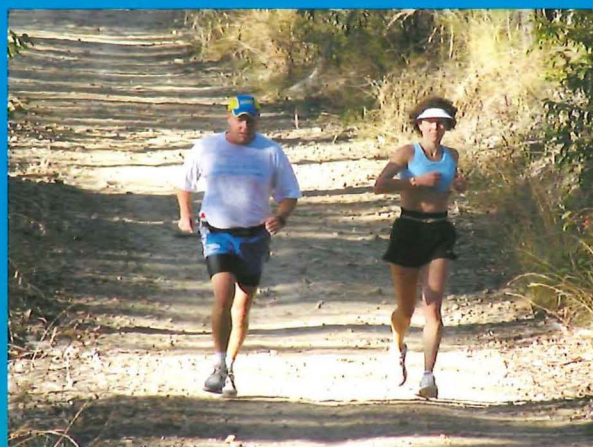
INSIDE this issue:

- ***Tamborine Trek***
- ***Hall of Fame - Percy Cerutti***
- ***Australian Team for 100k Worlds***
- ***Colac offers \$10,000 prize money***

Tamborine Trek



Rita Sutton



Joe Raftery and Karen Weirisma



View from the top



Lindsay Phillips



Race Start 2



Cheer Squad at the Tennis Courts



**Official publication of the
Australian Ultra Runners Association Inc**



Cover pic:

**David Waugh at the
37km mark, on his
way to winning the
Tamborine Trek**

***Photos inside back cover
from Tamborine Trek***

CONTENTS

INDEX	1
THE ENDURA SPORTS SYSTEM	2
EDITORIAL	3
ULTRA CALENDAR	4
A.G.M. REPORT	8
A.U.R.A. CONTACTS	10
A.U.R.A. POINTS RACE UPDATE	13
ULTRAHOSTS NETWORK	14
NEW ANTARCTIC 100 KILOMETRE RACE	16
AUSTRALIAN 100KM TEAM ANNOUNCEMENT	17

RACE REPORTS AND RESULTS

Coast to Kosciusko. [NSW] Results and report by Sean Greenhill	18
Six Foot Track Marathon 45km [NSW]. Results	23
Great Ocean Run 45km [NSW]. Results and report by Steel Beveridge	24
Bananacoast 58km/83km [NSW]. Results and report by Steel Beveridge	28
Frankston to Portsea 55km [VIC]. Results and report by Kevin Cassidy	29
Canberra 50km [ACT]. Results	31
John Forrest 40 Miler [WA]. Results	31
Bunbury 50km [WA]. Results	32
Tamborine Trek 62km [QLD]. Results	32
Mt Mee (QLD) Classic - 50km Results	33
Coburg 24 Hour Carnival and Centurion Walk [VIC]. Results and report by Tim Erickson	34
Walhalla Wound Up 50km [VIC]. Results and report by Kevin Cassidy	36
Glasshouse Mountains 50km/80km [QLD]. Results and report by Andrew Hewatt	38

HALL OF FAME

Inductee.....Percy Wells Cerutti	40
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ARTICLES

Women Winning Ultras	43
History: The 1903 London to Brighton 56 Miler	44
Ken Matchett: Life After 80	46
Life Memberships	47

RANKINGS

AURA Age Group Track Records	48
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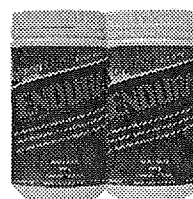
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Editorial

June 2005

Percy Cerutti was undoubtedly best known for his coaching deeds that took Herb Elliott to a Gold Medal in the 1500 Metres at the 1960 Rome Olympic Games. Lesser known, however, was Percy's contribution to the Ultra World. It has taken much time and research by Ian Cornelius to discover many of Percy's ground breaking Ultra feats with the end result being an excellent three page article inducting Percy into the Hall Of Fame.

After some lengthy debate amongst our appointed selectors, the Australian team for the upcoming 100km World Cup at Lake Saroma, Japan was finalised. On June 26th, three of our finest runners will don the green and gold. Victorian Mike Wheatley, Queenslander Mark Hutchinson and Jonathan Blake from New South Wales will be flying the

Aussie flag and looking to go one better than the excellent fourth place we recorded in 2004. Lots of good vibes and wishes will be pointed in their direction on race day. Also deserving of our moral support are the numerous runners who head to South Africa for the World's biggest Ultra in the Comrades Marathon which attracts up to 15,000 runners on June 16th. Here in Australia, we can dream of fields that large!

A quick apology. Despite being mentioned amongst the editorial in the March issue, Sean Greenhill's epic article about his experiences during the inaugural Coast to Kosciusko run seemed to vanish during the printing process and was ultimately missing from the magazine. Belatedly, it appears this time around. Further, the Coast to Kosciusko has sparked immense interest and much has been

happening behind the scenes. An announcement is possible in the near future in regards to a Race Director taking this beyond the "Fat Ass" concept. The interest from interested runners has been extremely high in what is potentially our next high profile event.

The AURA clothing proved far more popular than expected and all stock has now run out. A new clothing line is being developed and will be available in the near future. AURA 100 Club Shirts are, of course, still plentiful and available to all who qualify.

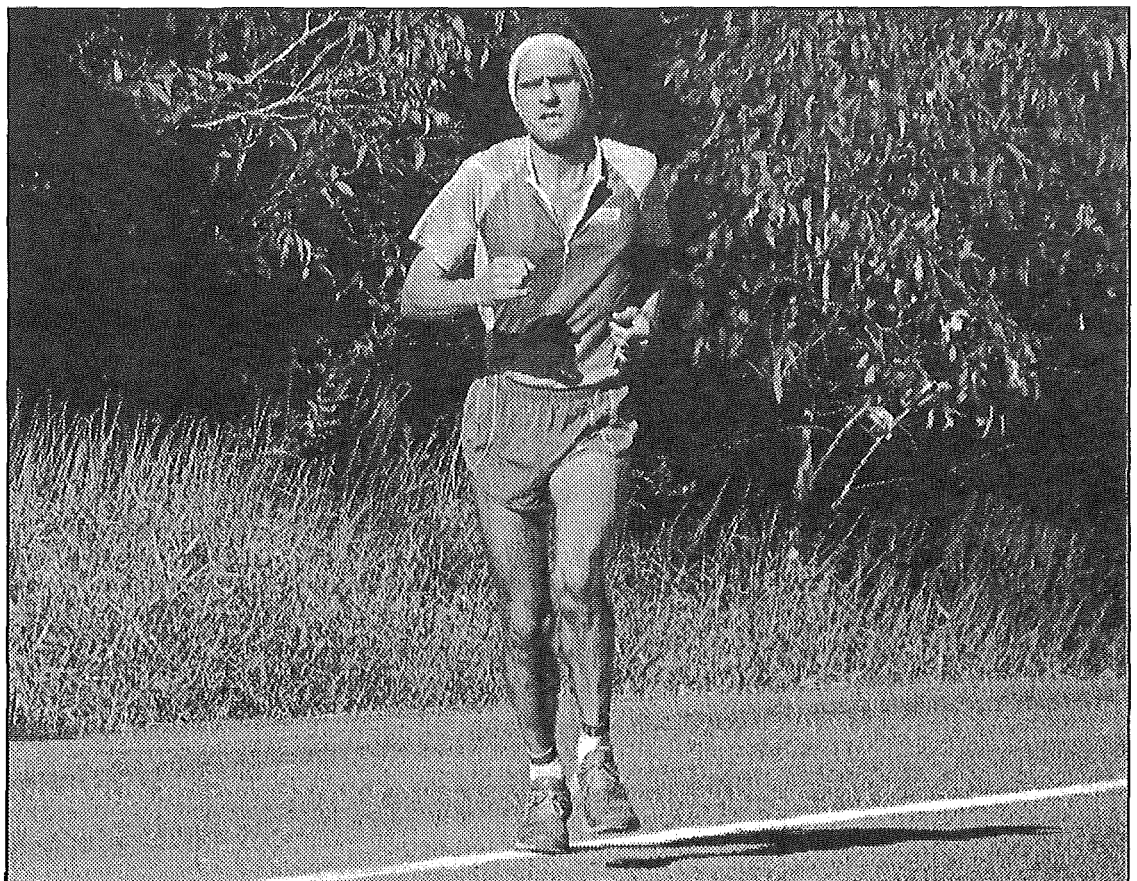
As always, there is plenty of local Ultra news to be found at www.ultraoz.com with international happenings at www.iau.org.tw

Kevin Cassidy

Photo right:

*from Tamborine
Trek*

Kelvin Marshall



Current Australian UltraMarathon Calendar

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

Notes:

1. A Listing on this page is not a recommendation on behalf of AURA or CoolRunning - you should contact the race organiser and confirm that the event is being organised to a level that is satisfactory for yourself, before you enter. 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.
2. 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.
3. All updates and additions gratefully accepted by Kevin Tiller at email kevin@coolrunning.com.au or phone 0419-244-406.

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

24 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 Kevin Cassidy on 0425-733-336 or Email kcassidy@mfbv.vic.gov.au for further information.

30 BUSH CAPITAL BUSH MARATHON & 60KM ULTRA

Off road 5km, 16km, 25km, 42km relay and 60km trail runs and 16km, 25km and 32km bush walks in Mt Ainslie, Mt Majura, Goorayooroo and Mulligans Flat nature reserves. 7.30am start from Campbell High School adjacent to the Australian War Memorial, 1km from the city centre. A fund raising event by the Australian Mountain Running Association for the Australian mountain running team. Full details at www.mountainrunning.coolrunning.com.au.

31 WARRUMBUNGLE MARATHON, NSW

50km ultra, 42.2km Marathon, 21.1km Half Marathon, 10km & 5km Runs. Starts at 7:30am from Camp Canyon Warrumbungle National Park. Fundraising event for Volunteer Rescue Association & Rural Fire Services. Come and discover the beautiful Warrumbungles and meet the wildlife. Contact Amber Burton on freecall phone 1800-242-881 or via email www.amber079@bigpond.com.

August 2005

13 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.

12-14 NATIONAL 48hr CHAMPIONSHIPS + 24hr CHAMPIONSHIPS. NOTE: REVISED DATE

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.

21 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 chasnababs@bigpond.com for more info.

?? SYDNEY TRAILWALKER 100km

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

September 2005

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

October 2005

1 NEW ZEALAND SELF-TRANSCENDENCE 24 HOUR TRACK RACE

9th Annual Self-Transcendence 6-12-24 Hour Track Races - New Zealand plus 12 Hour Teams Relay. N.Z. 24 Hour Championship and N.Z. Centurions 24 Hour Walk. Individual races start 9:00 a.m. Saturday, 1st October at Sovereign Stadium, Auckland - includes lap counters, hot and cold food and drinks. Contact Simahin Pierce + 649 630 8329, mob. + 6421 298 7498, email at auckland@srichinmoyraces.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.srichinmoyraces.org/nz.

9 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. As the run is in aid of people with MS, the organisers would be very grateful for any sponsorship money.

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.

?? 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.

?? FITZROY FALLS FIRE TRAIL MARATHON, NSW

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

20-26 COLAC 6 DAY RACE, VIC

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

?? 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

?? 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

?? 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

11 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

?? 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.

?? MCCARTHY 100 MILER AROUND THE MOUNTAIN RELAY

162km relay and 33km fun walk - both road events. The relay is a 10 person race or solo, the 33km walk is for teams of 6 or solos, all ages. Starts on Raetihi Main Street, New Zealand. Contact Richard Arthurby phone (06) 385-4262 or email 100@raetihi.com or check webpage <http://mccarthy100.raetihi.com> for more info.

January 2006

?? COASTAL CLASSIC 12 HOUR TRACK RUN & WALK

7.30pm start. ADCOCK PARK, Pacific Highway West Gosford, NSW. Our track is grass and is 400 metres fully surveyed. The facility has men's & women's toilets and showers. Random lucky draw prizes. Trophies to Male & Female winners. Certificates & results sheets to every participant. All proceeds to go to Victor Chang Heart Institute & Gosford Athletics Inc. fostering athletics. Contact Frank Overton (02) 4323-1710 (ah) or Paul Thompson (02) 9686-9200 (ah) or mobile 0412-250-995 for further information. Email thomo@zeta.org.au.

?? AURA BOGONG TO HOTHAM, VIC

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

?? 100KM SELF TRANSCENDENCE RACE, CANBERRA ACT

Held in conjunction with the Sri Chinmoy 3-day Ultra Triathlon. The 100km run starts at midnight on Saturday night from Yarralumla Bay, Contact phone (02) 6248-0232 or write to GPO Box 3127, Canberra City, ACT, 2601. Course 1.4km loop on bitumen road and cycle path.

?? AURA MANSFIELD TO MT.BULLER - 50 KM ROAD RACE, VIC
\$20 entry fee. 7am start. Entry forms available from Peter Armistead, 26 Williams Street, Frankston, VIC 3199 or phone (03) 9781-4305. More info available at www.ultraoz.com/mtbuller.

February 2006

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

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

?? MAROONDAH DAM TRAIL RUN 50KM & 30KM
A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for AURA members, \$20 for non-members. Closing date for entries 17th February 2005. For more information, see the webpage at www.ultraoz.com/auradam or email mark_mex@bigpond.com.au.

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

March 2006

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

?? TE HOUTAEWA CHALLENGE, NZ
The 90 Mile Beach "Te Houtaewa" Challenge. Northland New Zealand. Check out the webpage at www.tall-tale.co.nz

?? WATER WORLD GREAT OCEAN RUN
Red Rock to Coff's Jetty Beach & Headland. 45 kms. 6:00am start at Northern end of Red Rock beach, finish at Coff's Harbour Jetty. Entry fees \$10.00 before the day (payable to "Woolgoolga Fun Run"), \$15.00 on the day. Contact Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456 or email steelyn@hotmail.net.au. Course Survey: Saturday 19th March (meet at Arrawarra Headland 3:00pm). CARBO LOAD: at Woolgoolga Pizza Place (from 6.30pm. Saturday 19th March). The "official" start will be at 7.00a.m. High tide that morning is at 5.15 a.m. Daylight savings time so anyone starting earlier should be aware that the going on Red Rock beach will be 'heavy'. The 7.00a.m. start should see the 5hours-5.30 runners right on low tide. Two hours either side should still be OK

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

?? BUNBURY HOLDEN 6 HOUR RACE + 50KM
Bunbury, West Australia. Organised by the Bunbury Runners' Club, certified 500m grass track, own lapscorers required, home stay or motel accommodation can be arranged, contact Mick Francis by Phone (08) 9721-7507.

April 2006

2 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.

AGM Report

AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC
MINUTES OF THE 19th ANNUAL GENERAL MEETING HELD IN THE OFFICES OF THE AUSTRALIAN ATHLETIC
FEDERATION AT 22/431 ST KILDA ROAD MELBOURNE ON THURSDAY 28 APRIL 2005



photo above: Brian Delaney and Tim Erickson accept the Bryan Smith award on behalf of Coburg Harriers from Janet Smith and grand-daughters Alexandra and Darcy-Jane

Present: Messrs Ian Cornelius (President, in the Chair), Ian Clarke (Secretary), Kevin Cassidy (Vic State rep & newsletter editor), former President Geoff Hook, Carol Baird, Bob Lee, Stan Miskin, Fred Brooks, Ken Matchett, Kelvin Marshall, David Jones, Brian Delaney, Tim Erickson and, in attendance, Janet Smith her daughter-in-law and 2 granddaughters.

Apologies: Tony Rafferty, Gerry Riley, Phil Essam, Paul Ashton and Warren Holst.

Remembrance: A minute's silence was observed to commemorate Nigel Aylott, killed in a sporting accident in September 2004.

Minutes of previous meeting: The minutes of the last annual general meeting held on 23 July 2004 were read by the Chairman. Unanimously resolved THAT the minutes of that meeting be approved as a true and correct record.

Report of committee: The report of the committee for the year ended 31 December 2004, copies of which had previously been circulated to members were taken as read. Unanimously resolved THAT the report be received and approved.

Financial statements: The audited statements of account for the year ended 31 December 2004, copies of which had previously been circulated to members

were taken as read. Unanimously resolved THAT the financial statements be received and approved.

Election of office bearers: The following office bearers retired and, being eligible, offered 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; SA, Jerry Zukowski;
Tas, Tim Sloan; Vic, Warren Holst & Kevin Cassidy;
WA, Charlie Spare

Ex officio (non voting) appointments

AURA Points score officer -	David Billett
Records officer -	David Billett
Newsletter editor -	Kevin Cassidy
Webmaster -	Kevin Tiller

Eric Markham, state representative for Qld for many years did not stand for re-election. Colin Colquhoun nominated for the position.

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

It was resolved that the Secretary be instructed to write to Mr Markham officially thanking him for his contribution.

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

Life memberships: On the motion of the President seconded by Geoff Hook, it was resolved that Tony Rafferty be elected a life member in recognition for his many years as Vice President, from 1987 to 2000, his many years as IAU delegate and his many contributions to Ultramag.

On the motion of the President seconded by Geoff Hook, it was resolved that Gerry Riley be elected a life member in recognition for his many years as Statistician (now known as Records Officer) from 1987 to 1997. It was noted that Gerry's work was from the inception of the Association and that he had establish the initial records and then maintain those records prior to the advent of computerised records.

General business:

On the motion of Fred Brooks, seconded by Stan Miskin, it was resolved that

- (1) a recommendation be put to the committee that an offer be put to Race Directors that AURA offers a package for their races, of
 - pre race publicity
 - inclusion in the calendar of events
 - a write-up of the race report in Ultramag
 - pics in Ultramag
 - the provision of public liability insurancein exchange for a nominal payment of \$200 for small races, perhaps up to \$500 for larger ones.
- (2) the committee (provided the foregoing recommendation is implemented) consider implementing a charge of \$30 per person for the provision of Ultramag only (without membership).

The chairman advised that he was in discussion with Gordon and Gotch for the distribution of Ultramag.

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

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

The winner was David Criniti who had won numerous races in Australia during the year and who was the fastest Australian at the 100km World Challenge in Holland in September 2004.

Rising Star award: *This award is to the best performed ultra athlete (male or female) under 25 years.*

The winner for 2004 was Felicity Joyce of Port Macquarie NSW.

Cliff Young Award: *This award goes to the athlete (male or female) who achieves the best performance on the track in the 24 hours event. The winner for 2004 was David Jones.*

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

The winners for 2004 were Kelvin Marshall (32 points) and Carol Baird (35 points).

The President congratulated the winners and made the presentations to David Jones, Carol Baird and Kelvin Marshall.

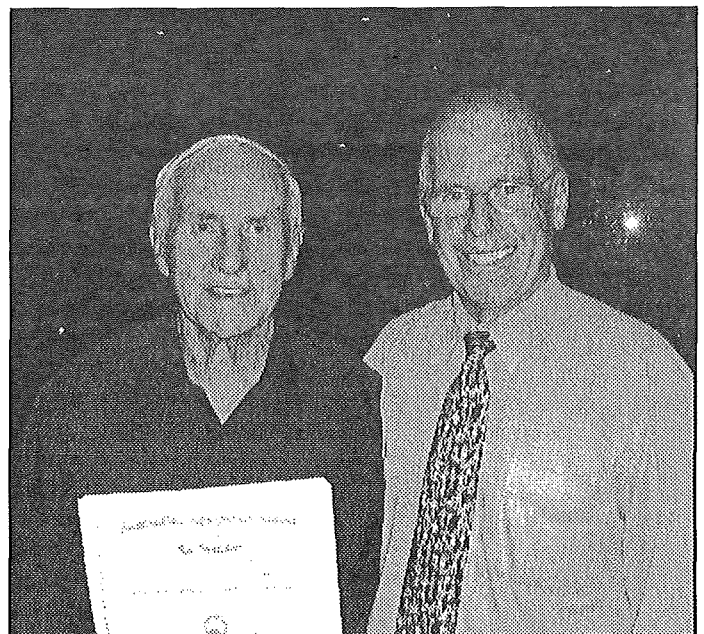
Bryan Smith Award: *This award is made to perpetuate the memory of Bryan Smith, one of Australia's highest achieving ultra athletes who tragically passed away in year 2001 while contesting the multi stage Trans Australia Race and in recognition of the AURA person who has made the greatest contribution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

The winner of this was the Coburg Harriers Club. Brian Delaney and Tim Erickson accepted the award on behalf of the Coburg Harriers Club. The presentation was made by Mrs Janet Smith and her two granddaughters.

The Chairman thanked members for their attendance.

Signed as a true and correct record

Photos below: left - Kelvin Marshall and Carol Baird; right - Ken Matchett and Ian Cornelius



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Website: www.ultraoz.com Please send any relevant ultra-running 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 or Box 2786, Fitzroy, VIC. 3065. Tel. 0425 733 336

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

Email to the Editor at kc130860@hotmail.com or post to Box 2786, Fitzroy, VIC. 3065

IF YOU CAN MANAGE A MARATHON, WHY NOT TRY THE CLASSIC ULTRA ?

GOLD COAST 100km SOLO & TEAM CHAMPIONSHIPS

Saturday 16 July 2005

This race incorporates the National 100 km championship. There is also a relay section for 6 to 10 person teams. The relay section incorporates the Qld State Road Relay championships and 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. This is a flat, fast course, based at the nation's leading sports centre. For more information see www.goldcoast100.com or contact race director Ian Cornelius on (07) 5537 8872 or mobile 0408 527 391 or email info@goldcoast100.com

HOW FAR CAN YOU RUN IN A DAY? (OR TWO FOR THE MORE ADVENTUROUS) ** note change of date

24 hr and 48 hr GOLD COAST CHAMPIONSHIPS
Incorporating the 48hr National Championships
Starts at 0900 Friday 12 August 2005 and finishes 0900 Sunday 14 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

Sunday 11 December 2005

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

SO YOU THOUGHT THAT THE GOLD COAST HAD NO HILLS, EH? TRY THESE FOR SIZE!!

TAMBORINE TREK, GOLD COAST

Saturday 27 May 2006

The Tamborine Trek is a 62 kms event from the Girl Guides Hall in Ferry Road, Nerang to the top of Mt Tamborine and back. The course comprises 20 km of unsealed road within the Nerang State Forest, and 13 km of bitumen to the top of Mt Tamborine. The event is open to solo competitors and 3 person teams, each member running approximately 22 km. The solo and relay sections both start at 0600 hours. Runners not making the end of leg 2 by 1100 will not be permitted to commence leg 3. Contact race director Ian Cornelius on (07) 5537 8872 or mobile 0412 527391 or email info@goldcoast100.com.

2005 AURA Points Score Competition

Leaders (Provisional Points) at 29th May 2005

Note: Does not include the following events (results unavailable at time of printing): Bogong to Hotham 60km

Men	Pts	Events	Dist.	Women	Pts	Events	Dist.
Richard McCormick	10	5	315	Carol Baird	22	4	308
Geoff Hain	9	3	336	Julia Thorn	11	3	189
Kelvin Marshall	9	5	261	Vivienne Kartsounis	10	3	211
Simon Phillips	9	2	172	Jane Sturzaker	8	3	186
Peter Anderson	8	4	353	Karina Ward	7	2	182
Garry Wise	8	6	299	Faith Anderson	6	2	125
Tony Collins	8	2	292	Jennifer Williams	6	2	103
Peter Lahiff	8	2	103	Sandra Timmer-Arends	6	2	100
Robert Gray	7.5*	2	100	Kerri Hall	5	2	118
Geoffrey Last	7	3	215	Michelle Thompson	5	1	101
John Pearson	6.5*	2	185	Stephany Howard	5	2	95

* Rob Gray tied for first place in an event, John Pearson tied for third place in an event

HOW THE POINTS SYSTEM WORKS

The points system has been revised to the following standards

CATEGORY	NO. OF POINTS	AWARDED FOR	EXPLANATION
Category 1 Ultra Points	1	Starting	Each competitor receives a point for each ultra in which they start as long as the 42.2km distance is passed
	1	Each 100km	Distances which exceed 42.2km in an event may be accumulated. One point shall be earned for each 100km completed within the calendar year.
Category 2 Placings	3	1st place	Regardless of the number of starters
	2	2nd place	
	1	3rd place	
Category 3 Bonus points	1	Winning a National championship	Winning a national championship entitles participants to 1 point in addition to any points gained in categories 1 and 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 (placings) 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 (placings) are excluded

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

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

All race results should be forwarded to David Billett of 7 Craiglee Drive, Coromandel Valley, S.A. 5051
Tel. 08 8278 6623 e-mail: davidbil@iweb.net.au

AURA ANNOUNCES NEW INITIATIVE

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/vhfora.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

New Antarctic Marathon & 100k

An amazing new marathon - the **Antarctic Ice Marathon** - will be held in the interior of the Antarctic on January 5, 2006. Run in the foothills of the scenic Ellsworth Mountains, this will now be the southernmost 26.2-mile foot race in the world and the only marathon held on the mainland continent.

The race will be run at 80 degrees south in the vicinity of the Patriot Hills camp operated by Antarctic Logistics & Operations (ALE). Having purchased Adventure Network International in 2003, ALE is now the only organisation offering expedition support and safety backup to the interior of the Antarctic. The marathon itself will be organised and promoted by Richard Donovan of Polar Running Adventures, the organiser of the annual North Pole Marathon. Available places are limited to 25.

With underfoot conditions comprising snow and ice throughout, an average temperature of -20C, and the possibility of strong Katabatic winds blowing from the South Pole, competitors are certainly guaranteed a genuine Antarctic marathon

experience. The 26.2-mile circuit will meander along a marked route that encompasses a plane wreck, long stretches of open white terrain, and of course the Patriot Hills themselves.

Support personnel and medical assistance will be at hand and participants will be monitored for any signs of cold-related problems such as hypothermia.

The competitors, who will be flown by private jet from Punta Arenas, Chile to the marathon location, will also have options to complete half-marathon and 100km races on January 6th and 7th, respectively. While the **80 South Half Marathon** will be ideal for those who fancy a shorter distance, the **Antarctic 100k** will be reserved for only the toughest of endurance athletes.

