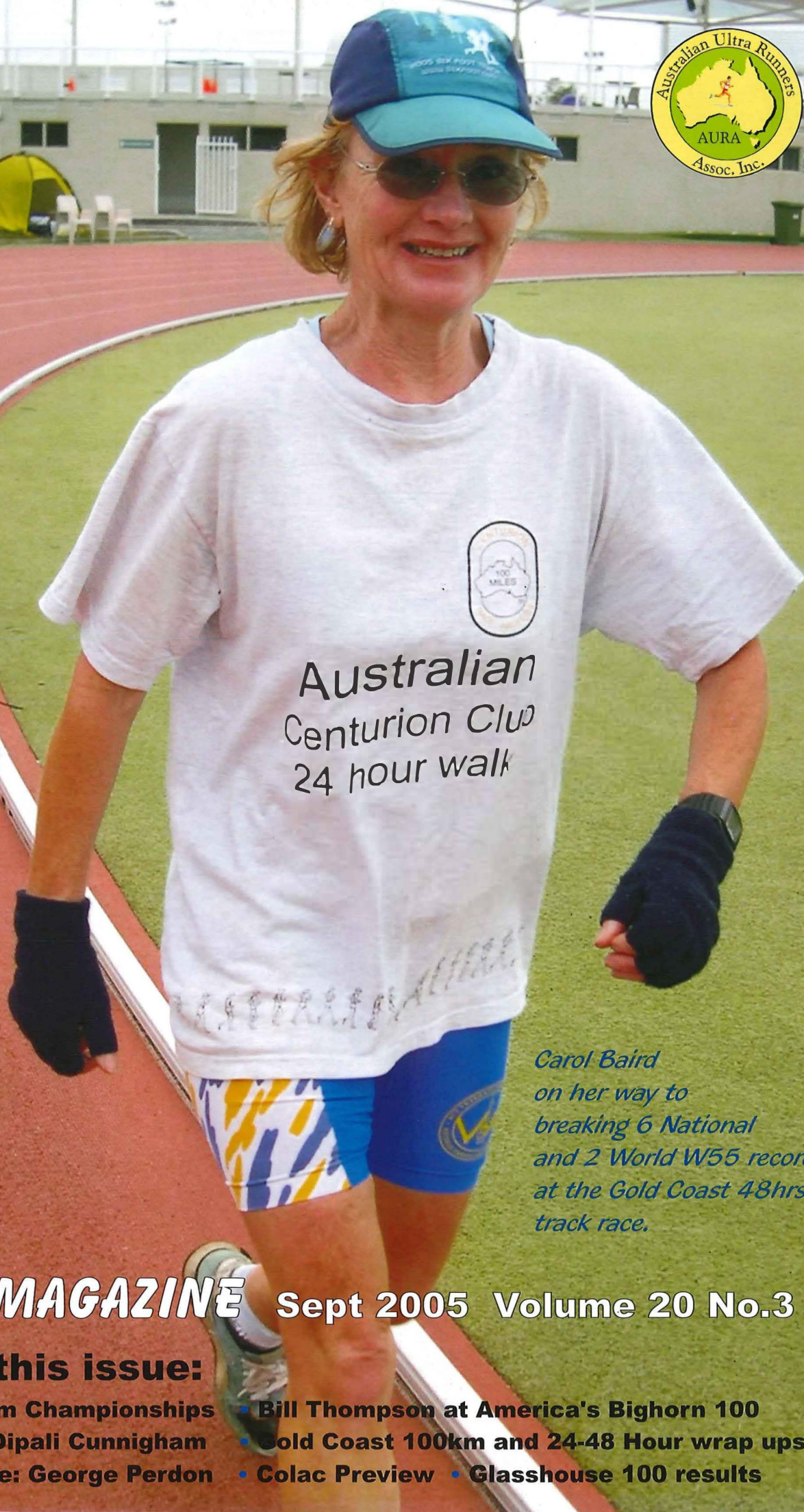


U L T R A M A G



Australian
Centurion Club
24 hour walk

*Carol Baird
on her way to
breaking 6 National
and 2 World W55 records
at the Gold Coast 48hrs
track race.*

AURA MAGAZINE Sept 2005 Volume 20 No.3

Inside this issue:

- World 100km Championships
- Interview: Dipali Cunnigham
- Hall of Fame: George Perdon
- Bill Thompson at America's Bighorn 100
- Gold Coast 100km and 24-48 Hour wrap ups
- Colac Preview
- Glasshouse 100 results



**Winner Gold Coast 100
Darren Benson 7:44:17**



**2nd place Gold Coast 100
Simon Phillips 8:12:18**



**3rd place Gold Coast 100
Brett Worley 8:42:58**



**First lady Gold Coast 100
Mignon Augustschiak**



**Winner Gold Coast 48 hr
Tony Collins 314.079 km**



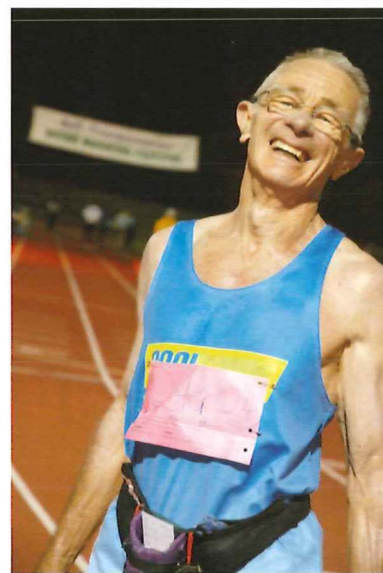
**3rd place Gold Coast 48 hr
Thomas Wenning GER**



**Winner Gold Coast 24 hr
Peter Gibson 162.489 km**



**Fred Brooks breaking the M70
100 mile track record**



**Peter Lahiff – broke M70 100
km (etc) road record in Perth**

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healthcare professional.
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Editorial

Sept 2005

Eighth position was a commendable result for our team at the recent World 100km Championships. Japan's Lake Saroma course played host to the finest 100km exponents on the planet. Twelfth place outright by Jonathan Blake was nothing short of excellent with our three representatives producing all the courage they could muster for our nation. Sadly, we have not had a women's team for a number of years but we have had a recent expression of interest by Julia Thorn. Vivienne Kartsounis and Emma Murray are two other prominent names that quickly come to mind as potential team members, so the drought could possibly be coming to a close.

Somewhat closer to home, the National 100km Championships saw the title go to Darren Benson in a creditable 7:47:17. With the likes of Blake, Wheatley and Hutchinson missing due to World Championship commitments and Dave Criniti on the injured list, one can only wonder as to the class of next year's race as our best runners vie for selection for the 2006 World Championships in Korea on October 8th.

National championships were also contested at the Gold Coast 48 Hour Track Race with Carol Baird and Tony Collins proving triumphant. The unstoppable Carol knocked off a staggering six Australian age group records and two World records on route while Tony took out his fifth Australian 48 Hour Title. Also joining the record breaking frenzy, Fred Brooks surpassed the Great Cliff Young's M70 100 Mile mark while Townsville's Peter Lahiff winged his way across the country to bag four more Australian age group records at the Perth 100km.

Back overseas, our intrepid custard apple farmer from Queensland, Bill Thompson, has well and truly stamped himself as Australia's most prolific

collector of U.S. 100 mile runs. Bill recently conquered the gruelling trail at the Bighorn 100. Meanwhile, on the East Coast in New York, Canberra's Rathin Boulton has once again finished the World's longest footrace, the Sri Chinmoy 3,100 mile road race. This event is simply mind boggling as competitors spend in excess of 50 days on the paved 883 metre lap in a supreme test of mental concentration.

In an exciting development, The Coast to Kosciuszko run that was conducted in the unofficial "fat ass" format last year has now become an official event thanks to the "behind the scenes" work from Sean Greenhill, Paul Every and others. Under the directorship of Derek Foley, the concept of this 236km trek from the sea to the summit of Australia has the potential to capture widespread media attention. More information can be found at www.c2k.ultraoz.com

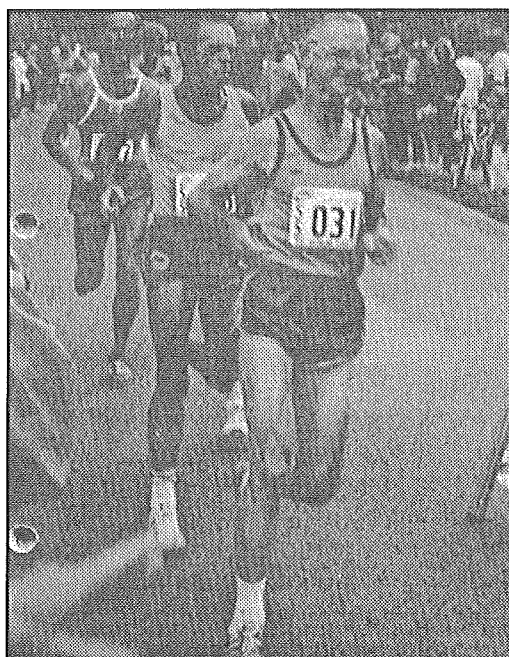
I well remember the very first Colac Six Day Race, so the fact that the event's 20th birthday is being

celebrated really has my bones feeling quite ancient. Phil Essam is bubbling with excitement at what is undoubtedly the largest and highest quality field for many years. Phil has been rather busy of late as he researched the extraordinary career of the late George Perdon. George, a quietly spoken carpet salesman, was one of our early pioneers. Regarded as the Yiannis Kouros of his time, Perdon rewrote the record books with his incredible multi day solo runs and numerous World Records on the athletic track. Inducted into the Hall of Fame, AURA honours the George Perdon legend.

Just before going to press we learned that the Glasshouse 100 miler had a record number of finishers. The 100 mile section was blitzed by David Waugh in a very fast 18hr:17:09.

As always, there is a wealth of news at AURA's website at www.ultraoz.com while the International updates can be found at www.iau.org.tw

Kevin Cassidy



*Photo left:
George Perdon.
"Perdon rewrote the record books with his incredible multi day solo runs and numerous World Records on the athletic track. Inducted into the Hall of Fame, AURA honours the George Perdon legend".*

Current Australian UltraMarathon Calendar

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

Notes:

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

Oct 2005

Sat 1 Oct 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 or Sri Chinmoy Marathon Team PO Box 10-135 Dominion Road, Auckland 103. email: auckland@srichinmoyraces.org.

Sun 9 Oct BRIBIE BEACH BASH (QLD)

Distance: 3k, 3x12k relay, 15k, 30k, 45k. Event Time: Vary from 4.45am. Location of race: North Street Woorim, Bribie Island. This is totally a fundraising event for the Endeavour Foundation. BBQ after & during presentations. It is a beach run with fun during low tide. contact: Geoff Williams by phone/fax (07) 5497-0309 or mobile 0412-789-741. email: gjcarpet@caboolture.net.au.

Sat 15 Oct FITZROY FALLS FIRE TRAIL MARATHON (NSW)

42.2km Marathon, 10km run, 5 km run, 5km walk. Event Time: 8am Marathon, 9am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 6th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fund raiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. In 2004 it was judged the best regional marathon in Australia in a CoolRunning poll. In 2005 we aim to lift the standard with computer generated results being produced progressively as runners finish. We will also increase the number of awards. A feature of the event is the barbecue lunch that is part of the entry fee. contact: Michael Chapman at PO Box 184, Moss Vale NSW 2577. email: michael@bcassociates.com.au.

Sat-Sun 15-16 Oct SELF-TRANSCENDENCE NATIONAL 24 HOUR CHAMPIONSHIPS (SA)

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 2005 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.

Sat-Sun 15-16 Oct TRAILBLAZER CHALLENGE (SA)

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. email: recevent@tpg.com.au.

Sun 23 Oct BRINDABELLA CLASSIC (ACT)

55.5km, Starts at Cotter Reserve, 20mins outside Canberra. contact: Mick Corlis. email: mountainrunning@coolrunning.com.au.

Nov 2005

Sat-Sun 5-6 Nov FREYCINET LODGE CHALLENGE (TAS)

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. email: tasultraevents@tasmail.com

Sun 6 Nov VICTORIAN 6 HOUR AND 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 to both events and refreshments afterwards. Start time is 8am. There is also a 6 hour relay race. For more information contact Rob Embleton on 03 5133 7568. More information at www.traralgonharriers.org

Sat-Sun 12-13 Nov THE GREAT NORTH WALK 100S (NSW)

The Terrigal Trotters running club is organizing two simultaneous trail races, a 100 Mile (161 kilometre) and a 100 Kilometre, along a large section of The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and 4WD trails, it does include some minor back roads. Both races will start at 6:00am on Saturday, 12 November 2005. There will be cut-off times at Checkpoints en route and the overall time limits will be 18 hours for the 100 Kilometre and 30 hours for the 100 Mile. contact: Dave Byrnes on 0428-880-784. email: byrnesinoz@yahoo.com

Sat 19 Nov 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.

Sun-Sat 20-26 Nov COLAC 6 DAY RACE (VIC)

Australia's greatest 6 day race. contact: Six Day Race Committee, PO BOX 163, Colac, Vic, 3250. email: ultraoz@iprimus.com.au.

Dec 2005

Sat 3 Dec BRUNY ISLAND JETTY TO LIGHTHOUSE, (TAS)

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. email: riz5@bigpond.com

Sat 3 Dec 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. email: keplerchallenge@yahoo.com

Sat 3 Dec MT FEATHERTOP SKYRUN (VIC)

30km or 50km. Take part in one of the most amazing high altitude runs that Australia has to offer. The inaugural short course 50 KM ultra at Mount Hotham in the heart of Victoria's high country. Experience the thrill of running the famous Razorback ridge to the summit of Mt Feathertop, Victoria's second highest peak and Australia's only real mountain, enjoy stunning views from Swindlers Spur and the upper reaches of machinery Spur and enjoy the stunning views from the Alpine Way - all weather permitting. The Mt Feathertop Sky run will be a totally self supported run, it is not a race. Runners are fully responsible for their own safety and assume full liability for their participation. Participants should offer assistance to other runners in distress and must give way to walkers, especially on the Razorback track. NB. A limit of 35 participants is in place. No support personnel or equipment is available other than at the accommodation at Mt Hotham. This is an arduous course with 2 major climbs (one short and steep and the other long and steep but both are runnable) that take a cumulative toll. The run has been scheduled for Saturday 03 December with the pre-race briefing taking place immediately prior to the run at the Mt Hotham accommodation (the start of the run). contact: Paul Ashton by phone: 03 9885 8415 (h) or 0418 136 070 (m). email: paul.ashton56@bigpond.com

Fri-Sun 9-11 Dec COAST TO KOSCIUSZKO (NSW)

A 236km run from sea level (Boydton Beach, near Eden) to the highest point in Australia (Mt Kosciuszko, 2229m above sea level). Timelimit of 48hrs applies. Need to supply own crew. email: bigmig@tig.com.au

Sun 11 Dec GOLD COAST- KURRAWA SURF CLUB TO POINT DANGER AND RETURN

50km solo and two person relay of 25km each. Flat course along roads and paths adjoining the Gold Coast beachfront. Start time 5am from Kurrawa Park, 200 metres north of Kurrawa Surf Lifesaving Club car park, Broadbeach. Contact Ian Cornelius, Box 282, Runaway Bay, QLD, 4216, or 07 5537 8872. Mob. 0408 527 391. email info@goldcoast100.com. Website www.ultraoz.com/kurruwa

Jan 2006

Sat-Sun 7-8 Jan COASTAL CLASSIC 12 HOUR TRACK RUN & WALK (NSW)

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. email: thomo@zeta.org.au

Sat ?? Jan AURA BOGONG TO HOTHAM [VIC]

64km and 32km Mountain Trail Run, a tough event with over 3,000 metres of climb. 6:15am Start at Mountain Creek Picnic Ground. Phone Micheal Grayling 03 9738 2572. Address is 14 Banksia Ct, Heathmont, Vic, 3135. Entry for AURA members is \$45, non members \$50. Transport shuttle back to the start is \$10. Entries on the day allowed. More info at www.bogong.ultraoz.com

Sun 22 Jan AURA MANSFIELD TO BULLER - 50KM ROAD RACE [VIC]

\$20 ENTRY FEE. 7AM STATRT. Contact Peter Armistead, 26 Williams St. Frankston, Vic, 3199. phone 03 9781 4305. More info at www.ultraoz.com/mtbuller

Feb 2006

Sat 4 Feb CRADLE MOUNTAIN ULTRA (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. email: sue.drake@trump.net.au

Sat-Sun ?? Feb CABOOLTURE DUSK TO DAWN 6HR/12HR

6 Hour and 12 Hour solo run or walk and relay. Starts at the Historical Village in Caboolture, QLD at 6pm. 500 metre certified loop of decomposed granite road surface. Contact Geoff Williams on 07 5497 0309 or mobile 0412 789 741 or email gjcarpet@caboolture.net.au

Sat 18 Feb GREAT LAKE 100 MILE RACE, NEW ZEALAND ()

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

Sat ?? Feb SELF TRANSCENDENCE 100KM ROAD RACE [ACT]

Held in conjunction with the Sri Chinmoy 3 day Ultra Triathlon on a 1.4km loop. The 100km run starts at midnight on Saturday night from Yarralumla Bay. Contact 02 6248 0232

Sun ?? Feb MAROONDAH DAM TRAIL RUN 50KM AND 30KM

A beautiful trail run close to Melbourne around the Maroondah Dam. The 50km starts at 8am at Fernshaw Reserve and the 30km starts at 9:30 at Dom Dom Saddle. Both events finish below Maroondah Dam. \$10 entry for AURA members, \$20 non members. See web page at www.ultraoz.com/auradam or Mark Mex at mark_mex@bigpond.com.au

Mar 2006

Sat 11 Mar BLUE MOUNTAINS SIX FOOT TRACK MARATHON (NSW)

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours entry criteria applies. Approx 700 runners contact: Race Organiser, Six Foot Track Marathon, GPO Box 2473, Sydney NSW 2001. email: raceorganiser@sixfoot.com

Sat ?? March BUNBURY 6 HOUR AND 50KM TRACK RACE

Bunbury Western Australia. Organised by Bunbury Runners' Club. Certified 500 metre grass track. Own lapscorer required. Accommodation can be arranged. Contact Mick Francis on 08 9721 7507

Sun 26 Mar WATER WORLD GREAT OCEAN RUN (NSW)

Red Rock to Coff's Jetty Beach and Headland. 45km. 8am start at northern end of Red Rock Beach. Finish at Coffs Harbour Jetty. Entry fee is \$10 before the day (payable to Woolgoolga Fun Run), \$15 on the day. Contact Steel Beveridge, (02) 6656 2735, 3b Surf Street, Emerald Beach NSW 2456 or email steelyn@hotmail.net.au. Course survey Saturday 25 March, meet at Arrawarra Headland, 3pm. Carbo load at Woolgoolga Pizza Place from 6.30pm Saturday 25 March. contact: Steel Beveridge. email: steelyn@hotmail.net.au

Apr 2006

- Sun 2 Apr FRANKSTON TO PORTSEA ROAD RACE (VIC)
34 miler (55km). 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. contact: Kev Cassidy by phone 0425-733-336. email: kc130860@hotmail.com
- Fri-Sun 7-9 Apr OXFAM MELBOURNE TRAILWALKER (VIC)
It is an endurance event (walk or run) in which teams of four attempt to complete a 100km trail within 48 hours through bushland. In addition they must also raise at least \$1,000 to help to support the work of Oxfam Community Aid Abroad. Staggered starts at 8am and 10am from Jells Park contact: phone 1800 088 110 or +61 3 9289 9444. email: trailwalker@melbourne.caa.org.au
- Sun 9 Apr * ASICS CANBERRA MARATHON AND ULTRA (ACT)
42.2km & 50km, 7am, Telopea Park High School contact: Dave Cundy. email: cundysm@ozemail.com.au
- Sat-Sun 22-23 April COBURG 24 HOUR CARNIVAL AND CENTURION WALK [VIC]
Incorporating the Australian Centurion Walk, 24 hour, 12 hour, 6 hour runs and relays. Held at the Harold Stevens Athletic Track, Coburg. Starts 10am on Saturday. Contact Bernie Goggin on 03 9850 4958 or email gogginbj@bigpond.com
- Fri-Mon 14-17 Apr HYDRO TASMANIA THREE PEAKS RACE (GOOD FRIDAY) (TAS)
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: Alastair Douglas, Race Director, on (03) 6225-4974 or 0418-127-897

May 2006

- Sun 14 May WALHALLA WOUND UP [VIC]
50KM, 37KM AND 19KM. Start and finish behind the Star Hotel. Run over the historic bridges of Poverty Point and Bruntons on 16km of walking track and the rest on unsealed roads with some big undulations. 8am start. \$10 entry. Showers available courtesy of the Star Hotel. Contact Bruce Salisbury on 03 5174 9869 or email harriers@net-tech.com.au. See web page at www.traralgonharriers.org
- Sun 21 May GREAT OCEAN ROAD MARATHON (VIC)
45km in length with a 23km Half marathon. Marathon starts at 8am from Lorne Post Office, Mountjoy Pde and finishes at Apollo Bay Hotel, Great Ocean Road. 7hour cutoff. Generous cash prizes for winners. Also on the Saturday 20th Mariner's Lookout 6.5kms and Paradise and back 14kms. Final entries close on April 30th. Definitely no late entries.
- Sat ?? May BANANACOST ULTRAMARATHON 85KM [NSW]
This year the event is from Grafton Post Office to Coffs Harbour Hotel, 85km. A shorter alternative being the 56km to Lanitza. You will be required to stop at Lanitza if you look like being on the road after dark. Entry fee is \$15 or \$20 on the day. Own support is required. Contact Steel Beveridge on 02 6656 2735 or e-mail steelyn@hotmail.net.au
- Sun 21 May BUNBURY MARATHON (WA)
Marathon and 21.1km and 50km email: wamc@iinet.net.au.
- Sat 27 May TAMBORINE TREK, GOLD COAST (QLD)
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 18 kms of gravel road within the Nerang State Forest, and 13 kms of bitumen to the top of Tamborine. The event is open to solo competitors and 3 person teams, each runner running approximately 21 kms. The solo and relay sections both start at 0600. Solo runners not making the end of leg 2 by 1100 will not be permitted to run leg 3. There will be a mass restart at 1000 for the last team runners where the second runner has not reached the checkpoint, with a consequential time adjustment. contact: Ian Cornelius on (07) 5537-8872 or mobile 0412-527-391. email: info@goldcoast100.com

Jun 2006

- Wed 28 Jun MONGOLIA SUNRISE TO SUNSET
42km and 100km. Starts 4:30am from Hovsgul National Park, Outer Mongolia contact: Tyler Pike by phone 0419-163-269. email: tyler@ultramongolia.org

MEDIA RELEASE



Endura Sports Nutrition “Now We’ve Really Got You Covered”

From September 2005, Endura Sports Nutrition has a great new range of sports products to make Endura Sports Nutrition a truly comprehensive nutritional range.

Endura Sports Energy Gels

When you need a blast of energy in a convenient, quick and easy form, take Endura Sports Energy Gels. Endura Sports Energy Gels are available in two great tasting Vanilla and Citrus flavours. In a compact 35g serve, Endura Sports Energy Gels give you a 444 Kj blast of energy that’s combined with slow release carbohydrates, just the right amount to keep you going for longer.

Endura Single Serve Sachets

Endura Sports (Lemon/Lime) and Endura Optimizer (Chocolate) are now available in convenient single serve sachets, giving you the endurance, rehydration and cramp preventing benefits of Endura Sports and the endurance and recovery benefits of Endura Optimizer wherever and whenever you need them. Simply tear the sachet, add to water and shake or mix – no measuring, no mess, it couldn’t be easier.

NEW Endura Protein Bars

Great tasting Endura Protein Bars are available in yummy Cookies and Cream and delicious Double Chocolate. Containing 20g of high quality, low reactive whey and soy protein and only 3g of impact carbohydrates, with a balanced blend of vitamins. These bars are a great source of proteins for the carb conscious and have a low glycaemic index making them great for a healthy snack before or after workouts.

Endura Optimizer – NEW FLAVOUR

Available in three flavours, Chocolate, Vanilla and now **Banana**, Endura Optimizer is absorbed fast and provides a balanced blend of protein, carbohydrates, vitamins and minerals. A patented easy-to-digest food, Endura Optimizer is a superb source of metabolic fuel for working muscles and other tissues giving you the endurance and recovery nutrients needed.

Endura Maintain

Endura Maintain is a great tasting creamy vanilla Undenatured Whey Protein Isolate, which means that it is a great quality easily absorbed protein source. Endura Maintain contains a low carbohydrate and fat content. Take Endura Maintain when you want to improve your body composition, decrease your body fat and increase your muscle. It is also a rich source of vitamins and minerals and contains no artificial colours or flavours.

If you require any product shots or more information on this now extensive range of Endura Sports Nutrition, please contact Bianca Chorley on 07 3117 3408 or bchorley@healthworld.com.au.

Issue Date: 12/09/05

Authorised By: Graeme Joiner, National Sales and Marketing Manager, Health World Limited.

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 traveling 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 traveling 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 it 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.

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

Shower _____

Lawn space (to pitch a tent) _____

Floor space _____

Bed _____

Use of kitchen _____

Food _____

Laundry _____

Directions (via phone) _____

Pickup from: Airport Bus depot Train/tram station

ADVERTISE YOUR PRODUCT OR RACE IN ULTRAMAG



full page colour	\$350 per issue
half page colour	\$250 per issue
quarter page colour	\$150 per issue
full page mono	\$250 per issue
half mono	\$150 per issue
quarter page mono	\$100 per issue
eighth page mono	\$80 per issue

BOOK FOR 12 MONTHS (4 ISSUES) DEDUCT 10%

Race organizers deduct 10%

For advertising enquiries or bookings, contact

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

AURA Contacts

Registered Office: AURA Inc. 21 Regent Close, Berwick VIC. 3806

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

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

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

GOLD COAST 100km SOLO & TEAM CHAMPIONSHIPS

Saturday 15 July 2006

This race incorporates the National 100 km championship. There is also a relay section for 4 to 10 person 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

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.

HOW FAR CAN YOU RUN IN A DAY? (OR TWO FOR THE MORE ADVENTUROUS)

24 hr and 48 hr GOLD COAST CHAMPIONSHIPS

Incorporating the 48hr National Championships Starts at 0900 Friday 11 August 2006 and finishes 0900 Sunday 13 August 2006. 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

2005 AURA Points Score Competition

Leaders (Provisional Points) at 11th September 2005

A more detailed report can be found at: www.coolrunning.com.au/ultra/pointsrace/index.shtml

*** Note: Does not include Bogong to Hotham 60km*

Men	Pts	Events	km	Women	Pts	Events	km
Peter Lahiff	21	4	247	Carol Baird	37	5	606
Kelvin Marshall	19	9	621	Julia Thorn	16	4	239
Peter Anderson	18	9	834	Faith Anderson	15	5	369
Tony Collins	17	3	607	Kerri Hall	13	4	268
Adrian Pearce	16	5	295	Vivienne Kartsounis	10	3	211
Richard McCormick	15	7	525	Jane Sturzaker	8	3	186
Geoffrey Last	13	5	415	Karina Ward	7	2	182
Simon Phillips	13	3	272	Jennifer Williams	6	2	103
Brendan Mason	10	6	455	Sandra Timmer-Arends	6	2	100
Garry Wise	10	7	399	Sandra Howorth	5	3	225
Ian Wright	9	4	355	Michelle Thompson	5	1	101
Geoff Hain	9	3	336	Stephany Howard	5	2	95
Gary Carlton	9	3	214	Karyn Bollen	3	1	132

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 Hall of Fame

George Perdon

12th Aug 1924 – 29th Jun 1993 "The Man who ran like Clockwork"

George Perdon is regarded as "The Father of Modern Ultrarunning" in Australia. He is certainly a worthy inductee into the AURA Hall of Fame. His ultrarunning exploits during the 60's, 70's and 80's did not have any peer within this country and these achievements led to many other champions starting in the sport and achieving their goals.