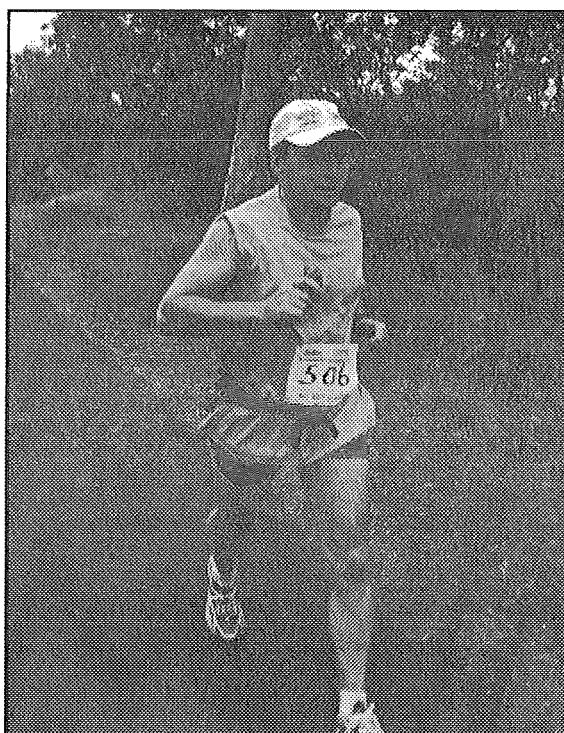
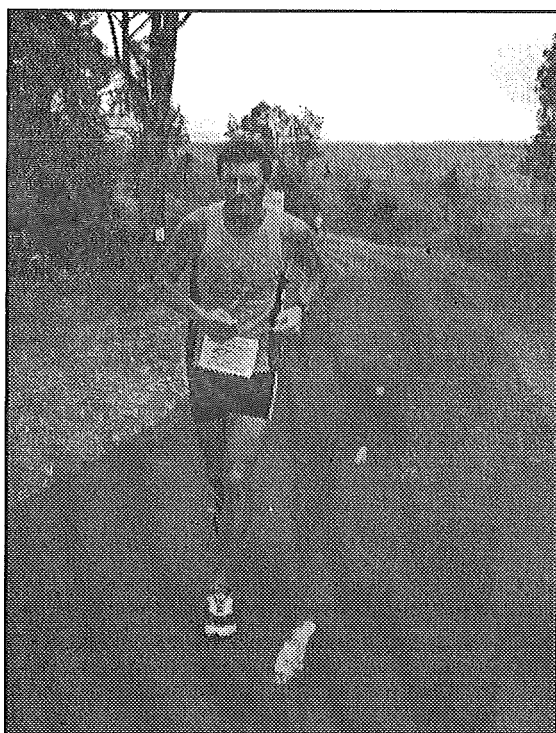
Undoubtedly, "the world's coldest 100", the 100k (62.1 miles) distance will seem endless, run under a sun that never sets against the hushed, indomitable backdrop of the Antarctic interior. The race will present the first opportunity to

complete a 100k event on the frozen continent and creates the prospect of a 100k Seven Continents Club for global ultra athletes.

Further details of these races are available at the official Antarctic Ice Marathon website: <http://www.icemarathon.com>. The scheduled five-day itinerary costs US\$14,000 and includes round trip flights to the Antarctic from South America; food and accommodation in the Antarctic; entry to all three races; and commemorative medals, t-shirts and souvenirs. Furthermore, a 26.2-mile marathon road run will be organised in Chile for those who want to get two continents under their belt. A top sports photographer will also be present to document the events and details of a video documentary will be announced in the coming months.

For more details, see <http://www.icemarathon.com>.

Contact: Richard Donovan - Race Director
Email: rd@icemarathon.com
Tel: +353-91-566077
Fax: +353-91-566082



*Photos
from Mt. Mee
50km:*

*left - John
Searston*

*right -
Rolf Kvelson*



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Email. president@ultraoz.com

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30 April 2005

AUSTRALIAN TEAM TO PLACE AT THIS YEAR'S 100KM WORLD CUP

SELECTION OF TEAM TO REPRESENT AUSTRALIA AT THE 100KM WORLD CHALLENGE TO BE HELD AT LAKE SAROMA JAPAN ON 26TH JUNE 2005

AURA is pleased to announce the selection of the team to represent Australia at the forthcoming 100km World Challenge to be held at Lake Saroma Japan on 26th June 2005.

The team is:

Mike Wheatley [VIC]. Captain and Team Manager

Jonathan Blake [NSW]

Mark Hutchinson [QLD]

The team members are all well performed and should acquit themselves well. At last year's 100km World Cup the Australian team finished fourth. They are very confident of getting a place at this year's event.

Wheatley, from Mount Eliza in Victoria, has a best 100km time in the past twelve months of 7h 56m which he recorded at last year's World Cup. He has also recorded a 2h 42m marathon at Traralgon as well as several wins at a number of shorter Ultras this summer.

Hutchinson, from Caboolture in Queensland, has an all time best of 7h 40m and recently ran a 2h 30m Marathon on the tough Queenstown course in New Zealand.

Blake, from Illawong in New South Wales, has an all time best of 7h 38m and recently posted a creditable 2h 38m Marathon in Canberra.

Unfortunately, there has been no Women's team selected this year. We are hopeful that several of Australia's best female distance runners will put their hands up in the next twelve months and post results that will gain selection for 2006.

More details are available at www.ultraoz.com/world100k

For further information contact:

Ian Cornelius

President

07 5537 8872

Mike Wheatley

Team Manager

03 9787 0443

Phil Essam

Publicity Officer

0407 830 263

Coast to Kosciusko

[NSW] 236km 10/12-12-2004 (Boydton Beach- Mt Kosciuszko- Charlotte pass trailhead, 236km)

RESULTS

=1st Paul Every	39.26
=1st Jan Herrmann	39.26
3rd Sean Greenhill	60.44
Lawrence Mead	DNF (96km)

*Into the distance, a ribbon of black
Stretched to the point of no turning back
A flight of fancy on a windswept field
Standing alone my senses reeled
A fatal attraction is holding me fast,
How can I escape this irresistible grasp?*

- Pink Floyd, "Learning to Fly"



Photo above: 4 nervous starters

Report by Sean Greenhill

It started with a suggestion Paul Every made over dinner with David Criniti and I in the middle of the year. A run from sea level to the highest point in Australia, Mt Kosciusko, 2229m ASL. It would, suggested Paul, be Australia's version of Spartathlon or Badwater, the benchmark event that Australian ultrarunning had needed since the Westfield Sydney-Melbourne folded in the early 1990s. Dave and I, being the obsessive compulsives that we are, fancied the idea and some hurried poring over maps suggested that a start on the far south coast of NSW to the top of Kosci and finishing at the return to the trailhead at Charlotte Pass would be in the order of 220-240km long, roughly the distance of the real Spartathlon, which Paul had run some years before. As far as we could work out, sea level to Kosciusko had never before been done like this- certainly walked over a week or two, and in a day on bicycle, and even on skis (with some walking added in) but never in one sustained shove on foot to our knowledge. It seemed historic.

First up we decided to run it Fat Ass style to see it was feasible as an official race in future years. When to do it? We wanted to get it done fairly soon- we were eager! Logically it had to be between November and March- summer basically, as otherwise the weather would be pretty risky and the last section of the course would be under snow for several months. In November Paul was doing Ironman WA and Dave would be in Hawaii for the Ironman

and the Deca Ironman, so we decided on the second weekend of December. As some runners could quite possibly take 48 hours or more, the start would be Friday 10 December.

In August I went to the USA to run Leadville and dropped out, then three weeks later finished the Glasshouse 100 miler in Queensland in my slowest time yet for that event, so, apart from the appeal of running from sea to the highest point on the continent, this run took on an extra dimension as a form of redemption for me. In October Paul, his better half Diane Weaver, and I went down the south coast to scout out the final route and measure it. The final route, starting at Boydton beach, just south of Eden, was roughly half sealed road and half offroad (mostly the first half- logging trails and dirt roads) was 236km according to GPS and car odometer.

By December, Dave had ruled himself out of the running with an ITB injury suffered in Hawaii and, after some umming and ahing, we had only four starters- my old ultrarunning headbangers Lawrence Mead and Jan "the Herrmannator" Herrman, plus Paul and I. As crew I had my mother Gayl and Chris Hockman, who had offered his services after I'd floated an appeal on Coolrunning Australia for crew- I didn't fancy spending two days alone in a car while I was running up a road.

The psychological element of the run dominated my thoughts in the days

beforehand. I'd run 100 miles four times- three times at Glasshouse and once at Western States- in times between 27.11 and 28.59. This was a quite different proposition. 147 miles, almost half as far again... and certainly requiring a second night. Was I psychologically up to it? I was frankly terrified at the possibility that mentally I just wasn't going to be up for what I'd set for myself. The prospect kept me awake nights and I broke into a cold sweat when contemplating it by day. I reasoned that, as there would be no cutoff in this Fat

Ass style event, I'd have to go by the old maxim "just don't quit" and go from there. Mathematically I thought a really good run would result in a finish in the 42-45 hour range.

On Thursday as we drove the eight hours from Sydney to Eden the rain was constant. I suppose this meant that at least we wouldn't get a scorchingly hot 40 C summer day, but the wet also bode ill for foot problems. Lawrence and Jan turned up late on Thursday evening- they had been beset with car problems and would run unsupported (or off what they could get from Paul's crew Diane and Richard Peacock, or my crew) for the first 60K or so, when Lawrence's girlfriend Carol would hopefully turn up with their van.

On Friday morning runners and crews assembled in the rain on Boydton beach before dawn. I filled a bottle with sea water with the idea of pouring some of it out on the summit

of Kosciuszko and adding some snow to the mixture. Photos were taken and we were off at 5.35am.

The first 60km is pretty much all dirt roads and logging trails through State Forests and up the Towamba River valley. Paul hared off after about 3km and the rest of us ambled along in one group, more or less. We climbed through the State Forest to the top of Nullica Hill, then descended to the Towamba River. The rain relented for a while and gave us sublime views of the tree lined valley, with the odd mountain looming out of the fog. Apart from the humidity (my feet were squelching in wet from the very start) it was a superb setting; as David Toone once wrote, it was a moment that emphasised "the excellence of the sport of trail running".

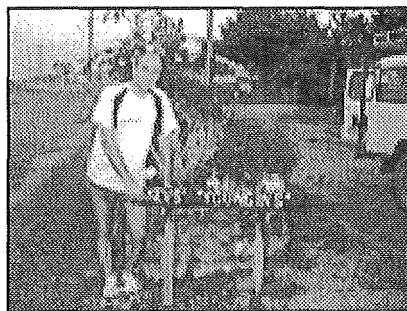
Mum was stopping every 5K so I could refill my bottle and we could grab something to eat; I was subsisting off a mix of peanut butter sandwiches, creamed rice, nuts, chips and condensed milk. Run up to the car, hand the bottle over to Mum or Chris for refilling, grab a handful of food, take the bottle and go. It was probably overkill during the day to have assistance this frequently, but at night (both nights!) having the car to run to would be a BIG mental boost.

We were doing a lot of walking but nevertheless making good progress. Really it was three mates out having a chat as much as running at this stage. At around the 35K mark we were greeted by my friend Amanda, who had driven down from Canberra (!) along the course to cheer us on a bit. Certainly a gesture we all appreciated.... The marathon mark was reached in about 5 1/4 hours and not long after I directed Mum to drive out of the valley and meet us in Cathcart so she could avoid the wet and winding unsealed Big Jack Mountain Road. I slipped on the Camelbak with its 3 litre bladder, took a few sandwiches, and we jogged into the hamlet of Rocky Hall. The valley walls were on either side and ahead the end of the valley loomed through the fog- before long we were going to start some serious climbing.

I'd been in email contact with Ian and

Carly Baker, who had a property in Rocky Hall, and they placed a sign on the roadside marked GO GO KOSCIUSZKO, which was a nice little boost. Carly walked with us for a little while and then sent us on our way towards the climb up Big Jack Mountain.

Herrmannator was not feeling very sharp at this point but had little trouble staying with us. He is one of the toughest runners I know- has suffered godawfully in some races, but is startlingly strong and always comes back VERY hard in the second half of any event. At 56K we reached the foot of Big Jack Mountain and started the 550m vertical ascent over 7km of forest road, and he walked away from Lawrence and I.



After a challenging night, Jan is happy to meet daylight again at Dalgety - still almost 100km to go

We'd seen it before. As for myself, my feet were suffering in the wet and starting to develop a few hot spots on the balls of the feet. I reached the top of Big Jack Mountain to find Jan waiting at the top for us; I elected to run ahead and change shoes and socks at the car.

I removed my socks and NB856 shoes to find my feet had gone a white, swollen, prune-like complexion. I did a bit more taping, put on some wool socks and put on a really old but comfy pair of NB1220s. We had a food break here, at the 64km mark, the intersection of the Mt Darragh and Big Jack Mountain Roads. The air was, at 900m ASL, noticeably cooler and I soon replaced my sleeveless shirt with a heavier, sleeved Coolrunning tritop as well as dumping the Camelbak for a single bottle again. The flies were also swarming with particular exuberance- attracted to the cattle

I suppose, as up on the plateau here we were in the middle of farming country. Jogging into the village of Cathcart we passed, of all creatures, a camel in a paddock, then we saw Lawrence's newly-fixed van parked at the side of the road with Carol at the wheel. We were now a complete team. Lawrence was experiencing some trouble from an old injury and strapped up both knees and collected a pair of trekking poles to take some of the weight off his legs. We turned off Mt Darragh Road onto an unsealed road that led to Bibbenluke and the Monaro Highway. The sky was darkening and rain started to fall again, gradually at first and little bother to us. I discussed with the boys the possibility of a 42 hour finish. It seemed quite feasible at that point as we were still moving pretty well, but things would soon start to unravel.

However, by the time we reached the 96K mark on the other side of Bukalong, evening was falling (it was about 7.30pm), as was the temperature. We'd been walking a fair while- Lawrence to give his knees a break, in my case to alleviate some chafing that I'd acquired from my perpetually- wet clothes (even though I'd used bodyglide and hydropel in copious amounts) and Jan was walking with us. Moving as slowly as we were, the cold rain was sucking the temperature from our bodies, although by then we had donned rain jackets. You wouldn't have thought it was summer, given how miserably cold we were getting.

I curled up on the front seat of Mum's car with the heaters on full blast, shaking uncontrollably and thinking with great difficulty and not much success- not far off hypothermia. Jan was doing little better and took refuge in Lawrence's van. Lawrence himself elected to drop out as his knees were in pretty poor shape, then he dragged himself over to our car and leaned through the window. Over the roar of the heaters he passed me one of his goretex jackets (I didn't want to deploy my heaviest clothing as it would be more sorely needed the next night up in the snow country), a cup of hot noodles and told me to get my fucking act together or I'd have to be carried off with hypothermia. Start running again, he urged- hard. it was the only

way that I could really warm up and keep going.

Jan hauled himself out into the rain and set off fast up a long uphill, trying to generate some heat for himself. I donned a beanie, dry long-sleeve shirt and the goretex and set off in his wake, soon passing the 100K point and marvelling at myself that I could still run uphill strongly. I had very little fatigue and energy levels were good, although it took some time for my core body temperature to return to normal again.

In contrast to the aesthetic excellence of the Towamba valley, the 95km or so on the plateau between Cathcart and the climb up the Beloka Range (via Dalgety and Bibbenluke) was undulating farm country with grassy moorland rolling away to the horizon in all directions and very few trees or other features except for the road. I'd predicted beforehand that this long stretch would be like running through a black subway tunnel for hours, with sensory deprivation eating away at the runner's resolve. It turned out to be a WET subway tunnel but Mum decided off her own bat to stop only every 2 or 3km to give me a mental break, as well as for safety, given how badly I had been out of it not long before. I hauled up to the intersection with the Dalgety Road at 104km to find Jan getting some more hot noodles from Lawrence and Carol. I had a cup of my own and we set off together, but I could not keep up with the Herrmannator anymore and he strode into the darkness. I jogged along at what I thought was a pretty reasonable pace of my own (42 hour dreams resurrected, if I could get to Dalgety- 145km- by sunrise) but soon all I could see of Jan was the odd glimpse of his headlamp a LONG way down the road.

Overall it was downhill to Dalgety (about 150m descent over 40km or so) but there were quite a few uphills mixed in there too. I caught up to Lawrence's van at the top of one such hill at about 1am and he told me Jan had started vomiting and he was only a few minutes ahead, but I had little fight left, and when the road became sealed at 122km not long afterwards, with cold fog drifting in and forming

a blue-white wall in front of my headlamp, I was in my usual early morning ultra death march, mumbling incoherently and weaving from side to side. My feet also really started complaining as soon as I stepped onto the bitumen. This went on for a few more kilometres before Mum offered the front seat of the car and the heater. I wasn't in much shape to say no. (Note- next year, make sure the crew is much harder on me, and preferably not related to me.) We duly nodded off and woke at around 6am as Lawrence pulled up next to us to see how we were doing. I'd never slept in a 100 miler, but had never allowed myself the opportunity either.

I stepped into the cold, foggy morning and felt pain shoot through my feet- they had swollen badly while I was out of it. Lawrence brewed up a hot cup of coffee and told me Herrmannator had kept vomiting throughout the night but had reached Dalgety not long before, so he was on my "good case" schedule which I was now quite a few hours behind. My mental doubts boiled to the surface again and I confessed to Lawrence that I didn't know if I had it in me to keep going for another 24 or more hours. The very prospect nearly brought me to tears. I wasn't in a good place mentally. He looked back at me and said "just keep walking and see what happens."

So I started walking- my feet were too trashed now to sustain much running. I was averaging about 5km/hour and the fog soon was soon burned off by the sun to reveal, in contrast to the previous day's clouds and rain, a cloudless sky. It was going to be a hot one and soon the long-sleeve shirt and goretex had been replaced by a sleeveless tri-top. I tried some more changes to see if it was possible to alleviate the blisters- first a second pair of thick socks over the first (for extra cushioning), then the NB1220s were replaced by Asics 1090s, which were briefly replaced by Teva sandals, then I brought back the Asics and reasoned that I wasn't going to be able to do much about how my feet were. I resigned myself to doing a lot of walking and pain tolerance and hoped that they wouldn't deteriorate too much more.

As I said to Mum, I was now determined to finish regardless of how long it took- the mantra would be "just keep walking" and "just don't quit" unless I was risking long term injury, and trashed feet didn't count as long term injury- after all they would eventually heal. She was not particularly impressed by this mindset but resigned herself to a long time on the road.

Before the run I'd reasoned that I had no excuse not to get to Jindabyne, after all it was only 20km or so further to Jindy than I'd run before, so no real stretch, right? From Jindabyne it was 47km to the summit of Kosciuszko and a further 9km after that to the finish. 56km was another weekend training run, so I could surely manage that no matter how badly I was going. It was a good concept in theory, but in the cold hard light of day... you get the idea. Nevertheless, I told myself many times out there that if I could get to Jindabyne I absolutely was going to finish.

First I had to Dalgety, then chip away at the course until Jindabyne.

Given how slowly I was moving I might not get to Jindy until dinnertime and finish well after sunrise Sunday. Okay. Couldn't do much about the pace, I just had to accept it and move on, no pun intended.

Coming to the top of a climb not long before Dalgety I caught my first sight of the snow-capped Main Range. It seemed a bit ironic given the burning sun beating down. From this direction Kosciuszko itself couldn't be seen but it didn't matter too much- I pointed at the mountains and screamed at them "I'll be there tomorrow, you hear?" We trudged into Dalgety (145km) a little before lunchtime Saturday. This town on the Snowy River had been the original selection as Australia's national capital until, six years after that, the decision had been revoked in favour of Canberra. Today there was very little hint of what could have been- it had one pub, one service station, one cafe and a scattering of houses. I paused to contemplate the Snowy River (which flows from the foot of

Kosciuszko) then resumed my march. Only 90km to go, I told Mum. It would be slow going, but 90km was a distance you could start to get your head around, I added with a smile. She didn't seem convinced by my logic.

My Sydney Striders compatriot Jim Moody had gotten into my head. Jim incorporates in his electronic signature a quote from Bilbo Baggins- "the road goes ever on and on." This thought was mulled over and dissected for quite a few hours. Seemed appropriate as I reached the foot of the Beloka Range, a 300m vertical climb in 2km. This ascent was very slow going under the afternoon sun but halfway up it I passed the 100 mile/161km mark in my slowest time yet- 33.35.

Every step after that was a new PB for distance, further than I'd ever gone before.

I topped out at 1180m ASL and found the haul into Jindabyne had quite a bit more downhill than I remembered, which pounded my feet even more. By the stage I'd also developed a blister the size of a 50 cent coin under and up the side of my left big toe which made attempts at running fairly unpleasant as it proved too painful to "drive off" that foot. I'd never blistered there before.

As I turned onto the Barry Way a couple of km south of Jindabyne I came into mobile phone reception and my phone duly beeped into live- a profusion of text messages and some voicemails from friends. I returned a couple of calls as I walked, but I had no news on Paul and Herrmannator to relay and I couldn't reach their phones. However, as I reached Jindabyne proper, my phone came to life again and I heard Paul's voice, ringing from the summit of Kosciuszko. I congratulated him as he battled to contain his emotions, and he urged me to keep at it. I relayed this news on to others.

Mum and Chris had driven into Jindabyne and picked up a hamburger and chips for dinner, and a pizza for consumption during the night. It's a healthy sport. Night was falling again as Chris walked with me out of town along the Kosciuszko Road as I

worked my way through the burger and we split the chips. I changed into a Striders cycling jersey and put on the goretex once more. It started to rain again, then lightning started to flash in the sky, then started to strike the nearby hills. Convinced that discretion was the better part of valour in the mountains we took shelter in the car for an hour or so, then after no lightning had been seen for a while I stepped out into the rain with Chris and we resumed our march.



Paul Every reaches the summit

After we crossed the Thredbo River a car pulled up in front of us. It was Paul, Diane and Richard, having seen our headlamps. Paul looked pretty dazed and out of it, but I wasn't doing too much better as I'd somehow shaken Diane's hand as I congratulated Paul.... I asked if they'd seen Jan and they said the Herrmannator had reached the summit after Paul and they'd finished together at Charlotte Pass trailhead in 39.26. I was staggered. Then they drove on, looking for some accommodation in Jindabyne- Paul was doing the Canberra Half Ironman the next day.

Chris and I did mathematics on the road. Jan had finished with Paul? No, not possible, he'd been in Dalgety on about 42 hour pace and had been vomiting, no way could he catch Paul, one of the finest ultrarunners Australia has produced. We must have

misheard, we decided in the end. It just did not make sense that Jan could have run the back half of this course in so superb a fashion, even by his standards.

The next set of lights coming down the hill was Lawrence's van. I stepped up and asked Jan what had happened. He didn't look or sound too good either but he confirmed that he had indeed finished with Paul. Staggered was not the word for my reaction- I was awestruck. Chris had to get a lift back to Sydney so he got in with the others and I was left alone with the road and Mum's car every few kilometres.

The lights of Jindabyne were glittering off to my right as the Kosciuszko Road relentlessly wound uphill through the snowgums, through the spookily lit National Park entry barriers standing starkly in the blackness of the Alpine night. A couple of cars went past me and the drivers stopped and asked if I was all right, if I needed help. I replied I was fine and was just out having a walk.

We reached Sawpit Creek at 1am or so. I was concerned that Mum wasn't managing to get any sleep in between my visits to the car, as she would need to be alert for driving on the mountain roads tomorrow.

So I offered to get in the car for a few hours if that would put her in the right frame of mind and enable her to sleep. We both fell asleep and I was woken not long after 5am by the first rays of light from my third sunrise. I stepped from the car, found my feet had deteriorated further while I slept, and resumed walking uphill through Wilson Valley with Martin Harris' MP3 player to give me some music to mull over. (Thanks Martin!) I had quite a mixture of tunes prepared- Rammstein, Metallica, Midnight Oil, Pink Floyd, Led Zeppelin and some lesser known European bands like Therion and Rapture. The common theme of all of this music was a hard-driving, aggressive nature. Bluntly, it was headbanging stuff.

Coming over the top of Rennix Gap I was hit with a chill wind and donned a beanie, then zipped the goretex up further and pulled the hood over the top of my head. Definitely in Alpine country now. The weather was pretty

unstable- not the storms of last night but the sky varied between mostly overcast and sunny, although always cold. The 200km mark was brought up as I reached the Guthega turnoff and at 208km I reached Perisher, normally a big ski resort but, in summer, it seemed the only people here were a few workmen renovating some of the ski lodges. Snowdrifts were noticeable not far from the road. I fielded some more phone calls here (it was late morning) and contemplated journey's end, less than 30km away.

Walking up the road to the Charlotte Pass trailhead at lunchtime I got a few strange looks from passerby motorists. Mum was waiting in her walking shoes- she was going to walk with me up the Summit trail. I hoped she'd walk with me to the top- she'd been there before.

The sharp rocks of the trail pushed through soles of the Asics and made me wince with pain, but there wasn't much that could be done about it. Mum elected to stop at Seaman's Hut- at 2030m ASL, the highest building in Australia. She was a bit tired to walk the rest of the way, so I asked her to wait at the hut and I'd be back in two hours.

From Charlotte Pass you can't actually see Australia's highest mountain. It's only visible after Seaman's Hut, when it comes into view from behind Etheridge Ridge and is less than 4km away. The weather was poor- lots of black clouds and gusting wind- but I could make out some snowfields across the trail above Rawson's Pass. I'd borrowed a trekking pole from Lawrence to help my footing on snow- honestly I was surprised there wasn't a lot more of the white stuff.

There were a lot of people descending the mountain as I ambled up the trail. I negotiated the snow reasonably well and, as I approached the Strzelecki Monument on the summit I realised I would be alone on the top of the continent. No one to take my photo.... I produced the mobile phone and rang Paul as I walked the last few steps, reciprocating the gesture he made the previous evening. He'd just finished the Half Ironman- slowly, but he'd got there. I reached the summit with an elapsed time of 57.26.

I felt no emotion really. Emotion had been beaten out of me sometime beforehand I think and replaced with a stoic desire to just get the bloody thing done. There were plenty of black clouds being blown up the Geehi valley towards the mountain but I found time to pour half my seawater onto the Strzelecki Monument, take a few photos of the view (and of the water pouring) and make a couple more calls.

Just below the summit I stopped at the cornice and refilled the seawater bottle with snow, so I now had a mixture of Pacific Ocean water and Mt Kosciuszko's snow in the one bottle.

I was a bit disappointed in myself that I hadn't been more worked up about making the summit. It might not have been the actual end of the course- that was 9km away back where the car was parked at the trailhead- but the summit was powerfully symbolic and the evening before, on the phone, Paul- normally the most reserved of individuals, possessed of a Zen-like tranquility- had battled with his emotions, whereas I- a more extroverted type- had just grimly thought "that was incredibly slow, but at least I've done the whole thing."

I met Mum back at Seaman's Hut and we set off for the trailhead. By this stage- perhaps because the desire for the summit was gone, or perhaps because I had blisters on the sides, heels and the balls of both feet, as well as one big toe - I was shutting down completely and doing around 22min/km. I also had had bad pain in both hip flexors since that morning - because I'd never walked so far in my life, I suppose. Mum walked ahead and photographed me touching the trailhead sign 60 hours and 44 minutes, and 236km, after I'd started at Boydtown beach.

I was hardly able to get out of the car back at our hostel in Jindabyne, but managed to get inside with my bags and lay down on a bunk for a couple of hours before getting into the shower and wiping off three days of gunk. When I removed the tape on my feet I pulled a big flap of skin off the ball of my right foot, and made it back to my bunk on all fours.

The next morning my legs felt much better but my feet were still pretty bad. With the help of tape, vaseline and wearing two pairs of thick socks at once, I was running again the following Friday and that Sunday ran a 10K race in 43 minutes. I'm still cutting and peeling dead skin off my feet a fortnight later.

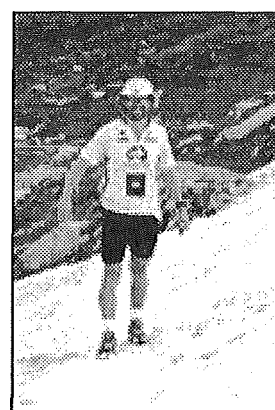
Oddly enough, I'm not sick of creamed rice, peanut butter sandwiches, nuts, potato chips or condensed milk, despite consuming vast amounts of all of these foods during the run. Stomach and nutrition wise, this was my best "big" ultra yet. Pity about the other aspects of the event....

THOUGHTS

I will be back to run a better, respectable time. I think I can do 42 hours, and a lot of that can be made up with a better strategy. Ideally that will be after we've organised a proper race director and the race becomes official- as a Fat Ass event it will never have widespread appeal in Australia, let alone internationally. It has, in our minds, the potential to get pretty big, in the same style as a Spartathlon or Western States- the apex of Australian ultrarunning.

Mum has ruled herself out of crewing next year, so I'll need a few people who are prepared to be a lot harder on me than she was- who won't let me sleep and who will push me back onto the trail if I spend too long at the car.

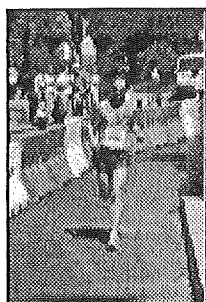
And I need to really do some work on my blister strategy, although I think in this case most of my problems were caused by the constant wet of the first day- even when it wasn't raining, it was too humid for my socks and shoes to dry out.



*Paul Every
traversing
the snow
drift near
the finish*

Six Foot Track Marathon

45km (NSW) 12-3-2005 - Results



The winner

*- Daniel
Green*

Place	Firstname	Lastname	GunTime
1	Daniel	Green	3:28:40.8
2	Chris	Truscott	3:33:37.4
3	Don	Wallace	3:34:26.4
4	Jonathan	Blake	3:36:22.3
5	Trevor	Jacobs	3:37:49.3
6	Andrew	Hill	3:43:19.1
7	Richard	Were	3:43:56.4
8	Emma	Murray	3:44:04.8
9	Richard	Roberts	3:47:13.0
10	Andrew	Lee	3:56:56.3
11	Tim	Sawkins	3:59:47.0
12	Clarke	McClymont	4:00:16.3
13	Scott	Armstrong	4:03:36.9
14	Martin	Fryer	4:03:52.6
15	Tony	Fattorini	4:06:05.0
16	Chris	Graham	4:07:04.2
17	Greg	Love	4:08:44.9
18	Richard	Green	4:09:13.3
19	David	Martin	4:10:14.5
20	Brett	Nixon	4:13:54.1
21	Suzanne	Kelly	4:15:00.5
22	Dennis	Fitzgerald	4:15:01.0
23	Ian	Wright	4:19:37.8
24	Luke	Little	4:20:47.7
25	Martin	Lefmann	4:21:32.1
26	Paul	Arthur	4:21:36.9
27	David	Osmond	4:22:50.2
28	Deame	Fulcher	4:23:07.3
29	Vince	Craig	4:23:19.5
30	Andrew	Taylor	4:23:25.5
31	Jo	Petersen	4:23:39.3
32	Peter	Truscott	4:24:11.5
33	Stuart	Webster	4:24:14.0
34	David	Turner	4:25:31.4
35	Alan	Watson	4:25:38.0
36	Peter	Scott	4:25:56.5
37	Michael	Pickford	4:26:58.2
38	Randy	Brophy	4:27:31.3
39	Martin	Dowson	4:27:51.8
40	Glenn	Horrocks	4:28:20.7
41	Mark	Tucker	4:28:23.0
42	Shaun	Atchison	4:28:32.6
43	Kelvin	Marshall	4:29:27.3
44	David	Hosking	4:31:38.0
45	Peter	Goldsmith	4:32:13.6
46	Brett	Worley	4:32:22.5
47	Dawn	Tiller	4:32:34.4
48	Jaap	Bakker	4:32:50.1

Place	Firstname	Lastname	GunTime	Place	Firstname	Lastname	GunTime
49	Peter	Cremen	4:33:26.3	111	Lynda	McKenzie-Hicks	4:56:38.2
50	Chris	Richards	4:33:36.5	112	Malcolm	Bradley	4:56:49.9
51	Jordan	Lefmann	4:34:29.6	113	Simon	Angus	4:57:11.2
52	Leigh	Chapman	4:34:53.5	114	Steve	Farrar	4:57:13.9
53	David	Vlotman	4:35:55.4	115	Chris	McTaggart	4:57:48.5
54	David	Byrnes	4:36:44.4	116	Abel	Carreira	4:57:50.7
55	Manfred	Wolscher	4:38:02.3	117	Symeko	Jochinke	4:58:00.9
56	Luis	Vazquez-Recio	4:39:04.9	118	Patrick	Mickan	4:59:21.6
57	Jason	Tucker	4:39:06.3	119	Dan	Beach	4:59:35.6
58	Julie	Quinn	4:39:18.4	120	Geoff	Stalker	4:59:46.6
59	Colin	Francis	4:39:49.3	121	Peter	Kingston	4:59:54.8
60	Josh	Street	4:39:58.8	122	Rebecca	Waugh	5:00:08.7
61	Grant	Dewar	4:40:01.2	123	Wayne	Gregory	5:00:38.2
62	Richard	Smith	4:40:42.5	124	John	Healy	5:00:52.3
63	Bruce	Renwick	4:41:26.8	125	Chris	Thompson	5:01:00.7
64	Jamin	Forbes	4:42:12.2	126	John	Robins	5:01:02.2
65	Boris	Kamchatka	4:42:20.3	127	Andrew	O'Neill	5:01:14.8
66	Keith	Passmore	4:42:24.0	128	Carol	Baird	5:01:33.6
67	Teresa	Rider	4:42:34.8	129	Tony	Gasparre	5:01:44.8
68	Carina	Killick	4:42:54.3	130	Stephen	Bruggeman	5:01:50.8
69	Matthew	Williams	4:44:08.0	131	David	Jenkins	5:02:21.1
70	Barney	Graham	4:44:33.7	132	Michael	Corlis	5:03:30.6
71	Greg	Coy	4:45:28.2	133	Warren	Meng	5:03:37.2
72	Rolf	Kuelsen	4:45:31.0	134	Matt	Robinson	5:04:33.0
73	Ian	Roberts	4:45:33.8	135	Marie	Doke	5:04:41.9
74	William	Proctor	4:46:19.1	136	John	Collie	5:05:03.3
74	Nikolay	Nikolaev	4:46:19.1	137	Alan	Heap	5:05:08.3
76	Paul	Gillan	4:46:38.8	138	Daniel	Mellish	5:05:31.9
77	Tony	Byrne	4:46:56.2	139	Peter	Honeysett	5:06:21.3
78	Paul	Carmody	4:47:47.1	140	Mohammed	Alkhub	5:07:00.0
79	Gavin	Dober	4:48:13.1	141	Bill	Flanagan	5:07:04.3
80	David	Ferris	4:48:18.7	142	Kipling	Walker	5:07:23.7
81	Andrew	Lennox	4:49:11.3	143	Michael	Morson	5:07:41.8
82	Andrew	Meenahan	4:49:24.5	144	John	Palmer	5:08:26.1
83	Adrian	Jeffkins	4:50:06.2	145	Simon	Riordan	5:08:31.6
84	Vivienne	Chuter	4:50:14.4	146	Feargal	Hoey	5:08:47.6
85	Charlie	Lawrence	4:50:31.2	147	Stephen	Bodnar	5:09:52.7
86	Peter	Lally	4:50:49.2	148	Barry	Casey	5:10:04.2
87	Stephen	Jackson	4:50:51.1	149	Ian	Sargent	5:11:23.8
88	Glenn	Dewhurst	4:51:00.9	150	Brian	Pepper	5:11:31.3
89	John	Glen	4:51:24.0	151	Max	Bogenhuber	5:11:33.6
90	Sean	Greenhill	4:51:25.1	152	Peter	Fahey	5:11:40.2
91	Robert	Gorman	4:51:34.6	153	Shane	Simpson	5:12:19.6
92	Philip	Murphy	4:52:02.9	154	Brett	Kemble	5:12:21.3
93	John	Bugg	4:52:09.9	155	Daniel	Gorman	5:12:49.7
94	Paul	Veldkamp	4:53:17.1	156	Jonathan	Scott	5:13:08.2
95	William	Higham	4:53:22.5	157	Jodie	Bowman	5:13:22.3
96	David	Cannings	4:53:54.4	158	Hayden	Wittig	5:13:54.2
97	Daniel	Toole	4:54:29.1	159	Colin	Scott	5:14:25.3
98	Peter	Thomas	4:54:30.3	160	Damain	Staunton	5:14:37.9
99	Dom	Hay	4:54:34.7	161	Keith	Collin	5:14:42.1
100	Mark	Cutcliffe	4:54:54.2	162	Susan	Morgan	5:14:50.7
101	Paul	Ng	4:54:59.8	163	Andrew	Crowther	5:15:09.5
102	Owen	Barnett	4:55:01.1	164	Freya	Scollay	5:15:43.4
103	Roger	Casey	4:55:21.6	165	Alex	Hove	5:16:14.0
104	John	Leggett	4:55:23.8	166	Malcolm	Gamble	5:16:20.1
105	Andrew	Wolstencroft	4:55:34.9	167	Ron	Schwebel	5:16:20.6
106	David	Gayford	4:55:38.3	168	Mike	Morrissey	5:17:06.9
107	Peter	Goonpan	4:55:43.5	169	Danielle	Langsworth	5:17:15.5
108	Elizabeth	Edmonds	4:55:57.3	170	Alan	Bradley	5:17:20.9
109	Bianca	Van Woessik	4:56:16.9	171	Peter	Ferris	5:17:22.9
110	Liz	Short	4:56:30.4	172	Robert	Ware	5:17:34.9

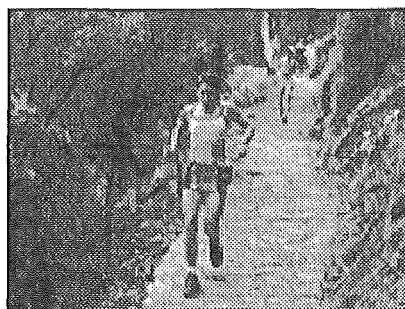
Place	Firstname	Lastname	GunTime	Place	Firstname	Lastname	GunTime	Place	Firstname	Lastname	GunTime
173	Patricia	Keating	5:17:40.9	243	Paul	Kehoe	5:35:25.2	298	Wayne	Donges	5:47:44.5
174	Peter	Malinowski	5:17:43.7	244	Terry	Down	5:35:37.4	299	Matthew	Chapman	5:47:48.9
175	Cathy	Gorman-Brown	5:18:11.4	245	Glen	Scullion	5:35:59.4	300	Janelle	White	5:47:53.1
176	James	Cryer	5:18:49.1	246	Les	Bryce	5:36:00.5	301	Natalie	Lay	5:48:01.6
177	Eugene	Duff	5:18:52.7	247	Tim	Turner	5:36:02.8	302	Karen	Wolscher	5:48:03.0
178	Phillip	Laing	5:19:06.8	248	Graham	Wye	5:36:10.7	303	Rowan	Vickers	5:48:10.5
179	David	Hooper	5:19:10.7	249	Erik	Dupont	5:36:28.0	304	Brian	McPherson	5:48:12.7
180	Grant	Deitch	5:19:33.5	250	Jacqueline	King	5:37:01.6	305	Mary	Stringer	5:48:23.4
181	Fleur	Grose	5:19:50.1	251	Robert	Carden	5:37:02.4	306	John	Dujmovic	5:48:46.1
182	Sarah	Antill	5:19:59.7	252	Steve	Appleby	5:37:07.5	307	Amanda	Underwood	5:48:59.7
183	Craig	Brown	5:20:25.9	253	Chris	Robinson	5:37:11.3	308	Stephen	Lindsay	5:49:01.0
184	Edward	West	5:20:41.1	254	Craig	Goodall	5:37:41.0	309	Stuart	Wilson	5:49:02.1
185	Bob	Smith	5:20:41.4	255	John	Mitchell	5:37:47.4	310	David	Henderson	5:49:04.5
186	Colin	Weekes	5:21:08.7	256	Elouise	Peach	5:37:54.0	311	Megan	Thomas	5:49:05.0
187	Jonathan	Bird	5:21:10.6	257	Edward	Bedzinski	5:38:21.8	312	Gavin	Pilz	5:50:02.2
188	Graeme	Kelly	5:21:25.0	258	Wayne	Tibbitts	5:38:29.0	313	John	Sellers	5:50:08.7
189	Joanne	Chapman	5:21:29.4	259	Nigel	Smith	5:38:42.6	314	Graeme	Hill	5:50:17.7
190	Philip	Barrett	5:21:30.5	260	Jeremy	Culver	5:39:18.6	315	Mark	Langsworth	5:50:24.2
191	Damian	Underwood	5:21:30.9	261	Brian	Owles	5:39:34.2	316	Richard	Florczak	5:51:15.3
192	Alan	McLennan	5:22:18.0	262	Tonia	Lance	5:39:36.0	317	Mathieu	Delpont	5:51:36.3
193	Lucy	Johnstone	5:22:32.2	263	Johanean	Tebbutt	5:39:55.5	318	David	Ottrey	5:52:08.1
194	Matthew	Riordan	5:22:38.6	264	Charlie	Glapiak	5:40:02.6	319	David	Kane	5:52:56.5
195	Jaco	Boshoff	5:23:22.6	265	Tim	Austin	5:40:05.8	320	Joe	Barker	5:52:56.8
196	Leif Erik	Nielsen	5:24:34.9	266	Emma	Pringle	5:40:07.6	321	Helen	Stanger	5:53:05.7
197	Tony	Grainger	5:25:22.3	267	Chris	Grady	5:40:11.5	322	Roger	Bowen	5:53:10.1
198	Barry	Rutter	5:25:32.5	268	Gary	McCartney	5:40:38.7	323	John	Larkin	5:53:11.8
199	Chris	Tait	5:25:40.3					324	David	Bray	5:53:21.6
200	Vicki	Godfrey	5:25:42.0					325	Bruce	Hincks	5:53:37.5
201	Ryan	Carr	5:25:42.4					326	Vicky	Murray	5:53:38.8
202	John	Korowajczyk	5:25:48.4					327	Liz	Cyarto	5:54:26.6
203	Glenn	Lockwood	5:26:48.5					328	Glen	Terry	5:54:46.7
204	Ian	Green	5:26:59.1					329	Peter	Bell	5:55:03.3
205	John	Tokoli	5:27:25.3					330	Richard	Quinn	5:55:06.1
206	Teresa	Burgess	5:27:27.7					331	Garry	Wise	5:55:08.5
207	Cameron	Gentle	5:27:39.6					332	Jim	Carter	5:55:34.5
208	Garry	Wilson	5:27:43.0					333	James	Moody	5:55:37.3
209	Guy	Roberts	5:28:14.8					334	David	Frazer	5:55:46.9
210	Kevin	Dyson	5:28:23.8					335	Terry	Meehan	5:55:52.7
211	Jason	Elias	5:28:24.4					336	Peter	Nuttall	5:56:09.3
212	Steven	Chichester	5:28:25.5					337	David	Paff	5:56:17.0
213	Charles	Low	5:28:53.5					338	Matt	Olsen	5:56:17.7
214	Phillip	Jones	5:29:03.6					339	Stephen	Holm	5:56:20.0
215	Paul	Coull	5:29:06.1					340	Louis	Commings	5:56:27.0
216	Chery	Horne	5:29:38.5					341	Theron	King	5:56:40.1
217	Philip	Hugill	5:29:42.7					342	Anne	Kidman	5:56:50.1
218	Tim	Wilkinson	5:29:48.3					343	Drew	Shaw	5:57:03.3
219	Malcolm	Satchell	5:30:06.4					344	Angela	Johnson	5:57:07.4
220	Adrian	Spragg	5:30:12.5					345	Maureen	Wilson	5:57:18.0
221	Patrick	Gibbons	5:30:39.2					346	Carmel	Kahlefeldt	5:57:21.1
222	Glenn	Hooker	5:31:42.9					347	Andrew	Titterton	5:57:23.1
223	David	Baldwin	5:31:48.1					348	Anthony	Hayes	5:57:28.8
224	Philip	Whitten	5:31:48.1					349	Keith	Morgan	5:57:32.5
225	Peter	Strachan	5:31:50.2					350	Stephen	Donovan	5:57:46.0
226	Craig	Plumb	5:32:08.0					351	Maria	Di Marco	5:58:03.4
227	Matthew	Kinchington	5:32:13.8					352	Glen	Ebzery	5:58:06.2
227	Mark	Sparshott	5:32:13.8					353	Ian	Garrett	5:58:26.3
229	Gwilym	Funnell	5:32:17.3					354	Michael	Thorley	5:58:38.9
230	Jan	Herrmann	5:32:36.8					355	Susan	Griffith	5:59:58.5
231	Dom	Isberg	5:33:16.4					356	Dean	Simpson	6:00:18.8
232	Wayne	Murray	5:33:20.3					357	Lynette	Arnel	6:00:29.1
233	Paul	Scullion	5:33:21.9					358	Gary	McCaw	6:00:33.8
234	Alex	Reade	5:33:44.9					359	Richard	Bilewicz	6:00:36.0
235	Kay	Pendlebury	5:33:53.6					360	James	Meade	6:00:40.7
236	Peter	Holz	5:34:19.1					361	Jeremy	Baillie	6:01:00.0
237	Peter	Barnes	5:34:25.9					362	Nick	Thompson	6:01:09.1
238	Heman	Saez	5:34:48.0					363	Robert	Boyce	6:01:48.9
239	Crispin	Allison	5:35:09.7					364	Gavin	Le Roux	6:01:53.6
240	Roger	Cartwright	5:35:18.6					365	Trish	Ruhen	6:02:10.6
241	Patrick	Hodgens	5:35:19.1					366	Larry	Dogon	6:02:30.4
242	Alex	Ozkan	5:35:19.6					367	Alex	Nagy	6:03:04.8



Aid Station Recovery

Place	Firstname	Lastname	GunTime
368	Chris	Hatcher	6:03:16.5
369	Ross	Yates	6:03:17.3
370	Eddie	Moore	6:03:23.9
371	Arnold	Cohen	6:03:33.2
372	Kevin	Thomas	6:03:36.6
373	Elizabeth	Ong	6:04:34.7
374	Philip	Clifton	6:04:56.6
375	Denis	Sharrock	6:05:08.0
376	Brian	Murphy	6:05:19.7
377	Michael	Daly	6:05:20.3
378	Angus	Famcomb	6:05:24.5
379	Robin	Cameron	6:05:41.4
380	Pat	Hughes	6:06:25.6
381	Phil	Stollery	6:06:32.5
382	Jane	Trumper	6:06:32.7
383	Peter	Trumper	6:06:32.8
384	Sam	Serisier	6:06:32.9
385	John	Buttner	6:07:08.4
386	Swami	Gyanprayag	6:07:09.4
387	Margaret	Cameron	6:08:18.9
388	Roz	Wame	6:08:27.0
389	Damian	King	6:09:07.9
390	Michael	Levy	6:09:35.1
391	Bob	Cumming	6:09:43.3
392	Steven	Yatman	6:09:46.6
393	Brendan	Mason	6:10:13.5
394	Jeff	Morunga	6:10:18.0
395	Charlie	O'Connor	6:10:29.7
396	Richard	McCormick	6:10:57.5
397	Chris	Knutsen	6:11:31.1
398	Karin	Kaehne	6:12:02.0
399	Simon	Andreou	6:12:11.9
400	Don	MacIntyre	6:12:40.5
401	Liza	Whitfield	6:12:50.5
402	Leo	Paul	6:12:55.9
403	Scott	Chadwick	6:13:05.6
404	Julie	McGaw	6:13:14.3
405	Shane	Hayes	6:13:18.3
406	Roland	Hassall	6:13:30.8
407	Ken	Raupach	6:14:34.6
408	Greg	McKinley	6:14:41.7
409	Maria	Wood	6:14:45.3
410	Marie-Claire	Kurt	6:14:46.3
411	Peter	Cassin	6:15:10.4
412	Tracy	Collett	6:15:11.6
413	Ingmar	Sommer	6:15:44.6
414	Eric	Schmierer	6:16:08.8
415	Lee	Walters	6:16:19.4
416	Graham	Sheargold	6:16:39.9
417	Ewen	Thompson	6:18:09.9
418	Yvonne	Sobolewski	6:18:11.1
419	Richard	Kolodziej	6:18:19.1
420	Janet	Moore	6:18:19.5
421	Danny	Moore	6:18:23.7
422	Karen	Wille	6:18:47.0
423	John	Spinney	6:19:30.2
424	Anthony	Compton	6:19:30.7
425	Fred	Foster	6:19:32.1
426	Michael	Menz	6:19:36.0
427	Peter	Shaw	6:19:44.5
428	Gregg	Powell	6:19:46.9
429	Martin	Pluss	6:20:04.7
430	Stephany	Howard	6:20:14.4
431	Cade	Butler	6:20:23.1
432	Ken	Smith	6:20:25.2
433	Karen	Koppenol	6:20:26.0
434	Richard	Shakenovsky	6:20:29.1
435	Derek	Gordon	6:20:30.2
436	Scott	Holz	6:21:15.8

Place	Firstname	Lastname	GunTime
437	Stephen	Kibble	6:21:49.3
438	Dougal	Langusch	6:22:25.4
439	Dave	Joseph	6:23:17.5
440	Deirdre	Duncan	6:23:29.2
441	Geoff	Smith	6:23:30.6
442	John	Lindsay	6:23:36.7
443	Jennifer	Kiss	6:23:59.5
444	Vic	Anderson	6:24:00.9
445	Brad	Pollock	6:24:52.4
446	Michael	O'Mara	6:24:58.6
447	Mark	Renshaw	6:25:00.9
448	Craig	Elliott	6:25:28.9
449	Otmar	Raus	6:25:35.8
450	Mick	Charlton	6:25:44.3
451	Ben	Dall'Amico	6:26:04.4
452	Tim	Rogers	6:26:24.2
453	Ian	Yard-Smith	6:26:36.3
454	Robert	Paxton	6:26:57.4
455	Trevor	Bayliss	6:26:58.8
456	Deborah	Laidlaw	6:27:13.4
457	James	Cameron	6:27:20.1
458	Carl	Simpson	6:27:42.9
459	Grahame	Murphy	6:27:48.8



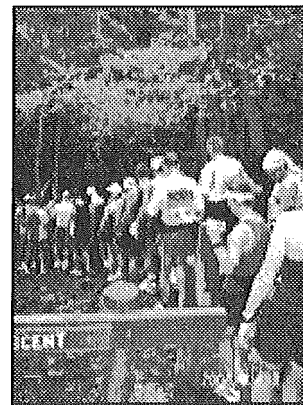
Julia Thorn charges to the lead

Place	Firstname	Lastname	GunTime
460	Doug	Chapman	6:28:20.6
461	Franca	Facci	6:29:21.4
462	Chris	Horwood	6:29:28.5
463	Rob	Cummins	6:29:30.8
464	Edward	Gregg	6:29:34.2
465	Ross	Knowles	6:29:35.8
466	Con	Panagos	6:29:56.6
467	Bob	Fickel	6:30:16.9
468	Mark	Duckworth	6:31:22.5
469	Mick	Kilham	6:31:22.8
470	Phillip	Titterton	6:31:41.9
471	John	Henderson	6:31:52.3
472	Alan	Beattie	6:31:54.6
473	Chris	Huet	6:32:00.3
474	Fiona	Nelson	6:32:03.9
475	Ronny	Marks	6:32:18.3
476	Duncan	Haskins	6:32:19.0
477	Barb	Byrnes	6:33:00.4
478	Barbara	Kennard	6:33:08.9
479	Ross	McNally	6:33:51.5
480	Peter	Anderson	6:34:05.5
481	Valentina	Hazell	6:35:05.7
482	Mel	Henry	6:35:26.8
483	Regina	Koegst	6:35:47.5
484	Peter	Quinn	6:35:47.6
485	Stephen	Fisher	6:35:48.6
486	Fiona	Horn	6:36:18.2
487	Alasdair	Dipple	6:37:15.7
488	Lachlan	Elmer	6:37:26.6
489	Neale	McLeod	6:37:46.1
490	Wayne	Davis	6:37:48.4