George Perdon was born in Rutherglen, Victoria, in 1924. It's a legendary story that he used to wait at home until the school bell sounded and then run to school. The school was two kilometres away from his home and he never once missed the bell. He also tasted success in district sports meetings whilst he was growing up.

In 1939 he moved to Melbourne and three years later he found himself in the Australian Army serving in the Pacific Islands. Apparently he was one of the few soldiers that revelled in completing the tough 90-mile route marches expected in training during that time. He also won many races from 880 yards to five miles in inter service sports.

After the war, he returned to Melbourne where he joined the Victorian Athletic League to compete in professional track running. During this time he recorded quite a few victories in events between 880 yards and 2 miles. Perdon was to later regard 1964 as his best track season when at 40 years of age he notched up three wins and several minor placings.

In 1949, Perdon made his first foray into cross country running and competition road running. He soon realised his natural potential for the sport winning races from four miles through to the marathon. These distances soon increased and it wasn't long before he was running 100 miles, Melbourne to Portsea and return, 24 hours, Sydney to

Melbourne along different Highways and the Trans Australia route.

In the 60's and 70's, Perdon set a number of World Professional Records that are documented at the end of this article. I believe the times and distances of these records speak for themselves and show Perdon's versatility as an Ultrarunner.

In 1968, Perdon set two World Professional Records when he ran the 70 miles from Portsea to Melbourne in a time of 8 hours and 29 minutes. Two years later, he was to set six World Professional Records around Olympic Park in Melbourne. These were for distances between 80 miles and 150 kilometres. The 150 kilometres was run in a time of 11 hours and 30 minutes. In the last 35 years there have only been a handful of Australian runners who have approached that distance in a 12 hour period.

There were two events that defined George Perdon as a household name in Australia. The first in 1973 when he ran from Fremantle to Sydney in a time of 47 days, 1 hour and 54 minutes. This was a distance of 2,897 miles, averaging 62 miles a day.

The Trans-Australia run was originally the idea of Tony Rafferty. Rafferty and Perdon were always exchanging barbs in the media that appeared to be quite nasty and heated from time to time. Years later, the hatchet was buried and both runners revealed a mutual respect for each other's achievements and capabilities. Perdon had been itching to race Rafferty for quite some time and saw his opportunity when Rafferty decided to run across Australia.

Perdon gave Rafferty a head start of a week before heading off from Fremantle. Perdon was to end up beating Rafferty into Sydney by a day. They took slightly different routes during the run. The media loved it

and the individual sponsors loved the generated publicity. The media were following them in helicopters and the run was to generate front page headlines for a majority of the journey. Years later, Perdon was to reflect to Rafferty that their run was responsible for so many runners testing themselves further and becoming ultrarunners.

The second major race that helped to define the Perdon Legend and reinforce "Perdon" as a household name was the 1983 Westfield Sydney to Melbourne Ultra Marathon. Sports store owner, John Toleman, originally designed it as a match race between Perdon and Rafferty. This soon developed into a larger field of 11. An unknown 61 year old potato farmer from Colac, Cliff Young, stopped the nation with his win in the event, spoiling the expected Perdon - Rafferty match race.

Perdon was to finish second and his son, David was to have one of his "Dearest and Closest Memories" of his Father. It was on the last night of the event and Perdon couldn't win. David Perdon was to state in his father's eulogy. *"We couldn't possibly win but it was unlikely anyone would pass us for second, yet George ran through the whole night, not for the accolades but because he had set himself to do it and he was true. I suppose what all this means is that every time I pull on a pair of running shoes, I'll think of my father and be glad."*

One of the popular stories about George Perdon involved him running in his four by three metre garage at Burwood for hours on end. Perdon was goaded by his friend, John Toleman about his garage running one day to which he replied. *"When I get giddy, I run back the other way"*. Just another example of Perdon's dry wit! Perdon's wife, Valma was also asked about his garage running. She stated that after seeing him run 10

miles twice a day, seven days a week, nothing was considered unusual for him.

In the 80's, Perdon was to write himself into Colac Australian Six-Day Race history when he competed in the race five times. His lowest result during that time was 760kms and his highest was in 1984 when he ran 841.6km setting Australian and World Age group records in the process. It should be considered, when looking at these distances that the winners of the last two Colac races have struggled to get to 760km.

It was in 1986 when Perdon ran 830km and finished third. This was truly remarkable considering the back injury that he had suffered. Tony Rafferty described it as such *"I won't forget the 1986 Colac Six Day Race when the pain from the back injury caused him to run bent over and lean to one side.....he completed the 144 hours with a courageous 830kms to place third after a late challenge to the race leaders, Ramon Zabalo and Dusan Mravlje."* In an emotional scene, the two Europeans, stressed, lean and hungry - hugged the Australian. Trishel Cherns, 11 kilometres behind in fourth place called

him *"The Ageless Wonder from Down Under"*.

George Audley also has some fond memories of competing in the 1987 race. *"Then came the race and as the days passed as usual, positions were settled. The Schoolkids came to say hello before and after school and with two Georges in the field I became Young George and Perdon, Old George. My position must have been just behind Perdon because all of a sudden he was targeting me. I couldn't see why such a great runner would bother with a newcomer like me, but I did not like it. He said I would not get away from him and he would even wait for me outside the toilets if I tried to lose him that way. The final hours came and I struggled over the line with a total of 500 miles with Perdon 8 kilometres in front. He was 5th, I was 6th. It was only years later that I realised what George Perdon (The Professional) had done. He had stirred me up so I would push him to a greater distance. I wonder if without his help I would have broken the 500 mile barrier in my*

first Six Day Race. He was a great runner. Such a pity he had to pass away and now I am Old George".

A book could be written about the life and times of George Perdon and his influence on modern-day ultrarunning. If I had the time, I for one would love to have that privilege. I know that the widow of another Great Australian ultrarunner has some of George Perdon's diaries in her possession. It would be an interesting experience to read and relive more of his career. Thanks George Perdon for giving so much to Australian Ultrarunning and being an inspiration to us all. George Perdon's life can be summarised in two paragraphs from a poem written by Drew Kettle in 1994:

*"George ran records across Australia, and on the circle track,
When the rain poured down and the wind blew cold,
He trained in the garage, out back.*

*He was an example to us all,
Of the way in life to live.
To have a kind word for everyone,
And always be prepared to give.*

George Perdon's Ultra Record

30 miles	2h 53m 48s	Princess Park	1965
40 miles	4h 16m 18s	Olympic Park	1971
50 miles	5h 22m 55s	Portsea to Melb	1968
60 miles	6h 35m 45s	Portsea to Melb	1968
70 miles	8h 29m 15s	Olympic Park	1970
80 miles	9h 46m 15s	Olympic Park	1970
90 miles	11h 5m 54s	Olympic Park	1970
100 miles	12h 25m 9s	Olympic Park	1970
100 kms	7h 26m 14s	Olympic Park	1970
150kms	11h 32m 35s	Olympic Park	1970
12hrs	96miles1,426yds	Olympic Park	1970
24hrs	150miles 704yds	Albert Park	1970

Trans Continental Run - 2,987miles in 47 days, 1 hour and 54 minutes. Average miles -62 miles per day. Set records for 1000 miles, 1500 miles, 2000 miles and 2,600 miles.

Sydney to Melbourne 1978 - 1,048kms. 9d 4h and 44 min
1983 - 875kms - 6d 1h

Melbourne-Adelaide-Melbourne -
1979 - 1,464kms -13d 1h 36m

Melbourne - Portsea - Melbourne -
1972 - 120 miles - 24hrs 33min

Colac Six Day race 1984 - 841.6km
1986 - 830km
1987 - 813.2km
1988 - 808km
1989 - 760km
1991 - 579km

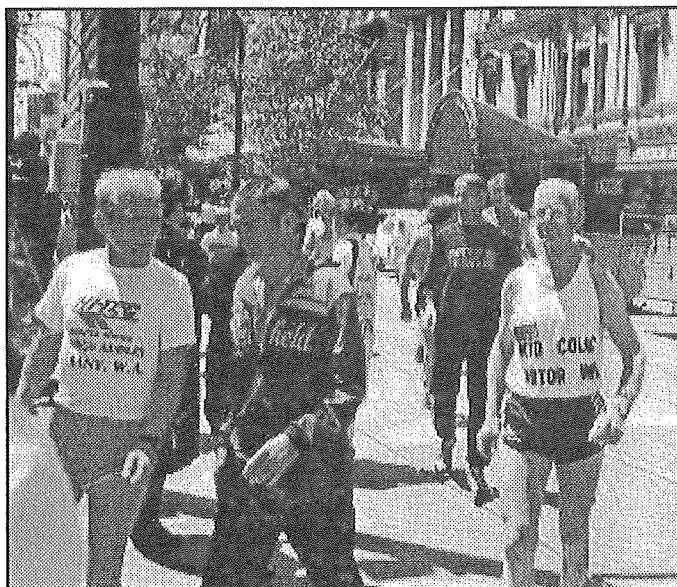


Photo above from Colac '87 - Melbourne Parade

References:

UltraMag Vol 7 No 4 - Nov 1992 - Page 77-80 (Tony Rafferty)
UltraMag Vol 8 No 3 - Sep 1993 - Page 8-15 (Various)
UltraMag Vol 9 No 4 - Dec 1994 - Page 44 (Drew Kettle)



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8 July 2005

MEDIA RELEASE

WORLD 100KM CHAMPIONSHIPS – 26 JUNE 2005, JAPAN

Jonathan Blake, Mike Wheatley and Mark Hutchinson did Australia proud at the World 100 km Championships at Lake Saroma, Japan on 26 June 2005.

In a personal best time of 7:08:57, which is the fastest 100km by an Australian at a world championships in the last ten years and a substantial improvement on his previous best, Jonathan lead the way with able and committed support from Mike Wheatley, in a time of 7:36, only marginally outside his PB, and a brave Mark Hutchinson, who despite a blown quad muscle which he took into the race because of the needs of the team, battled through to the finish to register a team time after his quad blew up at about the halfway mark.

In tough conditions including warm weather and a headwind most of the way many of the competitors struggled over the back half. Some of the more fancied runners were well outside their PB's and last year's winner, and the early leader in this year's race, was passed by Jonathan about 2 km from the finish.

Jonathan's personal performance was a great achievement as he finished 12th overall, the highest placed Australian for many years and he is still learning what he can achieve in this type of racing. The team's 8th place finish was also a fine result to go with last year's 4th, especially with Mark competing half the race on one leg.

With growing interest in this very tough discipline the future prospects for the national team look good.

For immediate release.

For more information, contact

Colin Colquhoun
Publicity Officer, AURA
Tel 0413 845 862

In Profile

Featuring **Jon Bell**

PERSONAL INFO

Name...	Jon Bell
Date of birth...	4 th November 1947
Place of birth...	Hebburn (near Newcastle) UK
Current address...	173 Hotham Street, East Melbourne, Vic 3002
Occupation...	Consulting IT Architect
Marital status...	Married
Children...	Two one of each – grown up, both live in the UK.
Height...	1m81cm
Weight...	78kg
Best physical feature...	My wife says my calves
Education background...	Left school at 16 never been back
Favourite author...	Joseph Heller
Favourite book...	Catch 22
Favourite non running magazine...	Rhythms
Favourite movie...	Blues Brothers
Favourite TV show...	Currently Little Britain
Favourite actor...	None specifically not really a movie buff – many of them actually annoy me – probably Alan Rickman if I had to choose.
Favourite music...	Blues
Book you are currently reading...	Oddly enough Steve Moneghetti – In the long run – a coincidence really I've had it a long time and just got round to reading it!
Hobbies...	Cooking, Model Building, DIY
Collections...	None
Make of car you drive...	Nissan Van – Also cycle and the van is good for putting bikes in!
Make of car you would like to drive.	Not a car buff either, happy with a Nissan but if I had to choose my favourite car that I ever owned was a Triumph Vitesse back in the UK - I'd have that back any day
Greatest adventure...	Living in Africa for 12 years, watching Lions, being charged by Elephants....running in the Namib Desert (not from the elephants though)
Favourite spectator sport...	Cricket
Favourite holiday destination...	I like Australia being a Pom I haven't explored it all yet.
Favourite item of clothing you own	My track suit pants, T shirt and runners
Most prized possession...	I'm not a great possession person but if I have to choose then my wife would be top of the list – if you can claim people as possessions....
Personal hero...	There are so many – probably the Dali Lama
Favourite quote...	Again lots – I saw this one recently as follows – One time during prohibition I was forced to live for several days on nothing but food and water – W C Fields
Personal philosophy...	Zen
Short term goal...	Work less have more fun
Long term goal...	Work less have more fun
Achievement of which you are most proud...	In the context of this response - I ran Comrades - twice
Pets...	Two cats
Pet peeve...	Noise – the pervasive nature of mobile phones
Favourite non running activity...	Wining and Dining
Greatest fear...	Old age and incontinence
Happiest memory...	I was a 'bobby' in the UK for 10 years and have many fond memories and stories from that time.
Personal strength...	I take the initiative and get things done
Personal weakness...	Lack of ambition re my 'Zen' way of thinking
RUNNING INFO	
P.B's...	Marathon 3:30, Comrades 9:55
Years running ultras...	19 years
Number of ultras finished...	Not sure – I have kept a running log - maybe 20 marathons, and 20 Ultras
Best ultra performance...	Comrades – I ran it twice in 1988 in 10 hrs 41 and 1989 in 9 hrs 55
Most memorable ultra and why...	Two Oceans – the only ultra I ever failed to finish – hurt a calf muscle (later diagnosed as torn) early on and 'retired' at about the 32km mark
Typical training week...	No such thing – I enjoy gym and am a qualified fitness instructor so when I don't have a marathon to train for I spend every other day in the gym. When training for a marathon then I run 5 times a week 3 on 1 off 2 on 1 off. Long run on Saturday. Typically peak at 100km a week, then taper for three weeks before the race.
Injuries...	Most recently plantar fasciitis – otherwise nothing much, been fairly injury free really.
Favourite running shoes...	Asic Gel Kayano
Favourite food/drink during an ultra.	Mannatech Emapact plus since I came to Oz been using GU, previously a big fan of the Leppin Products in RSA
Favourite place to train...	Along the Yarra River
Favourite running surface...	Tar / bitumen
Ultrarunning idol...	Bruce Fordyce
Why do you run ultras	It's a mental challenge thing with me – and also it's my favourite form of cardio to keep my weight down due to my other hobby as above – wining and dining!
Any advice to other ultrarunners...	Yeah take up cycling it's better for you! Seriously no I don't - ultra running is a private thing I believe we all do it for our own personal reasons.



Jon with David Dodson and Julie Newnham

Poor Man's Comrades 96km

Gosford to Sydney Opera House 19-6-2005

1. John Megler (Course record)	8:06
2. Chris Graham	8:40
3. Philip Murphy	9:17
4. John Ellis	9:42
5. Dave Price	10:14
6. Jan Herrman	10:40
7. Graham Wye	11:23
8. Tim Turner	11:32

Report by Philip Murphy

What goes up must come down, and so it was off to Gosford for the second leg this year.

I met up with Jan and Sean Greenhill at Hornsby station at 6am. Kevin rolled by with kids in tow and after another starter John Ellis turned up, we were off to Gosford.

We arrived at 6:45 with 6 other starters. They were multi ironman finisher John Megler, Chris Graham, Dave Price, Tim Turner, Dave Bray and Graham Wye. Dave Bray was stopping at the Pie in the Sky (41.5km)

It was quite a mild morning with some cloud cover. We huddled under the Gosford station railway sign for the obligatory start line photo and shortly thereafter (7:05am) were off.

I had been nursing a sprained ankle since Wednesday and thanks to a religious icing regimen and some stretching was delighted to make it to the start line at all! With the ankle nicely strapped up, the plan was to see how far I could go, any real pain and I was set to pull the plug.

We made our way out of Gosford at a good clip, I remember commenting to Jan that "this pace is too fast", to which he replied, "yeah but we'll be slowing down real soon". And so we did as we hit Debenham Rd and the long slog up to the Pacific Highway. Most runners slowed to a walk but the front guys, John Megler, Chris Graham and Dave Price took off up the hill. In fact that was the last I

saw of John, he was set to have a blinder.

After reaching the highway, the pack split up even more so, everyone was starting to find their rhythm. Jan, Graham and I ran together for the next 20 odd km. We arrived at Mt White Road Warrior's café (25km), where Kevin and Sean were waiting in 2h10m, a few minutes behind the leaders. We scoffed some food and got out of there quickly. This was to be the order of the day; I'd spent far too much time stuffing around last year.

During the next leg between Mt White and Mooney Mooney, I developed a stitch that would not go away, most likely a result of wolfing down a tub of creamed rice too quickly at the Road Warriors Café. I tried everything to get rid of it, deep breathing, quick exhalations etc, but it stayed with me pretty much all the way to Mooney Mooney. Running down off the mountain wasn't helping either. Jan in the meantime pulled off to the side and left me to run on ahead. I arrived at Mooney Mooney (35km) to be greeted by Kevin and Sean in 3h6m, drank some powerade, mentioned to Sean that we only had two more Stars to go, and left just as Graham Wye arrived.

Crossing the Hawkesbury river bridge there was a cold wind was blowing up off the water. I knew once I got this next big hill out of the way there was some "flatter" running ahead. Coolrunner Plu turned up out of the blue on his roadie to offer some encouragement and some jelly babies, thanks Martin!

The slog up to the Pie in the Sky café (41.5km) went well and I put some time into John Ellis who was just ahead in 4th place, arriving there in 3:48. I was telling myself, "this is way too fast, payback on the back end". John decided not to stop here and carried on as we reached the café. I stopped and



Sean Greenhill on point duty

ordered a veggie pie, (and was delighted they had some left, as last time I came through here they didn't). As I shuffled away from the kiosk, I noticed Dave Price was just leaving as I sat down to eat. Kevin and Sean rolled in just then and opened up the back of the car. I had some more sports drink and finished my pie, thankful to get some hot food into me.

On the next stretch to Cowan I was feeling my left hamstring tighten up a bit, it was just hanging to cramp up, I had to stop and walk it off every so often. This may have been a result of me compensating my running gait slightly going down the hills, as my ankle was feeling it. I thought shit, I had forgotten to buy something salty at the Pie in the Sky. However a couple of mates from work, who had run the Bay to Bay in Gosford earlier, rocked on by a bit later. Keith and Padraig offered me some more sportsdrink, which gave me a boost; it was great to see them out there, thanks guys. I also met CR Superflake (Paul) a bit later and gladly accepted a banana from him, cheers Flake!

Still, when I arrived at the Cowan store (45km), I quickly ran in and bought a packet of salt n' vinegar chips, hoping the salt would alleviate any impending cramp. As I walked out I bumped into Dave Price who was sat outside munching away on a sausage roll? He was also complaining about cramp.

Running to Berowra (50km) was cold from memory, there was a cool

wind blowing up from the valley. I kept thinking just get to the turn off for Bobbin Head and roll down the hill. I wasn't feeling too great on the run through Berowra and on to Mt Colah, but then spotted John Ellis ahead. He was stopping every now and again to walk some of the inclines (as was I) but I was slowly gaining on him. I don't tend to think of these Fatass runs as majorly competitive, more a good long run with some mates, but this time the competitive juices were flowing. I started to think, hey 3rd spot would be a great way to end the day! I ended up passing John at My Colah just before the turn off down to Bobbin Head. He was running on the other side of the road as I passed him, I said g'day.

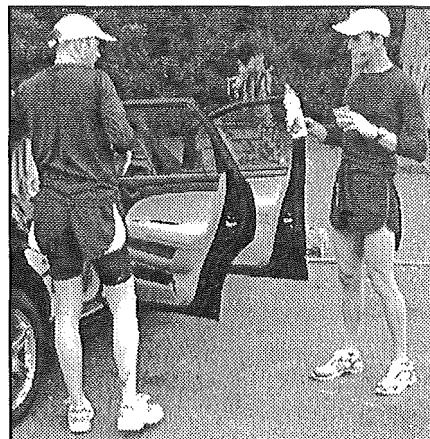
Running down Ku-ring-ai Chase Rd and into the national park, I spotted Kevin and wife Dawn coming up from Apple Tree Bay. I was hoping to pick up the pace down to the bridge but was struggling with my hammie as I tried opening up the stride. So I gingerly trotted down in just over 5min pace. Plu appeared once again coming up the hill and offered me some more electrolyte drink. I was grateful thinking; I'll sip this on the climb out on the other side.

John was not that far behind me now, so when I reached the bridge at the bottom (65km), instead of stopping (which I had planned) I kept on running through to the other side and on to the 4km climb to the gates. I ran the first km up the gentle rise and then mixed up power walking and jogging to finally reach the gate. This climb was a bastard though and I kept thinking, how cruel it was to have this bloody loop thrown in so late in the day and so close to the city.

I was determined to pick it up back to the Pacific Hwy but I had forgotten how long it actually takes to get to the end of Bobbin Head Rd. I stopped at Turramurra shops on the way and refilled my pack at a water tap. It seems like Bobbin Head road just keeps rising all the way to the Pacific highway, or was it just that I was so stuffed?

Finally turning back onto the Pacific highway (76km) I could see the skyline of Sydney for the first time with Centrepont in all its glory. I was thrilled to finally see the "finish line". Still a way to go and quite a few hills to negotiate though!

In fact the rollercoaster ride, that is Werona Ave, Lindfield Ave and Strickland Ave next to the rail line is tough. I never really noticed this on the "up" run last year as it's so early in the piece but boy I was feeling it today! I walked almost all of these inclines and trotted down the hills. I arrived at Chatswood (83km) and looked at my watch. With 13km or so to go I figured sub 10hrs was on the cards. I think I was a little delirious at this point as my GPS was giving me all sorts of erroneous readings. Total distance was shorter than the distance Kevin measured for the course thus far, but I did lose reception quite a few times especially back in the city. Still I kept thinking, there's



John Megler grabs a drink on route to a new course record

no way I 'm this far ahead? I met Dave Bray on Archer St in Chatswood, who had earlier ran to the Pie in the Sky. He was in the people mover with the kids.

Running through St Leonards, then Crows Nest and on to North Sydney was very distracting. There are intersections, traffic lights and pedestrians to negotiate. I found I couldn't get back into any kind of running rhythm. All of a sudden CR Blue Dog (Wayne) turns up, happy to pace me back to the finish at the Opera House. I was thrilled to see him and have some company. He pushed me along at a decent clip, faster than I would of ran

without him. We passed Lavender St and then the Harbour bridge came into view. I was surprised to see it so soon. Rapt to finally see the end was nigh we climbed the staircase to the bridge. Wayne ran on ahead back to his parked car at the rocks to pick up a six-pack. We were gonna celebrate with a bevvie at the Opera House. Legend mate!

Coming off the bridge and down onto Argyle St at the rocks was surreal. I was zoned out, receiving a lot of peculiar looks from passing pedestrians. How different our days must have been. Circular Quay was alive, but all I wanted was that finish at the Opera House. Wayne caught up and we both climbed the steps of the Opera House. I kissed one of its sails and felt a massive sense of relief.

9hrs17m was a time that honestly surprised me. I knocked off 2hrs20min off last year's time. We sat there and downed a beer and munched away on some peanuts and pretzels. All I could think was.. wow what a day. I rang in my time with Kevin and answered a few text messages I'd received.

Later that evening I was pondering which way is the best/easiest, the "up" or the "down"? I definitely agree with a comment Jan made earlier in the car on the way to Gosford, that there is more distraction as one runs into the city. I did find the "up" year last year easier mentally which surprised me a little. Prior to running today, I had imagined running "home" would be psychologically easier. I did run harder today than last year, so it's hard to judge which way (if any) is tougher physically but mentally give me the "up" year.

Thanks again to all who turned out to offer assistance today, Kevin for the lift to Gosford and both himself and Sean for crewing the first 40 odd km.

Also well done to all who finished. John Megler ended running an outstanding course record in 8hr6mins! and Chris Graham 8hr40mins, truly amazing.

See ya next year!

Gold Coast 100km

Australian Road Championships

Place	Surname	Firstname		State	Time	Distance
1	Benson	Darren	1M	NSW	7:47:17	100
2	Phillips	Simon	2M	TAS	8:12:18	100
3	Worley	Brett	3M	ACT	8:42:58	100
4	Marshall	Kelvin		VIC	8:45:38	100
5	Hills	Chris		TAS	9:02:04	100
6	Moloney	Nic		QLD	9:29:02	100
7	Murphy	Phillip		NSW	9:34:20	100
8	Pearce	Adrian		QLD	9:48:41	100
9	Pearson	John		QLD	9:52:47	100
10	Hewitson	Paul		NZ	9:53:22	100
11	Guard	Roger		QLD	9:59:12	100
12	Greenhill	Sean		NSW	10:27:03	100
13	Last	Geoff		QLD	10:45:05	100
14	Hewat	Andrew		VIC	10:52:50	100
15	McKenzie	Peter		QLD	11:10:21	100
16	Anderson	Peter		QLD	11:19:12	100
17	Raftery	Joe		QLD	11:21:07	100
18	Boyce	Robert		VIC	11:27:04	100
19	Wise	Garry		VIC	11:27:04	100
20	Mason	Brendan		VIC	11:27:04	100
21	Auguszczyk	Mignon	1F	QLD	11:39:09	100
22	Jones	Dean		QLD	11:42:28	100
23	Gardiner	Peter		QLD	11:49:32	100
Retired	Anderson	Faith		QLD	12:23:54	93.75
Retired	Lawson	Craig		QLD	11:27:34	87.5
Retired	Williams	Geoff		QLD	10:35:27	81.25
Retired	Middleton	Des		VIC	9:31:57	75
Retired	Ladyman	Rodney		QLD	6:01:59	56.25
Retired	Evans	Brian		QLD	5:10:34	50
Retired	Lahiff	Peter		QLD	4:46:53	43.75

RELAY

Place	Team name	Time
1	Gold Coast Runners - Peter O'Sullivan, Keith McKay, Bomber Hutchinson, Paul Coope	6:42:47
2	Southport Runners & Walkers - Alan Farrell, Gavan Reynolds, Ryan McDonald, Oentoe	7:19:29
3	River City Runners - Adam Gille, Karen Weirsmas, Steffen Abe, Mark Sparshott, Tamyka	7:28:55
4	Twin Towns Young Ones - Les Carroll, David Engell, Terry Magee, Josh Alexander, Adri	7:34:04
5	CAT1 - Adam Barron, Ken Wearing, Jen Robertson, Bec Mitchell	7:38:49
6	Twin Towns Goldies - Peter Neville, Tony Kean, Kerry Preston, Bob Beer	7:46:23
7	Twisted Sisters - Candice Mills, Jo Angel, Alan (Honey) Whittle, Marina Whittle, Rhonda	8:28:21
8	Twin Towns Hot Buns - Paige Brennan, Lyn Campbell, Gayle Power, Sally Engel, Sonia	8:29:09
9	Southport Runners & Walkers No 2 - Katsu Ohtsuka, Clive Pickering, Graeme Grimsey,	8:44:41
10	Concord Triathlon Club - Matt McFarlane, Phil Plat, Chris Drummond, Dean ?, Steve ? C	8:48:04

GOLD COAST100 - 16 July 2005 Race Report

As race date approached the weather had been cloudy, wet and generally unsettled. There was some concern that the conditions on race-day might be wet and windy. However, the skies started clearing two days before the race and in the gloom at 4:00 am on race day it was evident that the conditions would be fine and clear.