Place	Firstname	Lastname	GunTime
491	Anne	Grundy	6:38:03.9
492	Kevin	O'Kane	6:38:26.2
493	Sharon	Callister	6:38:26.6
494	Virginia	Fitch	6:38:27.5
495	Hugh	Crawley	6:38:45.3
496	Nerise	East	6:38:46.9
497	Jonathan	Simpson	6:38:58.1
498	Keith	Knox	6:39:19.0
499	Mick	McCarthy	6:39:22.7
500	Pamela	Carter	6:39:38.1
501	Dominic	Boidin	6:40:05.3
502	Anthony	Bousfield	6:40:19.1
503	Nick	Drayton	6:41:07.9
504	Vivienne	Kartsounis	6:41:08.9
505	Tony	Bytheway	6:41:33.1
506	John	Nicholson	6:42:12.7
507	Graham	Harivel	6:42:16.1
508	Allison	Lilley	6:43:35.9
509	Michael	Tompkins	6:44:23.0
510	Michael	Cranston	6:44:23.6
511	Andrew	Tregonning	6:44:23.9
512	Denis	Riley	6:45:39.0
513	Robert	Beardslee	6:47:05.5
514	Graham	Spokes	6:47:36.8
515	Andrew	Mahoney	6:47:58.3
516	Kim	Gorsuch	6:47:59.8
517	Brian	Ogilwy	6:48:28.3
518	John	Mickan	6:48:29.6
519	Gerry	Quinn	6:49:26.3
520	Kelsy	Trigg	6:49:27.9
521	Jeff	Trigg	6:49:28.1
522	Andrew	Grant	6:49:40.9
523	Peter	Kerr	6:49:54.4
524	Ken	Weir	6:50:58.5
525	Ben	Jones	6:51:16.9
526	Ben	Gavan	6:51:17.4
527	Bill	Tomiczek	6:51:20.7
528	John	Reeves	6:51:43.1
529	Alan	Conwell	6:52:01.2
530	Nicole	McLellan	6:52:19.8
531	Carl	McLellan	6:52:20.5
532	Jeanette	Dillon	6:52:22.5
533	Dorothy	Stockwell	6:52:24.5
534	Joanne	McCarthy	6:52:26.7
535	Greg	March	6:52:55.8
536	John	Atkinson	6:52:57.1
537	Bob	Hooke	6:52:58.5
538	Lorraine	Spanton	6:53:10.5
539	Gregory	Brown	6:53:14.3
540	Brad	Renshaw	6:53:45.4
541	Simon	Davis	6:53:46.4
542	Peter	Boorer	6:54:04.1
543	David	East	6:54:10.0
544	Graham	Bell	6:54:13.5
545	Derek	Smith	6:54:17.8
546	Rick	Collins	6:54:34.3
547	David	Crampton	6:54:36.5
548	Mark	Davies	6:54:37.9
549	Malcolm	Edgar	6:54:46.1
550	Malcolm	Allen	6:54:46.4
551	Tony	Grasso	6:54:48.6
552	Margaret	Harivel	6:55:02.8
553	Kevin	Judge	6:55:11.1
554	Markus	Schar	6:55:27.9
555	Alan	O'Toole	6:55:38.1
556	Allan	Wareham	6:55:59.7
557	David	Lilley	6:56:01.1
558	Nicholas	Bendeli	6:56:29.3
559	Susan	Williams	6:57:28.2

Place	Firstname	Lastname	GunTime
560	Michael	Bailey	6:58:59.3
561	Dennis	Bedford	6:59:05.2
562	Colin	MacKey	6:59:05.8
563	Cameron	Arnold	6:59:59.6
564	David	Williams	7:03:15.7
565	Wendy	Maley	7:03:22.5
566	Graham	Bray	7:04:14.9
567	Peter	Smith	7:04:17.8
568	Chris	Mills	7:04:33.6
569	John	Singleton	7:06:03.2
570	Ken	Newton	7:07:04.0
571	Nick	Thompson	7:10:32.8
572	Michael	Tayar	7:11:59.6

Place	Firstname	Lastname	GunTime
573	Michael	Harden	7:13:03.1
574	Stuart	Harrison	7:13:03.7
575	Danielle	Manley	7:14:13.4
576	Sue	Vlotman	7:16:48.3
577	Peter	Coleman	7:17:50.1
578	Kevin	Wild	7:19:21.7
579	Darryl	Chrisp	7:19:28.0
580	Dave	Hromow	7:19:29.1
581	John	Hart	7:23:31.1
582	Bruce	Hargreaves	7:29:32.4
583	Keith	Mayhew	7:31:24.3
584	Frank	Deam	7:54:20.8
585	Antony	Martin	8:04:00.3



*The long drop down
Nellie's Glen*

Poolside Water World Great Ocean Run

(45 KMS) 20.3.2005 - Red Rock to Coffs Harbour - by Steel Beveridge

Runaway victories into a howling southerly marked the results for this year's Poolside Water World Great Ocean Run from Red Rock to Coffs Harbour Jetty along the beaches, over the headlands and across the creeks. Andrew Thompson seemed determined not to tie as he did last year, setting a cracking pace over the soft sand of Red Rock beach to open a clear gap over race record-holder



*10 time finishers Peter McKenzie and
Aileene Markham*

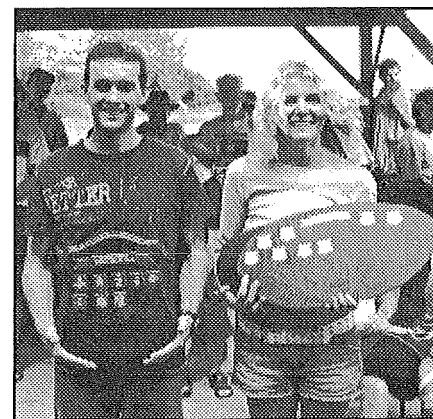
Jim Bennington, himself no slouch in heavy going. The gap became a chasm as Thompson established his superiority over the second biggest field in the fifteen year history of the event. His final margin over eventual runner-up and former winner, Michael Smart was a whopping 27.23 with Smart the only other runner to break four hours.

Third went to race debutant Adrian Pearce a further 19 minutes later. With the first three all under 40 it was a triumph for youth which extended to the winner of the Women's Race, Kylie Spence who at 37 was the equal youngest of the women to complete the distance. Spence also established a commanding lead in the early going, initially over eventual third place finisher Robyn Williams and later over runner-up Carol Coburn, who are 59 and 55 respectively. Spence's time of 5.05.22 gave her a victory margin of over half an hour. However less than four minutes separated the minor place-getters this time.

Jim Bennington was the first Coffs local male, eventually filling 5th spot behind the place-getters and Minnie Water's Andi Aman. First local female was Marg Gill also in fifth. She had entered to keep Lee Ann Lloyd company as she sought to raise funds for the Make-A-Wish Foundation through sponsorship. Lloyd battled to the finish in a commendable 7.11.11 to finish eleventh out of the 14 ladies who completed the journey. In all 12 locals finished out of a field of 52. None was happier to reach the Jetty than John Walker who had started on three previous occasions only to have to call a halt at Moonee or Sapphire. It is ironic that he was able to achieve his goal in the worst ever

conditions for the event as far as the strength of the wind and the extent of the soft sand went.

Three other local runners were backing up after the Six Foot Track the week before. Anne Grundy and Wendy Maley had completed the mountain run although Wendy narrowly missed the seven hours cut-off. Red Rock to Coffs does not have



*Winners Andrew Thompson
and Kylie Spence*

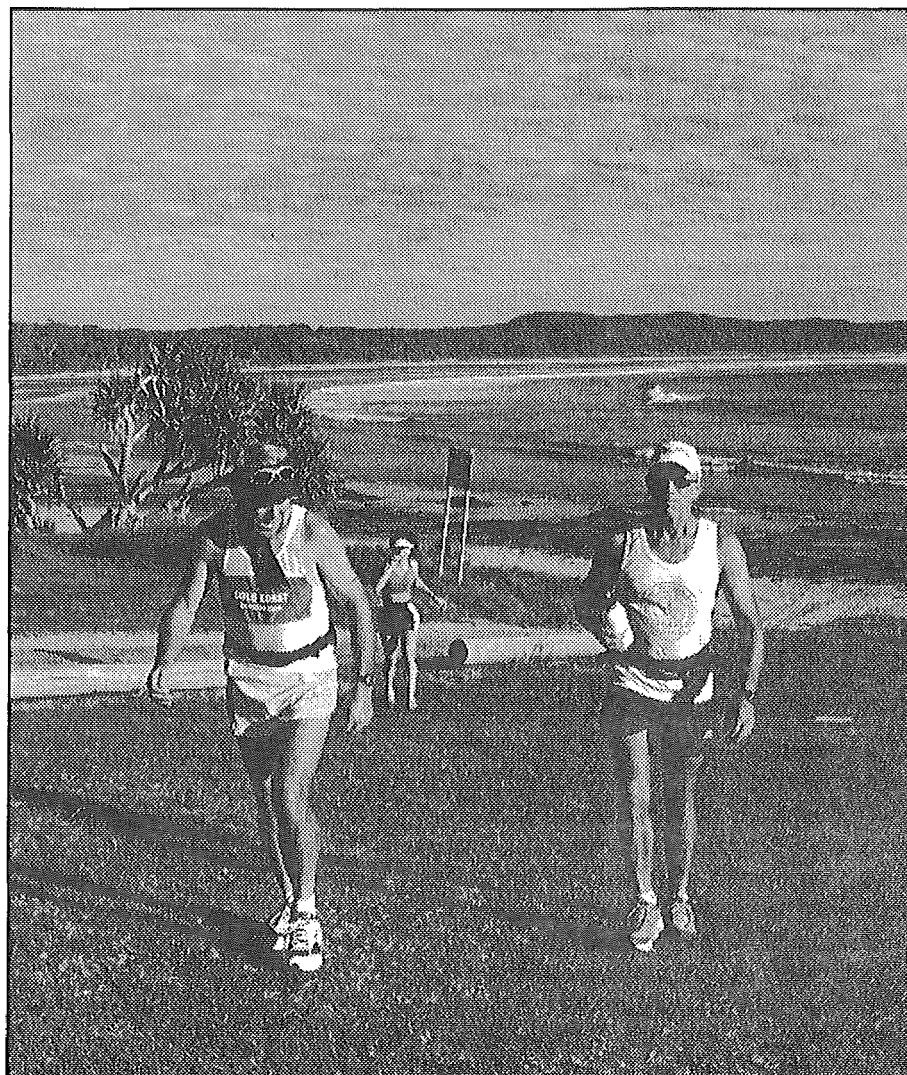
a cut-off although several of the visitors and some of the locals started early (5.30a.m. in the dark or 6.30 a.m. in the pre-dawn). Jenni Williams had something to prove after collapsing 28 kms into the Six Foot Track event. This she did, in style, actually clocking a minute less than Grundy and Maley - although

they did point out that they had run further in the mountains. Anne Grundy will round out her month with the Forster Ironman Triathlon for which she holds her age group's record.

It should be noted that Peter Gray by finishing at the Jetty completed his 180th Ultramarathon. For him to get to the start was quite a saga. He flew from Melbourne to the Gold Coast then got a lift to Red Rock with the bus organised by the Gold Coast and Tweed runners. Afterwards he needed to repeat the process in reverse.

Two runners, Peter McKenzie and Aileene Markham completed their tenth Water World race and received a very colourful shirt as punishment. Unlike the thongs each finisher received the shirts seemed to fit! Those who received surf hats for completing five runs were Peter Gardiner, Peter Wood, Carol Coburn and Steve Hayes.

Despite, or perhaps because of, the conditions all the runners were pleased with their achievement on the day and praised those from the local running community and the Tweed and Gold Coast Runners Clubs who staffed the drink stops along the way



*Photo above from Poolside Water World Great Ocean Run
- Climbing the Headland*

Results - Men

1. Andrew Thompson	3.29.43
2. Michael Smart	3.57.06
3. Adrian Pearce	4.16.11
4. Andi Aman	4.24.29
5. Jim Bennington	4.26.49
6. David Crellin	4.26.57
7. Simon Forsterling	4.30.26
8. Rick Herring	4.33.58
9. Wayne Fitzgerald	4.43.00
10. Steve Hayes	4.51.52
11. Rod Ladyman	4.53.55
12. Mark Parsonson	4.55.00
13. Peter McKenzie	4.58.31
14. Tony Kean	4.58.44
15. David Sewell	5.03.31
16. Bob Beer	5.03.50
17. Peter Gardiner	5.04.54
18. Peter Wood	5.07.33

19. Richard Hutchinson	5.07.56
20. Hugh Dearnley	5.23.02
=21. Geoff Williams & Geoff Last	5.25.52
=23. Russell Forestall & Paul Chamberlain	5.39.27
25. Gordon Abbott	5.40.21
26. David Casey	5.42.49
27. Chris Cohen	5.45.23
28. Geoff Kopittke	5.57.46
29. Mal Draper	6.01.07
30. Arthur Ballantyne	6.16.49
31. John Walker	6.21.31
32. Ross Donald	6.30.26
=33. Brett Taylor & Reg Tilley	6.46.15
35. Damon Palliser	6.59.53
36. Peter Gray	7.19.17
=37. Dennis French & Alistair Ault	7.52.46

Results - Women

1. Kylie Spence	5.05.22
2. Carol Coburn	5.39.27
3. Robyn Williams	5.43.01
4. Karen Wiersma	5.53.07
5. Marg Gill	6.16.49
6. Jenni Williams	6.47.17
=7. Anne Grundy & Wendy Maley	6.48.19
9. Aileene Markham	6.59.53
10. Diana Kever	7.09.57
11. Lee-Anne Lloyd	7.11.11
12. Lyn Campbell	7.23.50
13. Elly Friend	7.29.41
14. Claire Sewell	7.47.01

Banana Coast Ultramarathon

(83 KMS & 58 KMS) 22-5-2005 - Coffs harbour to Grafton. N.S.W.

RESULTS....83 km

1. Geoff Hain 10:08:13
2. Lindsay Phillips 10:31:31

RESULTS....58km

1. John Rose 6:42:30
2. Ross Donald 6:57:30
3. Jenni Williams [F] 7:52:54
4. Steel Beveridge 8:12:04

Report by Steel Beveridge

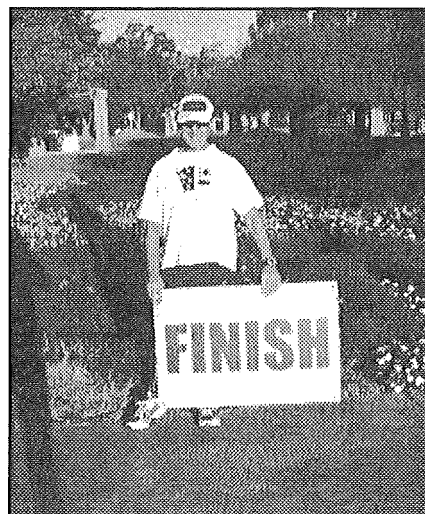
Geoff Hain proved that persistence pays as he completed his twelfth finish in this year's Bananacoast Ultramarathon from Coffs Harbour to Grafton on Sunday. Hain, from the Gold Coast, entered this year after taking a break from running during which he twice achieved Centurion status as a Race Walker completing 100 miles in 24 hours on the track. The lure to get both feet off the ground again on what was very familiar territory for him was the fact that only Bananacoast race director, Steel Beveridge, had more finishes in that event. By simply completing the distance, Hain would equal that feat. However he trumped that achievement by being the first to finish at Grafton.

Although far from his best time, his 10:08:13 was sufficient to hold off his only challenger for the full 83 km event, Lindsay Phillips. Phillips experienced highs and lows during his 10:31:31 on the back road between Coffs and Grafton but was able to finish with a spring in his step to round out the smallest finishing field in the race's 23 year history.

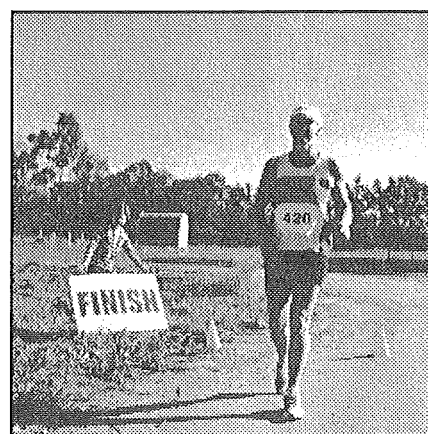
However four other runners had set out from Coffs Harbour with at least two having the sole aim of reaching the 58 km mark at Lanitza, an ultra in its own right. The other two may have harboured grander designs but these came unravelled along the way. John Rose was the first to call a halt at Lanitza, completing his race in 6:42:30. He was coming off a long

break in training following a successful debut at the Forster Ironman. Ross Donald at 67 was the oldest entrant and with a 6:57:30 he was well pleased with his morning's outing. Jenni Williams, like Donald, had the goal of Lanitza which she achieved in her usual indomitable fashion in 7:52:54, a time which would have allowed her to continue had that been the plan. The cut-off at that point is 2.00p.m. as anyone not reaching there by then would be overtaken by the night before reaching Grafton. Steel Beveridge missed the cut-off by 12 minutes pulling up at 8:12:04 thus leaving the way clear for Hain to equal his finishes' record for the full distance.

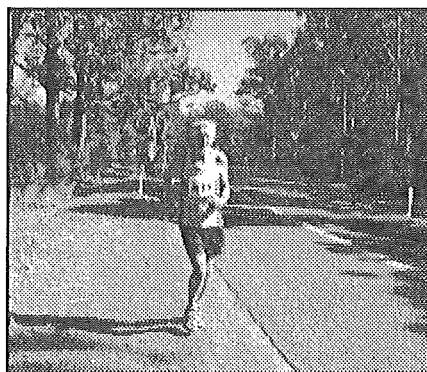
Next year the race will go from Grafton to Coffs Harbour and the battle for a thirteenth finish may be on the cards.



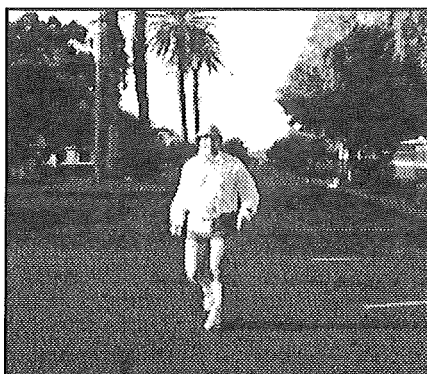
Geoff Hain records his 12th consecutive finish



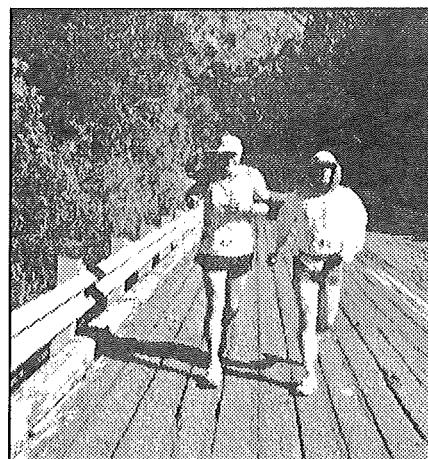
Jenni Williams finishes at Lanitza



Ross Donald



Lindsay Phillips at the new Crown Hotel finish line



John Rose and Lindsay Phillips

Frankston to Portsea

Results - Sunday 3rd April 2005

55km run

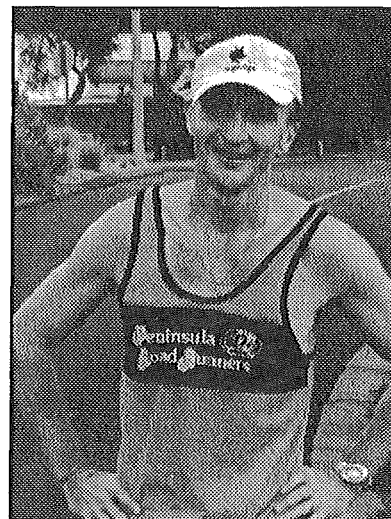
1. Mike Wheatley	3:57:27
2. Mary Morgan [F]	4:32:25
3. Max Gibbs	4:39:22
4. Peter Bignell	4:56:06
5. David Spencer	5:27:44
6. Steve Hyde	5:27:45
7. Julia Thorn [F]	5:29:59
8. Don Carlson	5:44:36
9. Mick Worthington	6:02:44
10. Ben Cotter	6:05:44
11. Garry Wise	6:07:27
12. Jane Sturzaker [F]	6:09:44
13. James Grant	6:16:55

14. Andrew Herman	6:39:01
15. George Thomas	6:43:20
16. David Jones	6:58:33
17. Paul Spencer	7:04:55
18. Greg Wishart	9:05:25

30km

Sandra Howorth	4:11:36
[Moats Corner to Portsea]	
DNF [28km]	Warren Holst
DNF [26km]	Sani Badic

*Photo right:
A happy Mike Wheatley*



Report by "Race Director!", Kevin Cassidy

I guess there is no escaping the modern technology that is taking over the world. Prior to the run, I was inundated with calls from a variety of companies offering me computer chip timing, laser beamed recording devices, electronic race numbers and a whole host of other dazzling "new world" inventions along with the usual canvassing from those who supply cups, tents, bunting etc. Clearly, the competition is fierce in the sports technology market. I took each call with a polite chuckle as I explained that our little low key run has, for some 33 years, managed quite well with the 70's style method of a hand held stop watch and hand written results on completion!

A record field of 21 starters had me overwhelmed as the car park filled to the brim with runners, cars and a variety of helpers/crew. My own chance of running quickly flew out the proverbial door as an unprecedented level of assistance was needed on the course. Amongst the field were a number of runners warming up for the Coburg 24 Hour event in a fortnight, two runners from Bendigo and Ballarat respectively with another two visitors all the way from Bunbury on the West

Coast, one of which just happened to be Mary Morgan. Mary spent most of the 90's representing Australia as she matched it with the World's best 100km runners. Without doubt, Mary is the highest credentialed runner to have graced this event. Poor Mary and Don Carlson had the extreme misfortune of having Geoff Hook as their crew and much to their consternation, were risking their lives by allowing him to drive them to the Airport for the flight home the next day!

A flurry of activity saw runners preparing and dumping their nominal five dollar entry fee in my trusty ice cream container. Max Gibbs once again proved his status as a world class cheapskate by handing me a bag of five cent coins! I shall get even with the old sod one day!! Max may have legend status as a ten time Frankston to Portsea runner but he can't even claim to be the best runner in his own street. That title goes to his newly acquired neighbour, World 400 Metre Hurdle Champion, Jana Pittman.

The original inspiration for this run dates back to the late 50's and 60's

when the eccentric coach, Percy Cerruty, would drive his band of world class athletes to Frankston and have them run back to his Portsea camp. Athletes travelled from around the globe to seek the coaching secrets at Portsea that had produced so many World Records. Mixing it at Portsea at the time was a teenager by the name of Neil Padley who ran the course solo a number of times in the mid 60's. Neil is no longer a teenager but had travelled down from Queensland with the intention of running, only to have injury put such plans on hold for at least another year. The previous night, Neil had me totally enthralled with stories of his days under Percy's coaching. The Spartan lifestyle, the gut busting workouts, rubbing shoulders with so many World Record holders and Percy's cajoling style that extracted so much from his runners. 40 Years later, Neil still gets a tear in his eye when he discusses what Percy meant to him and the influence he had upon his life. In 2005, it was our honour to have Neil as our "Guest Starter"

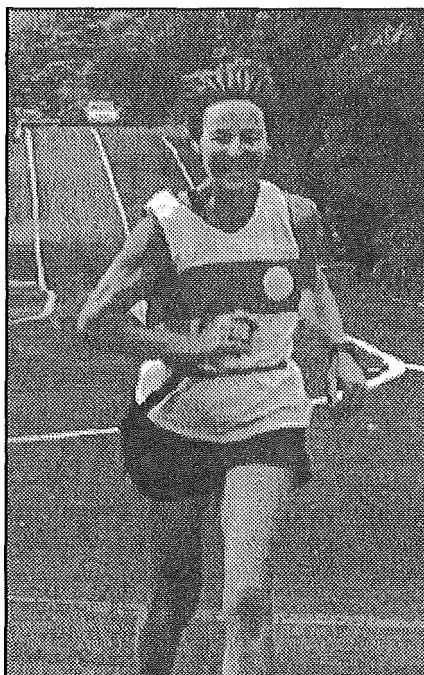
In persistent drizzle, Neil mentioned the word "Go" and the run was underway. Ahead lay 55 kilometres

of bitumen road with the traditional finisher's block of chocolate waiting at Portsea. I was intending to purchase the chocolate further down the road but when I pulled into the local Caltex service station for a newspaper, I was pleasantly surprised to see chocolate available on a two for one special. "Can I have 22 blocks of Cadbury please?" I asked, much to the bemusement of the cashier behind the counter. Upon explaining their use, I had an elderly man behind me chirp in with "I'd want more than just chocolate if I ran to Portsea.....I think I'd need a young blonde giving mouth to mouth" he laughed. With such a mood of merriment permeating the shop, I was able to offload all those pesky little silver coins that Max Gibbs had inflicted upon me. I don't know what it is, but every time I see a purple Cadbury wrapper, it reminds me of Julius Sumner Miller and those ridiculous commercials from 20 years ago. "A glass and a half" he would enthuse to the kids in his craggy voice. Climbing back into my car, I discovered two voicemail messages just 30 seconds apart. The first was from Kelvin Marshall saying that he was running late but hoped to be able to catch a few runners along the way.....this was followed by Kelvin again, "I've changed my mind and am turning around to go to the Geelong Half Marathon". And so we didn't see Kelvin.

Runners had well and truly stretched out in the first 20 kilometres with Mike Wheatley and Sani Badic going head to head at the front of the field with seasoned veteran, Greg Wishart, bringing up the tail. Despite the rain, it was still quite muggy and keeping up the water supply was an unrelenting job for our trusty band of helpers in Ian Clarke, Sandra Stewart and Ross Shilston. Ultimately, I was to spend my time at the front of the field and was unable to see what was going on back down the highway which was a disappointment of sorts as this is usually where most of the action takes place. With Sani suffering an injury inflicted retirement, Mike was suddenly alone in front.

In all honesty, I don't think there is any more pathetic a sight than that of the male mid life identity crisis. This was rammed home to me when I

seized the chance to sneak into the Rye liquormart to grab a couple of bottles of wine for our respective winners. I propped patiently at the counter behind what was clearly a male of the oddest form. Aged at least 50, he had bleached curly hair, a spray on tan, several ear rings and a red shirt with "Supercar Racing Team" or some such wacko name, emblazoned across the back. Everyone in the shop was viewing him with much mirth but when I saw him later in the car park getting into a bright red sports convertible with "COOL-1" on his registration plate, I had to buckle up



Mary Morgan crosses the line

laughing. All he needed was "Look at me, I'm a Tosser" tattooed on his forehead to complete the sad picture.

With much relief, the drizzling rain relented but only to allow a strong wind to kick up. The wind got stronger..and stronger..and stronger.

Standing roadside at the 45km point was what the runners considered to be a gift from above. Brendan Mason had arrived to cheer everyone on and had a small esky full of icy poles. Brendan stayed for several hours and assisted all who came by. I know you will read this, Brendan, so let me tell you that you're a legend and a half. Hopefully you'll return next year in running gear and toe the line in Frankston.

By the time I arrived at the finish to await Mike Wheatley's arrival, the wind was so strong that I could barely stand still without falling over. Given that the last 12 kilometres was run directly into the gale that refused to relent in the most unsporting of fashions, running was substantially more difficult than usual.