This race was established in 2003. That year there were 21 starters and 11 finishers. The top end was excellent with 3 runners breaking 8 hours but only another 2 going sub 10. In 2004 there were also 21 starters, with 13 finishers. However the depth was not so good with only two bettering 8 hours and only a further two going under 10 hours.

With the World Challenge in 2005 being held only 3 weeks before race date and the nation's top runners therefore not available, it was envisaged that the performances may not reach those of the previous two years. However, entries started coming in some four weeks before race date and it became obvious that there was going to be increased interest in the event. There had been six nominees for the team for the 2005 World Challenge with only three being selected. Two of the remaining three decided to contest the race and establish their credentials for selection next year.

We were not disappointed as a great battle took place between Darren Benson, the pre race favorite and Simon Phillips. Darren won in a very creditable 7:47:17 at his first attempt over the distance and Simon faded a little in the latter stages of the race, still managing to take out second place in 8:12:18. Chris Hills, a 19 year-old from Tasmania, managed to keep pace with the leaders for 36 km but then started to fade. He was overtaken by Kelvin Marshall at 64 kms and then Brett Worley at 67 km

but held on gamely to finish 5th in 9:02:04 at his first attempt over the distance. A great battle ensued between Brett and Kelvin for third place, which was eventually taken out by Brett in 8:42:58 with Kelvin on 8:45:38. Kelvin can be well pleased with his time as it was a 1 hour 15 min improvement on his performance of 2004.

The interesting thing is that there 30 starters and 23 finishers, of whom 11 got in under 10 hours. The full

stats are as follows:-

Year	2003	2004	2005
Starters	21	21	30
Finishers	11	13	23
Under 8 hours	3	2	1
Under 10 hours	5	3	11

Overall, the event was successful with 11 relay teams adding a bit of flavor. The relays started at 9 am rather than at 7 am in previous years. This meant that the teams were still running right up to cutoff in the last hour and kept

more people there for prize-giving.

A larger turnout and further improvement is expected next year as the top runners will be looking to post solid performances to qualify for the Australian team to contest the Worlds on 8 October in Korea. The date of the event for next year will be 15 July 2006.

Ian Cornelius
Race Organiser

Hobsons Hobble 55km "Fat Ass" Run

24-7-2006

Results

1. Ben Cotter	5:21:43
2. Jane Sturzaker [F]	5:59:00
	[short cut/lost]
3. Shirley Young [F age 75!]	6:15:00
	[short cut/lost]
4. Garry Wise	8:14:00
	[long cut! / lost]
5. Sandra Howorth [F]	8:32:12
21kmDavid Dodson	1:59
Julie Newnham	2:01
Jon Bell	2:01

Report by "Race Director", Kevin Cassidy

There can be no disputing the encapsulating environs of the picturesque and historical suburbs of Altona and Williamstown that sleepily lie beside Hobsons Bay in Melbourne's west. Beautiful they may be, but the icy gale force winds that welcomed us in the early morning dulled any enthusiasm for the surrounds. Such hostile and unpleasant weather ensured that only the hardest few would bother to put in an appearance. Tiny boats tied to their moorings bounced vigorously on the choppy water as I stood in the moonlight wondering if anyone was of a sufficiently low I.Q. to turn up.

The only familiar sight in the Altona Boating Club's otherwise vacant carpark was Ben Cotter's blue Mitsubishi. Owing to work

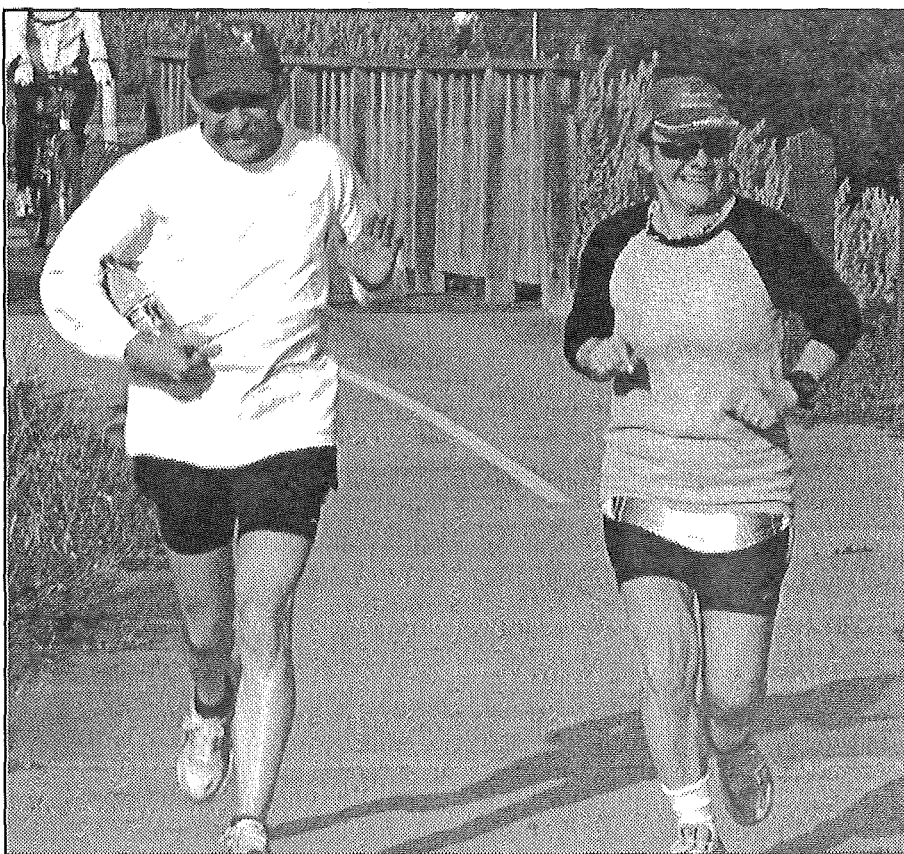


Photo above: Garry Wise and Jane Sturzaker

commitments later, Ben made a start at the ungodly hour of 3am, a choice that attracted the attention of the local constabulary on night patrol who displayed an understandable disbelief at his nocturnal actions.

I thought I was alone as I stood in the darkness only to get a sudden

realisation that I had company in a wiry looking chap standing on the bike path staring longingly at the Moon. "Do you know it would take 25,000 years to fly a rocket to the end of the Milky Way", he mumbled as he turned his gaze in my direction. "Well, even if you left now, you wouldn't make it home for dinner", I

replied. He then wordlessly meandered off into the darkness at a slow old clip dragging his uncooperative pint sized dog behind him.

As it happened, daybreak made an appearance and four more runners arrived. A small field indeed, but a field that included Ultra Royalty in 75 year old Shirley Young. Listing all of Shirley's World Records would take me into next year but suffice to say she pumps them out at a more prolific rate than Shane Warne sends text messages. Jane Sturzaker's long suffering husband, Robert, didn't mince words with his intentions, "I'm not getting out of the car" he snapped in a manner that strongly suggested the issue was not open to negotiations.

Our intrepid gathering then headed west along Altona's esplanade to Sandra Howorth's shout of "Girly Power", alluding to the fact that poor Garry Wise was overwhelmingly outnumbered in the battle of the sexes. Shirley Young looked resplendent in black tights with husband, Ron following on his mangled looking contraption of a bike while Garry Wise and Jane Sturzaker patiently settled into a rhythm together. With her first 48 Hour event just weeks away, Sandra Howorth motored off at 7 minutes per km pace, a pace she was to hold all the way to the finish with a deliberative degree of accuracy.

Finding myself alone again in the car park, I decided a few photos during the day would be appropriate, a decision that required that I familiarise myself with a newly purchased digital camera. Not being overly converse with modern technology, I was dreading the moment. Imagine my horror with the following instructions.

1. Insert Disc A into Disk G then connect the unit offload sub orbiter to the co-axial lineout jack of your Multiplex 546zx camera with enhancing do-dads and gizmos.
2. Enter you License Verification Number which can be found by entering your Certified User Number. If you can't find your Certified User Number, then enter you License Verification Number!!

Suffice to say, I had no idea how to operate this expensive modern day collection of astonishingly technical wizardry. In the foulest of moods, I very nearly hurled the frustratingly troublesome camera into the vast and exceedingly wet expanses of Port Phillip Bay.

Around 8:30am, three excited individuals embarked upon the 21km option that takes in the loop around the Truganina Swamp. Setting off, they were able to greet the early starting Ben Cotter as he arrived at the finish. A quick chat, then he was off like a flash to his Supermarket in the proudly genteel suburb of Oakleigh. Ben is keenly and fanatically looking forward to Adelaide's 24 Hour Event in October. Gulping down a drink in Laverton, Shirley Young complained about her

One of the West's most prominent features is the hugely popular Cherry Lake and a lap is included in the middle stages of the course. Imagine my surprise when three of our runners never showed up in the area. Finally tracking them down near Williamstown's Time Ball Tower, Jane astounded me with her assertion that "We couldn't find the lake".

lack of training. "I've got a new puppy and he's just beautiful", she said. "I spend all of my time playing with him instead of running"

One of the West's most prominent features is the hugely popular Cherry Lake and a lap is included in the middle stages of the course. Imagine my surprise when three of our runners never showed up in the area. Finally tracking them down near Williamstown's Time Ball Tower, Jane astounded me with her assertion that "We couldn't find the lake". Now let me pause here and mention a few facts. Cherry Lake has a circumference of over four kilometres, covers an area of approximately 1,000 hectares, holds in excess of a billion megalitres of water and is highly visible from any direction. This is hardly a piece of the landscape that anyone could keep hidden, yet three runners missed it

altogether as if it was tucked away behind a tree! With a roll of his eyes, Robert Sturzaker noted quite bluntly that "Runners aren't the brightest lot"

The buffeting wind howled stronger and harder all the way around Point Gellibrand, The Strand and up to the Westgate Bridge. Our group of runners split up and started to stretch out. They dodged the overcoat clad café patrons and slow shunting Volvos in Nelson Place. Jane and Shirley were maintaining their pace but Garry was feeling the effects of the previous weeks Gold Coast 100km. Combined with an oncoming dose of the flu, he started to struggle. Sandra, meantime, was still pumping out those 7 minute km's looking satisfied and comfortable

Waiting at the finish, I was suddenly surrounded by a large group of cigarette puffing Italian men from the local Fishing Club. Fishing people really are a breed of their own and a very strange one at that. They spent all their time in loud conversation comparing each others equipment, "Hey, check out my new megahertz oscillator 5000 fishing lure" said one excitable individual, only to be outdone by a rotund beer swilling little man's reply of "Look at my carbon fibred switchback MK IV super stretch hooks"...and on and on the competitive banter went in a clear example of testosterone fuelled "one-up-man-ship".

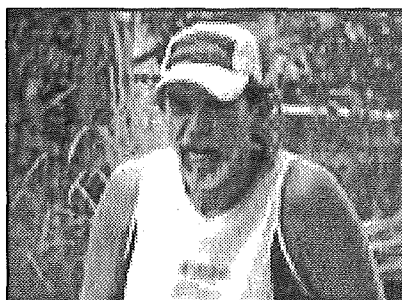
As the day approached the early afternoon, Jane cheerily crossed the finish followed soon after by a sweat dripping Shirley. Garry and Sandra diligently remained on the course. Garry, fighting illness but doggedly determined, managed to include the "missing" Cherry Lake [and a few extra km!] on his return journey. Sandra proved to more observant than her fellow runners by finding and circling the lake as per the course instructions without a hitch. Sandra and Garry arrived gratefully at the finish in close succession around 3:30pm with the afternoon rapidly fading and the weather still exceedingly atrocious.

If a vacancy on the 2006 calendar can be found, I may look at a warmer and more agreeable time of year.

Race Results

GLASSHOUSE MOUNTAINS 50KM FLINDERS TOUR 23-7-2005 RESULTS

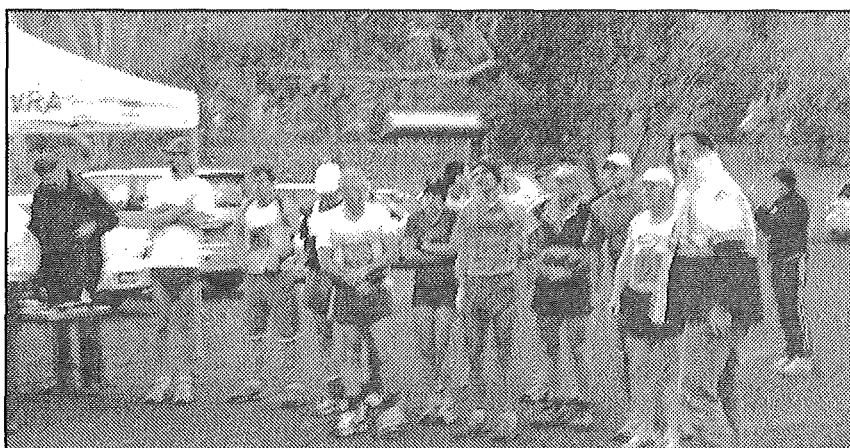
1.	ROGER GUARD	5:06:26
2.	DAVID SWEENEY	5:23:21
3.	RICHARD MCCORMICK	5:36:11
4.	RODNEY LADYMAN	6:06:37
5.	PETER ANDERSON	6:10:56
6.	RICK WEBB	6:12:49
7.	LOUIS COMMINS	6:28:01
8.	GEOFF WILLIAMS	6:48:12
9.	ROSS HOPKINS	6:49:46
10.	JOHN HARRIS	8:40:50
11.	KERRIE HALL [F]	8:40:50



Photos: Top left - Geoff Williams was a satisfied finisher
Top right - Richard McCormick stormed home to take 3rd place
Left: The evergreen Rodney Ladyman

Warrumbungles 50km Trail Race NSW 31-7-2005

1.	John Robbins	4.44.07
2.	Kelvin Marshall	4.49.13
3.	Richy Herbert	5.13.27
4.	Robert Herd	5.15.11
5.	Arnstein Prytz	5.31.08
6.	Grant Campbell	5.59.02
7.	Julie Thorn [f]	6.05.20
8.	Roger Bowen	6.55.39
9.	Brian Glover	7.00.57
=10.	Peter Anderson	7.30.00 =
=10.	Faith Anderson [f]	7.30.00
	Damon Gorke	DNF



Warrumbungles - Feeling the cold at the start line

PERTH 100KM RESULTS - 21ST AUGUST, 2005

PLACE	NAME	LEG 1	LEG 2	LEG 3	LEG 4	LEG 5	LEG 6	LEG 7	LEG 8	FINISH
1	GARY CARLTON	56.25	1.50.25	2.46.15	3.42.39	4.41.33	5.45.06	6.52.29	8.05.20	9.19.51
2	PETER LAHIFF	1.11.12	2.22.20	3.35.02	4.55.09	6.18.33	7.46.42	9.14.05	10.43.15	12.28.52
3	JANE THOMPSON	1.09.25	2.16.34	3.28.17	4.50.24	6.22.31	8.03.33	9.45.09	11.12.47	13.26.13
4	DON PATTINSON	1.09.23	2.13.03	3.18.11	4.31.14	6.02.32	7.51.44	9.44.30	11.54.30	13.55.06

Report by Peter Lahiff

Just got back into Townsville this AM after a red-eye flight from WA. The 100k solo/relay event last Sunday was held in beautiful weather. Also beautiful was the venue, bicycle paths through parkland on both sides of the Swan River near Burswood Casino. I

think that the WA Marathon Club must have the best clubhouse facility of any running group in Australia, they also organise a very good event and they couldn't be more helpful to visiting runners. There were quite a few relay competitors.

As well as the solo and relay runners on course throughout the day, there were also large numbers of non club runners just having a weekend dose of exercise. They would come alongside to find out what was going on or just have a chat, it all made for a very enjoyable experience.

Bush Capital Marathon

Bush Capital Marathon [Canberra Nature Reserve] Saturday 30 July

60km ultra:

1 Trevor Jacobs	4.29.58
2 Adrian Sheppard	4.41.09
3 David Baldwin	4.54.28
4 Martin Fryer	4.57.42
5 Ian Wright	5.03.19
6 Julie Quinn	5.15.44
7 Gary Lilley	5.53.35
8 Mick Corlis	5.57.18
9 Carol Baird [f]	6.09.43
10 Batch Roger	6.31.21
11 Norak Theam	6.49.57
12 Peter Irish	7.01.33
13 Louis Commins	7.22.14
Mario Larocca DNF.	

Race report: By John Harding

Canberra's greatest ultra distance runner Trevor Jacobs enhanced his reputation with a brilliant win today in the inaugural 60km Bush Capital Bush Ultra from Campbell High School. Inspired by the World Long Distance Mountain Running Championship win last Sunday of his coach-

ing protégée Emma Murray, Jacobs had a thrilling duel with Australian rogaining star Adrian Sheppard for the first 40kms before making his move on a long downhill in Mulligan's Flat and racing to victory in an impressive 4 hours 29mins 58 seconds. Sheppard was second in 4:41:09. David Baldwin third in 4:54:28 and Martin Fryer fourth in 4:57:42 also bettered 5 hours. Dual world rogaining champion Julie Quinn had a superb run to take out the women's race in 5:15:44 from Masters athlete Carol Baird who used her 6:09:43 effort as a test run for a 48 hour race she is contesting in 2 weeks.

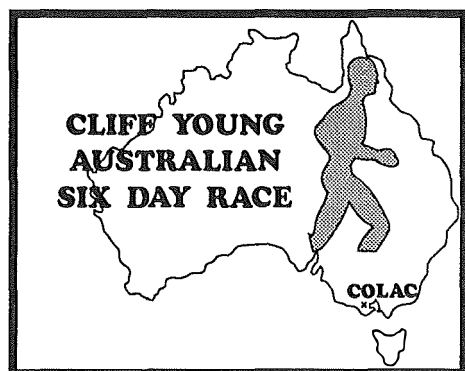
Race secrets W50 runner Carol Baird said she felt comfortable all the way in the 60kms by jogging for 15 minutes then walking for 2 minutes, jogging for 15 minutes, walking for 2 minutes again, and so on. Carol used the run as training for a 48 hour event in 2 week's time.

Norak Theam, on the other hand, in training for the Sydney Trail Walker, felt most uncomfortable with an up-

set stomach and definitely counsels against eating cashew nuts the night before. Norak measured the 60km course on his GPS and came up with 60.6kms. Norak is going to make available a full altitude plot of the course in about a week's time.

Runners up in the 60kms, Adrian Sheppard and David Baldwin reckoned that the difference between running 60kms and running a marathon was that every small hill in the last 10kms in the 60kms between the Federal Highway and Campbell High School started to look more and more like a mountain!

It took 6 hours on Thursday to signpost the Goorooyarroo and Mulligans Flat sections of the course and a further 6 hours on Friday to mark the Ainslie-Majura section. Going for a jog on Saturday morning before manning drink station 2, Carol Harding found a Hackett resident taking down the marker tapes. Asked why he was doing this, he explained that he was cleaning up the bush and protecting it from dreadful mountain bike riders. Fortunately he desisted after being told the purpose of the sign posting and tapes.



INVITATION

The Cliff Young Australian Six Day Race Committee is hosting a 20th Anniversary Reunion on Saturday 19th November 2005.

All past runners invited to attend

Please contact Secretary Bev Sutcliffe (03) 5341 3829 or email billnbev@dodo.com.au

Mail: P.O. Box 35 Buninyong Vic 3357

Canberra Marathon

8-9 APRIL 2006

Event manager: Cundy Sports Marketing
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Gold Coast 24/48hrs

GOLD COAST 24 - 48 HOURS TRACK RACES 12 to 14 AUGUST 2005 - FINAL RESULTS

48 HOURS (ALSO AUSTRALIAN CHAMPIONSHIPS)

			Age	12 hrs	24 hrs	48 hrs	100 kms	100 miles	200kms	250 kms	300kms
1	Tony Collins	NSW	M55	104.400	183.600	314.079	11:20:52	20:46:27	26:42:49	34:37:55	45:09:48
2	Carol Baird	# ACT	W55	108.800	182.800	298.089	11:01:24	18:50:19	27:03:43	37:04:34	
3	Thomas Wenning	GER	M35	110.800	182.400	274.843	10:43:54	18:56:31	30:35:42	41:11:02	
4	John Timms	VIC	M60	85.600	135.600	251.601	14:52:48	31:30:38	37:18:03	47:27:50	
5	Peter Anderson	QLD	M55	91.200	142.000	230.880	13:56:04	27:45:38	38:28:04		
6	Alan Staples	NSW	M55	78.800	112.400	206.000	21:10:30	35:18:54	46:40:45		
7	Lindsay Phillips	QLD	M35	80.800	115.200	194.105	17:50:50	35:46:46			
8	Shaun Scanlon	NSW	M60	83.200	130.800	192.800	15:03:09	34:46:28			
RET	Fred Brooks W *	VIC	M70	77.200	151.600	176.000	15:31:48	25:37:16			
RET	Sean Swain	QLD	M35	111.200	141.600	141.600	??				
RET	Sandra Howorth W	VIC	W40	58.000	58.800	58.800					

24 HOURS

1	Peter Gibson	QLD	M50	97.600	162.489	12:27:36	23:52:37
2	Colin Colquhoun	QLD	M50	78.800	124.601	16:03:51	
3	Irene Linning	QLD	W30	63.600	106.401	22:24:36	
4	Faith Anderson	QLD	W50	59.200	100.002	23:59:52	
5	David Holleran	QLD	M45	59.200	94.406		
RET	Brian Evans	QLD	M60	75.600	75.600		

NOTES

Carol Baird - W55 Australian records for 50 miles, 100 kms, 100 miles & 200 kms and 12 hrs & 48 hrs plus World W55 records for 12 hours and 100 miles (subject to ratification).

* Fred Brooks - M70 Australian record for 100 miles (subject to ratification) plus various World age group walking records.

100 miles splits were all to the next complete lap (except for Fred Brooks)

12 hours splits were all to the end of the previous lap

W = walker R = retired

Race Report - by Ian Cornelius

The Gold Coast 48 hours and 24 hours track races were conducted on 12- 14 August 2005 at the Sports Super Centre. The 48 hours race is the National championship.

48 hours

Because of delays occasioned by timing setup and media obligations, the race commenced 32 minutes late at 0932 on the Friday. Contrary to the weather forecast, the temperature was unusually cold with some cloud cover which kept the temperature low all day. Late in the day it commenced raining and rained all night eventually ceasing around 0900 on Saturday morning. We were to find out later that the Friday had the lowest

temperature on record for the region. The atrocious conditions took their toll physically and obviously affected morale and, in turn, performances. The cold conditions remained throughout the Saturday, eventually clearing to a fine mild day towards race finish on the Sunday morning.

Local runner Sean Swain, who did so well in the 24 hours section last year, was the early leader going through the 12 hours mark with a distance of 111.200 closely followed by Germany's Thomas Wenning with 110.800, with Carol Baird on 108.800 and Tony Collins 104.400.

Sean went off the track a little after midnight suffering extreme knee soreness. He did not recover and did not return to the track.

At the 100 miles mark (402.5 laps) Carol Baird led with a time of 18:50:19 from Thomas Wenning on 18:56:30 and Tony Collins on 20:46:27. Incidentally, Carol's 100 mile time was a W55 Australian and World record. By the 24 hour mark, a great battle was developing with 4 times winner Tony Collins on 459 laps (183.600 km), closely followed by female 24 hour champion and W55 World record holder Carol Baird with 457, and Thomas Wenning on 456 laps.

However, Thomas did little running from that point forward, walking much of the remainder of the race. At the 200 km mark, Tony led with 26:42:49 from Carol on 27:03:43 and Thomas 3 1/2 hours adrift on 30:35:42.

The race was virtually determined from that point forward with Tony taking out the race with 314.079 km, just short of his race PB of 315.773 km achieved in 2004. He now becomes a 5 times champion of this event. Carol finished with 298.089 km, agonisingly short of the 300 km mark.

Carol broke the National 50 miles, 100 km, 100 miles, 200 km and 12 hours and 48 hours records for the W55 age group. Her 12 hour mark of 108.800 broke the previous W55 World record of 103.365 and her time of 18:50:19 for 100 miles broke the previous World record of 20:54:24. Her performance was all the more meritorious as it was the fourth best 48 hour performance achieved by an Australian woman.

Solid performances were achieved by Colac's John Timms, a veteran of 12 Colac 6 - day races, who finished with 251.601 km and Brisbane's Peter Anderson who finished with 230.880 km.

24 hours

In the 24 hours race, local ultra runner Peter Gibson took an early lead and was never headed with 162.489 km, followed by another local runner Colin Colquhoun with 124.601 km. Evergreen Brian Evans was competitive for the first half of the race before he was forced to retire with a recurring hamstring problem. Irene Linning put up a very solid first time performance with 106.401 km. Irene had not even run a marathon previously and is to be highly commended for her effort.

Golden Boot Award

The Golden boot award this year was awarded to 71 year old Fred Brooks. Fred's wife Lil has been ill for some time and it is a great credit to Fred that he was able to train and to take part in the event. Fred elected to walk the whole way and went through the 24 hours mark with 151.600 km (4th at that stage) reaching the 100 miles mark in 25:37:16, breaking Cliff Young's 1995 mark of 30:49:10. Fred also broke several National and World walking records. He was well on track to break the 200 km and 48 hour

records but suffered a fall at 176.000 km at which time he withdrew from the race.

Electronic timing

This system of timing is normally used for marathons, fun runs and triathlons. It has been used in this event since its inception in 2003 and this race is the only track race in Australia which relies totally on automated timing. The system used this year was a new system from the last two years and required some programming changes. Some flaws occurred with the chips and some problems were encountered with data downloads. However, these now appear to be satisfactorily sorted and we are confident that it will work flawlessly next year with distances being available each hour or more frequently upon request.

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

for their patience during this developmental period.

Provision of hot food

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

The date for the Gold Coast 24-48 hours track race in 2006 is tentatively set for 11-13 August but please check nearer the date of the event.

Congratulations to all competitors on their achievement.

Ian Cornelius
Race Organiser &
President Australian Ultra Runners

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



Photo above: 48 hour start

12 Foot Track 90km Fat Ass Run

13-8-2005 - A double crossing of the famed Six Foot Track Marathon course

RESULTS

1. Phil Murphy	11:26
2. Sean Greenhill	12:15
3. Jan Herrmann	13:35
4. Tim Turner	14:27
4. Andrew Hewat	14:27
6. Ken Smith	19:02
Mystery Woman	???
Kevin Tiller	77km



Nervous looking starters

12 FOOT TRACK, (or A Crow Stole My Rock Cake!) AUGUST 13, 2005

by Andrew Hewat

When people ask me why I run ultras, I now have an answer: the 12 Foot Track. They still won't make any sense of that but nothing you say can ever adequately explain why we run these distances. But for me, the 12 Foot Track Fat Ass Run truly epitomises all things that make trail ultras so great.

The 6 Foot Track Marathon is run annually in March from the Explorer's Tree in Katoomba to the Jenolan Caves, retracing the path across the Blue Mountains followed by Wentworth, Blaxland and Lawson in the early 1800's. Many hundreds turn out each year to complete the testing 45km trail run. It seemed inevitable given how ultra runners think (and that's not always rational!), eventually someone would want to turn around at the caves and just run back. And yet, up until this year there were only 15 finishers of the 90km round trip ultramarathon, testament to the toughness and cult nature of the run.

So, I've got two versions: the short and the long. The short: I had a ball. There was a good mix of hard hills, technical trail, wide open fire-trail, single-track, river crossings, wildlife, spectacular views, water points, toilet stops, shops at the half way and

long enough to require some night running. It was tough, not bludgeoning tough, but tough enough that you had a significant sense of achievement on completion. And we had snow. How magic was that? And then there's the long...

I have never run the 6 Foot Track Marathon. I have a slight aversion to crowds and the proximity to the AURA Maroondah Dam 50 in previous years gave me an excuse not to make the pilgrimage. But I still wanted to see what the attraction was. If I was going to go all the way up there for a run it might as well be a decent one. My preparation for the Glasshouse 100 miler required a solid trail run in August. The deal was done; I would do the 12 Foot Track.

Logistics suggested it would be easier with a car so my wife, Wendy, came with me and we stayed way out west with a friend. We did a reconnaissance run up to Katoomba on the Friday to check the start location and despite the blue sky, the wind was bitter and cut right through us. Next morning, after a 4 am rise and the regular pre-race rituals, we drove the 1:20 hrs to the top of the Blue Mountains. Wendy dropped me off in the early predawn light and picked me up 14 and a half hours later. As she was driving up to the Explorer's Tree at 10 o'clock that night she warned her friend that I would be "wired and ravenous". She was right on both counts.

Wow, what a day! We were first to the car park at around 6:20am and soon the cars were rolling in. It was cold. Bone chilling cold. There had been heavy snowfalls through the week and the cold air still hung heavily over the mountains. One of the mountain bikers mistakenly thought my feet had frostbite but it was just my flesh coloured toe socks in my sandals. Similarly, Ken Smith's tan coloured tights gave the appearance that he had some exotic skin disorder. After the traditional pre run breakfast laid out by Ross and Jill, layers were tentatively shed and runners emerged for the ceremonial Explorer's Tree photos. You could feel the expectation in the air.

I didn't see the mountain bikers leave. Strangely, I never saw them all day. If it wasn't for their tyre tracks they might never have been out there. Similarly, a mysterious woman who had turned up to run, disappeared with an early start and I never saw her again. While we waited for Sean Greenhill to arrive, she asked to start on time at 7 am, trying to minimise the likely time she would be out in the dark. After reassuring Kevin Tiller (the run organiser) that she had completed a sub 24 hour 100 miler on the track, she slipped away unobtrusively.

That left seven of us intent on going the distance. We loaded our packs into Scott Holz's boot to be dropped at Megalong Valley and the rest of our supplies into Sean's mum, Gayle's car, for the Black Range Camping Ground drop. We were off at 7:30 am, quickly settling into two groups: Phil Murphy, Sean Greenhill and Jan Hermann out in front; Kevin Tiller, Ken Smith, Tim Turner and myself cruising behind. Being the only one in the group to be new to the track I was more than happy to settle with the pack. I had no expectations for the day. This was primarily to be a training run. Ken was looking to better his last year's effort of 19 hours. Tim and I decided

a sub 14 based on 6 hours out and 8 hours back would be good. Kev seemed to be happy to be out there and I think any kind of finish was foremost in his mind. We dodged a bobcat doing trail maintenance then descended the steep stairs single-file. My first thoughts were that we were going to have to get back up them in the dark that night after 89 km! This was going to be a long day. We were buoyed by the crisp mountain air, the clear blue sky, the jovial company and the fact that we were out in the bush doing what we love best: running trail ultras.

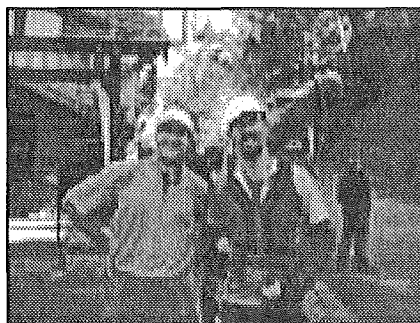
The trail follows the creek along some picturesque single-track. It was breathlessly cold down in the valley but we were warming up. We passed through Nellies Glen and the track opened onto a broad fire-trail. Here we ran abreast chatting away the kms. It's amazing how easy things flow early in a run when you're in good company. This euphoria and absence of attention to landmarks served to produce uncertainty when we were running the reverse in the dark that night.

Kevin and Ken gradually fell back and Tim and I fell into pace, as was the pattern for the day. In what seemed like no time we burst from the trees onto Megalong Valley Road. Ross and Jill had set up an aid table and Scott was there with all our gear. Such service on a Fat Ass run. Kev and Ken caught up and Kev showed us the famous hollow in the tree where we all stashed food for the return trip. How cool was this? Loaded up and refuelled we headed off, joined by Ross, who was coming for a run. How could he resist?

Before long we were climbing styes over fences and crossing frost covered pastures. The little red symbols of a bushwalker on a post were frequent and reassuring. Cresting a hill Kev detoured off track to show us a memorial plaque on a tree. (A past 6 Foot runner, his name escapes me after the long day, no disrespect intended, the plaque marking the site of his ashes.) Without even knowing the bloke I respected this choice of resting site high over the valley. Back on the trail we soon strung out and settled into our own pace, Tim and I again pulling

away from the others. The running was good. The sun was warming us despite the puddles still being frozen. I was soaking it all up. After some rough single-track we found ourselves descending into the Cox River Valley.

I'm not one for keeping splits but after picking our way across the river we spotted Sean refilling at the water tank. We must be doing OK. Sean took off, looking over his shoulder. I removed my thermal top and gloves. We refilled our bottles from the water tank. Kev joined us again, mixed some brews, and we started the climb up out of the valley. The rolling hills that formed Mini Mini Saddle had us climbing and before I knew it we were on the real climb up the Pluviometer. After all the horror stories I was surprised at how quickly we topped out. There was endless blue sky and



Jan and Sean at the Caves House turnaround

rolling views over the Blue Mountains in all directions. We were making good progress.

Along the Black Range Road the running was easy. We started seeing snow sprinkled in the shade. Ice was thick in the puddles, fractured here and there by bike tracks. The further we went the thicker the snow coverage. We were getting hungry and looking forward to our drop bags. The trail opened up and we were at the camping ground. There were no cars, just a bag hanging from the sign. "Where's our stuff?" Tim spotted a crow pecking at something. It was his rock cake! "Hey, he's eating my rock cake!" He started chasing the crow, which proceeded to hop away. As Tim lunged, the crow hopped, rock cake in its beak. Laugh? I cacked myself. Across the road, the crow flapped, weighed down by its bounty. Tim was relentless, cursing and swearing. The crow

coughed up and Tim brushed off his prize and started on what was left! I was bent over double in stitches. He was muttering about crow diseases while I wiped the tears from my eyes. We worked out that the rest of our supplies must be still in Gayle's car. We found out soon after that she had gone ahead to order hot chips at Caves. I still laugh when I see a crow.

We refilled from the tank and were off. After crossing Caves Road the track undulates parallel to the road through the bush. The kangaroos showed no fear as we passed. We met Spud and stopped to chat. Such is the camaraderie on these runs. He told us the mystery woman was just in front of us and that the car with all our stuff was at Caves. I pulled away from Tim on the plummeting run down into Caves. "Want me to get you anything?" I yelled back. "Just sort the beer," I thought he said. "You want a beer?" "No, sort the GEAR!" Oh. What a bone jarring, quad-quivering descent. I flew past Sean before I knew it but stopped near the bottom when I met Jan. He told me the car had left but they would leave our gear at the Black Range campground. Still no mystery woman.

I hit the car park at Jenolan Caves at 6:01 for the half way split. There were tourists everywhere. It felt a little weird. I went straight to the toilet and when I came out Tim was sorting through his camelback. I bought a sandwich and coke and then followed him up the hill, regurgitating the coke. It is here that the work begins. Half down, half to go. Power walking up the steep path out of the Caves we threaded past more tourists. Tim was sucking in the big ones but couldn't show it as a small boy paced him up the hill. Eventually, we were back in the bush. Ken appeared on his out bound leg. He told us Kev had planted his torch at Pluvi to guarantee his return. When we finally saw Kev coming towards us he wasn't moving all that well, but his spirits were high. Tim questioned his intent but he still seemed upbeat. After we left I thought I should have offered my spare torch as by now he had little hope of getting back to Pluvi in the light. We also ran into the mystery woman's partner at Caves Road. She was now behind us and still going!

We were pleased to see Tim's wife, Tanya back at the campground. She had all our gear and we feasted and loaded up. The crows looked on with envy! It was getting cold again. We pushed solidly along the Black Range with the odd walk break. I was really enjoying this. Pluvi came up out of no-where and I went with gravity, pulling ahead. I was thinking that the Cox was at the bottom and I would stop there and add layers and don headlamp. I forgot about the hills of Mini Mini Saddle. I waited for Tim and we climbed yet again. It's amazing how details escape you but I remember pausing to soak up the vista of the distant escarpment bathed in the fading light. Some roos were grazing nearby and I said to Tim: "how good is this?"

Lights on and we were soon separated by gravity again as we descended towards the Cox. Stretching out down a hill I nearly ran straight into a cow. Talk about freak me out! But I think I

freaked it out more so it decided to chase Tim down the hill in revenge. At the Cox River some campers watched on as I refuelled and added thermals. Tim caught up again sans cow and we headed across the river, laughing at how Kev had one year ended up back on the same side as he had started from. And then we were somewhere out in the middle disoriented and not sure which way was forward! Eventually across, despite Tim's best effort to fall in (with suitable encouragement from me) and we headed up the wrong track. We backtracked and were soon climbing out of the valley. Out of the darkness the mystery woman's partner came walking towards us without a torch! He was planning to wait for her at the Cox crossing. We were bewildered as to how he had come so far in the dark.

We continued to mix walking and running until in no time we were back at Megalong Valley Road. We raided

the supply tree. An orange had never tasted so good. We plunged back onto the trail, boosted by the fact we only had 8 km to go. My ITB had been niggling for some time and I was genuinely looking forward to starting the climb to ease the pain. Several times I questioned Tim as to which road we should be on. My doubt infected him until we resolved to just follow the main road. This worked well and the fire-trail tapered back into single-track and we were at Nellies Glen. We climbed to the base of the stairs and up we went. I felt good and chugged ahead, Tim working a little harder. Water dripped off the cliff and our breath caused clouds of steam in our torchlights. We ran the short section back to the car park and stopped our watches at 10:27 hrs, euphoric in our achievement. Wendy had arrived 5 minutes earlier and timed the pick-up to perfection. Wow, what a run, made all the more memorable for having been able to share it with a kindred spirit.

Australians at the Comrades Marathon 89km- South Africa 16-6-2005

Runner	Club	Umlaas	Halfway	Cowies	Mayville	Finish Time	Finish Position
Tim Andrews (55006)	AUSTRAL	01:56:48	04:21:19	07:27:24	08:55:44	09:54:18	4857
Graham Bliss (55145)	AUSTRAL	02:15:52	05:06:03	08:14:54	09:32:36	10:36:21	6936
Josephine Brown (52104)	AUSTRAL						()
John Davies (9123)	AUSTRAL	02:08:26	04:32:07	07:36:15	08:53:29	09:48:34	4581
Deirdre Duncan (16808)	AUSTRAL	02:13:36	05:06:46	08:55:54	10:31:24	11:41:26	10454 (1744)
Elizabeth Edmonds (54679)	AUSTRAL	02:07:25	04:29:06	07:13:11	08:11:31	08:54:00	2716 (197)
Stan Fetting (9810)	AUSTRAL	01:43:38	03:48:36	06:16:12	07:16:18	07:55:59	1033
Andrew Herman (55409)	AUSTRAL	02:30:25	05:51:31				
Stephany Howard (23868)	AUSTRAL	02:15:02	04:54:43	08:19:27	09:33:13	10:22:36	6169 (798)
Mary Jackson (55020)	AUSTRAL	02:21:57	05:09:45	08:14:55	09:32:36	10:36:21	6935 (970)
Felicity Joyce (54995)	AUSTRAL	02:19:33	05:06:25	08:08:44	09:22:45	10:11:33	5574 (696)
James Matthews (4371)	AUSTRAL	02:15:52	04:50:50	07:42:02	08:46:48	09:28:45	3853
Pierre Nebbe (12058)	AUSTRAL	01:41:45	04:24:11				
Alan Nel (2900)	AUSTRAL	01:46:52	04:04:21	07:05:07	08:16:41	09:08:03	3222
David Ottrey (54905)	AUSTRAL	02:33:27	05:27:48	09:02:11	10:28:15	11:35:45	10133
Gary Pickering (52154)	AUSTRAL	01:54:31	04:12:36	07:03:10	08:06:22	08:44:17	2252
Glenn Prentice (34441)	AUSTRAL	02:01:18	04:34:15	07:51:37	09:05:54	09:53:47	4836
Geoff Reynolds (9121)	AUSTRAL	01:55:47	04:10:20	06:46:42	07:49:01	08:32:40	1859
Douglas Stokes (55016)	AUSTRAL	02:10:37	04:48:08	07:57:47	09:09:31	09:59:43	5124
Harry Tarentaal (5370)	AUSTRAL						
Denis Taylor (55059)	AUSTRAL	02:18:03	04:50:50	08:24:09	09:49:30	10:44:39	7588
Glenda Taylor (55060)	AUSTRAL	02:28:47	05:46:11	09:28:43	10:50:58	11:47:50	10906 (1847)
Julia Thorn (54701)	AUSTRAL	02:06:12	04:42:58	07:39:25	08:43:42	09:27:11	3790 (340)
Patrick Wadwell (55149)	AUSTRAL	02:15:02	05:00:11	08:24:43	09:49:09	10:43:02	7448
Jon Whelan (18173)	AUSTRAL	02:02:29	04:16:53	07:03:26	08:21:38	09:15:16	3401
Pamela Williams (54681)	AUSTRAL	02:18:53	05:07:37	08:30:10	09:47:15	10:44:52	7608 (1120)
Larry Williamson (19173)	AUSTRAL	02:14:52	05:23:27	09:17:31	10:49:00	11:52:07	11280
Nick Zafer (55312)	AUSTRAL	02:18:51	05:26:39	09:12:48	10:39:07	11:40:19	10371
Joanne Kriel (24791)	Rainer	02:17:00	05:03:02	08:22:03	09:41:15	10:29:42	6589 (896)
Roger Casey (54680)	SYDSTRI	02:07:27	04:29:07	07:13:11	08:11:32	08:54:00	2715
Mervyn Cohen (6222)	SYDSTRI	02:15:19	05:00:46	08:28:58	09:50:47	10:43:58	7524
Brendan Mason (54878)	SYDSTRI	02:06:39	04:44:52	08:27:04	09:47:03	10:45:14	7646

Glasshouse 100

September 10-11 - RESULTS

Event	Place	Time	Name	Age	Sex	Event	Place	Time	Name	Age	Sex
100km1	9:57:21	SHAUN COOPER		M		160	11	26:39:42	ANDREW HEWAT	42	M
100	2	13:13:23	GEOFF LAST	54	M	160	12	27:24:51	LOUIS COMMINS	56	M
100	3	13:32:16	SIMON THOMPSON		M	160	13	28:16:14	JOE RAFTERY	44	M
100	4	15:41:51	LINDSAY PHILLIPS	39	M	160	14	28:28:01	SEAN GREENHILL	27	M
100	5	15:59:52	RODNEY LADYMAN	48	M	160	15	28:48:40	RICHARD MCCORMICK	38	M
100	6	17:12:36	STEVE APPLEBY	52	M	160	16	29:36:09	JOHN LINDSAY	57	M
100	7	17:22:44	EERO PERIAHO	50	M	50km 1	4:36:52	ADRIAN PIERCE		M	
100	8	18:33:34	CAROL LA PLANT		F	50	2	4:37:39	DOMINIC BROWN	28	M
100	9	18:56:30	NICK BARCLAY	30	M	50	3	4:49:27	ROLF KUELSEN	44	M
100	10	19:27:27	GEOFFREY WILLIAMS	54	M	50	4	5:18:48	TAMSIN BARNES	36	F
100	11	20:15:21	KERRIE HALL		F	50	5	5:30:55	ARNSTEIN PRYTZ	45	M
100	12	20:31:00	BILL THOMPSON	62	M	50	6	5:43:41	PHILIP LAWRENCE	59	M
160km1	18:17:09	DAVID WAUGH	33	M	50	7	5:43:42	STEPHEN BLAKE	37	M	
160	2	19:37:52	IAN WRIGHT	50	M	50	8	5:53:47	PETER EDMISTON		M
160	3	21:43:45	PHILIP MURPHY	36	M	50	9	5:55:27	MAUREEN OLOUGHLIN	53	F
160	4	23:33:00	PAUL HEWITSON	42	M	50	10	6:11:57	PETER DAVIES	52	M
160	5	23:39:03	ROGER GUARD	58	M	50	11	6:16:40	PETER ANDERSON	59	M
160	6	25:30:51	ROBERT WARE	32	M	50	12	6:27:36	ANDY COX		M
160	7	25:54:09	PAUL EVERY	41	M	50	13	6:48:02	TAMYKA BELL	24	F
160	8	26:25:03	BRENDAN MASON	43	M	50	14	8:56:59	JESSICA SAVAGE	24	F
160	9	26:28:50	NIC MOLONEY	27	M						
160	10	26:31:14	KELVIN MARSHALL	41	M						

Glasshouse Mountains 100 mile trail race *By Tim Turner*

In January this year I set my goal at finishing the Glasshouse 100. Sadly that did not happen even with the training and the best intentions. Needless to say I have done a bit of soul searching on why. Denial is a wonderful thing unless you want to run a 100 miles and that covers such things called the goat track and the power lines. Now thinking back I had been pretending I did not have a problem knee since the Gold Coast Marathon. So I have some work to do and some time to get it all sorted and be back to finish next year.

Although I pulled out I still got to travel with David McKinnon and watch nearly the entire race. I am in awe that I got the honour to hang out with guys that are just so bloody amazing! To

watch people push themselves on hour after hour for almost 30 hours, their bodies screaming to stop and rest but their minds just not quitting is all quite humbling. At checkpoints, I saw runner after runner come out of the darkness, slump in a chair, eat, fill their water bottles and then somehow get up and head off back into the darkness. Then to stand at the finish line and see them triumphantly cross that line surrounded by their family, crew and friends was very emotional.

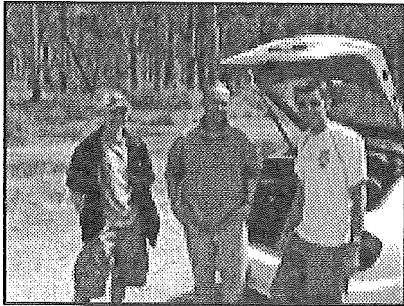
Man, it was a lifetime all rolled up into one weekend and what a great lifetime it was! For me, even with the disappointment of not finishing, I had the time of my life. Hanging out with Philip Murphy, Andrew Hewat

and David McKinnon was a blast [even after they bagged me relentlessly on Sunday night with their medals and finishing times.]

I would like to thank all the guys that worked so hard to make this race happen and all those wonderful people who stayed out there on the track all day and night helping us in our journey. Also thanks to David McKinnon for being a great crew.

Just before Philip, Andrew and I left the Glasshouse Mountains for our flights home we went to the Lookout and scanned the country we had run over. Before the race it was just great views but now it is part of our soul.

Crewing at the Glasshouse 100 miler *By David McKinnon*



*Andrew Hewatt, Tim Turner &
Phillip Murphy*

What a weekend! What I thought would involve lots of sitting around waiting (and a little bit of sleep) turned into a very busy, though rewarding 2-3 days. I was crewing for Tim Turner and Andrew Hewatt as well as (by virtue of being the only non-competing doctor present) providing some medical advice on request.

I must start by saying that crewing for Andrew and Tim was an absolute pleasure. I have never seen so many smiles (and so few expletives) at checkpoints. Although initially thinking that passing on this information to my partner and regular crewie (Ruth) was a good idea, now I think differently. I'm sure she will refuse to crew for me in future in preference to these two gents.

Crewing, although tiring, gave a fantastic sense of achievement as well as an interesting and completely different view of the race. I can see now why those fantastic checkpoint helpers come back year after year (....Well, sort of). I'll let the boys tell their own story but obviously it's a shame that both couldn't finish. It was pleasing that the 3rd of the "Room 1 Holiday Village" group, Phil Murphy placed third (or 'turd') as it is pronounced.

Obviously David and Ian's runs were a highlight - being the 2nd and 3rd people ever to go under 20 hours. I saw David pass through CP1 on his way home (4.2km to go) and he seriously looked like he'd just returned from a morning walk to get the paper at the shop. He was only proved to be human when Adam Barron punched him in the thigh the next morning and he winced. At the time it reminded me of the saying "If it bleeds we can kill it" (from the movie Predator). Five finished under 24 hours and seeing 16/24 100 mile starters finish was fantastic.

The foremost thing I will always remember from this event was witnessing the extreme physical and emotional pain these guys and gals go through. It is, in a lot of ways,

much harder to see fellow runners and friends go through such pain than do it yourself. Seeing Paul Every, Rodney Ladyman, Paul Hewitson and Adam Barron at their 'low' stages brought back baaaaaaaad memories of my 2002 DNF and 2003 finish and vowed me never to return to the 100 mile start line. Paul Every, in particular, was very unwell - he was several kgs light and had severe nausea and cramps as a result. Many wanted him to pull the pin at CP2. His subsequent finish 10 hours later amazed us all; even considering we knew this was a guy who runs Half Ironmans the morning after a 150mile C2K ultramarathon finish. Although his finish was inspiring to say the least, it's hard to know how to view his continuation in such an unwell state. A less hardened competitor (which includes pretty much everyone on this planet) probably would never have gotten up, but may have continued and collapsed 100m down the road; or even collapsed half way down hamburger hill (our concern). I guess in the end if we wanted to be completely safe they'd never let any of us start the 100 miler in the first place; and we'd see the 12km runners equipped with sat phone/epirb and emitting gps locator device (at \$1000 per entry). But it does highlight a potential problem with the 'runner initiated checks'.

I was expecting the extra 20km to the traditional 50mile/80km event to add significantly to finishing times but it seemed to be in an almost exponential sense. Only the first placed finisher finished in daylight hours and one competitor (Lindsay) needed to be walked through to the finish by Andrew and Nic Moloney because he didn't carry a light at all! There was discussion post race that ultra-running has received much good publicity recently via the coolrunning message board. However very few race reports are DNFs and even when there are they are presumably less often read. Inadvertently these races are 'romanticized' to a degree. I'd suggest anyone thinking of running these events to spend some time at a checkpoint next year and see 'the real dark side'!

Back issues of Ultramag required

Thanks to Geoff Duffell for supplying me with most of the Ultramags missing from my collection. The only ones now missing are:

Vol 1 Nos 1, 2, 3 & 4 1986
Vol 2 Nos 1, 2, 3 & 4 1987
Vol 14 No 3 September 1999

These back issues are required for archival and research purposes.

Thanks in anticipation.....

Ian Cornelius
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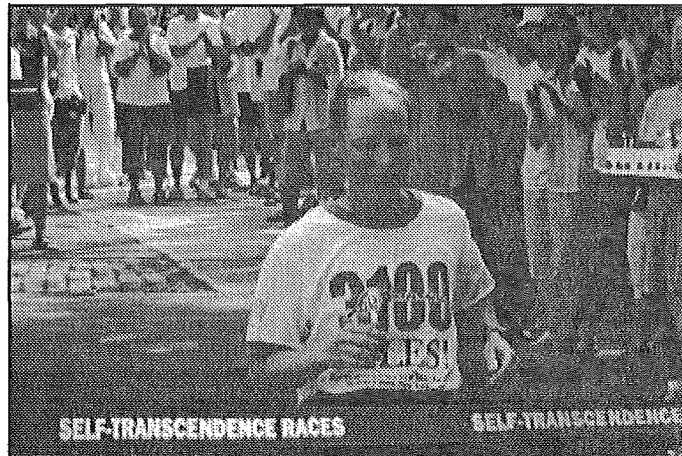
Self Transcendence 3,100 Mile Run

June 12 to August 13, 2005 - New York

Results

1. Srdjan Stojanovich	46 Days	10:51:16
2. Asprihanal Aalto	49 Days	10:28:49
3. Smarana Puntigam	50 Days	06:03:44
4. Rainald Pobitzer	50 Days	14:34:55
5. Tsvetan Tsekov	51 Days	16:55:47
6. Pranab Vladovic	54 Days	05:37:55
7. Stutisheel Lebedyev	54 Days	07:15:40
8. Trishul Cherns	54 Days	16:17:28
9. Rathin Boulton [AUSTRALIA]	56 Days	11:13:43
10. Abichal Watkins	57 Days	12:52:21
11. Robert Zuscin	58 Days	11:44:29
12. Martin Milovnik	59 Days	12:20:48
13. Suprabha Beckjord [F]	63 Days	04:23:28

10 time finisher Suprabha Beckjord



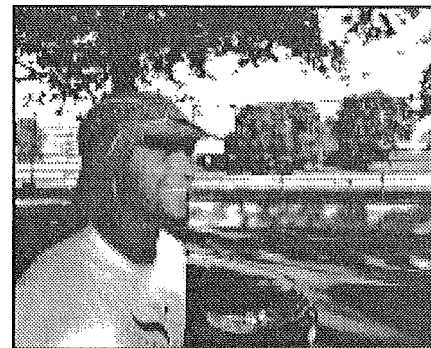
The Longest Race

The Sri Chinmoy Marathon Team is proud to offer the Ninth Annual Self-Transcendence 3,100 Mile Race. In this grand test of endurance and survival, a small group of athletes attempt to negotiate 5649 laps of a .5488 of a mile course (883 meters) in the time-span of 51 days- an amazing challenge. This is the longest certified footrace in the world; runners must average 60.7 miles per day to finish within the 51-day limit. The serious athlete must have tremendous courage, physical stamina, concentration and the capacity to endure fatigue, boredom and minor injuries. The predecessor of this very race was the 2700 Mile Race (held in 1996), in which five intrepid runners finished the distance

well within the 47-day time limit. In 1997, Sri Chinmoy, race founder, upped the distance to 3100 miles. Two runners finished the inaugural 3100 Mile race in less than 51 days, showing that athletes indeed believed in self-transcendence. Last year nine finished 3100 miles out of 12 starters!

Suprabha Beckjord completed 3100 miles for the ninth straight time in 63 days+04:23:28, an unprecedented feat. Suprabha has now run 30,608.77 miles on the concrete course that has been her summer refuge for one 2700 mile race and nine 3100 mile races the past ten years. She had to weather high temps and humidity the last several days in order to get to the

line, where she was greeted by hundreds of friends and well-wishers as well as race founder Sri Chinmoy. Surrounded by bouquets of flowers, she posed with the other finishers who totalled thirteen this year, another record.