Mike stormed home to a big win with Mary Morgan outright second.....and then they all started arriving. David Spencer and Steve Hyde staged an exciting sprint finish just ahead of Julia Thorn. Julia almost joined the "Cheapskate Club" with Max Gibbs by not paying her five dollar entry but managed to save face when her long suffering husband, Dennis, forked out a purple note at Portsea.

Peter Bignell put up a top first up run and the ever smiling Ben Cotter was amongst a group of five separated by just minutes. Ben even sent a thank you e-mail to all who assisted him on the day. Another highlight was the run of Andrew Herman who was needing a qualifier for the Comrades Marathon in South Africa. Andrew could not stop smiling after achieving his goal with over 30 minutes to spare.

The buzz of activity at the finish soon started vanishing as our course officials [Ross, Sandra and Ian] began ferrying runners back to Frankston. In almost an instant, the area was deserted and I was standing alone waiting for Greg Wishart who was still two hours away. The foul weather had ruined any chance of a tranquil sunset so I sat under a tree staring into space. Out of nowhere, a tall thin woman suddenly appeared and stared down her nose at me asking "Do you know when the bus arrives down here?" "No Idea" I said without a pause. Without a further word, she disappeared down the road. She sure did look peculiar with her head bent back as if she was worried that her eyes might fall out of her head. She vanished in such a manner that I felt as if I was in an episode of the Twilight Zone. With the day quickly fading, Greg arrived and piled straight into my passenger seat upon which we hit the road without haste for the journey home.

We'll be back again in April 2006
www.coolrunning.com.au/ultra/frankston

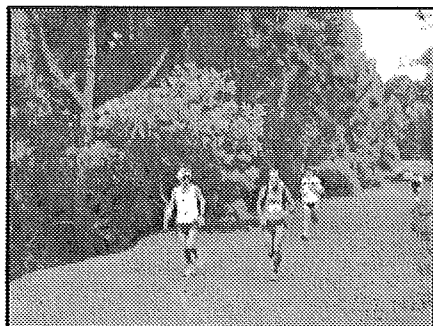
Race Results

Results - Canberra 50km road race 10-4-2005

Place	Name	Sex	Time	Place	Name	Sex	Time	Place	Name	Sex	Time
1	Jonathan Blake	M	3:10:44	20	Peter Black	M	4:22:24	39	Paul Ban	M	4:46:19
2	Trevor Jacobs	M	3:18:56	21	Mel Robbie	M	4:23:19	40	Robert Boyce	M	4:48:21
3	Chris Graham	M	3:36:54	22	Philip Murphy	M	4:24:32	41	Ross Martin	M	4:51:44
4	Bruce Renwick	M	3:43:08	23	Brendan Hill	M	4:25:23	42	Cerina Meredith	F	4:53:46
5	Suzanne Kelly	F	3:46:27	24	Sean Greenhill	M	4:30:45	43	Karla McDonald	F	4:53:47
6	Steven Barker	M	3:52:10	25	Vass Vassiliou	M	4:31:17	44	Ankie Campher	F	4:59:39
7	David Baldwin	M	3:54:25	26	Robert Osborne	M	4:31:54	45	Monica Mohr	F	5:03:24
8	Stephen Bodnar	M	3:59:05	27	Peter Lahiff	M	4:32:45	46	Garry Wise	M	5:09:20
9	Peter Clarke	M	4:01:14	28	Doug Stokes	M	4:33:12	47	Duane Rek	M	5:10:23
10	Matie Campher	M	4:01:17	29	Matthew Crowe	M	4:35:28	48	Stuart Cole	M	5:14:40
11	Keith Chaston	M	4:01:19	30	Mick Corlis	M	4:38:43	49	John Harris	M	5:16:17
12	Ron Schwebel	M	4:02:53	31	Emily Lamrock	F	4:40:26	50	Andrew Brown	M	5:19:58
13	Luen Kin Fung	M	4:02:54	32	Pierre van Heerden	M	4:40:26	51	Dave Brown	M	5:27:56
14	Alistair Wallace	M	4:06:11	33	Peter Field	M	4:40:58	52	Matti Novak	M	5:36:08
15	Gary Pickering	M	4:06:39	34	Bridgit English	F	4:41:51	53	Julie Novak	F	5:36:08
16	Leigh Murphy	M	4:12:33	35	Tim Andrews	M	4:42:35	54	Bernie Pilgrim	M	5:38:40
17	Brendon Jones	M	4:16:06	36	John Waddell	M	4:42:50	55	Louis Commins	M	5:59:44
18	Vivienne Kartsounis	F	4:17:42	37	Darren Kaehne	M	4:45:18	56	Nick Drayton	M	6:05:19
19	Carol Baird	F	4:18:51	38	Brendan Mason	M	4:45:48	57	Lachlan Lewis	M	6:51:18

John Forest 40 Miler W.A. 24-4-2005

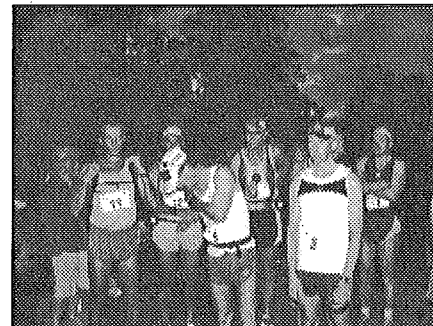
	Name	5 Miles	10m	15m	20m	25m	30m	35m	Final
1	MICK FRANCIS	33.39	1.09.46	1.45.20	2.19.42	2.51.58	3.28.11	4.04.50	4.45.35
2	COLIN FRANCIS	33.41	1.09.46	1.45.20	2.19.44	2.51.59	3.28.49	4.09.43	4.49.05
3	LUC ENGLISH	33.93	1.09.46	1.45.20	2.19.44	2.52.25	3.31.28	4.14.51	5.06.43
4	WARREN THORNE	37.15	1.18.12	1.58.28	2.36.53	3.14.14	3.58.12	4.42.28	5.27.47
5	GARY CARLTON	37.15	1.18.12	1.58.28	2.36.56	3.15.16	3.59.53	4.45.56	5.30.59
6	LYNNE BARNARD [F]	36.55	1.17.33	1.57.50	2.38.32	3.21.38	4.11.34	5.01.33	5.50.06
7	IAN BODDY	37.15	1.19.03	2.02.11	2.45.09	3.28.02	4.17.36	5.08.50	5.59.47
8	DON PATTINSON	39.44	1.27.26	2.13.38	2.57.49	3.41.34	4.34.05	5.37.26	6.36.23
9	JOANNE KRIEL [F]	51.24	1.51.44	2.45.38	3.38.56	4.28.00	5.31.35		7.38.29
10	RAYMOND LAMPARD	38.07	1.19.33	2.01.47	2.44.11	3.29.26	4.53.15	DNF	
12	MARTYN FLAIVE	39.46	1.27.26	2.13.50	2.57.42	DNF			
13	CATHERINE MCMASTER [F]	40.08			3.03.47	DNF			
11	GRAEME UREN	45.32	1.38.59	2.32.11	3.23.00	DNF			



Action at the front of the field



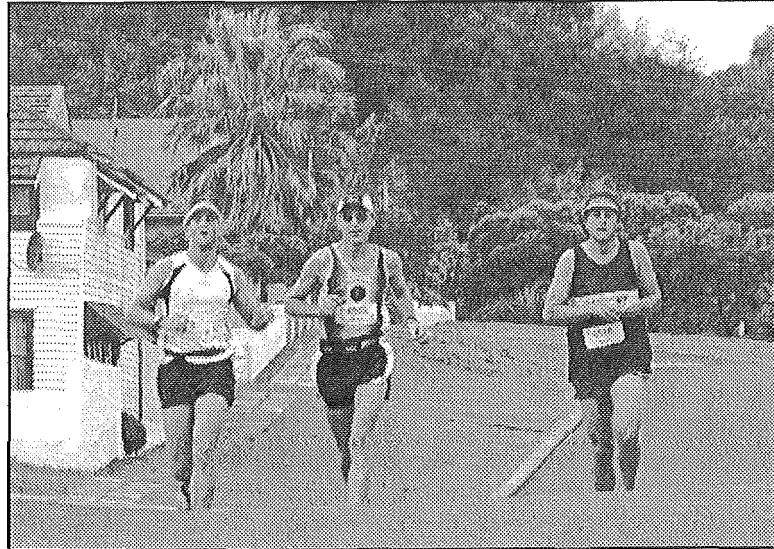
Busy organisers deep in discussion



Ready to start, Mick Francis has a close inspection of the running surface

Bunbury 50 Kilometre Road Race W.A. 15-5-2005 RESULTS

1. Colin Francis	3:30:15
2. Warren Thorne	3:59:57
3. Gary carlton	4:10:49
4. Chris Kowalski	4:15:27
4. Ian Boddy	4:15:27
6. Dennis Taylor	4:34:23
7. Don Pattinson	4:43:13
8. Allan Whitfield	4:47:54
9. Stephany Howard [F]	4:55:09
10. Rich Russell	4:55:32
11. Dawn Synott [F]	4:57:05
12. Mike Turner	4:59:27
13. Jo Brown [F]	5:04:34
14. Jo Kriel [F]	5:30:45
15. Glenda Taylor [F]	5:31:54
16. Lucy Ryan [F]	5:39:48



The Three Amigos

TAMBORINE TREK 62 kms - RESULTS Race date: 28 May 2005

Solo Placing	Surname	Firstname	Category	Tennis Courts out	TV tower	Tennis Courts back	Finish	
1	Waugh	David	M	1:52:34	2:58:00	3:49:00	5:53:33	
2	Swain	Sean	M	1:58:10	3:07:00	4:25:23	6:09:28	
3	Marshall	Kelvin	M	1:52:34	2:59:00	3:51:08	6:16:17	
4	Ware	Robert	M	2:06:53	3:22:00	4:24:52	7:23:40	
5	Sutton	Rita	F	2:57:09	4:18:00	5:27:50	8:05:00	RR
6	Last	Geoff	M	2:24:39	3:55:00	5:14:07	8:06:59	
7	Lawson	Craig	M	2:01:47	2:35:00	4:57:01	8:19:52	
8	Williams	Geoff	M	2:04:55	3:32:00	4:50:52	8:19:53	
9	Gibson	Peter	M	2:24:39	3:48:00	5:04:19	8:21:00	
	Anderson	Peter	M	2:57:50	4:35:00	5:55:52	DNF	
	Raftery	Joe	M	2:28:40	4:08:00	5:24:52	DNF	
	Phillips	Lindsay	M	2:35:52	4:33:00		DNF	
	McCormick	Richard	M	2:56:35	DNR			
		DNF						

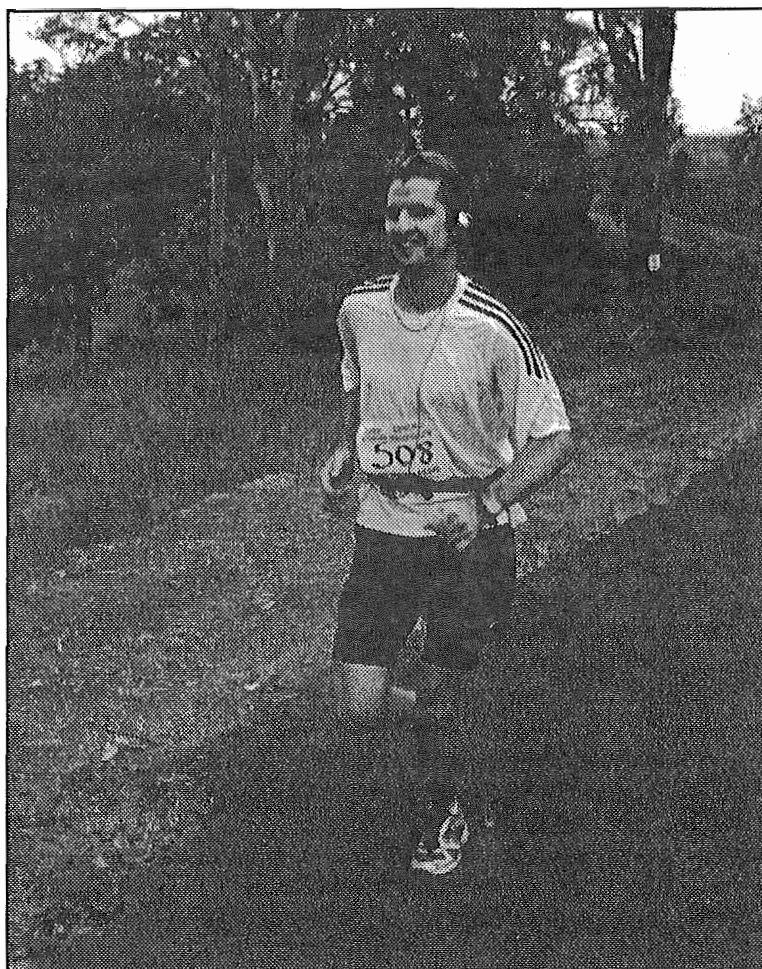
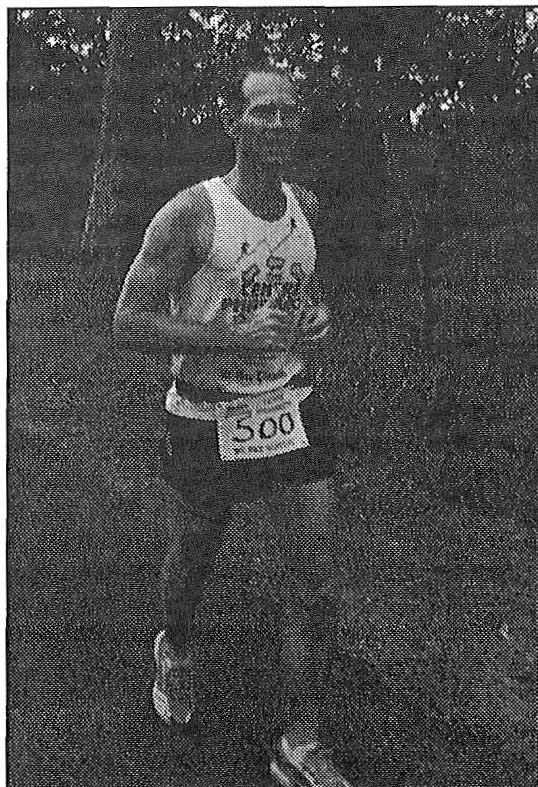
Relay Placing	Team members		Category	Leg 1	Leg 2	Leg 3	Total Time
1	Richard Hutchinson, Sean Francis, Kylie Spence	X	1:37:20	1:54:45	1:43:47	5:15:52	RR
2	Peter O'Sullivan, Peter Gardiner, Glenn Prentice	M	1:34:53	2:04:04	1:53:22	5:32:19	
3	Trevor Menhennick, Peter Dennis, Fluer Marinkovich	X	1:38:06	1:58:04	2:03:56	5:40:06	
4	Karen Wiersma, Mark Sparshott, Shane George	X	2:28:40	1:41:12	1:37:36	5:47:28	
5	Col Colquhoun, Gary Bourke, Greg Overton	M	2:15:00	2:00:46	1:47:27	6:03:13	
6	Doug Black, Hamish Gray, Doug Black	M	2:05:21	2:03:08	2:05:00	6:13:29	
7	Keith McKay, Peter McKenzie, Aileene Markham	X	1:35:13	1:58:24	2:40:26	6:14:03	
8	Di Kever, Klaus Maurer, Damon Palliser	M	2:50:41	2:58:00	2:18:59	8:07:40	
	Richard Flesser, Phil Soegaard, Rodney Brown	M	1:31:00	1:35:15	1:51:40	DQ LEG 1	

Records this race

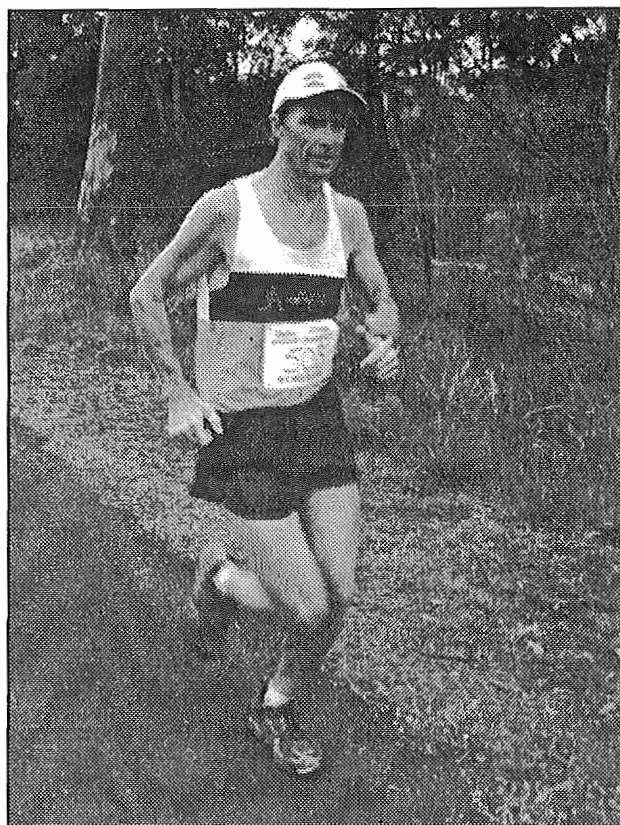
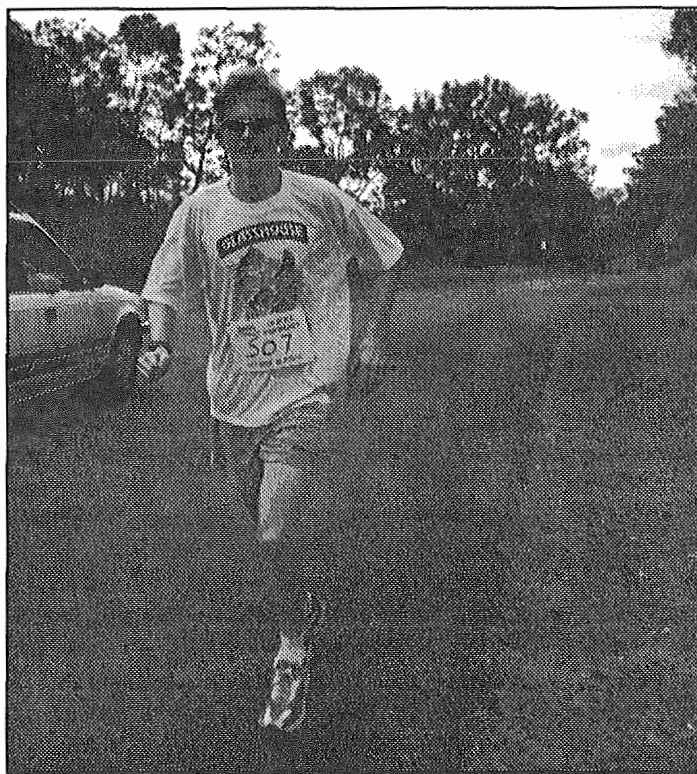
Solo female	Rita Sutton	8:05:00	RR
Mixed team	Richard Hutchinson, Sean Francis, Kylie Spence	5:15:52	RR
Leg 1 male	Peter O'Sullivan	1:34:53	LR
Leg 2 male	Phil Soegaard	1:35:15	LR
Leg 3 female	Kylie Spence	1:43:47	LR

Mt Mee 50 km results - 12 June 2005 (provisional)

1	Adrian Pearce	4:13:02
2	John Searston	4:17:27
3	Rolf Kvlsen	4:21:08
4	Adam Barron	4:22:24
5	Bruce Cook	4:25:57
6	Kelvin Marshall	4:29:04
7	Rob Ware	4:44:09
8	Rodney Ladyman	5:06:48
9	David McKinnon	5:14:56
10	Nick Maloney	withdrew at 40 km



*Mt Mee Photos: Left - Adrian Pearce; below left - David McKinnon;
above right- Adam Barron; below right- Bruce Cook*



Coburg 24 hr Carnival & Centurian Walk

**Australian Centurion Walkers Inc. 24 Hour 2005. Harold Stevens Reserve, Coburg
Saturday 16 April - Sunday 17 April 2005**

The 2005 official Australian Centurion Qualifying event was held in conjunction with the Coburg 24 Hour carnival at the Harold Stevens Reserve in Coburg. A record total of 19 walkers and 34 runners competed in a variety of running and walking events throughout the 24 hour period.

The carnival started at 10AM on Saturday morning in overcast cool conditions. The sun broke through after several hours but was never too debilitating with the day recording a maximum temperature of 19°C. A cold still night was followed by a sunny Sunday morning as the 24 hour competitors closed in on their various individual targets.

Three walkers completed in excess of 100 miles and we welcomed one new Australian Centurion into our elite club.

English legend Jill Green was the first to reach the 100 mile mark in an excellent 22 hours and 59 minutes and was the overall winner with 165.996 km. Jill, who is already an Australian Centurion (1999 - C38), competed with a torn hamstring but this did not seem to slow her as she led the whole way. Jill is one of only 2 people who have all 6 Centurion badges and she has completed over 50 100 mile walks during her illustrious career.

Geoff Hain, C49, who had previously completed the 100 mile distance in October 2004 in Adelaide, completed his second Australian qualifier and improved on his previous time with 23 hours and 25 minutes.

The third centurion finisher was young South Australian runner David Billett. In this same event last year, David completed 163.8 km in the 24

hour run. This year, he entered as a walker and recorded a very similar distance - 161.887 km. Along the way, he passed the 100 mile mark in **23:52:27** to become Australian Centurion Number 50. He is a member of the very elite group of ultra competitors who have completed both 100 miles as a runner and as a walker.

David was behind the required schedule at the 18 hour mark and had to dig deep during the final stages of the event to bring himself back into contention. The final outcome was a fitting reward for his efforts and it won him the Jack Webber Trophy which is awarded annually to the best Centurion performance of the meet.

This year, we hosted the inaugural Racewalking Australia 100 km Australian Walking Championships for men and women. We hope this will continue as an annual event.

RESULTS

24 HOUR WALK MEN

Geoff Hain	QLD	C49	163.441 km
David Billett	SA	C50 **	161.887 km
Fred Baker	QLD		103.200 km
Robin Whyte	ACT	C29	102.000 km
Stan Miskin	VIC	C23	81.950 km
Don MacKechnie	VIC		81.994 km
Graham Watt	VIC	C48	60.000 km
Fred Brooks	VIC	C42	37.200 km
Ron McGregor	VIC		DNS

24 HOUR WALK WOMEN

Jill Green	UK	C38	165.996 km
Karyn Bollen	VIC	C45	132.588 km
Val Chesterton	ACT		109.967 km
Sandra Howorth	VIC		102.555 km

12 HOUR WALK MEN

Ken Carter	VIC		56.188 km
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6 HOUR WALK MEN

Steve Jordan	VIC		43.600 km
Laurie Tinson	VIC		38.736 km
Willie Erasmus	VIC		33.232 km

6 HOUR WALK WOMEN

Ellwyn Miskin	VIC		38.793 km
Heather Beattie	VIC		34.429 km

AUSTRALIAN 100 KM CHAMPIONSHIP FOR MEN

Geoff Hain	QLD
David Billett	VIC
Robin Whyte	QLD

AUSTRALIAN 100KM CHAMPIONSHIP FOR WOMEN

Jill Green	UK
Daryn Bollen	VIC
Val Chesterson	ACT

CENTURION WALK QUALIFIERS

Jill Green	C45	22:58
Geoff Hain	C49	23:25
David Billett	C50 **	32:52:27

Jack Webber Trophy for most meritorious centurion performance

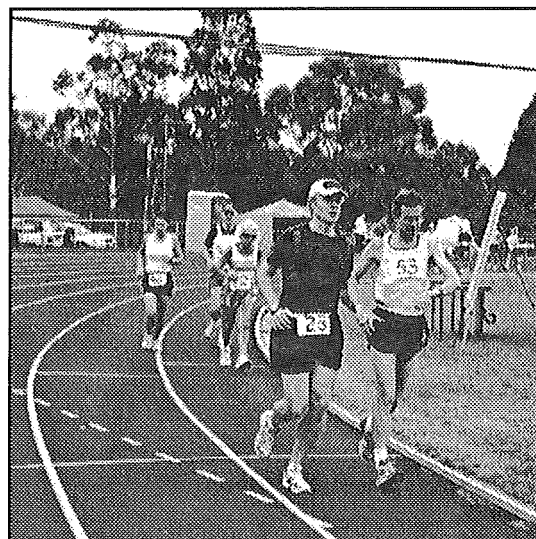
David Billett

Saturday 16 April - Sunday 17 April 2005 - Final Results

24 Hour Run		
Place	Male	Distance
1	19. KINSHOFER, Rudolf	192.909
2	15. COLLINS, Tony	191.406
3	25. STANDEVEN, David	176.360
4	24. ZUKOWSKI, Jerry	170.217
5	23. THYS, Dirk	165.487
6	21. MARSH, Trevor	162.800
7	13. ANDERSON, Peter	162.991
8	14. BOULTON, Rathin	130.136
9	17. DEVINE, Allan	128.101
10	26. EVERY, Paul	123.333
11	22. MATCHETT, Ken	121.943
12	18. GRAY, Peter	100.919
13	16. COTTER, Benjamin	68.000
24 Hour Run		
	Female	
1	11. LOPEZ, Norilie	163.200
2	10. BAIRD, Carol	113.236
12 Hour Run		
	Male	
1	64. MARSH, Ken	107.455
2	55. McCORMICK, Richard	90.443
3	52. HARTLEY, Ernest	86.750
4	53. JONES, David	85.394
5	54. SPAIN, Greg	74.978
6	56. OHLENROTT, Bruce	69.926
7	51. BURKE, Warren	44.000
12 Hour Run		
	Female	
1	46. THOMPSON, Michelle	101.856
2	45. STURZAKER, Jane	81.600
3	44. ANDERSON, Faith	81.348
6 Hour Run		
	Male	
1	65. PHILLIPS, Simon	72.638
2	72. KOUROS, Yiannis	72.442
3	69. ROBERTS, Ian	63.334
4	68. LAING, Phil	56.806
5	71. ILIOPOLOUS, Nick	49.250
6	66. GERACE, Pat	44.287
7	67. HOLST, Warren	30.000
6 Hour Run		
	Female	
1	61. PARRIS, Dawn	49.330
2	62. YOUNG, Shirley	49.324



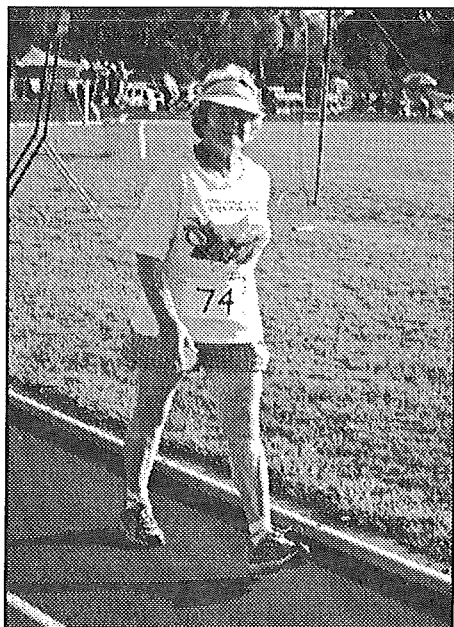
Allan Devine slogs it out



Above: Dirk Thys and David Jones

Below left: Ellwyn Miskin

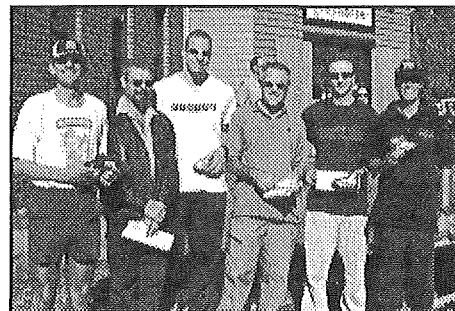
Below right: Jane Sturzaker leads Michelle Thompson in the early stages



Walhalla Wound Up 50km

50km Trail Race 8-5-2005

1. Mike Wheatley	3:30:54	11. Garry Wise	5:17:46
2. Robert Gray	3:30:59	12. Barry Higgins	5:36:34
3. Kelvin Marshall	4:06:06	13. Brendan Mason	5:55:33
4. Nellis Dippenaar	4:12:31	14. Brian Glover	6:19:45
5. Danny Schranz	4:13:02	DNF's at 37km	
6. David Bedford Lee	4:19:22	Daniel Thompson	[3:09:36]
7. Sandra Timmer-Arends [F]	4:23:00	Tim Cochrane	[3:09:37]
8. Robert Embleton	4:59:46	Steve Hyde	[3:29:26]
9. Bruce Salisbury	4:59:47	Peter Gray	[7:06:28]
10. Kevin Cassidy	5:14:20		



A happy group of trophy winners collect their boots

Report by Kevin Cassidy

I've often wondered what it is with certain events that keeps us coming back again and again. For me, returning to Walhalla this year was a tougher than usual undertaking. Crippled with a groin injury that barely allowed me to walk until as recently as two weeks ago and the ensuing lack of fitness as a result of a long layoff, I was almost forced to remain home in Melbourne.