Canberra's Rathin Boulton

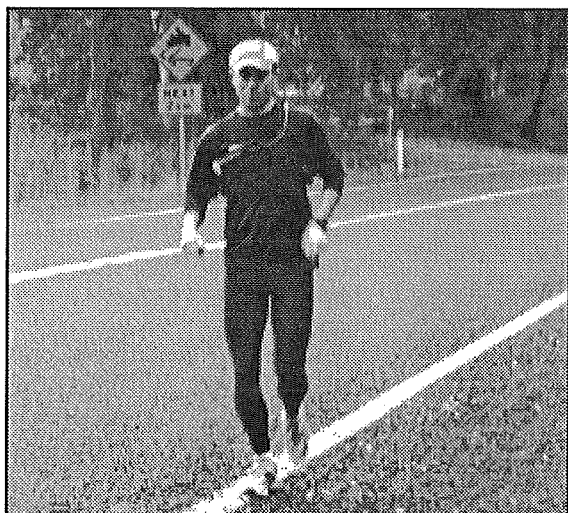
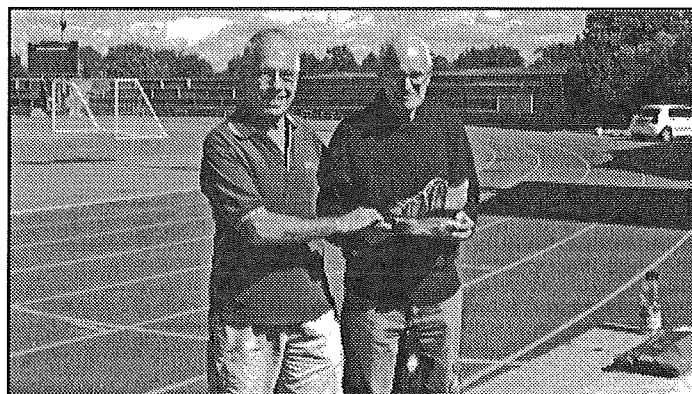


Photo left from Poor Man's Comrades 96km
- 2nd place Chris Graham

below: From Gold Coast 100 - Ian Cornelius presents the
Golden Boot award to Fred Brooks



Laugavegurinn Ultra 55km

Iceland 16-7-2005

Nr.	Run time	Name							
1	04:44:36	Andrew Shaw	44	06:50:12	Grímur Hergeirsson	88	07:34:01	Jón Sigurðsson	
2	04:55:27	Steinar Jens Friðgeirsson	45	06:50:42	Geir Atli Zoéga	89	07:34:04	Tony Brathwaite	
3	05:00:23	Alex Kahl	46	06:51:30	Elín Ruth Reed	90	07:36:25	Hubertus Richter	
4	05:17:38	Guðmann Elísson	47	06:51:30	Pétur Ingi Frantzson	91	07:41:40	Josef Domes	
5	05:30:10	Gauti Höskuldsson	48	06:54:50	Pétur Blöndal	92	07:41:40	Marianne Domes	
6	05:35:24	Baldur Úlfar Haraldsson	49	06:55:19	Halldór Guðmundsson	93	07:41:57	Richard Oliver-bellasis	
7	05:37:17	Frank Tschöpe	50	06:55:25	Birgir Þórðarson	94	07:42:11	Elizabeth Leonardis	
8	05:41:29	Stefán Viðar Sigtryggsson	51	06:55:48	Eva Margrét Einarasdóttir	95	07:44:19	Kazuo Isomura	
9	05:41:48	Þórður Guðni Sigurvinsson	52	06:55:49	Þórólfur Ingi Þórsson	96	07:47:01	Páll Gestsson	
10	05:42:46	Grímur Eggert Ólafsson	53	06:56:03	Christoph Weigl	97	07:48:04	Pétur Valdimarsson	
11	05:51:14	Sigurður Þórarinnsson	54	06:56:03	Christoph Weigl	98	07:48:59	Ólafur Björnsson	
12	05:51:20	Salamin Michel	55	06:56:20	Eiður Sigmar Aðalgeirsson	99	07:49:14	Gottskálk Friðgeirsson	
13	05:57:22	Börkur Ámason	56	06:57:03	Guðbjörg Margrét Björnsdóttir	100	07:49:19	Jack Devine	
14	06:00:44	Jackie Bale	57	07:01:29	Richard Marson AUS	101	07:50:31	Lilja Björk Ólafsdóttir	
15	06:02:27	David Mcconkey	58	07:02:09	Stígur Stefánsson	102	07:50:49	Kristinn Garðarsson	
16	06:05:49	Katrín Þórarinsdóttir	59	07:02:53	Gunnar Stefán Richter	103	07:50:49	Sigrún Kristín Barkardóttir	
17	06:11:13	Sigurður Ingi Ragnarsson	60	07:02:58	Þórey Gylfadóttir	104	07:51:56	Urs Volken	
18	06:11:48	Karl Gísli Gíslason	61	07:03:00	Gunnlaugur A Júlíusson	105	07:51:56	Doris Zanoletti	
19	06:12:32	Rakel Ingólfssdóttir	62	07:03:15	Oddgeir Gylfason	106	07:54:31	Anne Kidman AUS	
20	06:12:33	Ívar Auðunn Adólfsson	63	07:09:13	Frjóðjón Bjarnason	107	07:55:07	Rolf Soldaat	
21	06:13:22	Ingólfur Örn Arnarsson	64	07:09:28	Sigurgeir Jónasir	108	07:58:40	Yassuo Kanai	
22	06:13:32	Kári Guðjón Hallgrímsson	65	07:09:28	Sif Jónsdóttir	109	08:00:46	Alfonso Rodriguez Cisneros	
23	06:14:37	Guðlaugur Stefán Egilsson	66	07:10:18	Kenji Hara	110	08:02:59	Örn Þorsteinsson	
24	06:15:57	Björg Árnadóttir	67	07:10:54	Ásgeir Baldur Böðvarsson	111	08:04:05	Josh Irvine	
25	06:18:10	Ágúst Hallvarðsson	68	07:10:54	Hrónn Bergþórsdóttir	112	08:05:29	Toshio Ohmor	
26	06:19:06	Brian Hamill	69	07:16:13	Þórir Dan Jónsson	113	08:05:41	Þorsteinn Ingi Magnússon	
27	06:20:09	Sigurður Hjalti Sigurðarson	70	07:20:11	Guðmundur Tryggvi Ólafsson	114	08:11:14	Haraldur Bjarnason	
28	06:25:37	Sigurbjörn Hjaltason	71	07:20:36	Garðar Þór Gíslason	115	08:16:52	Jóhanna Katrín Eggerisdóttir	
29	06:31:54	Jennifer Brooks	72	07:23:27	Auður Aðalsteinsdóttir	116	08:16:52	Valgerður Ólafsdóttir	
30	06:31:55	Jessica Tuttle	73	07:24:59	Sigríður E Sigmundsdóttir	117	08:29:30	Robert William John Ruffles	
31	06:31:55	Jessica Tuttle	74	07:24:59	Njörður Helgason	118	08:29:30	Sarah Haley	
32	06:31:59	Rick Ciolino	75	07:25:14	Margrét Jóhannesdóttir	119	08:31:24	Tony Britt	
33	06:33:00	Gunnar Páll Jóakimsson	76	07:26:50	Vilberg Jóhannesson	120	08:31:42	Steinunn Jónsdóttir	
34	06:35:18	Ævar Sveinsson	77	07:28:02	Helgi Kristinn Marvinsson	121	08:39:15	Wolfgang Pagel	
35	06:37:23	Sigurður Rúnar Sveinsson	78	07:29:21	Waelti Heinz	122	08:46:30	Bjarni Sigurðsson	
36	06:38:51	Sigurður Skarphéðinsson	79	07:29:45	Ásgeir Jónsson	123	08:54:25	Eyrún Baldvinsdóttir	
37	06:38:53	Þóra Jóhanna Hjaltadóttir	80	07:29:58	Mitsuo Kikuchi	124	08:54:47	Ernesto Luque-hudson	
38	06:39:26	Steven Seaton	81	07:31:09	Guðjón Ægir Sigurjónsson	125	08:55:28	Sigrún Konráðsdóttir	
39	06:39:26	Steven Seaton	82	07:31:13	Eiríkur Þór Jónsson	126	08:55:52	Kenji Shinoda	
40	06:44:23	Sigurður Ingvarsson	83	07:31:26	Árni Ámason	127	09:03:16	George C Wortley	
41	06:44:24	Haukur Elvar Hafsteinsson	84	07:31:39	Garðar Hilmarsson	128	09:29:58	Bryndís Svavarsdóttir	
42	06:47:40	Leifur Ottó Þórðarson	85	07:31:55	Olav Mølster	129	09:32:05	Masahiro Irisawa	
43	06:49:29	Svanhildur Þengilsdóttir	86	07:33:00	Jóna Björk Jónsdóttir	130	11:17:27	Heidrun Pagel	
			87	07:33:39	Edward Vincent				

Laugavegurinn 55km Ultra Marathon 16 July 2005. Iceland Report by Richard Marson

Having been unable to run for more than an hour at a time since leaving Oz 3 weeks previously, and suffering the effects of sharing air with France's 40 million smokers, my wife and daughter and I took our sleep-deprived selves to Iceland on the 3 hour flight, back across 2 more time zones. At midnight on my body clock I got to sleep, waking 5 and a half hours later to get a taxi to the bus departing for the start at 4:30 AM. It would have been broad daylight but for the overcast and drizzly skies,

which followed us for the next 3 and a half hours. I realised that in the rush I'd forgotten to pack my "breakfast", and had to rely on an "up and go" liquid breakfast and a packet of dried fruit and nuts which I bought at the halfway stop. So much for carbo loading. At 8 AM after driving through scenery which, whilst beautiful, turned out to be a mere prelude to what was to come, we arrived at Landmannalaugar's hot springs. The drizzle had stopped, the morning was cool (about 7 degrees C)

with a light breeze, perfect for running.

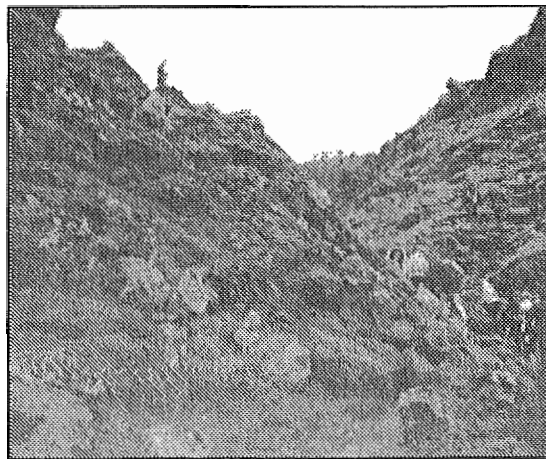
It was a case of Locals versus Tourists, the latter conspicuous by their tights, hats and multi layered tops. Curiously, though, nearly everyone wore gloves: I came to understand why. The locals complained of the unusually wet summer, and, luckily for me as it turned out, the previous winter had not seen as much snow in these highland parts as normal. Bumped into a woman from Alice Springs,

Anne, and met a bloke from Austria, Christoph, who ended up finishing close to me. At 9 AM we lined up under starters orders, the briefing in the main telling those who wanted to start out fast to get near the front, as the first part of the course offered precious little places to overtake. I looked at the steep little gully cut into the near cliff-face in front of me and could understand this, so I hung near the back of the pack. I had done my research and planned to walk the first 16 k or so of steep climbs as the track went up about 400m.

After a couple of K's I'd settled into a rhythm, even jogging some of the less steep bits. The radiant heat coming off some of the rocks close to the path made me take off my outer layer, gloves and beanie, although the clouds of sulphurous steam smelt a bit, becoming more of a worry later on. Fortunately, the barren landscape was so multi-coloured and extraordinary that it took my mind off the smell, and I began taking the first of about 30 photos on the disposable camera I'd slipped into one of the loops in my hydration belt. The first bit of dirty slushy snow at the bottom of a ravine also occasioned a photo - the novelty soon wore off, as there were dozens of these "quad killers", each between 10 and 50 metres of very steep descent and ascent, like, use your hands if you want to. A lot of fun was had by all crossing the ice patches, some of which were 30 or 40 metres across, and occurred on a slope of about 10-15 degrees. I quickly learned the technique of aiming at a point on the other side, or a patch of slush, taking a run at them and sort of hi speed shuffling across. I found out the usefulness of gloves: in addition to being a barrier between ones skin and the transparent wet turquoise ice, they also provide a little extra grip whilst sliding downhill...I also stopped chuckling at the runners who carried walking stocks! After this, a line of us were trudging single file through the mist (and now rain as well) up a snow field, the temperature dropping to about 3 degrees. Not for the last time did I wonder how the front runners did it, as not only was it much easier to use existing footsteps, but the guide poles were quite hard to see in the gloom.

The next few ravines were uneventful, apart from picking the "snow bridge" over some of the streams, usually revealed by a gaping hole in the snow showing the chilly water below. My feet were already wet and muddy, and I was appreciative that I had my knee high thermal socks on under my tights and had done some Kiama hill training in them sopping wet. The most memorable of the ravines during this early stage had an extremely steep snow slope on the exit (50-60 degree), only passable by traversing zigzag up it in the footsteps cut or worn there. Once again I thought of the front runners doing it tough.

I'd been steadily passing people since the start, and when after 12 k (1hr 25') the first drinks station (Hrafninnusker) came into view down a long downhill I got another surprise: bins for banana peel/drink



Just after the start

cups were at the station only, and Icelanders being justifiably proud of their clean country meant stopping and consuming the goodies there and then. After another few k of ups and downs the scenery changed as the track dropped down from the 1100 metre altitude and the ice patches, although for quite some time the Torfajokull Glacier loomed in the distance like Mt Franklin covered in snow. The white, black and grey gave way to brilliant moss-green and dramatic black of scree slopes on jagged hills and mountains of all shapes and sizes. Here and there in the distance were classic kettle lakes in the former glacial outwash plains, different in colour but just like Lake Pedder used to be. Some of the scenery on one particularly long,

steep and technical downhill was so breathtaking that I just stood and looked at it, trying to fix it in my memory as I knew that no photograph could do it justice. So what if people caught up with me? And my quads at least were grateful.

Down in the first of many long valleys was the inevitable stream, but this one was bigger and had a ladder crossing. Attempting my pathetic broken Icelandic I asked the guy dressed in waders helping us get our balance whether I could drink from it and he said no, I'd have to wait another 5 k. At one of the next ravines at the 2 and a half hour mark I was feeling the first twinges of fatigue and sure enough, a lapse of concentration saw me turn my right ankle. A wake up call for sure, as this doesn't often happen to me. I trod gingerly for a while, not a bad thing because the track got technical, being worn down into a 40 cm deep rut. Up ahead the 2 Icelandic guys I'd been hanging with since nearly the start, I called them I1 and I2 (Haukur Elvar Hafsteinsson), were slowly pulling away. I wasn't to see them till the next drinks station (Alftavatn) where they were leaving as I came in, having tried to take a photo of myself with the 30 k to Thorsmork sign in the background. There were no k markers. The weather then closed in, light rain driven by a cold head wind dropping the windchill on my saturated and heavy clothes to about zero. This 11 k leg had taken 1 hr 20', at least my pacing was consistent, but I realised my 6 hour target was looking overly optimistic.

Then it was into the first large-ish river crossing, typical glacial meltwater braided stream, shallow, fast flowing, gravel and rocks on the base, and several branches to cross. This one had a rope to hang onto. The sub-ten degree water numbed my tired calves and tender ankle within seconds, a nice relief, although it was odd running for the first couple of hundred metres after on what felt like blocks of wood. 3 locals passed me as I took a slightly longer exit track up out of the valley, I was to play tag with them for many kays. The next section seemed interminable, with the Blafjallakvisl river crossing which I reached 42 minutes later so wide

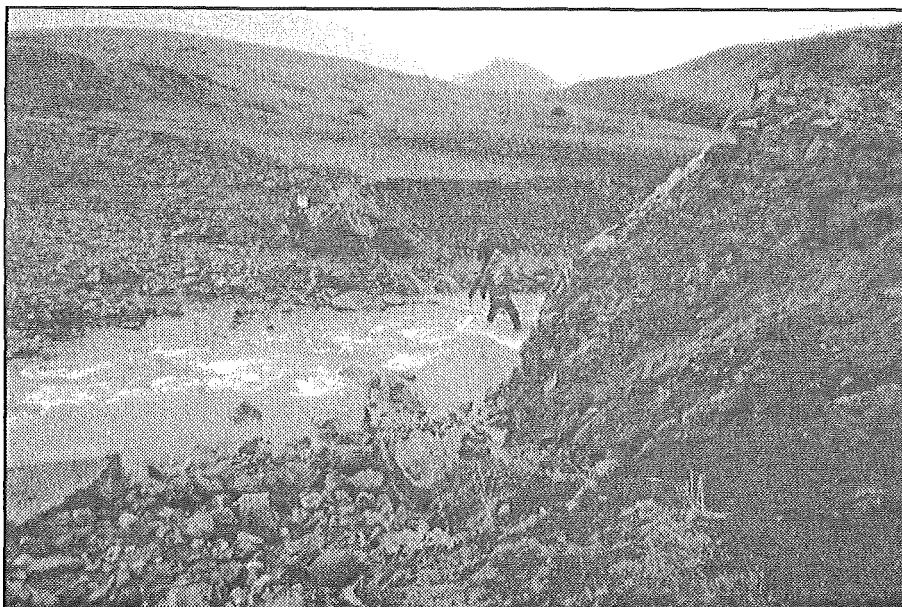
that the people assisting were wearing wetsuits. No rope this time, if you fell there wouldn't be much time before hypothermia set in, assuming they could retrieve you before you were swept away. It certainly sharpened the concentration, and I took masochistic pleasure in trudging past those stopped on the other side changing their socks and shoes. I didn't have this luxury, having arrived the day before too late to drop off this halfway change. I1 and I2 jogged past at about 5 minute k rate, telling me that there was now 16 k of fairly level going ahead. Pity about the soft sandy surface, the whole valley looked like where the Americans tested the moon landers. I could see I2 was flagging, and when I caught him again we had a good chat. Turned out his previous longest run had been a half marathon. The 3 locals went past me again, but I was gaining on another woman I hadn't seen since the first snowfield, she was still running very consistently. By this stage I was starting to feel very fatigued in the legs and arms, and one of my ankle gaiters had ridden up over the shoe so now my toes were churning into mush with the coarse black sand in there. Still, the Nike Motos were superbly comfortable and grippy, their big footprint helping me not sink too far into the sand, which luckily was partly compressed by the earlier rain.

After a further hour and 9 minutes after the big river the 3rd major drink

station was reached (Emstrur) after a long-ish steep descent on a road, roughly equivalent to Mt Ainslie. Lo and behold, this one had snicker bars! I ate mine too fast and felt nauseous for a while, but managed to keep it down. At least I wasn't feeling the after effects of the sulphur out gassing anymore, and the sky had cleared somewhat. More stunning scenery, more photos, and if it wasn't for the constant trickle of backpackers cheering us on I don't know if I could have made the next 2 hours or so. At some uphill bits I was having trouble lifting each leg, let alone pushing off to take the next step. Exciting things like full-on gorges with a rope to help descend rock ledges alongside whitewater rafting heaven also kept me motivated. Once again there were many technical patches, similar to 6 Foot Track along Megalong Valley where following close behind someone means risking not seeing foot-placings amongst the rocks. At this time a string of guys moving at around 5'30" rate went past, who upon seeing my "survival shuffle" offered me a painkiller, which I gratefully accepted. I have to say it did help, and I picked up the pace a bit until the next mini drink station where I declined the proffered painkillers and coke in favour of chocolate raisins. I was down to my last half bottle of diluted coke and magphos, wondering when the next station was. I was starting to stumble over the rocks by now, even the ones

that weren't loose and hiding below the sand, and my erstwhile ok downhill form had slumped to new lows as I did "Bill and Ben the Flowerpot Men" impersonations. I teamed up with another local having similar difficulties, although this was his fifth Laugavegurinn, but after a while left him behind until finally the last station appeared, where I filled up my tum and emptied my socks and shoes. I'd finished my gel and half my Endura energy bar, although the cramps were being held at bay. I now knew the finish was only 4 k away, over "the last hill", which turned out to be slippery clay. Once over this and across one more river, it was into the remnant forest of dwarf birch and more familiar muddy farm-vehicle rutted tracks and grass. I only had 15 minutes to make the 7 hours, and whilst I put the pedal down on the flats and downhills, overtaking a few people, I just could not maintain 5 minute pace up the rises. The finish line never seemed to materialise, finally coming into view I crossed it in 7 hours 1 minute and 29 seconds, brandishing my beanie with its Aussie flag and yelling "Aussie Aussie Aussie". It was a great feeling, that not even the cold shower afterwards could dampen (hey, just like 6 foot track race, it's a privilege of the back markers to have cold showers). I enjoyed 2 steak meals over the next few hours, waiting for the final runners to come in (up to 9 and a half hours in total), including a guy who took a pushbike) and the awards. I found out I'd come in 54th place overall, 24th in the M40-49 category, 2 of which, a Brit and an Icelander, had been first and second place in under 5 hours. The record of 4 hrs 39 minutes still stands, and that was by an American who apparently took heaps of photos on his winning run... Had a nice Viking beer with Christoph and a couple of Mexican guys, Ernesto and Alfonso.

The bus trip back was exciting, what with a flat tyre and a flooded river crossing being towed across by a truck. I finally returned to the hotel at midnight, some 21 hours after leaving it, still daylight, people still parting, like nothing had happened in the outside world.



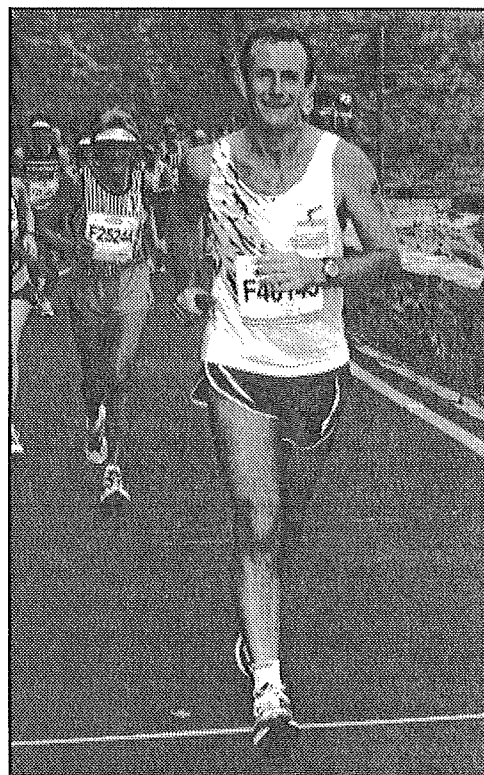
The River Crossing

56kms Two Oceans Marathon

Capetown, South Africa 26 March 2005

Australian Finishers

Name	Gender	15 km	28 km	42 km	Finish
<u>BRADLEY, TIMOTHY</u>	M	01:32:10	02:44:44	04:09:33	05:43:58
<u>CARLTON, GARY</u>	M	01:08:35	02:10:15	03:24:06	04:41:25
<u>ELTON, JANE</u>	F	01:39:56	03:07:56	04:48:52	06:30:08
<u>FRANKLIN, JAMES</u>	M	01:33:41	02:51:38	04:28:29	06:19:03
<u>GRIFFIN, DONALD</u>	M	01:28:27	02:41:14	04:13:47	06:07:18
<u>GRIFFIN, PATRICIA</u>	F	01:27:53	02:41:08	04:04:50	05:32:47
<u>MARSHALL, DAVE</u>	M	01:37:33	02:58:22	04:35:23	06:33:59
<u>PALMER, CHRIS</u>	M	01:22:11	02:28:13	03:44:06	05:13:19
<u>PATTINSON, CHRISTINE</u>	F	01:33:29	02:49:55	04:21:20	05:51:06
<u>PATTINSON, DON</u>	M	01:33:30	02:49:55	04:21:20	05:51:05
<u>REYNOLDS, GEOFF</u>	M	01:09:50	02:12:09	03:25:45	04:52:50
<u>ROUSH, PETER</u>	M	01:33:39	02:50:55	04:47:34	06:48:29
<u>WHAM, EVAN</u>	M	01:31:56	02:51:38	04:29:17	06:19:12
<u>WILKIN, MICHAEL</u>	M	01:38:44	03:00:06	04:33:10	06:14:13
<u>WOODS, CLIFTON</u>	M	01:20:08	02:30:46	03:58:18	05:31:15
<u>WOODS, JACQUELINE</u>	F	01:20:07	02:30:46	03:58:18	05:31:15



Don Pattinson

Running Reporter: Gary Carlton

Two Oceans Marathon is run every year in Capetown South Africa on Easter Saturday. The name Two Oceans Marathon is only half correct. It is actually an Ultra Marathon road race of 56 kms. The name Two Oceans also implies that it is a "from here to there" race, but it isn't. It's a loop course that starts and finishes in Capetown. It is a hilly scenic route that shows the beautiful scenery of the mountains and oceans of Capetown at their best. It encompasses part of the historically named "Cape of Good Hope" (The Cape) where the two oceans, the Indian Ocean and the Atlantic Ocean meet. In 2004 the Two Oceans Marathon was again awarded the best Ultra Marathon and also the best Half Marathon in South Africa. This is an incredible achievement in a country that is the world's long distance running Mecca that hosts the legendary Comrades Ultra Marathon.

We ultra marathon runners often find ourselves in situations where we are asked to explain why we would run a difficult race like Two Oceans. A race where we run further in a few hours than most people drive their cars in a week. I am always at a loss for words to explain the reasons to non-runners and runners of the shorter distances. I have tried to simplify to others the high level of joy, passion and satisfaction we experience in our training and racing but words never seem to convey what we feel. Generally, they don't understand yet, or never will. It is something that has to be experienced. It is something that ultra marathon runners share because they have done it, are training for it or have decided they are going to do it. I suspect this year's group's Two Oceans Marathon journey will be interesting reading to most but will only inspire a few to cross the line beyond the standard marathon distance of 42.2 kms. I

hope you will look upon some of this year's finishers as heroes and place them on the pedestal they deserve. They have not run it for recognition. They are not all natural athletes. They have run this incredible race for pure pleasure and personal achievement. This is a race report about them, their achievements and the beautiful well organized event they have run.

Our team, generally from the West Australian Marthon Club, all with their personal ambitions to succeed at Two Oceans, increased their training in early November 2004. Our experience in ultra running varied but our passion was the same. As an experienced ultra marathon runner, I just wanted to enjoy the beauty, challenge, camaraderie and joy of another famous ultra marathon. Others, in our group, had their own reasons but had encountered some incredible and inspirational stories on their way to this famous race.

The Two Oceans provides something for almost every level of runner. The day before the Ultra Marathon they host three fun run/walks of up to 8 kms. On the morning of the 56 kms Ultra Marathon they also have a standard 21.1 kms Half Marathon that encompasses a significant part of the scenic route at the same time.

This year saw 13 of us from Western Australia, mainly from the West Australian Marathon Club, make the trip to Capetown to participate in the events. We had Bev & Mike Wilkin, Don & Christine Pattinson, Tim Bradley, Jane Elton, Chris Palmer accompanied by his family, Geoff Reynolds, Cliff & Jacqueline Woods, Geraldine & Gary Carlton (me) & Louise Snowling who flew in from Japan. I imagine there were also South African expatriates who live in Australia but entered through their old South African running clubs as South Africans.

Most of us West Australians stayed within walking distance of each other, very close to the start of the race in and around a safe, friendly area known as Newlands. Our accommodation was self-contained cottages and intimate bed and breakfast establishments that came from referrals by other West Australian Marathon Club runners. We arrived about a week before the race to acclimatise to the climate and to get over the time difference. To be honest, the time difference was insignificant and the climate was very similar to Perth. We arrived early because we were on holiday and wanted to enjoy the good food and wine, magnificent scenery and history of Capetown. And we did. We also ran off the extra carbo-loading from the days before, most mornings, on the trails in the beautiful hills and forests in Kirstenbosch Botanical Gardens.

The Varsity Old Boys Running Club (VOB) provided us with a couple of great social and challenging runs before and after the race. We were very appreciative of their hospitality and their well organised scenic club runs. One particular run of about 20 kms, before the race, included Kirstenbosch, which took us on roads and hilly trails through the forest and

gave us a taste of the natural beauty that lay ahead on Easter Saturday.

We also drove the race route. This brought us back to reality. Natural beauty is one thing but running mountains is another.

We also enjoyed the community atmosphere of the fun runs. Bev Wilkin wanted to experience some of the Two Oceans race atmosphere. Bev walked regularly in the Perth hills while Mike was training on his long runs. She was always supportive of the rest of our group. Bev read many books during the hours she waited for Mike to finish his training sessions. She picked up her own training so she could walk the 8 km fun run the day before the two longer events. We decided we would all share her race with her. We light heartedly joked how we would run and wait for her at the finish. Of course we didn't. To her surprise, we walked together for the whole course. She deserved more. We all enjoyed her day.

Race morning eventually arrived after everyone's pre-race day rituals and nerves. I was glad. I was now relaxed and ready to enjoy what I love. The Ultra started at 6.00 am and the Half at 6.25 am. I was in my element. The start was everything you would expect from such a professional and well organised event. Chariots of Fire played on the sound system just before the start. We all moved to our respective starting categories after well wishes and the odd kiss and hug. Geraldine had to bid us goodbye while she waited on the sidelines for the Half Marathon to start. A tough time for her, but she coped.

Geraldine's story to get to the start of the Half Marathon was an ultra marathon achievement in itself. Numerous bone stress fractures over the past year and during her training saw her miss the opportunity to start alongside the rest of us in the Ultra Marathon. Hours of water running and cycling, plus a few short road runs in the final two weeks enabled her to line up for the Half. It was a courageous effort considering the obstacles that had been presented to her. It was sad not to have her starting with us in the Ultra. She was saddened also.

Geoff Reynolds & I were in the same starting category. Geoff also had experienced a bad bone stress fracture injury in his foot about six weeks before the event. Water running and specific gym training gave him the courage to start the Ultra Marathon despite not being able to really run much during the last six weeks.

There were a lot of friendly South Africans who really made Geoff and I feel welcome while we waited for the start. They told us how Australians beat them at cricket, rugby, Olympics and just about everything else. I suspected there would probably be quite a few South Africans who were going to beat us that day but I didn't mention it.

The race announcer eventually officially started us. The magic atmosphere of the start, enhanced by the music of Chariots of Fire, had Geoff and I over the starting line in eight seconds. Generally, all categories started promptly. I had the same reports about the start of the Half Marathon. This was a fine achievement considering there were about 8000 starters in each event. I nearly fell a couple of times at the start with the webbing barriers being dropped rather than being removed and normal obstacles like kerbs and drains being hidden by the crowded runners.

We ran down Main Street greeted by early morning risers, some in their dressing gowns. Shops and offices lined this part of the route but there were also quite a few spectators and supporters. The kilometre markers were held high on poles by enthusiastic marshals in the early stages of the race. I lost contact with Geoff soon after the start and experienced the rest of the race with friendly unknown runners, as we all did.

The early stages of the race gave the illusion that the race was flat to about the 22 kms mark at Fish Hoek. The route profile in the race information package also generally gave this impression. Actually this part of the course was undulating with some flat sections. It was the part of the race to make good time but also where



Tim Bradley (40206) finishing strongly

we should not be too euphoric with race hype. Many runners get carried away with the atmosphere of the day and race too hard here. They ultimately regret it soon after. There was some reasonable spectator support along this section.

At about 16 kms we ran along the oceanfront. There was a steady fresh headwind from the south that greeted us. Jane Elton later commented on the difficulty some runners experienced with the wind. Thankfully, it was only on the eastern oceanside section of the course. Some previous years have had wind and rain the whole way. This year we were fortunate.

Jane's journey to Two Oceans is inspirational. Jane was a successful women's rugby player, who had retired from competition. Her success had not been based on her running ability. She had always seen herself as a lady who was born with a more solid physique than many other ladies. One day she decided she would do something about it. She took up long distance running. Within a year she attempted a standard 42.2 kms Marathon. Many kilograms lighter and fitter, a new vibrant and attractive young woman, full of confidence, successfully completed a Marathon. She soon looked for her next challenge, the Two Oceans Marathon.

After the shops and offices the race continued along Main Road to Kalk Bay and Fish Hoek Bay. The southerly head wind persisted but the pretty coastal scenery was a distraction. The sudden turn west at Fish Hoek saw the end of the headwind and the Indian Ocean but the start of something much harder. The taste of real hills at 25 kms began the big test of our training. Reality struck home. The 9 kms climb up Chapman's Peak saw many runners begin to falter and walk. Generally I don't believe that walking this section was part of most walkers' race plans. Mike Wilkin also commented on the state of some runners he saw walking so early. He couldn't believe that they looked so exhausted so early into the hills. But Mike had trained well.

Mike's story of commitment and change of lifestyle is also inspirational. Into his fifties, he decided to do something about his waistline, over indulgence and lack of exercise. He reduced his excesses to healthy moderation and took up running despite peer pressure at his workplace. Firstly it was jogging. Then it was a Fun Run. Then it was the Fun Run circuit. Then it was running longer distances with newfound running friends. Health, fitness and a new joy of life took him to join his running friends at Two Oceans. This was an incredible challenge for someone who had never raced a standard Marathon.

The climb up Chapman's Peak was also a huge challenge. It's unofficially divided into two parts "Little Chappies" and "Big Chappies". The first part of the climb is briefly followed by a gentle decline. Then comes the rest of the climb. The magnificent mountain and ocean views, with a "certain death" cliff face fall to the ocean and rocks below, were a distraction from our labours. Breathtaking is the only word that can be used to explain the combined experience. Thankfully, what goes up also comes down. The 6 kms downhill to Hout Bay was hard to handle for a while after using different muscles for so long. However, it was a welcome respite from the uphill climb.

At the bottom of the mountain we ran alongside the second ocean, the Atlantic, for a gently undulating kilometre. With 40 kms conquered it was a chance to recover but we also had the next mountain, Constantia Nek, and the climb to the finish to come. The weaving 4 kms climb up Constantia Nek was irregular with the road camber difficult to negotiate on tired legs. The striking scenery turned to lush forests, hills and valleys. It was difficult to cope with the road camber as we ran up and down hills. We eventually passed the 42.2 kms Marathon distance with 2 kms of uphill to go. Many runners walked.

Don & Christine Pattinson ran a very controlled race plan. Christine had only been running for about two years. She went from a fit walker to a long distance runner in a short time. Unfortunately, the sudden increase and intensity of the training took its toll. About six months before Two Oceans she was still recovering from three fractures in her pelvis. Her determination in her training paid off. She ran every bit of the Two Oceans and always wanted to run harder and faster. Don, an experienced ultra marathon runner paced their race so that they would finish comfortably.

We eventually all conquered Constantia Nek but the hills weren't over. The next 12 kms still had both uphill and downhill. The course began to look like a battlefield with runners stopping with cramps and

exhaustion. Many continued to walk the steep sections. Some succumbed to the difficulty of the course and pulled out. About 10% of runners didn't make the cut out times or withdrew. The roadside supporters and the helpers were fantastic throughout the event, except for one group in this section. Unfortunately one local running club decided to make a statement about local water shortages and restrictions. They set up an unofficial water station and handed out empty cups to dehydrated and weary runners. It was a stupid and totally irresponsible act. I only hope that the culprits were penalised severely by the organisers.

We all pushed our way closer to the finish with two more significant hill climbs in the last 3 kms. The last one, about a kilometre long was up to the finish area on the rugby field at the University of Capetown. Our weary legs just did what they were told here.

We were going to finish this race running strong and looking good. Great crowd support lifted our spirits as we eventually crossed the finish line.

We were all happy with our times and final results. Mike Wilkin conquered his first ultra marathon having never even run a marathon before. Bev Wilkin completed the 8 kms Fun Run with her running friends and shared in Mike's glory. Christine Pattinson finished her first Ultra so soon after major injury when others would have retired from running. Don Pattinson shared the moment with his wife. Tim Bradley ran a great time to dismiss the ghosts of disappointment having not reached his goal time last year. Jane Elton ran the whole course comfortably looking fantastic. Chris Palmer finished what he started training for about 20 years ago, before immigrating to Australia. Geoff Reynolds came off recent,

significant injury with the minimum of final training to run a great time. Cliff & Jacqueline Woods shared the experience of training and participating together. Louise Snowling, between major surgeries on a previously badly fractured ankle, had minimal training on a treadmill in the confines of city life in Japan. Like Geoff Reynolds, she showed what a great natural athlete she is. Geraldine Carlton showed that mental and physical perseverance is an ultra marathon achievement in itself.

For me, there is no public glory, only the personal pleasure having finished another ultra marathon within my goal time range and in seeing my ultra marathon running mates succeed, despite the major obstacles placed in their way. They are all true champions. There is only one dilemma. What will be our next ultra marathon challenge?

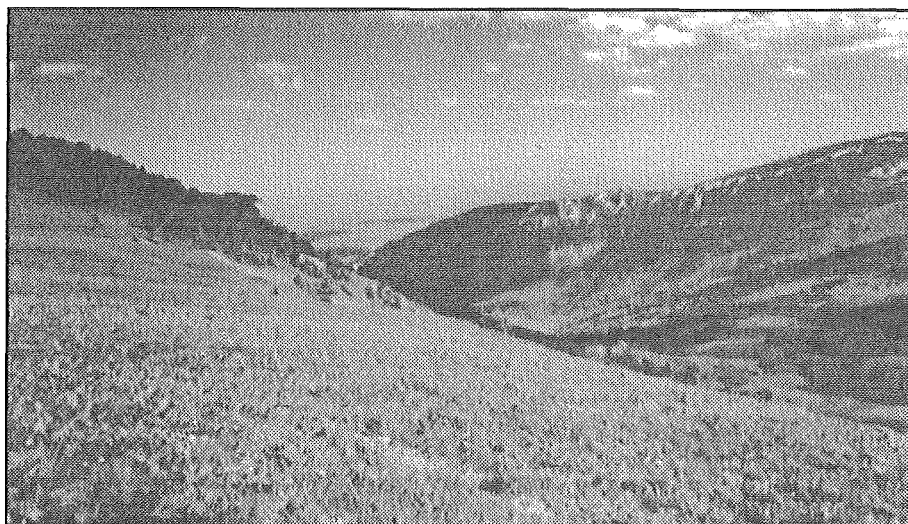
The Bighorn 100 miles

Wyoming USA By Bill Thompson

I arrived at Sheridan airport in Wyoming at 9.30pm on a Sunday night after 30 hours travel from Brisbane. The next three miles took nearly three hours after an ordered taxi failed to arrive - not a brilliant start to my Wyoming adventure. The focal point of all the Bighorn trail runs is the Sports Stop in Sheridan. After inquiring about public transport that turned out to be non-existent, Karen,

the owner of the shop, had kindly agreed to take me to the start of the 100 mile run about 20 miles from Sheridan, as she lived out that way. The Bighorn 100 is an out and back trail through the Bighorn Mountains and like at Glasshouse they put on other distance events of 50 miles, 50kms and 30kms. The course reaches a height of 9100 feet with the average being around 7500 feet.

I intended to spend three weeks getting to know the course and acclimatising by camping as high as practical. This went pretty much to plan apart from a small medical problem. Three hours in the American medical system cost \$1800 so getting travel insurance paid off at last. Rich Garrison ferried me around in his 97 Cadillac. This has got to be the most comfortable car I have traveled in and at 23 miles to the gallon, not too inefficient. Rich is one of the local stalwarts necessary for these type of trail running events who works away tirelessly behind the scene.



Looking down towards the finish

As far as camping and bushwalking are concerned, the Bighorn Mountains are about as good as it gets. Reasonable tracks, great scenery, very few people (I saw three all at once in the last eight days in the mountains), plenty of wildlife, snow to keep the food fresh, camping spots you dream about and quite a few storms to keep the nerves on edge. In fact, I think I survived eight storms in the three weeks, with three complete

whiteouts. I therefore decided to carry plenty of gear during the run, which of course turned out to be completely unnecessary - but one of these days I will be the one laughing. The three people I saw were bear hunters, and they killed one bear in three weeks hunting. Probably time they were protected. In all my time in the mountains I only saw bear tracks once, but hung all my food each night just in case. I was carrying two packs, one on the front and one on the back, so I could use a pendulum method to sling the food. You need to get it up at least three metres and two metres away from the tree. It is sometimes quite difficult to find a suitable tree. I had hoped to do some walking in the Cloud Peak wilderness area but it was too early in the season.

Karen and Rich Garrison dropped me out near the turnaround for the last weeks training where I helped to repair some bridges. We snow shod for the first mile or so through pretty rotten snow. With my heavy packs, I ended up waist deep a couple of times and needed to be hauled out. A thunderstorm was brewing as they left. It hailed for a few hours then snowed all night. In the morning the snow was about half way up the tent. It took me half an hour to thaw out the shoes by bringing them into the sleeping bag in a plastic bag. I then managed to get a fire going by piling wood on top of the gas stove and had a good ultra breakfast. The trail had completely disappeared and I spent an interesting morning going down the valley following the line of least resistance and using fresh elk tracks when possible. That evening three friendly moose came close to where I was camped. I was a bit worried as Karen reckoned these were more dangerous than bears or mountain lions so I did a practice climb up a tree. They were doing some serious sniffing so I think they were

interested in the fresh cherries in my pack. All in all an interesting 24 hours for a subtropical person. I spent the next few days getting to know the trail and doing a few side trips. I usually do a big work out three or four days before the run. It was absolutely freezing on the day with a gale blowing, hail and sleet, so I got a good fire going and did various sorties



On the trail to Bear Camp

from camp coming back for hot drinks every hour or so. I was camped at about 8,500, so it was a good acclimatisation day.

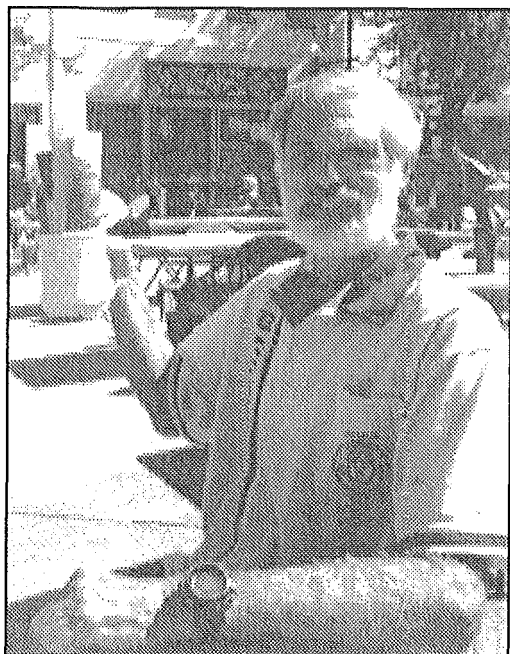
I arrived back in civilisation a couple of days before the run and hired a car to facilitate getting to prerun venues and the option of camping high. We checked in on the day before and had a pasta pig out at a restaurant for \$8, great value. The race briefing was held at the finishing line in a small town called Dayton on the next morning. The Bighorn 100 starts at 11am. Race directors please take note. This is a great time to start an event. After a proper nights rest you can have a good relaxed breakfast, in my case two large Italian sausages with bacon and two eggs with plenty of toast, enough energy on board to get at least 50 miles. A late start also ensures that the front runners have to go through the night like most other runners. After the briefing we all bused and car-pooled out to the start. I took pride of place in the front of Richs' Cadillac. It was fun catching up with other runners I had met at Hardrock and other venues. Hans Dieter was there. If you ever do a 100-mile run in the states

then you will meet Hans. He and his wife travel around like gypsies during the ultra season with Hans doing a run nearly every week. My old mate Joe Prusatis from Texas was there. Joe is the race director of many Texas ultras. He and his wife finished Massanutten together when I was over that way last year. He reckons he will come to Glasshouse one year.

Right on schedule we were off in perfect conditions. The first mile or so is on a road which allowed exactly 100 starters to spread out nicely before we got onto the trail up Tongue River canyon. Initially the climb is gentle on a well-groomed trail. It then gets steeper and becomes rougher after coming out of the forest in the

canyon and you can see the trail ahead for miles. The climb is around 4000 feet to the pass, then there is a steep descent to Sheep Station aid station at 8.5 miles. Something to remember for the return journey next day. The next section to Dry Forks is on good tracks and dirt roads. There are three major aid stations on the course, Dry Forks, Footbridge and the turnaround at Porcupine. These are drop bag points and you get a medical weight check. They start the 30 and 50km runs from Dry Forks. A four-wheel drive track leads to Cow Camp at 19.5 miles. The rest of the course to the turnaround is all on walking trails - not well groomed, more like animal tracks but usually quite soft on the feet and not too rocky. The section to Bear Camp sidles high above the Dry River and is very picturesque. It was easy to average 6km an hour and I soon had a group following me. I kept asking if they wanted to pass but they were happy to follow. Here I met Joe from Montana who was doing his first hundred. He was very impressed with my schedule and asked if he could tag along. He was worried that he wasn't going fast enough to finish under the cutoff. I assured him I would finish

because as an Australian, unsuccessful sports people have trouble getting back to Australia and could easily end up in a detention centre. I think he thought I was joking. What none of the Americans could believe is that Australia doesn't have an Australian head of state. I spent my scheduled five minutes at Bear Camp before the 2500 feet descent to the Footbridge aid station. The group left before me and I was glad of that as I was getting pushed along faster than intended, although it was good to have extra time up my sleeve. I really enjoyed the



Bill Thompson with his 2nd place award for M60 age group

descent through a magnificent wild flower display and the thought of a Guinness saw me in a relaxed state on arrival. They had bowls of cold water for the feet that was nice, as things had warmed up a bit on the hour long descent. I had shrewdly invested in the cheapest running shoes available, the Dunlop KT26, so was one of the few people without blisters. I was a little apprehensive about having drinkies in conservative Wyoming. The aid station captain soon allayed my fears as we chatted about Ireland's west coast pubs and the medicinal properties of Guinness. After four weeks off the grog, the Guinness hardly touched the sides and I was soon tucking into whatever food was available. We were 30 miles into the run and at 7.30pm this was my main dinner break with a scheduled 20-minute stop.

The trail now climbs 5000 feet up Little Bighorn Canyon, on mainly gentle grades to the turnaround. I had teamed up with Joe again and we cruised up the valley on quite a good track. It doesn't get dark until after 9.30pm and a three-quarter moon allowed us to go without lights until 10.30pm. They had hung plenty of glow tubes which was a good thing, as the red marking tape was invisible. I remember the same problem at Leadville. There are three remote aid stations before the turnaround, no crew, drop bags, vehicle access or medical. It had been quite a hot day and there had been a big snow thaw. This made conditions very interesting on the highest point of the course (9100 feet) where we went through about three miles of snow, mud and slush. Diabolical but good fun, especially watching the gear freaks trying to stay clean. Most people slipped over and I was no exception. Joe had made a nature stop and I was cruising along alone on my led light when I did a sudden face plant. What I thought to be snow turned out to be granite. It really shook me up and it took 100 metres or so to realise that I hadn't done any damage. It was getting quite cold and it was good to get to the turnaround hut where they had a good fire going and plenty of hot food on offer. Most people were changing their socks, a fairly useless exercise as we

soon had to face the mud again. I managed to go 66 miles before a change. Joe was stuffing around so I reluctantly dragged myself away from the cosy hut and got my big light going. And what a difference it made in the snow. I had no trouble getting back through the rough stuff. I traveled alone for quite a while but around Leaky Mountain at first light, I had a group tagging along behind. This mountain gets its name from the numerous springs that pour out from the cliffs.

I had a breakfast at the Narrows then a more serious one at the Footbridge, 66 miles into the run. I had put a couple of eggs in my drop bag but they reckon they were too busy to cook them so I was forced to eat overdone sausages and pancakes. Had a good break here before the big

climb to Bear Camp as I had gained a bit on my schedule and finally changed the socks. I had assumed a 5km/hour average during the night but was getting along at about 6. Joe still hadn't turned up and I was feeling a bit guilty leaving without him. I had passed Hans in the night and he rolled in just as I left. The last major climb didn't prove a problem. I ate a huge amount of bacon at Cow Camp for lunch, I was really craving for a bit of fat by then. The fast 50 milers were starting to come past which provided some added interest.

I finally topped out past Sheep Station creek and started the five mile 4000 feet descent. I decided to try and run the downhill. The feet started getting pretty hot so I stood in the first creek I could find with very positive results. I might have to try this running caper a bit more in future. The last five miles in to Dayton is on a flat, hot, dusty road and pretty boring. I managed to come in 31st, and was pleased to go under 32 hours with over four hours to spare. There was a great reception at the finish where all the shorter distance runners were partying on. This is one of the few hundreds where nothing had gone wrong, not even a blister.

I had a shower at the Sports Stop before the reward ceremony that was held in Sheridan next morning in conjunction with breakfast. This made four showers in five weeks! I received a reward as second in the "death warmed up" category which was a nice surprise. Afterwards I went up into the mountains again for my last night and had a good clean up and rest.

Hans who has done every one hundred miler in the states, reckons this is the second course, with Hardrock topping the bill. I can certainly recommend it. Although not technically difficult, a lot of the trails are only just runnable, a bit like the first section of the Bogong to Hotham. There were only two finishers under 24 hours with the winning time being 21:54:59 and only 18 runners came in under 30 hours.

*The web site is:
www.bighorntrailrun.com*

My First 24 Hour Event

16/17th April 2005 Coburg Victoria By Sandra Howorth

Wow, I have been saying for awhile now, that I would do a 24hr race one day, then the big plan is to do 24/48hr, then we all want to do a six day race, of course it all depends on how the 24hr race goes and you know when it comes down to it, it is all the pre-race training and organising that makes things just work out. When you are ready to do it, it happens.

As I sit here today and write this, I have each foot firmly planted on the legs of my chair, constant massage when you need it. I could go a foot rub right now.

For those who don't know me, I am an ultra distance (I can say that) walker, I have dabbled in running, but have found that at this time walking is what I enjoy, I may be like Carol Baird one day and change to running. Hopefully with as much luck and success as she has had.

My big day started a couple of months ago when Tim Erickson sent me the entry form for Coburg, over the years I have done the relay, and then a couple of 6hrs events at the 24hr event, this was the big year. I had completed the overnight 12hr in Gosford which is such a good one for getting ready for a 24hr event. It gives you the feeling of competing overnight. Great tester - 64.5kms, not huge kms but a baseline. This was to be so advantageous psychologically on race day.

Off went the entry form, that in itself is scary and exciting at the same time, bit like pleasure and pain, it's a "fine, fine line". Before and after the race.

A couple of weeks prior to the 24hr I was feeling very hesitant about entering, I then decided to do part of the Frankston - Portsea race, I would walk from outside Dromana to the finish, approximately 30km - finished okay, felt great the next day,

maybe I was ready for the next big step. Over the next few weeks I will lay low and not overdo anything. I have over the last few months started doing some swimming as an alternative exercise and non-weight bearing and found that my endurance is better, is there truth in this?

THE BIG DAY

102.55km in 24hrs. Completed the 100km in 22hrs then went off the track and had a yummy breakfast. I had achieved what I had set out to do. I could have continued but felt so good anyway with what I had accomplished I wanted to celebrate with a couple of friends, I had had good breaks throughout the race initially each three hours, then 2hrly, when its your first you are unsure of what your body requires, I now know that I can afford to go 3hrly for an entire race. I had a couple of massages, with Michael Gilfillan, throughout the race, he does a type of PNF stretch regime with manual lymphatic drainage very good, gets blood pumping and stretches everything. I endeavoured to have a sleep, but the adrenalin is pumping and this was nearly impossible, couldn't sleep but did feel refreshed after coming back on, it was a beneficial rest period.

As stated previously after having completed Gosford, I knew what I had to look forward to over the next 12hrs, this was my race breakdown. Do the first 12hr then tackle the next, rather than racing 1 x 24hr I was

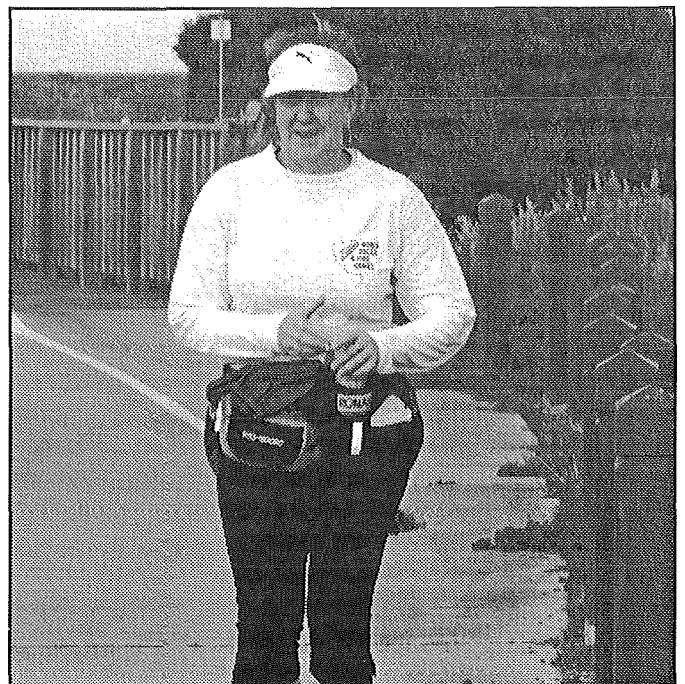
racing 2 x 12hr, then I had 3hrly goals set. It is so much easier little races within the big, then you know where you fall down and pick up. Planning is so vitally important, I'm a little pedantic maybe in this area.

Have got sore heels today, have a couple of blisters, as soon as you feel something get it checked out, prevention as they say is better than cure, of course guess where I didn't tape, yes the heels and a bit of a pressure spot on the base between big toes and 2nd. To tape or not to tape.

Having a little brag today at work, brought in my certificate and medal. I feel quite chuffed.

Otherwise great recovery, which all comes down to great planning and enough, training. Please don't hesitate doing that first ultra, once you do, hopefully the bug will also catch onto you like it has me.

PS. I have in my possession an entry to my first 48hr race.



World Record to go at Colac six day race

The 20th Cliff Young Australian Six Day Race looks like being one of the best ever with twenty nine runners having accepted for the race so far. This is incredible when you consider that the race doesn't start until the 20th November at Memorial Square, Colac. The field of twenty eight runners includes fourteen from overseas. This is the second year that the race has been named after Colac legend, Cliff Young, who won the inaugural Westfield Sydney to Melbourne race in 1983 and endeared himself to the nation.

The race looks like being a battle between Claude Hardel from France and the contingent of four runners from Japan. Claude Hardel recently ran 923 km at the six day race in Erkrath, Germany. He is also a previous winner of the Trans 333 which is known as the longest Desert Race in the world.

The four Japanese runners that have been accepted into the race are Aki Inoue, Kenji Okiyama, Muneharu Kiroda and Katsuhiro Tanaka. Aki Inoue is a previous winner at Colac having surpassed 800 kms in 2002 and last year completed 304km in a 48hr race in America. Kenji Okiyama is probably the best-performed Japanese runner at the multi day level with 252km at 24hrs and recently completed 407km in a 48hr race in Europe. Muneharu Kiroda is also an elite Ultra runner with several 24hr races over 200kms and recently ran 250km at the 24hr race in Taipei. The fourth runner from Japan is Katsuhiro Tanaka. He has finished the Greek Spartathlon twice and has completed 338km in a 48hr race in 2005.