Doped with pain killers and anti inflammatory pills and quite sure that if I did make it to the finish I would be slower than Steve Bracks' snail paced "Fast Rail" project, I hit the road out of Melbourne with the otherwise uneventful drive being punctuated by a visit to the local supermarket in Moe for the important acquisition of a bottle of Diet Coke. My somewhat inadequate grasp of modern technology came to the fore at the checkout when I asked the young operator if he would stop the conveyer belt. "They work automatically via laser beam" he replied poker faced, "And have been for six or seven years now". Much to the amusement of various staff members, I slunk away red faced.

As has become customary, the previous night was spent at Rawson Village some 15km from Walhalla where the hospitality is both cheery and convivial. The breathtaking drive into Walhalla the following morning provided the unusual sight of a sweating and huffing Brendan Mason

making the journey to the start on foot. Brendan was looking for a 65km run as a lead up to the Comrades Marathon and the road from Rawson provided the perfect canvas. Any wondering and self doubt I may have had about returning here were immediately put to rest upon arrival in Walhalla's main street. If you are not totally enchanted by this town, then you are simply not alive. Let me tell you sincerely, God made Walhalla and the rest of the world is just a cheap imitation. The Autumn display of horticultural abundance is awesome to say the least.

Kelvin Marshall was stoked with glee during the pre race activities, apparently his beloved Richmond football team had won a game the previous night, an achievement that seems far beyond the utmost capabilities of the Collingwood team. Looking confident was Australian 100km Team Captain, Mike Wheatley, who had his entire family along to tackle the important "Cheer Squad" role.

Race Director, Bruce Salisbury, along with his long suffering family and numerous other Traralgon Harriers members, devote huge quantities of their time and labour to this event. You can't miss Bruce, he wears a large fluorescent hat that would not look out of place on a teenage girl at a Kylie Minogue concert.

I was still handing over my entry fee

with a crumpled \$10 note as the main street filled with eagerly awaiting runners. With a couple of shorter options [37km and 19km], spare room on the starting line was of the essence. Content just to do the 19km was Peter Bignell, "I brought the family up for Mothers Day, so I can't really go off running ALL day" was his lame [but commendable, I guess] excuse for avoiding the 50km.

Bruce's pre race announcement had us on the back foot when we learnt that Bruntons Bridge was temporarily out of bounds and the 50km course we had become so accustomed to had been hastily rearranged. Poor Bruce had only made this discovery late the previous day and had little, if any, time to start remeasuring new trails. Basically, the "new" course involved following the 37km route all the way back into Walhalla before a roughly estimated [by Bruce] 13km climb and return to the top of the range. While initially disappointing, the change was to afford us the opportunity to traverse a number of trails not previously used for the 50km option. Such trails were to be of bounteous beauty.

As always, the early running took in the spectacular Thomson River with the encompassing view from the Poverty Point Bridge being the notable highlight. Caution is needed here as a wrong turn will see you hiking the trail to Canberra many hundreds of kilometres away. I guess the sight

of John Howard being chauffeured around in his Prime Ministerial car would be ample evidence of a grossly incorrect and worrying choice of trail.....even more astounding would be the sight of Peter Costello trying to chase Little Johnny out of The Lodge. Take it from me, Pete, and don't waste your time....With no credible alternatives on the horizon, Johnny looks like being at the helm of our gaggle of politicians for a long time yet. Whoops. I appear to have become a little side tracked.

The historically restored railway station at 14kms was where Brendan Mason and I linked up. We basically stayed in touch over the next couple of hours until about 32km before returning back past Thomson Station just prior to the steam train departing on its journey up the valley to Walhalla. We covered ourselves in "glory" by running in front of a camera being used by a puffy faced, chubby looking tourist who was furiously trying to capture the train on film. He did not look dissimilar to Kim Beazley in a clown suit. Much to his consternation and with daggered looks in our direction, he had to start filming all over again.

Still running gingerly and gaining confidence that my "drugs" were keeping me pain and injury free, I picked up the pace all the way back into town at 37km only to discover that Mike Wheatley had smoked over

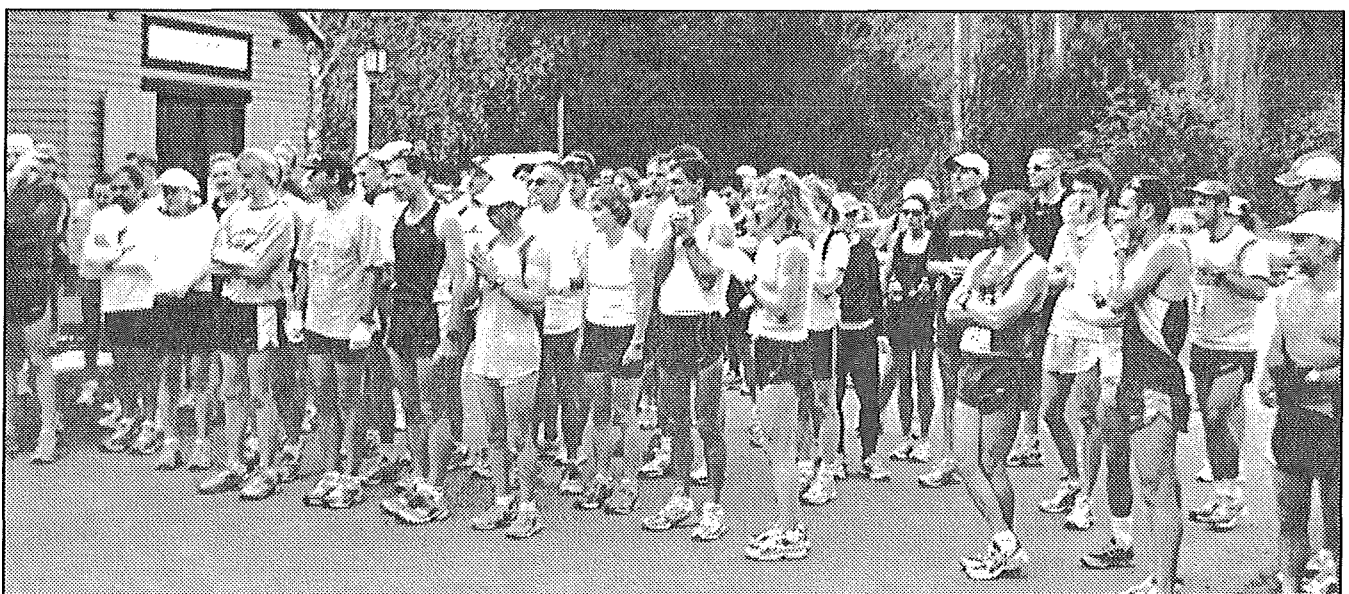
the course quicker than a Balinese Customs Officer on a drug raid and was enjoying a shower. Harder to cope with, however, was the collection of 19km runners relaxing in the lazy sunshine and giving appropriate "encouragement" as I forcibly attacked the long climb of the final 13km. The out and back nature of this final section allowed me the pleasurable opportunity to cheer on the returning runners. Kelvin Marshall came flying past faster than an ostrich on speed to grab third position while Sandra Timmer-Arends lamented that she had run out of energy but she was sure moving fast in my book. Sandra took the out the female honours. Unquestionably, the final descent to the finish was a moment I relished as just managing to reach the finish was seriously doubtful five hours earlier.

Crossing the finish line, the town was abuzz with tourists studiously licking ice creams and strolling around aimlessly like confused sheep. The showers at Michael Leaney's Star Hotel went down a treat in the most sporting of fashions and in almost an instant, a gathering of runners formed on the outdoor deck of the newly constructed Greyhorse Café where much debate ensued involving comparisons with the rerouted course. Given that times overall seemed to be 10 to 15 minutes quicker than previous years, the debate was substantially one sided,

In fact, almost unanimous. Consuming numerous drinks and large quantities of muffins in the sunny and beautiful surrounds made for an agreeable finish to the day. Less than sociable, however, was Robert Embleton. Poor Rob had to dash off to spend the night stacking shelves at the Safeway Supermarket back in Traralgon.

In case you may have misread, Walhalla has captured my imagination in a manner that is hard to describe. My only regret being that I had foolishly allowed 12 months to go by since my last visit. It would be another 24 hours before I departed the area having studied the early mining history and purchasing a few books.

Almost home and entering the oddly named outer Melbourne suburb of Pakenham Upper [which sounds utterly absurd when spoken quickly], the consumption of a jumbo sized pizza became paramount. Imagine my horror as I entered the local Pizza Restaurant to the sight of the chef twisting his finger up his nose and wiping the resulting large green goo onto his apron. More astonishing was the total lack of any concern shown by the other three waiting customers who witnessed this abomination of personal and professional hygiene. I fled this revolting establishment with haste and sought my culinary requirements elsewhere.



Runners fill the main street of Walhalla

Glasshouse Mountains 50km/80km

Queensland 15-5-2005

50km results

1	GREG BARTON	4:04:20
2	ADRIAN PEARCE	4:37:39
3	ROGER GUARD	4:54:59
4	ROBBIE ANDREWS	5:01:36
5	DAVID SWEENEY	5:06:49
6	MARK CUMMING	5:08:53
8	BRUCE THIELE	5:16:38
7	STEPHEN GAGE	5:16:38
9	PETER EDMINSTON	5:16:39
10	MIGNON AUGUSZCZAK [f]	5:19:46

11	DAVE HINDS	5:29:04
12	RITA SUTTON [f]	5:34:22
13	MALCOLM ELSWORTH	5:38:37
14	PETER ANDERSON	5:59:31
15	ALISON COX [f]	6:09:11
16	ANDY COX	6:09:59
17	COLIN MACKEY	6:42:18
18	KERRIE HALL [f]	9:15:48
19	JOHN HARRIS	9:15:49

80km results

1	DAVID WAUGH	7:42:17
2	NIC MOLONEY	8:31:40
4	ADAM BARRON	8:33:30
3	JOHN PEARSON	8:33:30
5	ANDREW HEWAT	9:56:37
6	RODNEY LADYMAN	9:56:38
7	JOE RAFTERY	10:38:38
8	LOUIS COMMINS	11:20:22
9	RICHARD MCCORMICK	11:33:22
10	JOHN LINDSAY	12:07:13

Report by Andrew Hewat

You know you're tired when some stranger nudges you as you sleep in the boarding lounge at the airport. "Where you going?" "Avalon," I responded. "That's your flight about to leave."

Two hours later I woke again as the plane bounced along the runway and the cold pressed in from outside as I returned to Victoria a little over 24 hours after leaving.

Man, what a way to spend your weekend! Flew into Brisbane around 5:30 pm and was treated to some real Queensland hospitality as Undercover Brother picked me up and took me home. After some dinner and some average AFL on the TV we headed up to the Glasshouse Mountains and reached CP5 around midnight. Nearly everyone was there, a field of 10 with quite some depth of talent and experience. You could feel the excitement and anticipation. After some introductions and the well described headlamp comparisons there were some words from RD Ian Javes, and we were off at 1:00 am.

I was cold before the start and not quite going to the extreme of Fat's and AB who wore jackets, I had a thin long sleeve running T-shirt under a short sleeved bike jersey. We ran pretty much as a bunch for the short 3.5km loop back to the start. Here I decided I was way too hot and stopped to strip off the

under layer of long sleeves. In doing so dislodged my headlamp and tore off my race number. By the time I had resurrected my gear I was alone and the whole pack seemed to have disappeared into the inky night.

Not fancying another 77km on my own I near sprinted the next km down to the lookout to catch up with some of the main bunch, being Hermie and RMC. David Waugh, Fat's, Pre and AB were not far in front of us. Joe was just behind, followed by Louis and John Lindsay. In retrospect the placings didn't change a great deal from this point on.

The trip out to CP1 and back to CP5 passed quickly, punctuated by Bill Thompson and his wife treating us with goodies at Matthew Flinders Park. Hermie, RMC and I had settled into a comfortable pace and we shared banter and headlamp light through the early hours.

Passing back through CP5 we lost RMC who stopped for a clothing change, inspired by Hermie who was now running in just a singlet and shorts! We were now a team of two. We passed Fat's and AB who were picking their way gingerly through the technical stuff out towards CP6A and at one point I found myself alone ahead of all three of them and had to resist the urge to turn off my light and jump out from behind a tree.

As is often the case for me in these long runs the sections tend to blur into one another especially at night and my recollection becomes more of a collage of events rather than any chronological record. But this night was full of energy and parts of it remain indelibly pressed into my memory. We dodged puddles, we went up and down short steep hills and long slow hills, we were passed again by Fat's and AB and knew that was the last we would see of them. Hermie rolled his ankle and then shortly after stubbed his toe. We were treated by Bill again at CP6A and his wife's pumpkin soup was superb. But as the night wore on and the k's clicked by I got colder and colder.

After the long stretch to CP7 I was really cold and through my tiring chilled thoughts I looked longingly at the chairs and the blankets. But I knew if I stopped I would have great trouble starting up again, and the partnership with Hermie was working so well. I refueled, dumped my waist pack and we were off on the loop of 11.8km. This loop seemed to take forever. Some of the landmarks were familiar as I had come this way in the dark at GH100 last September. By the time we got back to CP7 I was coming good as the light trickled into the sky. We dumped our headlamps and pressed on.

I diverted for a nature call and told Hermie to keep going. The sun was streaking down between the trees and I now felt great. I ran hard (well it sure felt like it) until I was in sight of Herm again and he waited for me at around CP7A. As I grew stronger Herm deteriorated, not helped by a nagging injury. But the strength that has carried him to 2 sub 24 hour GH100s would see him home today.

We cursed the long drag up into CP8 which compared to other hills on the course shouldn't even rate. Then the scenic loop of 8b. Up the big climb and then I took off down the hill, knowing that Herm would pick me up on the next climb as the routine had developed. We contemplated our possible finish time and as we progressed from here it gradually blew out. As we lumbered up the big hill out of 8b the leader of the 50km RAN past us! How demoralising.

Back at CP8 the 50km runners were streaming in so we took off. It

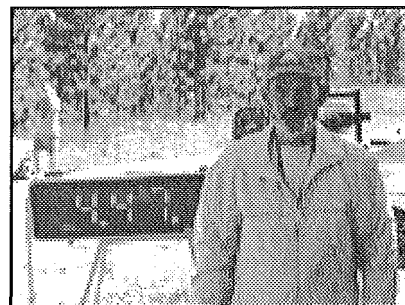
seemed like forever before we reached the turn that would take us down to the powerlines. And to add insult a group of trailbikes screamed past us with the rear rider fishtailing to shower us in gravel. There's always one...

We hit the powerlines and were surprised at how firm most of the footing was despite all the rain. But it doesn't get any easier and no description ever does justice. At one point Herm declared: "this makes you really know you're alive". We were starting to watch the clock and were still eyeing off a sub 10 hour finish. The sun was now becoming a factor and fluid intake was essential. I had already switched to coke. I had my appetite well and truly back and at CP6 again refuelled heartily.

The push was now on in earnest. Herm was encouraging me to strike out alone as he was struggling but there was no way I was leaving him now. He had carried me through the

night. No, moments like these are rare and we were lucky to be able to share this one. We ran in strongly with about 3 minutes to spare in 9:57. Man, what a buzz.

Bring on September!

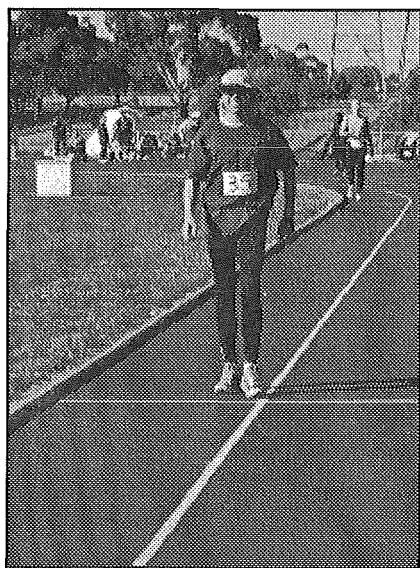


Race Director - Ian Javes

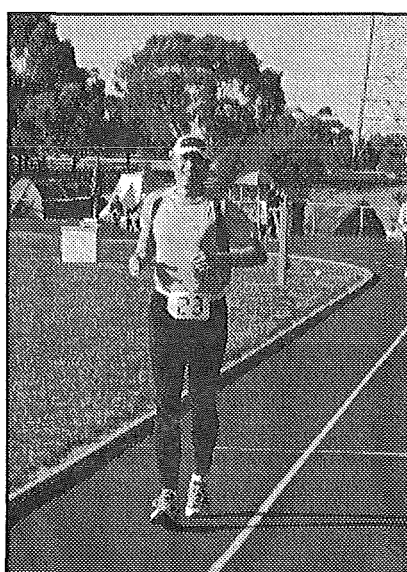


Adam Barron looks pleased with himself at the finish

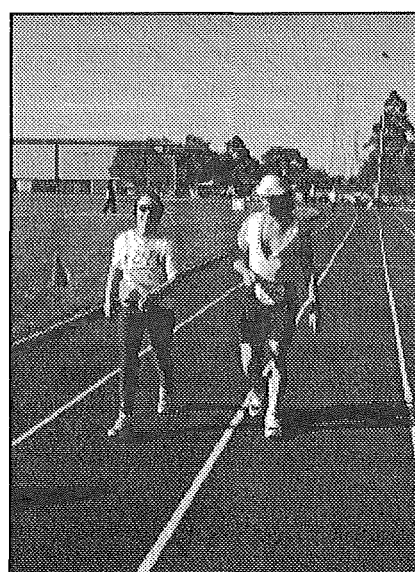
COBURG 24hr EVENT



David Billett finishing the 100 mile walk



Dirk Thyss



Jill Green and Paul Every

AURA Hall of Fame

Percy Wells Cerutti

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 the more special of them by inducting them into the AURA Hall of Fame.

Percy Cerutti is best known as the eccentric coach who helped take Herb Elliott to victory in the 1500m at the 1960 Rome Olympics. Postal worker turned athletics guru, Cerutti revolutionised running training in Australia - most famously by making his athletes run up and down sand dunes, run extraordinarily long distances, eat natural foods and above all, to develop a strong belief in their own ability.

What is not so well known is that he was very influential in the development of both marathoning and ultra running in Australia.

Percy Cerutti was born in Melbourne on 10 January 1895. He was sickly as a child, developing pneumonia and a variety of other ills. As a youth, he dabbled at football and cricket, but soon found that team sports never suited his individualistic streak. He tried boxing, cycling and swimming without success and eventually turned to athletics where he showed some early promise. He joined the Ennismore Athletic Club in 1913 and won his second race, a mile, in 5 minutes 10 seconds. By 1914, WW1 had broken out and his application as a volunteer for armed service was rejected, for failing to meet minimum physical standards. He improved his running, achieving 4:32 for the mile in 1919. However, his bronchial problems were not helped by his addiction to smoking. He had bad teeth and was beginning to suffer from regular migraines. He had some reasonable expectations as an athlete but, with deteriorating health, he virtually dropped out of athletics in 1919 - 1920, at the age of 24/25.

As was normal for Percy he threw all of his energies into whatever project he undertook. He became a telephone

technician with the Government telephone service, the then PMG, and later embarked on a business venture involving the purchase and renovation of houses. However, his health was extremely poor and continued to deteriorate.

By 1938 Percy's health was at its lowest ebb. He had been seen by various doctors about his poor state of health, which centred on his digestive system, but to no avail. By 1939 his weight had dropped to 45 kg. He suffered terribly from migraines and his smoking habit had escalated to three to four packets of cigarettes a day. This, combined with his obsessive-compulsive nature, all led to him having a complete mental, physical and emotional breakdown. He was consigned to bed, visited by doctors of the day, who gave him virtually six months to live. He eventually was seen by a Dr Ray Killmier who told him that there was no simple diagnosis and that he had to heal himself.

This was the defining moment in Cerutti's life he took himself off all prescribed medication and embarked upon a radical journey of self healing. He obtained a medical certificate giving him 6 months' leave from work to enable his recovery. He gave up smoking cigarettes; said by him to have been the hardest thing he ever had to do and fasted for three days. He then began a steady intake of foods, substituting largely raw vegetables and fruit for "lots of red meat and butter." It took him one week before he could get to the front door of his house and yet another week before he could make it to the front gate. After three weeks he managed a half mile walk around the block. A few

weeks later he walked a mile and a half to the Caulfield racecourse where he was inspired by the action of champion racehorse Ajax. On his way home he mimicked the action of the great horse and actually ran for the first time in years.

For the next three years Percy rejected anything cooked or processed. He ate Muesli (which he prepared himself from John Bull oats, sultanas, raisins, walnuts, sliced banana - eaten without milk), raw eggs and large portions of fresh fruits. With the elimination of animal fats from his diet, the turnaround in his health was dramatic.

Percy became an avid reader, reading everything he could lay his hands on. One of the major influences on his life during this period of recuperation was from the writings of Arthur Newton. Newton had embarked on an athletic career at the age of 39 and it is legendary how he went to South Africa and won 5 out of 6 Comrades marathons (~ 90 km) between 1922 and 1927. Newton had run the London to Brighton course twice, setting new records for the distance in the 1920s. He was also the driving force behind the revival of the London to Brighton and the creation of the Road Runners Club (UK). Percy obtained Newton's book, *Running*, first published in 1935 and studied it closely, over and over again.

Percy's sanity depended upon exercise. By the end of 1939 he felt strong enough to join the Melbourne Walking Club. By the end of 1940 he completed his first long walk in the high country, a distance of 113 kms. On a cool spring evening in 1942, as a sprightly white-haired man with piercing blue eyes, he strode into the

Malvern Harriers Club announcing to the young athletes gathered there 'I've come down to have a run with you. I used to be a member here'. Of course everyone stared blankly as no-one there could remember him. Almost 25 years had passed since he was last there and he was by then 47. In his first competitive race upon his return he ran the mile, off a handicap of 240 yards, in 4:50 placing second. In his next race he improved on that by 25 seconds. And so he returned to the sport of his youth, this time applying himself fully to its study.

According to Fred Lester, secretary for some 35 years of the Victorian Marathon Club, Percy founded the club in 1942, acting as both President and Secretary for the first 5 years. During this period he was instrumental in inspiring several athletes to train and contest marathons. He inaugurated the run around 'the tan', the track around the perimeter of the Botanic Gardens in Melbourne, still used for training and races to this day. Percy's house was nearby.

In 1945, Percy ran 1,674 miles in racing and training. Once, he disappeared for weeks on end, undertaking a 500 mile hike that took him to the summit of Mt Kosciusko in a raging blizzard. On another trek into East Gippsland he ran 100 miles from Cann River towards Melbourne in 23 ¾ hours (23 November 1945). On 29 December 1945 at age 50, he ran a marathon on the Albert Park circuit in 3:02:20 and continued on to complete 30 miles which he achieved in 3:34:06.

Cerutti biographer Graem Sims ("Why Die", published 2003) has access to Percy's running diaries which reveal that he ran from Portsea to Melbourne (60 miles), on 23 November 1946 in 8:28, going through the 50 mile mark in 7:00:15.

Also, in 1946 he completed some unfinished business; that of breaking 5 minutes for the mile. He achieved 4:53 - at 51 years of age!

Percy went on to become one of the greatest athletics coaches of all time, with his famous base in the sand dunes of Portsea on the Mornington Peninsula, south of Melbourne. His

methods were extreme and he was rarely without controversy. He was far ahead of his time with weight training, diet & nutrition, sports psychology, running barefoot up and down sand-dunes; and long runs for middle distance athletes, a practice later adopted by Arthur Lydiard. Percy was the first coach to insist that 100 miles of training per week was a necessary pre-requisite for both middle distance athletes and marathoners.