Australian Ultra Historian and this year's Race Commentator, Phil Essam, believes that with the quality of the top five runners in the field, the Six Day World Record of 1,034km held by Frenchman, Jean-Gilles Boussiquet, could be in jeopardy. "At the very least, the top three runners should beat 900km, which hasn't

happened at Colac for quite a few years" said Essam.

The race has been bolstered this year with the announcement of a \$5,000 first prize and a bonus \$5,000 to the winner if he or she exceeds 900km. "This is a tremendous boost for both the race and the sport in Australia, which hasn't had this sort of prize money for over fourteen years," said Essam. "Hopefully the publicity generated in 2005 will have a flow on effect in coming years."

Of the nine remaining overseas runners, three are from the United States, two from South Africa, two from New Zealand and one each from Brazil and the Czech Republic.

The battle for the AURA Australian Six Day Championship looks like being a two-way battle between Westfield veteran, Tony Collins who this year won the Australian 48hr title with 313km and Graeme Watts from Queensland, a previous winner here. These two won't want to falter as

Tasmanian runners, Peter Hoskinson and Vlastik Skavril will continue their battle around the Memorial Square and will be hot on their heels.

There are five women entered to date. They include last year's winner Dawn Parris, Carolyn Tassie from New Zealand, Sarah Barnett from Victoria, Heather Kick from the USA and Deb DeWilliams from Victoria. Dawn Parris with her wealth of Colac experience, looks to be the favourite but will be chased all the way by the other four.

There is still time to enter but runners will need to be quick as positions are limited. The race starts on November 20th. If you can't attend, you will be able to follow it at <http://sixdayrace.org.au>. The web site will also have a webcam allowing access to live up to date action.

For further information, please contact Phil Essam on 0407830263 or pessam@bigpond.net.au.



Photo above - from Bighorn 100 - the descent to Footbridge

World Cup 100km

Lake Saroma Japan 26th June 2005 - *by Jo Blake*

The 2005 IAU World Cup was held in conjunction with the 20th running of the Lake Saroma 100km Ultra Marathon. The selectors of the Australian Team felt performances of the available runners only supported a team of 3 runners, and so it was that Mike Wheatley, Mark Hutchinson and myself (Jonathan Blake) were named to represent Australia. As a team result at the championships comprises the addition of the finishing times of the first 3 runners from each country, there was no room for any of the 3 selected runners to fail to finish. The runners new this was the expectation of the selectors after the selectors came in for some criticism on the Coolrunning website (criticism that was also strongly rebuffed by knowledgeable contributors).

Lake Saroma is situated on the north coast of the northern most Japanese Island of Hokkaido. The international runners converged on the area 3 days prior to the race and the surrounding areas echoed with the sounds of banter in a range of languages and the sight of tourists wandering the streets in running gear.

The different approaches were interesting to watch. The Americans and Italians chose to stay in a Hotel 20 minutes away from where all the other countries stayed in the Athletes Village (hostel accommodation), which brought back memories of the US Dream Team at the Olympics. The French were there in force with medical staff, supplies and their own massage table and seemed pretty intense about it all. The Canadians seemed to enjoy having team meetings in the communal areas to discuss matters, and were the only country to take their own lap top. The Australians meanwhile, were the first to make our way into the supply room of the gymnasium to find some balls to toss around, and a pump to inflate the Sherrin as there were marks to be taken and goals to be kicked.

Following that it was off for a hit of "Park Golf" with a bit of creativity used in the hole selection that only occasionally brought windows into play. The only runner encountered in all this activity was a German who was keen to photograph a fox that wandered onto the "fairway", unfortunately for him he had to chase it into the scrub after Mike gave us his impression of a lion chasing a fox.

Meal time at the Village was another interesting treat. The food was actually great but all meals were pretty similar; rice, meat, spaghetti, couple of sauces, crumbed pork, crumbed fish, salad, fruit etc. The Australian Team became familiar with cold meals as we meandered down late in the piece and were invariably one of the last to leave.

Each day we went for a short run as a team to loosen the legs, but it wasn't really until the Saturday that everyone started to really focus on the upcoming event. Mike had collected race kits the previous day, and we spent the morning preparing special drinks and food. Initially the organizers only allocated 3 special drink stations, but this was changed to about 10 after complaints from the US officials. (This was an example of how willing the organizers were to attend to the runners needs. Whilst at times initial decisions appeared strange, once things were pointed out, they attended to the suggested changes on every occasion.) Each of the Australians had their own preferred supplies but shared ideas and supplies. Personally, I prepared a weak mix of sports drink, and attached some jelly babies to each bottle and also alternated between, muffin bars and portions of power bars as well. I decided on taking some salt tablets and a gel in the pocket of my shorts just in case. Having done all that however, I believed the official supplies probably would have been adequate, but it's better to be safe than sorry.

After lunch was put on early on Saturday (at the suggestion of the legendary Sandy Barwick as manager of the Kiwis), the teams were then driven in buses to the finish, and then over the entire length of the course in order to get a feel for what lay ahead. The mood was fairly subdued as we drove along one end of Lake Saroma and could barely see the other side of the lake where the race was to begin, it looked like it could have been 1,000km away at that point.

On entering the Town Hall at Yubetsu Town where the race was to begin, we were greeted by a huge spread of food and drink. We were a bit surprised that the Saporos was put out so early because it wasn't to be opened for a few hours. The technical meeting was uneventful, but was highlighted by the discussion from the South Korean representative about the course for the 2006 World Cup. The course turns around near the demilitarised zone, "which some of you may think scary, that there might be war during the race, but I promise you that there will not be war during the race...." Guess he covered that off with the North Koreans earlier....

As we congregated for the flag parade we discovered on enquiry from the Canadians that we should have received an email advising us to take a flag for the parade, I'm afraid not, but we did have two back at the Hostel. We grabbed a couple of small Australian flags off Mike's boys, and a Canadian comedian suggested that it was "not the size of the flag that counts", "nah mate" I replied, "it's the size of this that counts" as I tapped the left side of my chest. The Australian contingent was down to two for the march as Mark had stayed back at the Village to rest and treat his injured quad, but we still marched proudly and happily led the nations into the Yubetsu Town Hall to the thunderous applause of the gathered local runners who were also there for the opportunity to grab a free feed



Jo, Mike and Mark Pre-Race

and drink. A few speeches, some traditional entertainment, a pass on the room temperature Saporio, and we were on the bus back to the village for a team talk and to finalise preparations.

After a surprisingly good sleep, the alarm went off at 2:15 to start the process of getting to the start having been warned that we were on the buses at 3:00am or we would miss the race. Not unexpectedly, we were one of the last countries to file onto the bus. The trip to the start was subdued and uneventful, some nodding off, some discussion in hushed tones, some eating and most sipping on fluids.

The bus arrived at Yubetsu Town at 4:00am leaving us an hour to finalise things. Special drinks/food were dropped off, the queue to the porta loos was joined and we were back with our support with 30 minutes to spare for photos and nervous chatter.

It was strange to be there at this hour in light that we normally expect at about 7:00am in the morning, but it somehow felt perfect for me. Mark appeared apprehensive about his leg which he had been treating regularly since we arrived, but at the same time hopeful that things would work out. Then as Mark went off to the start Mike and I headed off for a final leak, well that's what I thought. I attended to nature's requirements swiftly as Mike disappeared into the distance. Now with only minutes to go, I was being asked by all the support, where Mike was, that was anyone's guess. This came as no surprise to Mike's wife Donna.

As I left to run over to the start the enormity of what I was about to do, representing my country at a World Championships, was quite overwhelming, I could only acknowledge the support without speaking. On both sides, we knew what would have been said. To my wife Shelley, to just tell her how

wonderful her support has been to enable me to build my training to the point where here I was, approaching 40, representing my country. To my brother Garry, what unstinting support he has shown me since my young days as a track athlete. I was so proud and pleased to have Shelley and Garry with me.

But this was not a time to let emotions get in the way of the job at hand, so I trotted off and snuck onto the start line with 2 minutes to spare. Mark was already there, and Mike appeared with a minute to go, casually stretched on the side, then moved into the pack with seconds remaining, clearly Mike is a man who will not let the world dictate the pace.

The gun went as the clock counted down to 5:00am, and we were away. Whilst you would think there is no rush in a 100km race, everyone is still keen to hook into a good rhythm as soon as possible and to get running in clear space. Within a few 100m

I'd passed Mark and settled into a good rhythm in ideal conditions to start the race. Slowly you could see the leaders start to move away as the field spread out. The course was very flat in the first half as we ran through the local streets and then headed out along the spit at the western end of Lake Saroma. The pace was solid, but comfortable. At about 17kms, we turned at the end of the spit to the entertaining sounds of a local band, and then had the last opportunity for a long time to pass the other runners. Mark was running in a pack, a short distance ahead of Mike and I was a couple of minutes ahead.

Once on the way back, we were looking forward to reaching the 30km mark where we would pass the first special drink station where team support could have contact. This mark was halfway through another loop section. It really was a point to focus on as we were all looking to getting the first 35kms over and to start heading around the Lake towards the finish. As I went through the 30km station, my brother handed me a drink, and I never broke stride except to turn back and yell out that I was feeling good, to hollers that I was looking good. This was particularly reassuring to my wife Shelley as she'd seen me starting to struggle at 30km in the last Championships at Winschonten in the previous September. A review of my splits for the first 30km shows that I was judging pace very well, running even paced and feeling good. The 10km splits were 41:20, 41:14 and 40:41.

The section from the 30km mark to the 65km mark and the next supported special drink station took us off around the Lake and over the only hills of substance in the race. The race had now well and truly settled down but there were always positional changes happening. I settled into a group of about 6 with 4 Frenchmen and an Italian (who was 100km racing's answer to Monica Seles). The pace was good and we worked it well. I stayed at the front of the group throughout as we went through the marathon in 2:53+ and worked towards the 50km mark in just under 3:26. My next two 10km splits from 30km were 41:20 and 41:20 so

I was still holding it together well. These splits had me wondering just what was possible. The legs were naturally starting to feel the pinch a bit, but I still felt good as we approached the hills. In driving over the hills the previous day, I'd commented that they were comfortable and looked good for maintaining speed as there were no sharp rises. It turns out that was easy to say from the comfort of the bus. By 55km I was starting to feel the pace of the group I was with was too fast and chose to let them go at the next drink station and consolidate on my own for a while. During this time we were passed by the bus taking the support crews to the 65km station and the yelling out the window in any number of languages gave us all a lift.

As we descended down to the 65km station (actually about 62 or 63) I saw the first of the huge bins of iced water and started refilling a bottle with water to run with. My dad always said iced water is the most refreshing drink, and at that stage of the race I had to agree. So armed with iced water, running downhill with views out over the Lake and the lush surroundings, I was in pretty good spirits as I passed all of the support but slowed to get supplies this time and let them know that I was doing it a bit hard, but that I'd be fine. With the hills, the next 10km split was 43:00 so it is clear I was having to work hard.

It was at about the 65km mark that I was passed by a German runner who went onto finish in under 7 hours after negative splitting the race, sensational pace judgement. Although it was still before 10:00am in the morning, he commented to me that it was like running in a desert. That must be the one that Sydney is situated in I thought, where the kangaroos wander the streets.....but yes it was getting hot. The 70 to 80 km stretch should have been good as we ran past our lodgings and on roads that we had covered in our last few days of preparation, but this was not be. At about the 72km mark a car came up behind me with a familiar female voice yelling out the window. I didn't need to look back, I knew it was Shelley and Garry. Apparently concerned that the official bus would

not get them to the 80km support station in time to see me, Shelley had convinced a local couple that weren't involved in the race, that they should drive them to the 80km mark. I managed to yell back "you guys are legends!".

The high of the car hijacking experience was shortlived, and I soon fell deeper into the bad patch, feeling slightly nauseous and wondering where this could be heading. I decided I needed to get more powerbar into me despite the fact it was proving difficult to get down. So I worked on stomaching the powerbar and keeping the iced water up. It does get quite lonely at this stage as you pass the occasional runner (even in your own tough patch) and also get passed by others. At this stage I passed the highly fancied Ukrainian walking by the side of the road, a casualty of the heat and fast early pace of the leaders. I worked on just trying to get myself back together as the kilometers passed pretty slowly. As I approached the 80km supported station, I saw just up ahead, the American runner Scotty, who I'd traveled with earlier in the week. As I passed Scott, I realized I was not doing too bad, but we were both passed by a German at the same time. My brother greeted me with a Coke that I'd forgotten to flatten, that subsequently went everywhere, but that's another story. Garry advised I was "looking good" (read, mate your doing it a bit tough), and that I was in the Top 20 (read, actually 21st, but top 20 sounded much better). I then passed Shelley who told me to get my shoulders back and run tall (hell, where did that come from, but she was right!).

The 80km to 98km stretch is out and back along the spit on the Eastern end of the Lake. This is described by the organizers as the most beautiful part of the course, and the toughest. I don't know whether it was the most beautiful part.

As I left the 80km station I tucked in behind the German who had just passed me and set myself to stick with him. The course was undulating and tough going, but I seemed to be back on track and worked out that if I could come home in two 10km splits

of about 44:45 I could go under 7hr 10mins. This was the first time for about 10km that I'd considered my time, as when in the trough, you just focus on getting back out. The German and I swapped the lead regularly with never more than about 15m between us. The sun was belting down (officially it was now in the range 28 to 30 degrees celcius apparently) and being open, there was breeze to contend with as well. The German kept getting the drink station volunteers to pour a ladel of iced water over his head. This was also our first chance to see the leaders, as they returned along the spit. When I'd last seen them the defending champion from Italy was well clear with a Japanese runner, now a Russian was well ahead and victory was certainly his. I tried to comment to most of the runners as they passed, further emphasizing my improved state of mind and body. Patrick, the youngest American runner got a special cheerio as he had about a 2km break on me and was looking good.

I turned at the end of the spit in 15th, but soon found myself back in 18th despite the fact I felt I was holding together OK. At this point, you are on the run home to the finish, and that does lift you, and I went through the 90km mark needing a sub 44:50 to break 7hr 10min. The German and I continued to run together without actually "running together". We again started to pass runners and picked up a couple of the Belgian team who'd placed 3rd in the last World Championships. I passed Mike and he was looking good, and a time close to his best was on the cards, so now I just hoped to pass Mark.

Then at about the 95km mark, who would be walking up ahead, Patrick. Have to say I felt chuffed to think I was going to beat all the Dream Team Americans. Later at the presentations, Patrick was to tell me that he was down on himself, and then when I passed him, that was it, it was all over. Thanks Patrick, I'm sure you didn't mean it that way.....We had a winding climb out of the spit area and then it was

downhill to the 80km zone with less than 3km to go. The German at this point commented that we could go sub 7:10 and we agreed to go for it together. Motivation was not a problem, we felt strong and were racing for the finish. Up ahead was the defending champion, and wasn't long before we passed him. It was hot with a headwind, and nothing was going to stop us now. Then who would I see up ahead on the side of the road but Garry (who just couldn't stand the wait at the finish and had to come out onto the road into town. This was the final lift I needed and I was giving the last kilometer everything to go sub 7:10. The German was trailing behind me now, but I wasn't slowing. I rounded the last 90 degree turn into the final straight of about 100m and gave it everything having seen that sub 7hr 9min was on the cards. I was leaving nothing on the road, and I raced to the finish line where they raised a tape for every finisher, in 7hr 8min and 57sec and was elated to cross the line, arms outstretched, disbelieving at what had been achieved.

The wonderful thing about having support travel with you is being able to share that moment at the finish. To embrace Shelley at such a moment of emotional high was unforgettable, and brought Sandy Barwick to tears. That is a wonderful thing about this sport, when it's all over, international barriers are forgotten, who cares which country you come from, a magic moment is a magic moment. Then as I looked up, there was Garry racing across the field for another emotional reunion. In my running career, which is still young in Ultra terms, this was as good as it has got. To share that moment with my wife and my legendary brother, was, to steal the words from Bruce MacAvaney, "special".

Having not seen Mark on my return leg along the spit, I believed it was highly likely that he'd had to pull out. We waited for Mike, knowing he wouldn't be long, and soon enough he was round the final bend, and on his way to the finish in a time just outside his best, but it was easily the

best time he'd run in about 5 years. Yet again Mike had shown that he is a man for the occasion. His record in World Championship events is sensationally consistent. Mike was also able to experience the joy of sharing the moment with his wife Donna and their three children who may now appreciate the enormity of what Dad does out on the road. Mike and I have developed a great bond over the last 2 World Championships and it was great to be there to greet him at the finish. Then he revealed the news that he'd passed Mark, and he was going to finish and ensure us a team result. Mark, you are a dead set legend we thought. Mike then took off his shoes and revealed what he'd put his feet through with blistered bloodied toes for which they wanted to take him to hospital. He insisted that a bag of ice and some handiwork from Donna would fix the problem.

We struggled up and down seeking a comfortable position to wait for Mark. Lunch options were limited to sushi which we'd probably had our fill of by that stage of the week. Before too long, Mark was running/hobbling up to the finish line to some rousing applause from the Australian and Kiwi contingent.

Mark fought on, for the sole purpose of allowing the team to have a team result. That was no small sacrifice for a runner who was the best credentialed of the team and fully fit was hoping to run over 2 hours faster than his finishing time. He had gone through halfway in just over 3hr 30min at which point his injury had flared, and he then came home in 5hr 30min. In due course we found out that he was able to drop into the village as the course went past it, to go and get some sunscreen, as he knew he was going to be out on the course much longer than planned.

Back at the Village we cleaned up, Garry organized some beers, and I coaxed some ice out of the ever friendly and helpful kitchen staff, and we sat down and celebrated the continued rebirth of the Australian 100km Team.

"Mark fought on, for the sole purpose of allowing the team to have a team result."

UR Interview: Six-Day Champion Dipali Cunningham

Abichal Watkins interviewed Dipali Cunningham a few days after her eighth consecutive women's victory in the Self-Transcendence Six-Day race 2005 in New York.

How have you been able to complete so many of these long, long races for so many years?

I take each race as a new adventure, a new challenge. I try not to limit myself, as each race has an absolutely new story, new experience and new adventure out on the course to tell, both inwardly and outwardly. You can't go into a race thinking of the distance and that it is "just another" six-day race. I go into them with the feeling of self-transcendence and I always remember the 510 (miles) I did in 2001. Whatever I have done in this particular race I would like to transcend inwardly or outwardly and go beyond.

What is your inspiration and motivation for undertaking these multi-day races?

(My) inspiration is definitely Sri Chinmoy. When I first became a student I wasn't interested in running at all. My brother took me for a run and we went farther than planned. Afterward he said "You have a capacity you don't realize you have." He could see something in me. From there I began to learn about what running gave to me and I took it one step at a time. In 1980 I saw Sri Chinmoy running a 47-mile race. During the night I saw patience, perseverance and self-transcendence in his own running. At that time I could not believe how anyone could accomplish such a feat in the heat of a hot August night in New York. What I saw entered into my heart; I have never forgotten that night and often when I have trouble in my own races I reconnect with that core inside me and I remember his painful steps, the longing in his face to finish the race. I had to tune in and learn how he did it.

I feel something can come from a higher source and we can be receptive to this. It is like pulling an inner strength from within and letting that force come down and when they meet that's when people talk about how they can run so easily and clearly. I've had these experiences, and others where it has been difficult too.

What is your training like in between these races, in terms of daily running and long runs?

I don't really do any major training. I usually take two weeks off after a multi-day race; the body needs to recover and repair. I run about 10 miles a day. In the summer on a Sunday I usually do a 20-mile run, but nothing extraordinary. However, I did feel this time that I need to get back into some weight training. This last race I did 105 (miles) the first day and in the second and third days my quads were telling me, "You know, you're not being very nice to me." I felt it and I thought, "I'm not really trained for this race like I was in 2001, when I did about 45 minutes of light weights a day."

Have you ever had any injuries that have sidelined you for a long period of time?

No; there are always aches and pains from the race, but you recover from those. During the race I usually need a chiropractic adjustment in my feet and my hips, but structurally everything holds up.

What are the most difficult aspects of a multi-day race for you?

This last race it was the weather. Forty degrees is not enjoyable; I can't really perform. I do my best, but I prefer it when it's warm. It used to be my mind. In the early races people would go to medical to ice their shins and their feet and I would say I was going to ice my mind and my brain. I was always calculating, moaning and groaning. That's why I admire so many people here—they come with a very simplistic and childlike attitude just to run—but my mind was my biggest problem.

What are the most joyfull/rewarding aspects of a multi-day race?

The sense of accomplishment when you've finished. It's not just about the mileage, but where I (am) in terms of consciousness. Afterward I reflect back on how it went, what it took to get to the starting line, accepting the challenge, not giving up and going until the end. The end is a reward. The whole act of giving, because in a multi-day race every moment is an act of self-giving of the entire being. We get a certificate and a trophy but we

get more than that. I feel that my soul is fulfilled and satisfied and this is only something that can happen in these long events where you get that *Star Trek* feeling of going where no man has gone before. It's not something easy to describe. It's a very personal experience. When you run one of these multi-days you know the answer to this question in your heart and soul.

Have you ever been interested in trying trail running?

Not really. Our multi-day races are my home and my life; I've never been drawn to other races.

What do you eat and drink during these long multi-day races?

In my everyday life I have to be careful. My food is very simple, like baby food that's easily digested. I take Aloe Vera juice in water, as the usual acidic conditions cause problems like chafing, ulcers on my tongue, and blisters. The Aloe Vera cools the engine down.

This last race I lived on organic eggs mixed with heavy cream, sour cream and maple syrup, a very rich drink with lots of calories I drank several times a day. Sometimes my body just doesn't want to chew or eat, so I drink. Some people take gels for the same reason. I try not to mix lots of different kinds of foods. That doesn't seem to work for me. I get bloated and my intestines just shut down. I have my handlers write everything down that I take so they can crosscheck what's happening if there's a problem. Finding what works is essential. I even eat baby food mixed with rice cream and maple syrup. I don't eat fruit, just vegetables and grains, soups, and organic milk. I used to take protein powders, but it's too intense for my stomach.

Is winning at all meaningful to you, or is simply doing the best you can all that matters?

Of course winning is always meaningful to anyone. If you have the capacity to do well, especially after years of training, it is very special to win a race, but going into a race I feel it's not all that matters. Self-transcendence is the main thing when I'm at the starting line. I look at what I've

done in the past, and my passion is to go beyond, yet at the same time I make it a game so I don't get too serious, like other people who stop smiling after a day or so. I try and keep a childlike attitude while doing the best I can.

(This year) I was watching the scoreboard just like everybody else and of course I was very inspired by Danny's (Ripka's winning) performance; it was pulling me, it was pulling everybody. I didn't take time out of my own race and concentration to help him, yet several times I offered some ideas to help him in his race. But I was concentrating on my own race and maintaining my own schedule. My plan had been to beat my record and then plan "B" was to get to 500 (miles), but those two plans subsided during the first three days, mainly because of the cold weather, so I adjusted to plan "C," last year's total of 479. You can't have motivation without a plan. You must have some goal to reach. When I saw Danny at 470, I said, "Danny when you make 480 that's great; you'll beat what I

did last year by a mile." But he couldn't make those (final) two miles because he was so exhausted. We make it look too easy, but I was killing myself to reach my goal and Danny was killing himself just to stay in front of me. Unless you do one of these events you don't know what it's like. Suprabha (Beckjord) runs for 50 to 60 days and she makes it look easy.

If you can be receptive and receive and receive with a beautiful heart, with a golden heart and a cheerful heart, you'll go and you'll go and you'll go and that's what Sri Chinmoy does—he takes you mile after mile because he cares for all the runners. So to come back to the question, I was motivated by Danny but I wasn't aggressively challenging him. I was doing my own schedule. If we'd had another hour who knows what would've happened?

Do you ever get so tired and fatigued during these multi-days that you feel you just can't go on? Is having done these multi-day races for so many years worn

down your motivation to continue?

I get tired and fatigued, but I never feel that I can't go on. When you feel like that then it's time for a rest. Once you've had that rest for a half-hour or so you'll go on. The body needs to recuperate; it tells you what to do. Often I get very tired and I'm losing power to go on, so I pray to my inner being and ask, "Can you guide me? Should I rest? Should I take a break?" I get answers. When I come around to the lap counters and feel I can't take another step, I say, "This is my last lap," but then I'll come around again and they'll be there with all my shower gear and I'll say, "You know I feel a little better this lap. I'll stay out a bit longer." I listen to my body. When a lap starts to feel like 10 miles, 20 miles, 50 miles, then it's time to stop. After a rest you can run, but if you walk instead of taking a break, you're not giving your body a chance to rejuvenate.

Each race you have to treat like a little child would treat it. We had three little kids at the race this year and they played with such enthusiasm. That's what Sri Chinmoy teaches us: be like a child. I play so many little games and (have) secret little things I do. I have been through laps and laps just laughing at myself and being somebody else. No matter what I'm going through—and everyone's expecting big things of you when you have a world record—ultimately I say I'm doing my best. I never fool around; even if I'm playing with my handler I'm very aware of the time. I'm very focused; every second counts. I never sit around doing nothing.

Is there a race that sticks out as your greatest or most meaningful?

I remember standing at the starting line of the six-day race in 2001, on Wards Island. There were a lot of world class runners there, 60 runners from all over the world. I had this incredible experience that I've never had again since; I felt this absolute voice say to me "You will win the race and you will win it outright." I heard it but I didn't know what to think, and in the first few hours of that race I ran with such power and strength that I was feeling guilty. I ran for hours and hours and hours with such ease and such poise and calmness. I started noticing people slipping off the course for a break yet the power kept coming. I felt just like an instrument and I felt so grateful. The weather was perfect, as I love running in the warm and I remember thinking, "This

Dipali Cunningham's Multi-day History 1991 to 2005

1991	Seven Day Race	Fourth Place	367 miles
	700 Mile Race	First Place	670 miles
1992	Seven Day Race	Third Place	450 miles
	700 Mile Race	Second Place	11 days+21:37:20
1993	Seven Day Race	First Place	501 miles
	1, 000 Mile Race	First Place	15 days+12:52:02 (Australian record)
1994	Seven Day Race	Second Place	509 miles
	700 Mile Race	First Place overall	10 days+05:32:58
1995	Seven Day Race	Second Place	519 miles
	700 Mile Race	First Place overall	9 days+15:14:46
1996	Ten Day Race	First Place	723 miles (Event record)
1997	1, 000 Mile Race	First Place	13 days+20:18:40 (Australian record)
1998	Six Day Race	First Place	504 miles (World record)
1999	Six Day Race	First Place	458 miles
	700 Mile Race	First Place overall	9 days+07: 51:27
2000	Six Day Race	First Place	456 miles
	700 Mile Race	First Place	9 days+11: 20:29
2001	Six Day Race	First Place overall	510 miles (World record)
	700 Mile Race	First Place	9 days+22:19:31
2002	Six Day Race	First Place	415 miles
	700 Mile Race	Second Place	9 days+21:55:18
2003	Six Day Race	First Place	442 miles
	700 Mile Race	First Place overall	10 days+03:49:11
2004	Six Day Race	First Place overall	479 miles (age group 45 to 49 world record)
	700 Mile Race	First Place overall	9 days+21:30:47
2005	Six Day Race	First Place	474 miles

Totals: 26 multi-days: Five seven-day races; eight six-day races, one ten-day race; two 1,000-mile races, ten 700-mile races. 15,807 total miles (25,438.899 km)

is unbelievable what I'm being given right now."

The next day flowed by and the next and I noticed the scoreboard and I was going way ahead of the men. They were watching and asking questions like; "How do you train?" "What do you do?" and I felt very humble because I didn't know why this was happening and by the end of the race I was at least 50 miles ahead of some of the best athletes in the world. I ended up with 510 and they were at 460 and that last day on the last lap Suprabha asked me how many miles I'd run. I didn't know, so I worked it out and it came to 90 miles.