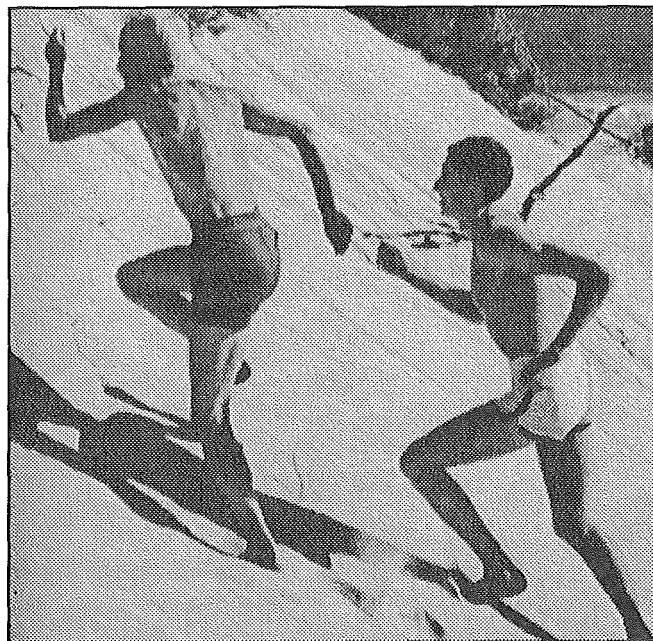
He first met and stayed with Arthur Newton in 1952 when he came over to Europe for the Helsinki Olympics. In 1958 he returned again for the Cardiff Commonwealth Games and the Stockholm European championships.

The Road Runners Club newsletter reported "he held court at Arthur Newton's house at Ruislip Manor", and later addressed a large meeting at Conway Hall. He also met Newton's former partner, Pete Gavuzzi, a notable trans-continental veteran as well as coach of Boston marathon winners.

On that visit Cerutti followed the 100 mile race on the historic Bath road, an RRC promotion, running the first mile and the last mile with the winner, Ron Hopcroft, to get a sense of the occasion.

The Road Runners Club (UK) trophy for winning its long distance races of 100 miles and 24 hours is called the Percy Cerutti cup. This trophy was presented to the RRC by Percy Cerutti for one of the 100 mile races. This trophy has been presented on numerous occasions since, most notably to Don Ritchie for winning the world 24 hour championships at Milton Keynes in 1990.

Cerutti was much more than an athlete and coach. He was also a



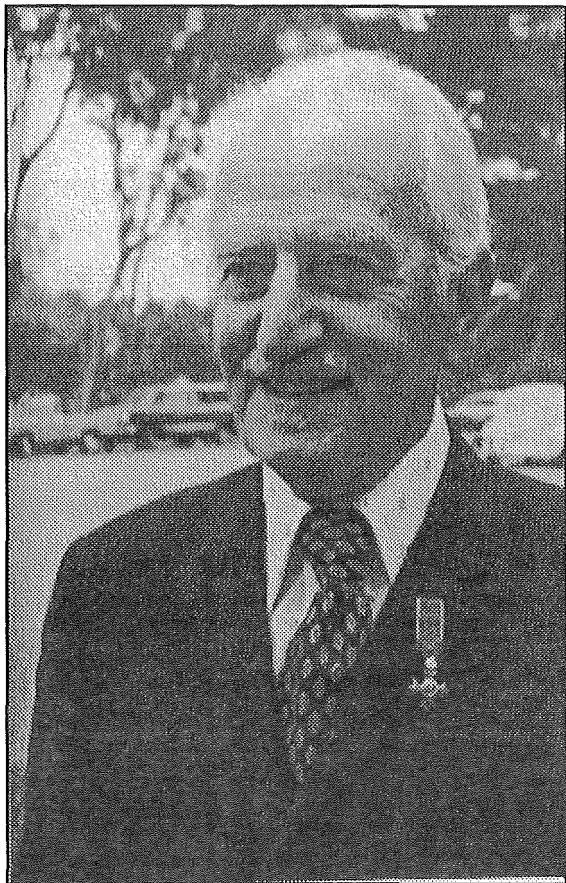
Percy and Herb Elliott charging up a sand dune at Portsea

teacher, philosopher, visionary, a pioneering motivator and maker (or breaker) of men. Above all, he was inspirational. He was a poet and author, writing and publishing some six books. A quote from the first stanza of "The Distance Runner"

*"Running: running: hear the beat!
Busting lungs and pounding feet.
Straining: gaining: 'til you're done:
Or you have the race well-won.
Racing: Pacing: rather die:
Than give up or let them by."*

One of the athletes inspired by Cerutti was a 17-year-old Western Australian schoolboy champion, Herb Elliott. Cerutti had met Elliott in Perth in 1955 and announced that he could have Elliott running sub 4 minute miles within two years. At Melbourne's Olympic Park two years later, Elliott took on Australia's best, beating the highly fancied Merv Lincoln.

There have been many great moments in Australian sport but few have rivalled Elliott's performance in the 1500 metres at the 1960 Rome Olympics. More than 90,000 spectators watched in sheer amazement as the young Australian powered away in the final lap from the star-studded field. Elliott went on to win by more than twenty metres, and his world record was hailed by experts as the most emphatic in Olympic history. Elliott was never beaten over the mile or 1500 metres



Percy receiving his MBE in 1972 for services to sport

in senior competition, retiring when he was just 22 years of age.

Until his death on 15 August 1975, Cerutty lived at Portsea where his radical teachings impacted significantly on all major areas of Australian sport, including, swimming, tennis, cycling, and football. The camp culture involved multiple training sessions daily, virtually unheard of in that era - now de rigueur.

Long distance training remained central to his thinking. According to a former Cerutty protégé Neil Padley, the long run on Saturdays or Sundays was occasionally from Frankston to Portsea, a distance then of 35 miles. This originated when Percy drove his athletes to Frankston and they ran back to Portsea, hopefully within 5 hours. There was an annual run for the full-time athletes, more in the early part of the season, along the cliff-tops and beaches from Portsea to Cape Schank and return, also a distance of 35 miles. The target time for this particular run was 7 hours.

There is now an annual race from Frankston to Portsea to commemorate Percy, his achievements and affection for that

particular training run. This race is the oldest surviving ultra in Australia, having been conducted annually since 1973. Its race director of many years is Kevin Cassidy, editor of Ultramag.

Percy would even on occasion have his top athletes do the Portsea to Melbourne 60 miler, encouraging them to achieve it in less than 8 hours.

The diaries also reveal that Percy still had ultrarunning ambitions. He was contemplating a run from Melbourne to Sydney in 1965 (at age 70) in which he wanted to break the then record. Incidentally, the record was 12 days 13 hours 43 mins for the 563 mile journey (Hume Highway) set in 1931 by Alf

Robinson. It is interesting that Robinson's run followed the Trans America Races of 1928 and 1929. These American races were contested by Australians Mike McNamara and Herbert Hedemann, already inducted into the AURA Hall of Fame.

Percy Cerutty's influence in Ultrarunning in Australia was profound. His marks became targets for George Perdon who became a prolific ultra runner in the 1960's, breaking many of Percy's records and then going on to eclipse many world records.

American author Gary Walton said of Cerutty: "In the 23 years Cerutty actively coached at Portsea, several world record breakers followed his methods and fell victim to the Cerutty virus. Some men thought him a crank, many viewed him skeptically, but all agreed he was unique. A philosopher and a poet, an athlete and coach, and above all an individual, Percy Cerutty was a force in athletics like few others."

Compiled by AURA President Ian Cornelius, from information available on the internet and with invaluable assistance from Cerutty's biographer Graem Sims, ultra running historian Andy Milroy, long-time VMC

secretary Fred Lester, Cerutty trained athletes Neil Padley and John Pottage.

The inductees so far-

- William Francis King otherwise known as 'the Flying Pieman'. The Pieman was so named because of his daily procedure of selling pies to passengers as they boarded the steamer at Circular Quay for the 18 mile trip to Parramatta and then running his unsold pies to Parramatta which he would reach just in time to offer them to the disembarking passengers. He would then run back to Sydney. He performed numerous feats of running and walking in the 1840's and 1850's. One particular feat of renown was walking 1,000 quarter miles in 1,000 consecutive quarter hours; that is one quarter mile each and every quarter hour for 10 days and 10 hours. Another was walking 1,634 miles in 6 weeks (average 62 km/day). Featured in March 2005 issue of Ultramag.
- Mike McNamara from Queensland who ran the Trans America race in 1928 (DNF) and 1929 (7th) and then went on to break world records for 30 miles and 40 miles. Featured in December 2004 issue of Ultramag.
- Herbert Hedemann from Victoria who ran the Trans America races of 1928 (38th) and 1929 (8th). Featured in March 2005 issue of Ultramag.

If anyone has more relevant information on and of the Hall of Fame inductees, 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 the write up for the next inductee.

Back issues if Ultramag are available for \$10 including postage. Please send orders to Kevin Cassidy at Box 2786, Fitzroy Vic 3065 or telephone 0425 733 336.

women's view: DIRT DIVAS AND ROAD QUEENS

Women Winning Ultras

by Karen Shiley, Janice Anderson, and Ellen McCurtin

A recent advertising slogan stated “You run like a girl. Good for you!” Given the accomplishments of female ultrarunners throughout history, we couldn’t agree more. To complete one of these grueling events is an achievement to be admired. But to finish in first place overall? Amazing.

By now word has spread far and wide about Pam Reed’s excellent performance at the 2002 Badwater Ultramarathon. Not only did Pam win the women’s division and set a new women’s course record, she also won the entire race by almost five hours. Badwater takes runners and walkers through some of the toughest conditions imaginable in its 135-mile course from Death Valley to Mount Whitney. This year, the field of 79 encountered temperatures as high as 123 degrees F and a punishing headwind. From this battle with heat, drastic climbs, and ultra distance, Pam emerged victorious.

I interviewed Pam via e-mail to learn more about this inspirational woman. In addition, I received tips for aspiring ultrarunners. At 41, Pam has been running ultras since 1991. Badwater was not her first overall ultra victory; she won the Old Pueblo 50 Mile in 2000. That same year, she was the first female finisher at the Mount Rushmore 100 Mile, placing second overall behind Eric Clifton. Pam has a number of other successes on her lengthy ultra resume, including completion of the 100-mile Grand Slam.

A typical training week includes two or three runs per day at approximately one hour per jaunt. Doing a number of short runs is something that has helped her run with little injury or burnout. As someone who runs ultras for the aid station food, I was amazed at Pam’s diet at Badwater. A newspaper article cited her as having eaten just half of a peanut butter and honey sandwich during this more than 27-hour endeavor. Pam also sustained her energy by drinking 15 cans of Ensure, Gatorade, water, ice, and Red Bull.

Pam’s Badwater effort is her most memorable ultra; she ran it with few problems, walking on just some of the uphill sections. She stated that her crew helped to make this an outstanding event through the good care they provided, particularly with hydration during the heat of the day. Pam’s advice for beginning ultrarunners is to exercise patience, to try not to get caught up in the competition or overtrain for the first few races, and to enjoy the experience. Her recommended distance for a beginner is 50 miles, as the ability to walk and eat during a race of this distance makes it easier than a marathon for many participants.

What’s next for someone who has won such a prestigious 135-mile race? By the time you read this, what’s next is already done. Just three weeks after Badwater, Pam finished the high-altitude

Leadville 100 Mile in less than 25 hours. She will also be doing her tenth Wasatch 100 Mile in September. Pam enjoys that race, although she’s been plagued with illness there in previous years. This year, she hopes to feel better and hopefully win the women’s race. Looking further down the road, she has aspirations for competing on the U.S. 100-km team. Pam’s involvement in the sport also extends to race directing; she is responsible for the Tucson, Arizona marathon.

A final question I asked was whether she felt she was treated differently as a woman competing in Badwater. The question was posed since this year’s race included staggered start times; the 17 women were placed in the first starting block (of three), due to their traditionally slower finishing times. Pam said she was not treated any differently than other runners, aside from respectful amazement when she finished first overall. The response from the media has been very positive, with articles about her in the *New York Times*, *Los Angeles Times*, *Sports Illustrated*, and other mainstream media.

- Karen Shiley

No matter who you might be, taking the lead in a race is exciting. Having personally had the chance to do so on a few occasions, I have to admit that it was a lot of fun, but at the same time somewhat unnerving. There is a special kind of interest generated when a woman is leading a race or near the front of the pack. There has been an ongoing debate about the ability of women to someday “catch up” to men. Charts can be created to show that based on current improvement women will eventually surpass men in distance events. Unfortunately, a linear graph doesn’t accurately depict the ongoing advances that women have made in distance running. For decades, women were denied equality and entrance into races. Thus, when finally allowed to race, the progression of record breaking has been steep.

Women were not given the chance to run as far as 800 meters in the Olympics until 1972. Actually, they were given the chance in the 1920s, but when several women collapsed at the finish line it was determined that the distance events were too great for the delicate female form. Therefore, it isn’t surprising that the world record for the women’s marathon was still slower than three hours in 1971. About that time women were just beginning to gain official acceptance and recognition in marathons such as Boston. As women were allowed to run in more races, their times dropped dramatically. By the time the women’s marathon was finally added to the Olympics in 1984, the record had been lowered to 2:22. Given this seemingly rapid improvement in times, a chart depicting this improvement would be skewed.

Ultrarunning History: The 1903 London to Brighton

by Andy Milroy

As a feeble sun began to light the dripping streets, showing how dismal London can look on a June morning, a man walked up Great Smith Street, Westminster, to the Public Baths. He was the first of the competitors to put in an appearance at the great *London Evening News* go-as-you-please London to Brighton race, a distance of more than 50 miles. He arrived at quarter past three, and was speedily followed by others; by four o'clock "a respectable knot" of runners had arrived, ready for the five o'clock start. Many of the runners arrived by cab, but many walked, some covering four or five miles on foot, this even before they began the long journey to Brighton. Some had their costumes for the race in brown paper parcels, others carried neat kit bags. Some had no costume at all, hoping to win in trousers and heavy boots.

The dismal weather had discouraged many from starting (only 93 of the 239 who had entered were to start), "but hardly anyone with the least chance of a place" was missing. The crowd of athletes lining up at the start came from a range of social classes. Men of "good social standing" mingled with clerks, and laboring men of all descriptions. Ostlers and stable hands were joined by a group including mechanics, shop men, and engine drivers.

One man was viewed with particular interest. He was of medium height, sporting a slight moustache, and was wearing a blue jersey and white breeches. His name was Len Hurst, and he had a distinguished record as a professional runner, primarily at distance up to 20 miles, but he had also set a world track best for 50 km in Paris in 1900.

The 1903 race seemed modern in many ways. Sponsorship and advertising were rife. Several competitors had advertisements for "athletic warehouses" on their jerseys. Several companies had agreed to sponsor prizes for the event, in addition to the prize money that ranged from fifty guineas downwards. Tudor and Company of Croydon had offered a York Ham to the first competitor passing their shop; the Palatine Rubber Company offered a prize of five pounds to the first man to finish wearing a Palatine Revolving Rubber Heel pad; the Wawpkhar Co., owners of the "British and Indian Military Strengthening Foot Powder", offered five pounds and a six-dozen case to the winner, provided the powder had been used during the race, and "New Skin," a liquid preparation to stop blisters and soreness, promised five pounds to the first competitor who reached the finish wearing New Skin on his feet.

At 5:00 a.m. exactly, the ninety-three runners set off on the long journey. There was an immediate attempt by some to shoot off into the lead, and before Westminster Bridge had been crossed the field had begun to string out. The eccentricities of some competitors could be seen clearly. One was formally dressed in morning coat, complete with a fob watch and chain, and pince-nez, presumably to ensure a good view of the countryside, or of his fellow competitors. Other unusual dress included a panama hat, and a pair of stars and stripes cotton trousers. Another ran along casually smoking a cigarette, another carried a pair of heavy boots, presumably for a mid-race change of footwear. Yet another carried a malacca cane, which seems rather more

practical. A number of preparatory drinks were available on route, including Hot Horlick's Malted Milk. As the runners passed through Kennington early on, they were cheered by large groups of working men, who enlivened the proceedings with irreverent comments.

At Brixton, nearly four miles into the race, the favorite, Len Hurst, was lying ninth, with another fancied runner, Charlie Hart, in 13th. When the runners reached Streatham, they were faced with a road that was churned up and strewn with puddles, as rain-beaten spectators huddled in knots. Two mounted policemen splashed their way through the mud to warn these hardy onlookers the runners would arrive soon.

It was at about 13 miles that Hurst joined the leaders, taking A. Grundginton and W. Vinall with him. These three soon moved away, but by Crawley (close to 30 miles) clocking 3:12:10, Hurst had taken the lead. On this part of the course the roads were in good condition, and Hurst made the most of it, running strongly. By 38 miles at Bolney, which he reached in around 4:25:30, he had a massive lead, and continued to draw away; by Hickstead, ten miles from Brighton, his lead was some four miles. At that point he stopped briefly by the side of the road, where he was rubbed down by his attendants using tufts of grass. He then trotted off, the course record obviously within his grasp. The second placed man, Vinall, had now been reduced to a walk.

The weather cleared during the second half of the race, and the road conditions were good. As the runners passed through each village, they were welcomed by inhabitants, who, unused to such excitement, lined the narrow streets to watch the procession of runners and motor vehicles. The approach to Brighton was lined by thousands of people. Hurst received a tremendous reception—cheers and tooting motor horns sought to outdo one another, as he passed St. Peter's Church. Due partly to the pleasant, though cloudy weather, an immense crowd had gathered in the vicinity of the Aquarium and along the Old Steine to watch the runners finish the race. Hurst reached the finish at the Aquarium in 6:32:34, breaking the old record by some 25 minutes.

Hurst, the consummate professional, was so little affected by his efforts that he sat down in the bathroom at the finish and commented that, thanks to "New Skin" his feet were in perfect condition at the finish, intent on harvesting the five-pound prize on offer. As it turned out, the 1903 London to Brighton was to be the last London to Brighton running race for some 34 years.

Who was Len Hurst?

It was the greatest win in the history of the London to Brighton, the winner smashing the previous record by some 26 minutes, and finishing 40 minutes ahead of the opposition. He was dressed and having a drink when the second placed runner arrived. The present Brighton team trophy is perhaps the only reminder today of this great runner, who was to hold the Brighton record longer than any other. He was perhaps the greatest marathon runner of his day, a tough competitor over

shorter distances who also competed successfully in the last vestiges of the Victorian multi-day races.

Hurst was born in Sittingbourne in Kent on the December 28, 1871. His older brother Joe was already a professional runner, when Len made his running debut at the age of 15. The following year he won 31 races. Perhaps as a result, the brothers decided to move to Edmonton to further their running careers. In 1889 at the age of 18, Len won his most important race thus far, a three-hour race at Bow, collecting a prize of 50 pounds. It was then, virtually at the start of his career, that Len Hurst suffered a major setback. He became ill, lost weight, and it was to be three years before he resumed his professional running career.

On his return in 1892 he won races at 20 and 10 miles, before attempting his first multi-day event, a 30-hour match, which was spread over four days. The professional running scene in Britain was facing a lean time in the early 1890s, and Len was tempted to compete abroad. Inspired by the first Olympic marathon in 1896, the professional Paris to Conflans 40 Km was organized in France, which Hurst won in 2:31:29. British professional running was revived when in that year a number of notable amateur distance runners turned professional after being suspended for receiving appearance money. George Crossland, Harry Watkins and Fred Bacon were to be frequent opponents of Hurst over the next few years, with the latter often emerging victorious.

The year 1900 saw Hurst won the Paris-Conflans race again in the excellent time of 2:26:47—a time that was not to be bettered until the marathon craze that followed the dramatic 1908 Olympic Marathon—and the following year Hurst won the Paris to Conflans race for the third time. 1903 saw Hurst easily win the London to Brighton race. Two months later he returned to Brighton to set a new world best for 25 miles, running 2:33:42. This distance, virtually identical to the metric 40 km, was the distance of the marathon in this era. Thus, Hurst had consistently established himself as the fastest marathon runner of the period and as the most competitive in the professional arena. The following year, Joe and Len Hurst entered a six-day relay event at Madison Square Gardens, New York. Perhaps due to the machinations of the opposite teams, Joe became violently ill, and the brothers made a poor showing for the first couple of days. Although the pair worked very hard, they were never able to make up the deficit.

Len's last race was apparently in the professional Windsor to Shepherd's Bush marathon on 1908 at the age of 36. In that race he apparently felt ill from 10 miles onwards. Someone gave him some brandy, whereupon he "fell into a ditch in a fit." He was quite angry about this, as he had trained hard for the race. He eventually finished 25th in 3:23. In the course of his professional career, Len Hurst earned approximately 30,000 pounds over 20 years, including prize money, side bets, expenses, percentages of gate receipts and advertising.

On his retirement he followed the example of many professional runners and became a licensee of a public house. He never sought personal publicity, and for this reason was not as well known in his later years as other sporting personalities. Apparently he was warned on his retirement from running that he could not expect a long life because he had an enlarged heart due to his racing and training. Despite this dire warning, he was a licensee for some 26 years, and was still in charge of the Neptune when he died of another occupational disease, cirrhosis of the liver, on November 22, 1937, at age 65. He was buried in the family plot in Manor Park cemetery, Forest Gate, London.

Training for the London to Brighton in 1903

We are fortunate to have details of how Hurst trained. He contributed some notes on training to a book written by a fellow professional, Alf Downer, *Running Recollections and How to Train*, published in 1908. Hurst suggested the following daily program for those aspiring to be long distance runners: get up early (6:00 a.m. in summer, 7:00 in winter) and have a cold sponge down. Then the would-be runner should take a brisk walk for an hour and a half before breakfast. After breakfast a further hour's walk should be followed by a run of moderate pace over about half the distance of the race for which the runner was training. However, the runner should "never overdo yourself or pump yourself quite out."

After the midday meal at dinner time an hour's rest in bed should follow. Then the pattern of a walk followed by a run should be repeated, this time with finishing with a sprint. This workout should be followed by a cold shower and rub down, with careful attention paid to grooming. The afternoon meal at tea time should be followed by a two-hour walk. The runner should be in bed by 10:00 p.m.

Meals consisted of beef, mutton or chicken for dinner, but with only limited amounts of vegetables and bread. The bread was always be stale and crusty. During races Hurst drank raw eggs and sherry. Len Hurst always spoke of his wife Ethel was his main support in training. She would rub him down after his morning run, and have his raw eggs and steak ready. Assuming that Hurst followed the same regime for the London to Brighton he would have run quite a heavy mileage in training for the Brighton, possibly 30 miles or more a day, with perhaps a further 20 miles or so of walking.

Old issues of Ultramag required

If any readers have the following issues of Ultramag which they no longer require, would you please contact the President

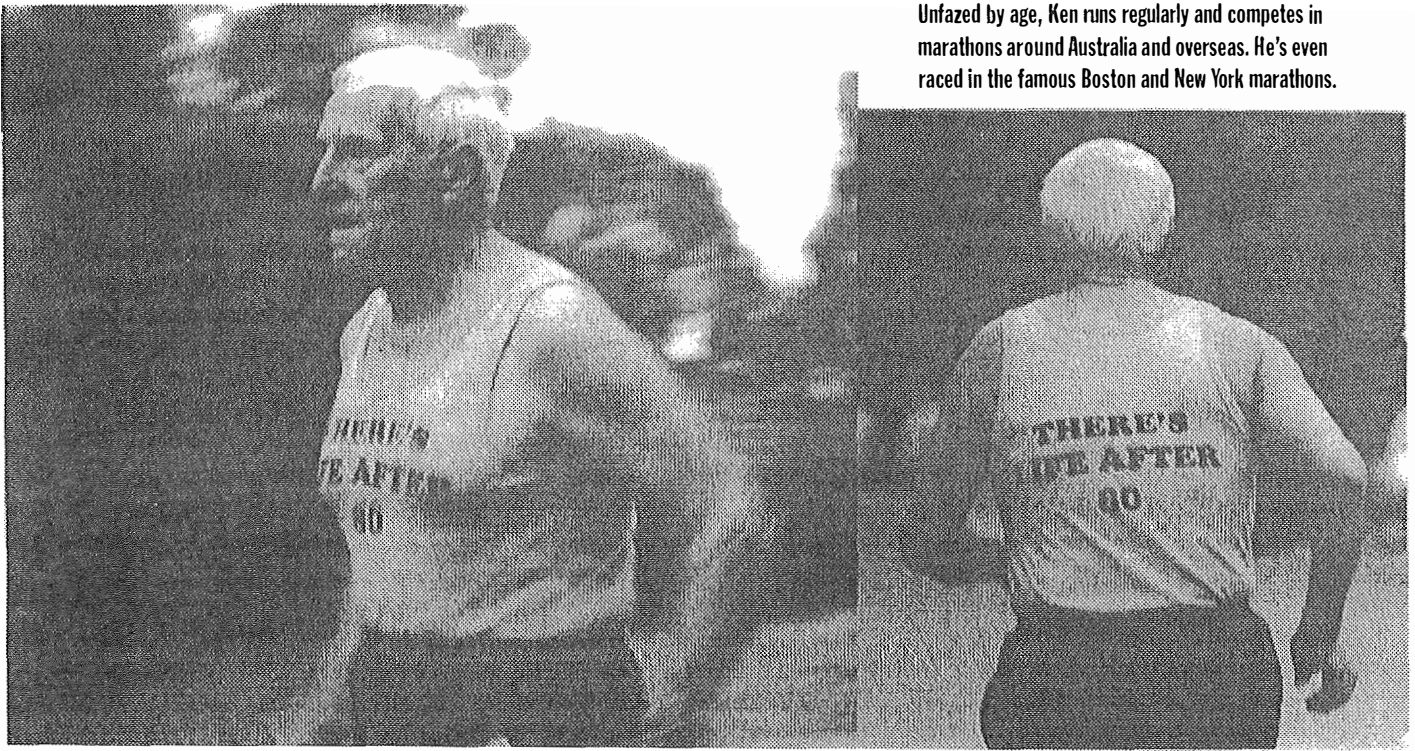
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Tel 07 5537 8872 or email
president@ultraoz.com

1996	Vol 11 Nos 2 & 4
1998	Vol 13 Nos 3 & 4
1999	Vol 14 Nos 1 & 2
2000	Vol 15 Nos 1, 2 & 4
2001	Vol 16 Nos 1, 2, 3 & 4
2002	Vol 17 Nos 1, 2 & 3
2003	Vol 18 No 2

These back issues are required for record keeping and other research purposes.

Thank you in anticipation.

Unfazed by age, Ken runs regularly and competes in marathons around Australia and overseas. He's even raced in the famous Boston and New York marathons.



BEYOND THE FINISH LINE

That word – busy – perfectly describes evergreen running machine Ken Matchett. Aged 82, Ken has finished a staggering 127 marathons since he first took up long-distance running 25 years ago. And when he's not competing in marathons or running 50kms a week preparing for them, Ken is learning Latin, playing the piano, or spending time with his two children, six grandchildren and five great-grandchildren.

A former teacher who was into competition diving “just for the heck of it” before lacing up his running shoes, Ken reveals the secret to his success is continually monitoring his physical condition throughout a race. In between assessments, he says, a

He once held six age-group long-distance running world records, and still holds the world record for the 50km road race in the 70+ age group. But his greatest satisfaction has always been the journey and finishing each race, with trophies and accolades a distant second.

A patient man who puts plenty of planning into each race, the robust Melburnian is proud of the fact he has managed to avoid an injury of any kind. “I put it down to the fact that I do a tremendous amount of exercise,” he explains. “Lots of stretching, I lift some weights and I run every day or every second day.”

“That was a hard one,” he recalls. “Forty degrees. No shade. Blazing sun. I had to be very conscious of dehydration.”

Tahiti aside, Ken insists he rarely finishes a marathon in any pain. Earlier this year, for example, he participated in a 24-hour race in which he ran 129km – that's over three marathons in succession – but still pulled up “alright”. He estimates his feet hit the ground over 200,000 times during that race.

In addition to thoroughly enjoying his active lifestyle and the many healthy benefits it brings, Ken is delighted when he sees other runners, particularly those in the older age groups, encouraged by his remarkable endeavour. He has no illusions that running marathons is for everybody, but believes the benefits of regular walking are too great to ignore.

“IF I CAN RUN MARATHONS AT MY AGE, ANYONE CAN GET OUT THERE AND GO FOR A WALK.”

favourite pastime is to “study” his fellow runners. “It's very easy to do,” Ken jokes, “because there are so many that pass me.”

While his times have naturally slowed somewhat over the years – he ran his best time of 3 hours, 15 minutes and 24 seconds at age 63 and now takes over five hours to complete the 42km trek – Ken claims to have never failed to finish a marathon.

Each year Ken saddles up to race in every major marathon in the country, and, apart from competing in the famous New York and Boston

marathons in the United States, he's raced in Italy, England, Austria, Belgium, Denmark and Fiji. Only when he mentions Tahiti, where he finished a marathon at the age of 80, does he wince with the memory of fatigue.

“If I can run marathons at my age, anyone can get out there and go for a walk,” he contends.

Emblazoned on the back of one of Ken's favourite running singlets is a slogan that sums it up perfectly: “There's life after 80” it reads. 🐾

Life Memberships

At the Annual General meeting of AURA held on 28 April 2005 it was resolved to elect two new life members. These would join Geoff Hook and Dot & Colin Browne who were elected as Life Members in 2003.

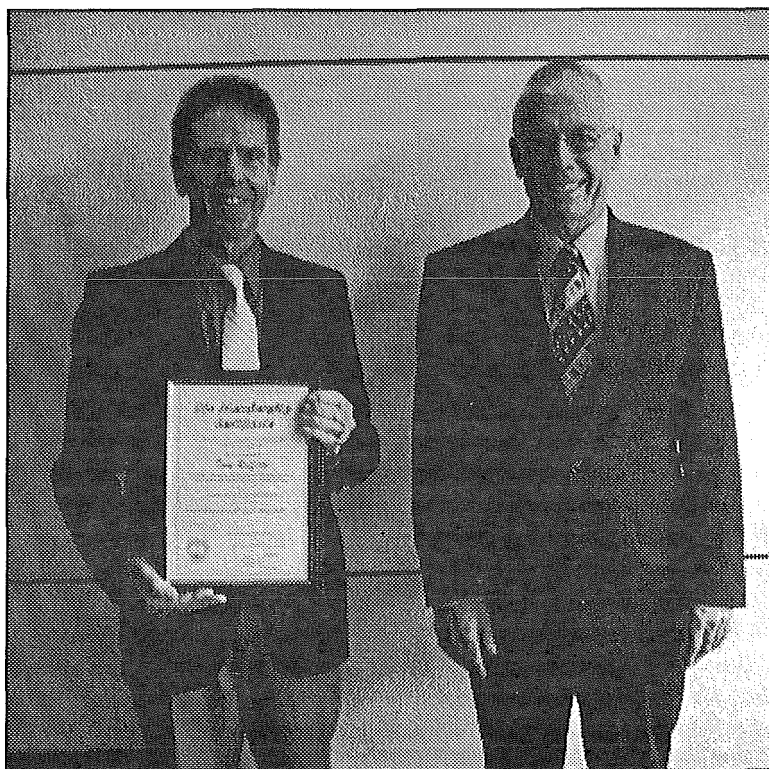
Tony Rafferty. Tony is well known for his many running achievements, including (but certainly not limited to) being the first person to run from Sydney to Melbourne (1972), first person to run across Australia (Fremantle to Surfers Paradise, 1973), ran Melbourne to Sydney and return (1978), first person to run through Death Valley in mid summer, winner 1000 miles race at Granville in 1989 establishing the world record which stood for 7 years. Tony has also won many awards including the Australia Day medal in 1972 for services to Youth Sport and Fitness and the Medal of the Order of Australia (OAM) for services to ultrarunning and the promotion of community fitness. Tony acted as Vice President of AURA from its inception in 1987 to 2000 and for many years as IAU delegate. Tony has also been a regular contributor to Ultramag.

Gerry Riley. Gerry acted for many years as Statistician (now known as Records Officer) from AURA's inception in 1987 to 1997. Gerry's work required that he establish the records from scratch and when he undertook the task he had to complete it without the aid of computers; quite a formidable task. Gerry was also a very accomplished ultra runner, contesting several Colac 6 day races (normally clocking up 750 kms), a quite prolific 24 hour runner normally achieving 200km plus. He was a regular competitor at the Box Hill and Adelaide 24 hour events, Manly 100 milers and Coburg 100 kms. He was one of the first Australians to run 100 marathons and played a significant role in organising the 50 miles championships when conducted by the Victorian Marathon Club, prior to the inception of AURA. Gerry now lives on the Gold Coast and will contest his 144th marathon this year (Gold Coast, July 2005).

AURA is indebted to these two men and we thank them both sincerely for their contribution to AURA and to ultra running.



Gerry Riley receives his award from Ian Cornelius



Tony Rafferty receives his award from Ian Cornelius

AURA Age Group Records

WOMEN – Track, 15th May 2005

Please note that all names with an asterisk (*) are times and distances better than the record, but insufficient data does not qualify them for the record. AURA recognises these performances and the people who have achieved the times listed. If further data can be supplied by the recipients or any person AURA will accept them as the true record. For further information contact:

David Billett

*7 Craiglee Drive, Coromandel Valley, SA 5051
or phone (08) 8278-6623 or email davidbil@iweb.net.au*

50 Km

W40	Helen Stanger NSW	4:12:10	WOOLONGONG NSW	26/03/1994
W45	Lavinia Petrie VIC	3:49:32	EAST BURWOOD VIC	16/06/1990
W50	Lavinia Petrie VIC	3:50:15	EAST BURWOOD VIC	25/10/1992
W55	Carol Baird ACT	4:54:58	GOSFORD NSW	08/01/2005
W60	Shirley Young VIC	4:28:45	EAST BURWOOD VIC	07/07/1991
W65	Shirley Young VIC	4:36:39	MOE VIC	28/11/1999
W70	Shirley Young VIC	4:50:49	EAST BURWOOD VIC	29/09/1995

W75

100 Km

W40	Helen Stanger NSW	9:06:40	WOOLONGONG NSW	26/03/1994
W45	Helen Stanger NSW	9:15:22	COBURG VIC	22/08/1998
W50	Carol Baird ACT	11:14:32	GOLD COAST QLD	24/08/2003
W55	Carol Baird ACT	11:14:49	COBURG VIC	17/04/2004
W60				
W65	Susan Bardy SA	16:50:00	ADELAIDE SA	27/10/1996
W70	Shirley Young VIC	11:37:25	COBURG VIC	08/04/2000

W75

200 Km

W40	Helen Stanger NSW	21:38:46	WOLLONGONG NSW	02/04/1995
W45	Helen Stanger NSW	20:56:15	COBURG VIC	23/08/1998
W50	Georgina McConnell NSW	1D:14:02:02	COLAC VIC	27/03/1994
W55	Carol Baird ACT	1D:12:58:36	GOLD COAST QLD	20/08/2004

W60

W65

W70

500 Km

W40				
W45	Georgina McConnell NSW	3D:23:51:52	COLAC VIC	19/11/1992
W50	Georgina McConnell NSW	4D:02:57:39	COLAC VIC	23/11/1995

W55

W65

1000 Km

W40				
W45				
W50	Georgina McConnell NSW	10D:19:50:58	NANANGO QLD	24/03/1996

W55

W60

W65

W70

50 MILES

W40	Helen Stanger NSW	6:52:42	BOX HILL VIC	28/06/1986
W45	Lavinia Petrie VIC	6:23:53	EAST BURWOOD VIC	19/06/1993
W50	Carol Baird ACT	8:53:48	GOSFORD, NSW	11/01/2004
W55	Carol Baird ACT	8:53:04	COBURG VIC	17/04/2004
W60	Shirley Young VIC	7:32:44	EAST BURWOOD VIC	21/06/1992
W65	Shirley Young VIC	7:55:08	EAST BURWOOD VIC	29/07/1995
W70	Shirley Young VIC	8:08:55	EAST BURWOOD VIC	13/05/2000

AURA Age Group Records – WOMEN – Track, 15th May 2005

100 MILES

W40	Helen Stanger NSW	17:00:54	WOOLONGONG NSW	26/03/1994
W45	Margaret Smith	16:01:43	SYDNEY NSW	1984
W50	Carol Baird ACT	19:29:12	GOLD COAST, QLD	24/08/2003
W55	Carol Baird ACT	20:15:26?	COBURG VIC	17/04/2004
W60				
W65	Shirley Young VIC.	23:30:29	COBURG VIC	22/08/1998
W70	Shirley Young VIC	20:39:17	COBURG VIC	09/04/2001

W75

500 MILES

W40				
W45				
W50	Georgina McConnell NSW	8D:04:31:28	NANANGO QLD	21/03/1996
W55				
W60				
W65				

W70

W75

W75

1000 MILES

W40

W45

W50

W55

W60

W65

W70

6 HOURS

W40	Helen Stanger NSW	69.600Km	WOOLONGONG NSW	22/03/1994
W45	Lavinia Petrie VIC	75.741Km	EAST BURWOOD VIC	19/06/1993
W50	Georgina McConnell NSW	58.200Km	WOOLONGONG NSW	22/03/1994
W55	Carol Baird ACT	59.600Km	GOSFORD NSW	08/01/2005
W60	Shirley Young VIC	63.452Km	EAST BURWOOD VIC	27/10/1991
W65	Shirley Young VIC	62.658Km	COBURG VIC	21/08/1999
W70	Shirley Young VIC	60.992km	COBURG VIC	11/11/2001

W75

12 HOURS

W40	Helen Stanger NSW	125.157km	WOOLONGONG NSW	26/03/1994
W45	Helen Stanger NSW	125.200km	COBURG VIC	22/08/1998
W50	Carol Baird ACT	105.865km	GOLD COAST QLD	24/08/2003
W55	Carol Baird ACT	106.226km	COBURG VIC	17/04/2004
W60	Val Chesterton ACT	81.802km	GOSFORD NSW	06/01/2002
W65	Shirley Young VIC	91.200km	COBURG VIC	22/08/1998
W70	Shirley Young VIC	103.600km	COBURG VIC	09/04/2000

W75

24 HOURS

W40	Helen Stanger NSW	219.782km	WOOLONGONG NSW	20/04/1995
W45	Helen Stanger NSW	229.080km	COBURG VIC	23/08/1998
W50	Carol Baird ACT	188.645km	GOLD COAST QLD	24/08/2003
W55	Carol Baird ACT	189.692km	COBURG VIC	17/04/2004
W60				
W65	Shirley Young VIC	162.300km	COBURG VIC	23/08/1998
W70	Shirley Young VIC	176.810km	COBURG VIC	09/04/2000

W75

48 HOURS

W40	Helen Stanger NSW	329.256km	LOTA QLD	02/06/1995
W45	Georgina McConnell NSW	301.875km	LOTA QLD	02/06/1995
W50				
W55	Carol Baird ACT	232.286km	GOLD COAST QLD	20/08/2004
W60				

W65

6 DAYS

W40	Helen Stanger NSW	691.588km	CAMPBELLTOWN NSW	24/11/1990
W45	Georgina McConnell NSW	738.103km	CAMPBELLTOWN NSW	24/11/1990
W50	Georgina McConnell NSW	699.318km	COLAC VIC	25/11/1995
W55				

AURA Age Group Records – MEN – Track, 15th May 2005

50 Km

M40	Graeme Woods QLD	3:14:44	Coburg VIC	28/08/1988
M45	Ron Campbell VIC	3:44:08	Boxhill VIC	16/06/1990
M50	Bob Curtis VIC	3:45:08	East Burwood VIC	25/10/1992
M55	Bruce Renwick NSW	3:45:16	Moe VIC	09/11/2003
M60	Cliff Young VIC	3:54:42	Adelaide,SA	01/11/1986
M65	Randall Hughes VIC	4:07:34	East Burwood VIC	25/10/1992
M70	Randall Hughes VIC.	4:16:50	East Burwood VIC	29/09/1995
M75	Ken Matchett VIC	4:52:13	Moe VIC	30/11/1997
M80	Ken Matchett VIC	7:29:04	Coburg VIC	17/04/2004

100 Km

M40	Bryan Smith VIC	8:04:53	Coburg VIC	28/08/1988
*	Yiannis Kourous VIC	7:15:00	Adelaide SA	04/10/1997
M45	Bryan Smith VIC	8:23:52	Tootgarook VIC	20/05/1992
*	George Perdon VIC	7:26:14	Olympic Park VIC	23/05/1970
M50	Bryan Smith VIC	8:55:33	Wollongong NSW	27/03/1994
M55 *	George Audley WA	8:47:18	Perth WA	26/07/1986
M60	Cliff Young VIC	9:02:52	Adelaide SA	09/11/1985
M65	Peter Lahiff QLD	11:45:40	Adelaide SA	16/10/2004
M70	Cliff Young VIC	14:08:54	Adelaide SA	17/10/1993
M75	Stan Miskin VIC	15:47:33	Coburg VIC	14/04/2002
M80	Ken Matchett VIC	17:09:07	Coburg VIC	17/04/2004

200 Km

M40	Yiannis Kourous VIC	15:10:27	Adelaide SA	04/10/1997
M45	Bryan Smith VIC	18:13:19	Olympic Park VIC	20/08/1989
M50	Bryan Smith VIC	21:19:48	Wollongong NSW	27/03/1994
M55 *	Gerry Riley VIC	22:35:34	Adelaide SA	04/11/1984
M60	Cliff Young VIC	20:17:09	Adelaide SA	03/11/1985
M65	George Audley WA	1D:11:56:27	Colac VIC	17/11/2002
M70	Cliff Young VIC	1D:18:11:47	Colac VIC	21/11/1995
M75	Drew Kettle VIC	1D:18:39:51	Colac VIC	21/11/1995
M80	Drew Kettle VIC	2D:23:45:01	Colac VIC	11/11/2000

500 Km

M40 *	Geoff Hook VIC	4D:23:00:00	Colac VIC	24/02/1986
M45	Bryan Smith VIC	2D:19:00:21	Colac VIC	16/11/1989
M50				
M55	Peter Armistead VIC	4D:00:00:00	Colac VIC	20/11/2002
M60 *	George Audley WA	3D:17:00:00	Colac VIC	11/1997
M65	George Audley WA	4D:03:44:58	Colac VIC	17/11/2002
M70	Cliff Young VIC	6D:00:00:00	Colac VIC	21/11/1995
M75	Drew Kettle VIC	6D:15:18:51	Nanango QLD	20/03/1996
M80				

1000 Km

M40				
M45	Bryan Smith VIC	5D:23:52:23	Colac VIC	19/11/1989
M50 *	William Beauchamp	9D:02:18:18	Nanango QLD	22/03/1996
M55				
M60				
M65				
M70				
M75	Drew Kettle VIC	13D:23:05:06	Nanango QLD	27/03/1996
M80				

50 Miles

M40	Laurie Brimacombe	5:38:49	Box Hill VIC	29/06/1985
M45	Bryan Smith VIC	6:26:45	Box Hill VIC	21/06/1992
M50	Bryan Smith VIC	6:19:57	East Burwood VIC	29/07/1995
M55 *	Gerry Riley VIC	7:04:23	Box Hill VIC	20/06/1987
M60	Cliff Young VIC	6:45:15	Box Hill VIC	29/06/1985
M65	Randall Hughes VIC	7:19:08	East Burwood VIC	21/06/1995
M70	David Padget SA	10:15:19	Adelaide SA	04/10/2003
M75	Stan Miskin VIC	11:40:41	Coburg VIC	13/04/2002
M80	Ken Matchett VIC	13:26:07	Coburg VIC	17/04/2004

AURA Age Group Records – MEN – Track, 15th May 2005

100 Miles

M40	Yiannis Kouros VIC	12:11:14	Canberra ACT	03/03/1997
*	Yiannis Kouros VIC	11:57:59	Adelaide SA	04/10/1997
M45	Bryan Smith VIC	14:21:00	Coburg VIC	11/03/1990
*	George Perdon VIC	12:25:09	Olympic Park VIC	01/05/70
M50 *	Gerry Riley VIC	17:56:38	Adelaide SA	1989
M55 *	George Audley WA	16:54:02	Perth WA	18/08/1984
M60	Cliff Young VIC.	14:37:54	Sydney NSW	1983
M65	Cliff Young Vic	20:55:01	Adelaide,SA	30/10/1988
M70	Cliff Young VIC	1D:06:49:10	Colac VIC	20/11/1995
M75	Drew Kettle VIC	1D:09:48:36	Colac VIC	20/11/1995
M80	Drew Kettle VIC	2D:04:56:09	Colac VIC	12/11/2002

500 Miles

M40				
M45	Bryan Smith VIC	4D:19:05:09	Colac VIC	18/11/1989
M50 *	George Audley WA	6D:00:00:00	Colac VIC	1987
M55				
M60				
M65				
M70				
M75	Drew Kettle	11D:00:59:35	Nanango QLD	24/03/1996
M80				

1000 Miles

M40	Gary Parsons QLD	13D:16:15:40	Nanango QLD	03/1994
M45	Gary Parsons QLD	12D:19:44:35	Nanango QLD	26/02/1996
M50	Bryan Smith VIC	11D:23:31:45	Nanango QLD	23/03/1998
M55				
M60				
M65				
M70				
M75				
M80				

6 Hours

M40	Trevor Jacobs ACT	83.600km	East Burwood VIC	21/06/1992
M45	Mick Francis W.A.	74.627km	Bunbury W.A.	06/03/2004
M50	Max Carson VIC	72.602km	Coburg VIC	21/08/1999
M55	Bruce Renwick NSW	73.793km	Moe.VIC	09/11/2003
M60	Vlastik Skvaril TAS	63.600km	Coburg VIC	08/04/2001
M65	Randall Hughes VIC	63.354km	East Burwood VIC	25/10/1992
M70	Randall Hughes VIC	65.575km	East Burwood VIC	29/07/1995
M75	Ken Matchett VIC	51.600km	Coburg VIC	22/08/1998
M80	Ken Matchett VIC	41.964km	Coburg VIC	17/04/2004

12 Hours

M40	Yiannis Kouros VIC	158.400km	Canberra ACT	02/03/1997
M45	Bryan Smith VIC	135.200km	Olympic Park VIC	20/10/1989
M50	Bryan Smith VIC	131.111km	Toukley NSW	23/01/1994
M55 *	Gerry Riley	113:532km	Rosebud VIC	07/05/1988
M60	Cliff Young VIC	129.525km	Sydney NSW	1982
M65	Peter Lahiff QLD	102.433km	Adelaide SA	16/10/2004
*	Cliff Young VIC	104.800km	Olympic Park VIC	05/08/1990
M70	David Padgett SA	93.490km	Adelaide SA	04/10/2003
M75	Stan Miskin VIC	82.655km	Coburg VIC	14/04/1992
M80	Ken Matchett VIC	73.600km	Coburg VIC	17/04/2004

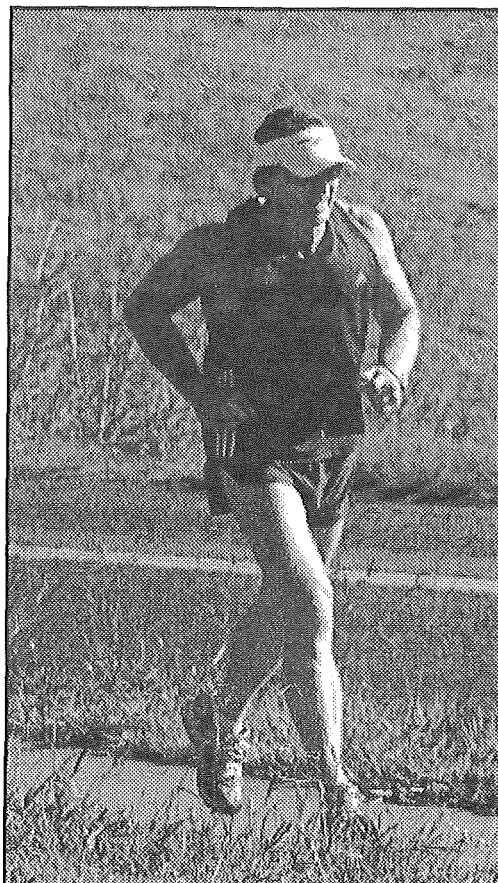
24 Hours

M40	Yiannis Kouros VIC	303.506km	Adelaide SA	04/10/1997
M45	Bryan Smith VIC	254.515km	Olympic Park VIC	21/10/1989
M50	Bryan Smith VIC	222.294km	Wollongong NSW	27/03/1994
M55	Bryan Smith VIC	200.703km	Coburg VIC	08/04/2000
*	Gerry Riley VIC	210.272km	Adelaide SA	01/11/1986
M60	Cliff Young VIC	235.969km	Adelaide SA	3/11/1985
M65	Cliff Young Vic	197.115km	Box Hill Vic	01/03/1987

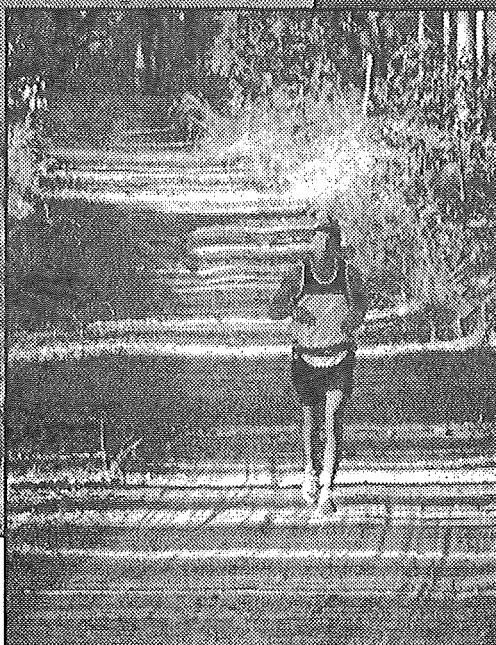
AURA Age Group Records – MEN – Track, 15th May 2005

M70	Cliff Young VIC	158.617km	Brisbane, Qld.	24/05/1992
M75	Cliff Young Vic	147.487km	Coburg VIC	09/05/1999
M80	Ken Matchett VIC	130.517km	Coburg VIC	17/04/2004
48 Hours				
M40	Yiannis Kouros VIC	473.797km	Surgeres France	05/05/1996
M45	Yiannis Kouros VIC	436.702km	Surgeres France	2002
M50	Bryan Smith VIC	365.724km	Queensland	03/06/1995
M55	Tony Collins NSW	315.773km	Gold Coast QLD	20/08/2004
M60	George Audley VIC	320.400km	Colac VIC	11/1997
M65	George Audley VIC	268.339km	Colac VIC	17/11/2002
M70	Cliff Young VIC	233.435km	Colac VIC	21/11/1995
M75	Drew Kettle VIC	219.600km	Colac VIC	21/11/1995
M80	Drew Kettle VIC	148.000km	Colac VIC	11/11/2000
6 Days				
M40	Bryan Smith VIC	906.400km	Colac VIC	11/1988
M45	Bryan Smith VIC	1001.410km	Colac VIC	19/11/1989
M50 *	George Audley WA	805.200km	Colac VIC	11/1987
M55	Peter Armistead VIC	742.200km	Colac VIC	24/02/1986
M60	George Perdon VIC	841.600km	Colac VIC	11/1984
M65	George Audley WA	704.525km	Colac VIC	18/11/2001
M70	Cliff Young VIC	653.600km	Colac VIC	21/11/1995
M75	Drew Kettle VIC	584.993km	Colac VIC	21/11/1995
M80	Drew Kettle VIC	386.242km	Colac VIC	15/11/2000

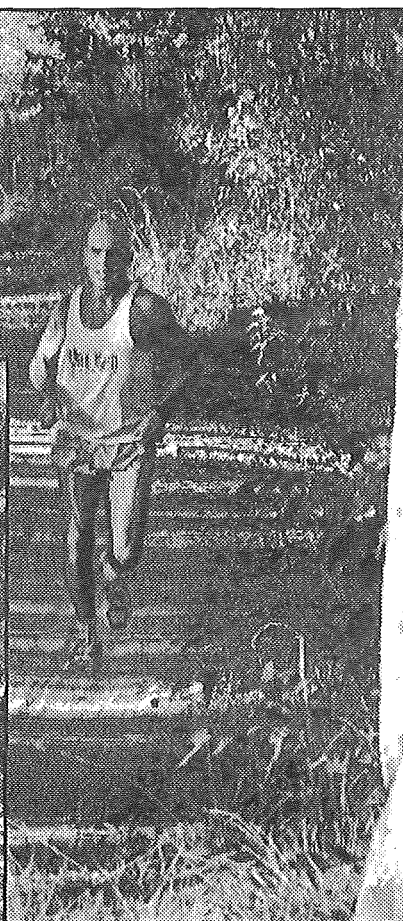
TAMBORINE TREK



Gary Bourke



Richard Flessner



Richard Hutchinson



*7 times winner Kelvin Marshall leading
at the 37kms mark at Tamborine*