That's the state I was in—I wasn't calculating, I wasn't doing, I was just being an instrument, I was just running. I wasn't looking at the scoreboard, thinking "how many, (miles) do I have to get to do this or do that." There was only one goal and that was if I broke my world record, which was 504, I would dedicate the race to Subharata, my dearest friend who passed away in 2000. For the last 10 miles or so I wore her most precious jacket and as I put it on I felt that her soul was so proud of me because I'd achieved something, and I took off. At that point I passed Ted Corbitt and congratulated him; he was beaming, as he was also breaking an (age-group) world record at the age of 82.

What suggestions would you give to an ultrarunner who has not done a multi-day race but would like to try one?

The most important point to remember is to run your own race. One of the first things I learned—and I thank Bhikshuni Weisbrot for this, she was my saving grace—is to get a schedule. I was wandering around the course hopelessly lost and I hooked up with Bhikshuni for a few laps and she said, "Oh I have a schedule. What I do is sleep at this time. I take a break here and go to bed there." I said, "Wow that sounds good," so I tried it and adapted it over the last 14 years; it works for me like clockwork. I know Rimas (Jakelaitis) doesn't have a schedule. He just runs and runs and if it starts to rain he just says, "I'm taking a break now." But I can't do that. If it rains I run in the rain. I try and do two blocks of 40 miles and 40 miles; that's 80 miles a day and I have a way I work around that. I know Rimas does that too, when his knee isn't bad.

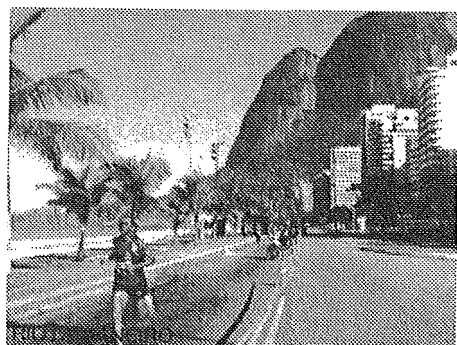
How many multi-days did you do before things began to click into place?

In 1991 when I started, I watched Suprabha and Antana (Locs) and I thought that I would never get to that level. I thought they were beyond anything I could ever get near—they were running

the 1,300 (mile) at the time so I guess it took four to five years before I went up a step and then I went up another step and then in 1998, when I did my first world record. So it was five to six years before I increased my capacity to take less sleep. In the beginning it is hopeless—you need more sleep. You need five to six hours as your body isn't used to running 70 miles a day. In this race (2005) a lot of girls were taking six hours sleep and I was taking 2.5. Your body gets used to it after years and years and you also get a confidence that you know you can come out after two hours and keep going from 3:00 in the morning until midnight. There has to be faith in there too. Sometimes I can't believe how I'm getting around and I tell myself it's my faith in Sri Chinmoy that's letting me do this. I say, "I can't do this. I've got huge blisters and sores and I'm really hurting." I cry inwardly and outwardly, but I go very deep and say, "Help me, because I'm really having a hard time right now and it's wet and windy, it's 3:00 a.m., I'm on my first lap, and I can hardly move." Then I do a few laps and begin to feel help is coming. Each runner has to have that faith.

The IAU 100km World Cup was last held at Lake Saroma in 1994. The for this 20th anniversary race was unchanged since then, with its rolling hills and scenic lake views. The race itself has grown from a few hundred runners in the early years to over 3,000.

Three municipalities work closely together to organise the race and the course runs through each of them. Starting at Yubetsu Town at 05.00 runners pass around the edges of Lake Saroma, through the marathon point,



before reaching the town of Saroma. They continue on an undulating course around the lake. A 20km out and back section follows, through a wild flower garden where Japanese lilies are just coming into flower. The finish is at Tokoro town which has a reputation for producing international curling champions – a very popular sport in Japan.

Teams from 22 countries came to contest the World Cup, joining the 3000 local runners. Rain and cloud were forecast but passed overhead the night before the race. It was fine and bright at the start and temperatures later climbed above 25C.

Mario Ardemagni (ITA), a previous champion, and Tsutomu Sassa (JPN), who won the Saroma race in 2004, took the early lead. A group containing Sandor Barcza (Fra), Yoshiaki Kobayashi (JPN), Oleksander Holovnitsky (UKR) and Yaroslav Janicki (POL) joined the leaders before the marathon point. Gregory Murzin (RUS) and Jorge Aubeso (ESP) followed a little bit further behind. When Barcza accelerated only Sassa could follow. Just behind them Murzin started to gear his race up. He took the lead at about 60km and continued to increase it, to win by 9 minutes. Aubeso also finished strongly to take second place with Sassa taking the bronze medal. Japan won the team race from France in a close contest.

In the women's race Jungkok Kim (KOR) led early on, until Hiroko Syou (JAP) overtook her at 35km and stayed ahead to the finish. Anne Lundblad (USA) had a storming second half to finish only 40 seconds behind her.

The women's team race was a nail-biting event. Japan, France and USA had two members home but it was the third USA runner who clinched it for them.

1	Gregory MURZIN	RUS	6:24:25
2	Jorge AUBESO	ESP	6:33:03
3	Tsutomu SASSA	JPN	6:40:20
4	Sandor BARCZA	FRA	6:44:45
5	Yoshiaki KOBAYASHI	JPN	6:49:43
6	Michael SOMMER	GER	6:37:35
7	Pascal FETIZON	FRA	6:50:59
8	Howard NIPPET	USA	6:59:20
9	Yasunori YAMAMOTO	JPN	7:04:04
10	Jyouji NISHIMURA	JPN	7:07:38

1	Japan	20:34:07
2	France	20:43:27
3	Germany	21:25:19

1	Hiroko SYOU	JPN	7:52:41
2	Anne LUNDBLAD	USA	7:54:22
3	Yoko YAMAZAWA	JPN	8:10:27
4	Laurence FRICOTTOA	FRA	8:12:02
5	Magali REYMONENG	FRA	8:18:52
6	Jungkok KIM	KOR	8:19:49
7	Nikki KIMBOLI	USA	8:22:58
8	Tanya HOOSS	GER	8:23:25
9	Tanya PACEY	USA	8:29:19
10	Christine DENIS	GER	8:30:13

1	USA	24:46:49
2	France	25:01:07
3	Japan	25:17:40

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IAU 100km World Cup

The IAU 100km World Cup took place at Lake Saroma on 26 June. This popular Japanese event with its enthusiastic audience, its large field of entrants and its reputation for a fast course (on which both Tomoe Abe and Takahiro Sunada set world best times) celebrated its 20th anniversary this year. It did so in style, with an exciting competition which is fully reported in the main Results section (p42.)

2005

16/17 JULY:
IAU 24-hour European
and World Challenge
Worschach, Austria

10 SEPTEMBER:
IAU 100km European
Championships
Winschoten, Netherlands

16 OCTOBER:
IAU 50km Trophy Final
Palermo, Italy

2006

4/5 MARCH
IAU 24 Hours World
Challenge
Taipei, Taiwan

1 OCTOBER
IAU 100km World Cup
Incheon, Korea.

IAU Anti-doping Policy.

Besides good competition we also want to have clean competition. To help further this aim the 100km World Cup 2005 at Lake Saroma was the first IAU endorsed event where, besides traditional doping control, EPO tests were undertaken. The IAU fully subscribes to the IAAF zero-tolerance anti-doping policy.

With IAAF support IAU will from now on implement out-of-competition testing. Any athlete in the top 20 for either or both 100km and 24-hour competitions will be liable for testing. They must follow IAAF rules about keeping their national federation informed of their whereabouts.

As the ultradistance international governing body, IAU considers this policy an essential contribution to support the battle against drugs, with the ultimate aim of keeping our sport clean.



FINLAND

6 February 2005: 12 hour Indoor race, Lohja

(Dedicated to the memory of Marko Silventoinen)

MEN:

1	Ryoichi SEKIYA	JPN	144.327km
2	Katsuhiro TANAKA	JPN	141.087km
3	Peeter VENNIKAS	EST	133.699km
4	Petri LIETZEN	FIN	130.997km
5	Ari MUSTALA	FIN	129.589km

WOMEN:

1	Edit BERCES	HUN	125.549km
2	Masae KAMURA	JPN	124.243km
3	Maria TAHKAVUORI	FIN	115.164km
4	Timea BONTOVIC	HUN	105.336km
5	Anne HEINONEN	FIN	99.042km

BELGIUM:

23 April 2005: 50km of Gistel

MEN:

1	Marc PAPANIKITAS	BEL	3:01:32
2	Sandor BARCZA	FRA	3:03:12
3	Ivan HOSTENS	BEL	3:14:47
4	Tom HENDRICKS	NED	3:27:01
5	Patrick KLOEK	BEL	3:33:07

WOMEN:

1	Inez JACQUEMART	BEL	3:55:17
2	Dora VANDEWAETERE	BEL	4:24:18
3	Ineke SCHEFFER	NED	5:18:31

CANADA

7 May 2005: Toronto 100km

MEN:

1	Jack COOK	CAN	7:57:02
2	Andrew MCLEAN	CAN	8:01:20
3	Bruce BARTEAUX	CAN	8:43:39
4	Gary POLIQUIN	CAN	9:06:00
5	Patrick CAMPBELL	CAN	9:08:23

WOMEN:

1	Laurie MCGRATH	CAN	9:30:36
2	Monica SCHOLTZ	CAN	10:08:35
3	Christine LAFLAMME	CAN	10:22:13
4	Paula BURCHAT	CAN	10:57:56
5	Trish FRASER	CAN	11:24:30

FRANCE:

2 April 2005: National Championships, 24h de Gravigny

MEN:

1	Mohammed MAGROUN	FRA	247.274 km
2	Dominique PROVOST	FRA	236.068 km
3	Jean-Pierre GUYOMARCH	FRA	230.315 km
4	Christophe BACHELIER	FRA	217.459 km
5	Christian EFFLAM	FRA	211.971 km

WOMEN:

1	Brigitte BEC	FRA	223.942km
2	Didier DAVID	FRA	219.293 km
note that these 2 are probably MEN			
3	Christophe BACHELIER	FRA	217.459 km
4	Nathalie FIRMIE	FRA	206.399 km



7 May 2005: 100km de La Vendée

MEN:

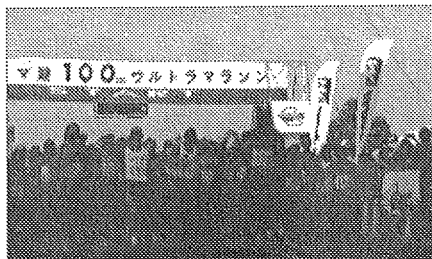
1 Jacques HINET	FRA	7:26:57
2 Dominique PROVOST	FRA	7:33:42
3 Frederic ROSSIGNOL	FRA	7:43:38
4 Albert VALLEE	FRA	7:51:11
5 Philippe FAVREAU	FRA	8:01:25

WOMEN:

1 Beatrice LANDEL	FRA	8:43:19
2 Lucy CARR	FRA	8:58:32
3 Denise DELATOUCHE	FRA	9:16:43
4 Christel LEFRANCOIS	FRA	10:50:25
5 Marie Laure BREGERE	FRA	11:02:09

16 May 2005: 48 heures de Sugeres

1 OTAKI	JPN	405.639 km
2 CONRAUX	FRA	386.638 km
3 RENAUD	FRA	376.988 km
4 HARDEL	FRA	366.733 km
5 KOVAL	RUS	352.257 km
6 BOUSSIQUET	FRA	350.448 km
7 MYTROFANOVA	UKR	347.432 km
8 MALLEREAU	FRA	343.511 km
9 PIRRUNG	USA	336.574 km
10 Irina REUTOVICH	RUS	332.955 km
11 Edit BERCESE	HUN	320.590 km
12 BULLIG	GER	318.781 km
13 BODET	FRA	315.162 km
14 HAUSMANN	GER	304.907 km
15 LE CERF	FRA	301.590 km



5 June 2005: 100km du Ponthieu Marquenterre

MEN:

1 Stephane ROULLIER	FRA	7:02:29
2 Christophe BACHELIER	FRA	7:05:11
3 Bernard BRETAUD	FRA	7:07:11
4 Jean-Noel DEBOISSAT	FRA	7:18:28
5 Hilaire BALAIR	FRA	7:21:38

WOMEN:

1 Karine HERRY	FRA	7:57:13
2 Christine LELAN	FRA	8:08:53
3 Brigitte BEC	FRA	8:13:52
4 Mariannick HULAIN	FRA	8:49:36
5 Chantal HATON	FRA	9:00:16

GREAT BRITAIN 7 May 2005: 50km of Glenrothes

MEN:

1 Colin DEASY	GBR	3:12:32
2 Andy FARQUARSON	GBR	3:19:58
3 Les HILL	GBR	3:29:20
4 Terry MITCHELL	GBR	3:30:34
5 Robert WILSON	GBR	3:33:38

WOMEN:

1 Elaine CALDER	GBR	3:58:05
2 Pauline WALKER	GBR	4:01:58
3 Mhairi DOUGLAS	GBR	4:02:10
4 Lori MCCRAE	GBR	4:30:27
5 Vanessa BREWSTER	GBR	5:25:00

ITALY: 23 April 2005: 50km di Romagna

MEN:

1 Emanuele ZENUCCHI	ITA	2:50:14
2 Janos ZABARI	ITA	2:57:31
3 Aniello SARNO	ITA	2:58:48
4 Giorgio CECCARELLI	ITA	3:01:10
5 Giorgio MORI	ITA	3:02:47

WOMEN:

1 Monica CASIRAGHI	ITA	3:40:18
2 Eva KORAN	ITA	3:50:06
3 Paola FUSCHINI	ITA	3:58:21
4 Elena MICHETTI	ITA	4:01:59
5 Luisa COSTETTI	ITA	4:02:01

28 May 2005: Italian Championships 100km del Passatore, Firenze-Faenza

MEN:

1 Mario FATTORE	ITA	7:02:47
2 Stefano SARTORI	ITA	7:07:25
3 Denis ZHALYBIN	RUS	7:20:56
4 Ildar AKHMETSHINE	RUS	7:30:10
5 Valeri SINIOUSCHKINE	RUS	7:57:15

WOMEN:

1 Paolo SANNA	ITA	8:59:19
2 Maria Luisa COSTETTI	ITA	9:27:37
3 Daniela FIUMARA	ITA	10:24:39
4 Roberta ELIA	ITA	11:18:20
5 Eufemia CARLEA	ITA	11:27:19

JAPAN 26 June 2005: IAU 100km World Cup, Tokyo

JORDAN 15 April 2005: Dead Sea Marathon 50km

MEN:

1 Nouri JABER	IRQ	2:48:39
2 Ali AL SMADI	JOR	2:50:43
3 Mohammed Abdel QADER	JOR	2:55:17
4 Abdul Khaleq KATE	IRQ	3:08:47
5 Khaled AL SHAIKH	JOR	3:10:56

WOMEN:

1 Sharon KOVAR	USA	3:53:22
2 Suzanne VERMAAK	RSA	3:55:45
3 Ursula MARTI	SUI	4:16:59
4 Virginia BIRD	GBR	4:25:13
5 Elena MARTINEZ	ESP	4:28:03

RUSSIA: 7-8 May 2005: Russian Championships, Moscow

MEN:

1 Timour ABZULOV	234.540 km
2 Maer NABIEV	226.705 km
3 Aleksey AREFIEV	224.800 km
4 Innokentii STEPANOV	212.482 km
5 Aleksandr KORYAKIN	212.400 km

WOMEN:

1 Lyudmila KALININA	241.521 km
2 Galina EREMINA	223.933 km
3 Irina RYSINA	210.600 km
4 Nadezda TARASOVA	204.650 km
5 Elena SIMUTINA	165.814 km

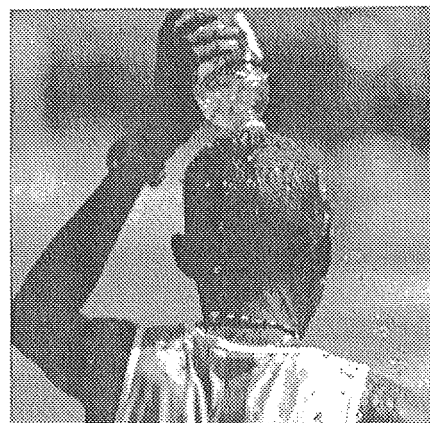
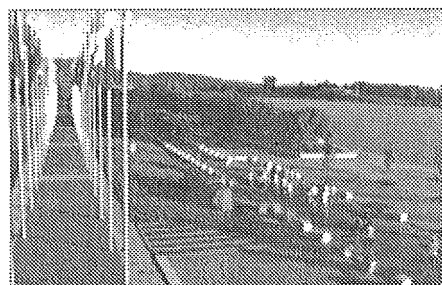
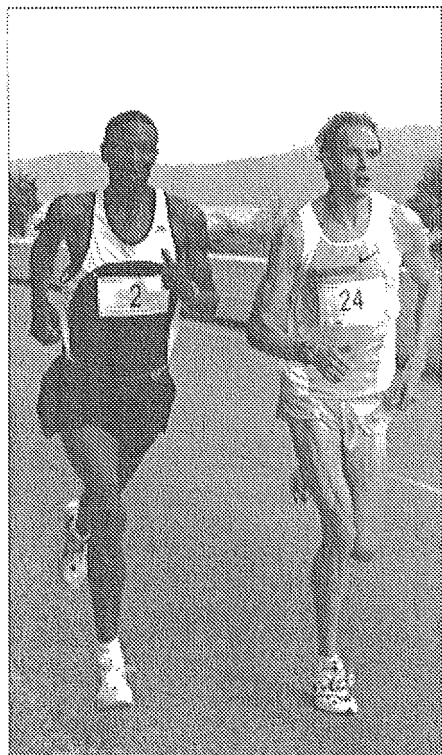
SWITZERLAND: 7-8 May 2005: 24 hours of Basle

MEN:

1 WENNING	GER	225.790 km
2 PEEL	AUT	219.240 km
3 MATHYS	SUI	204.400 km
4 HECKE	GER	203.470 km
5 SCHLOTTER	GER	202.190 km

WOMEN:

1 MOLING	ITA	191.650 km
2 VOGELI	SUI	167.670 km
3 WEBER	GER	165.270 km
4 KAUFFMAN	SUI	151.880 km
5 HISAMUTDINOVA	RUS	142.630 km



Around the world on foot

Serge Roetheli has completed an epic journey. The Swiss has just spent five years running around the world, covering a distance of 40,912 kilometers accompanied by his wife on a motorcycle. The aim behind this modern Don Quixote's feat was to raise awareness of children's rights. By Alain Wey



In the course of the past five years he has run across five continents, logging up a distance of around 8,000 kilometers on foot per year. A native of the Canton of Valais, Serge Roetheli completed his run for children in need on 7 May this year in Saillon/VS. Such a feat demonstrates attests to not only an outstanding sense of adventure but also a physical effort that literally takes the breath away. Using nothing but leg power, he completed the equivalent of three to four marathons per week, accompanied only by his wife Nicole on a motorcycle. The tour began on 13 February, 2000, starting in Africa, then moving on to the Middle East, Asia, Oceania and South and North America. At the beginning of this year the two adventurers returned to Europe and crossed Portugal, Spain and France before reaching their final destination. For most of us the sheer scale of the distance covered – no less than 40,912 kilometers between start and finish – is unimaginable. Serge Roetheli is 50 years old and has spent the last twelve years "running around the world".

Within the last twelve years the Roethelis have undertaken three huge voyages on foot, first crossing Europe (a 9-month odyssey), then crossing South and North America (3 years) and finally their run round the world (5 years): a total distance of more than 75,000 kilometers covering 66 countries on five continents. "Running is not an end in itself. It's a way of life and a way of interacting with others. It represents a specific phase, perhaps the finest and most intensive of our lives. On 7 May this year one chap-

ter came to an end: a phase of life that lasted twelve years."

Serge Rötheli, mountain guide and former boxer, has got to be a little crazy. When in 1995 he crossed the Americas from South to North, i.e. from Tierra del Fuego to Alaska, a distance of 24,115 kilometers, he was dubbed "Forrest Gump" after the film character. He is akin to a modern Don Quixote, accompanied by a female Sancho Panza on motorcycle. "If you can do something for your own well-being and happiness and at the same time give something back by tackling crazy challenges like running around the world to help children in need, then I want to remain crazy and Utopian till my last breath."

Powerful emotions

For Roetheli and his wife, Europe was the continent that triggered the strongest emotions and sense of belonging, both at the start of the tour and at the end. "As soon as our feet touched European soil in Lisbon, we felt as if we were home." Serge and Nicole were overwhelmed by the welcome they received at the Eiffel Tower in Paris from 200 children aged between five

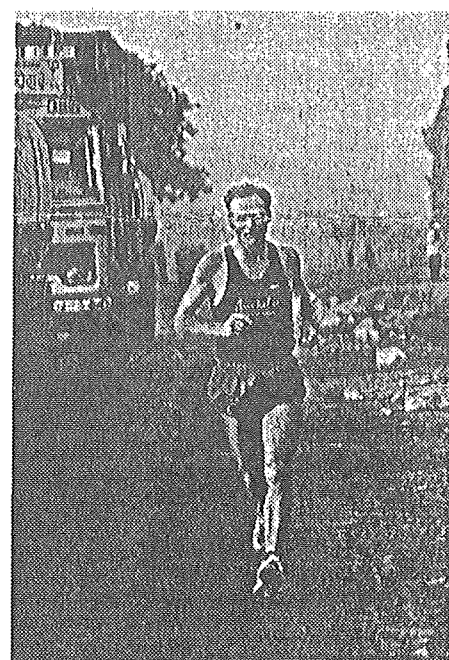
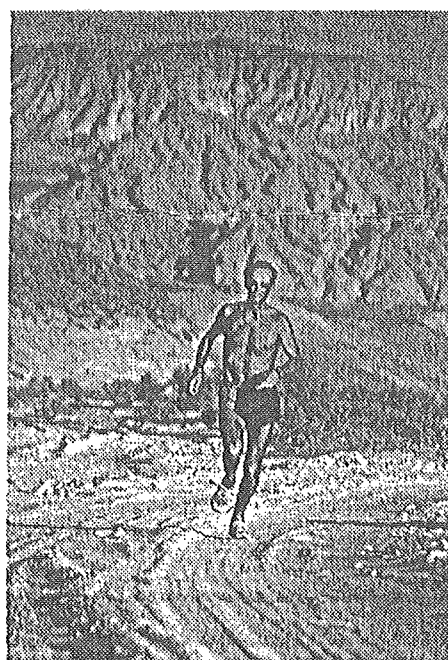
and ten. In Geneva the adventurers were greeted by 400 children waving flags representing all the countries of the world. "From Paris onwards, we were accompanied virtually every day by Swiss running alongside or following us on bicycle, even if it was only for a symbolic stretch of one kilometer."

Poverty in Africa

The couple had to contend with serious threats to their health in Africa. "We suffered from severe attacks of malaria. In Madagascar Nicole was in a coma. When we were in Togo I had a temperature of 41.6°. Due to illness and an unbalanced diet, Africa was the most difficult continent in terms of sheer effort, progress and heat. And the confrontation with poverty is hard to take for people like us who have had the luck to be born in an affluent country. Often children who spotted us came out of school and ran fifty meters alongside us. These were truly inspiring moments. We never tried to explain to people what we were doing, either in Africa, Asia or Latin America. We were simply there to share the moment with them."

Hospitality in the Middle East

The couple crossed the Middle East in the space of four months. "They are the most hospitable people in the world for anyone travelling on foot. We were offered meals without being asked for anything in return. Drinking tea with them – a true ritual lasting three hours – we discussed the world's problems and tried to solve them. The people treated Nicole with great respect and tolerance. Unfortunately our stay in the Middle East was overshadowed by anxiety, because we arrived in Cairo on 15 September,



Serge Roetheli's World Run: "I'll gladly remain crazy and Utopian ...



2001: four days after the attacks on the World Trade Center in New York. No-one could predict how people in the Middle East would react to the event. Ninety percent of the people we spoke to were very unhappy about the events in New York, and they were afraid. Armed soldiers and tanks were everywhere in Egypt, Jordan and Syria. Because we were constantly on our guard and a little tense, we were unable to fully enjoy our stay there."

Fatalism in Asia

The heat and humidity was a huge challenge in Asia, with temperatures well above 32 degrees and 100% humidity. "I had to reduce my average daily distance from 28 to 35 kilometers and

could only run 2 kilometers at a stretch. We were constantly seeking shade. Also, there are so many people in Asia – particularly in India and Bangladesh. We were surrounded by huge throngs of people wherever we went, making our progress even more difficult. And the poverty there is endemic. Hundreds of thousands live on the street. Their fatalism and acceptance of their fate is simply incredible. They are extremely inventive and somehow manage to survive." Serge Roetheli was run over by a car on the route from New Delhi to Nepal. "500 people stood around me, I was sweating and had pain everywhere, and no-one came to my aid. I would rather have fled the scene and hid somewhere to bandage my wounds. The main problem was the enormous hordes of people." After a five-day rest, Serge and Nicole continued on their journey.

Recovery in Australia

After weeks of unbalanced diets and having to cope with Asia's huge throngs, the Australian leg of the tour was a welcome opportunity for R&R. The world travellers crossed the natural paradise of Tasmania during the winter, when it rains six out of seven days. In their year in Oceania the couple enjoyed a freedom and sense of space on a scale that is now inconceivable in Europe. "Oceania is Europe without the stress! But we always had to keep an eye out for dangerous animals like poisonous snakes on the road, crocodiles in the rivers, and jellyfish in the sea in spring."

The Americas

"We were delighted to return to Latin America, because this continent is very close to our hearts.

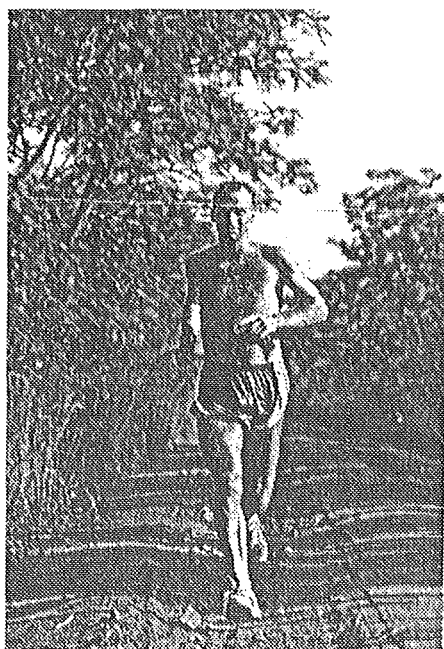
SERGE ROETHELI'S RUN ROUND THE WORLD IN STATISTICS:

- 970 marathon distances,
- 37 countries and a total distance of 40,912 km,
- 64 pairs of running shoes,
- CHF 320,000 donations for three projects for the "Run for kids" organisation: Aid for street children in Colombia, a food programme for infants in Africa, and the "International Vision Quest" project initiated by the Roethelis and an Alaskan eye surgeon to perform eye operations on people who cannot afford treatment
- Extreme temperatures: 48° in the shade in Mauritania, -29° near Montreal, -45° on the summit of Aconcagua
- 2 or 3 fondues and raclettes, the favourite national dishes, in five years. "We ate raclette with a Swiss from the Valais who runs a small bistro in Madagascar."
- www.serge-roetheli.ch

With their ebullient nature, Latin Americans are our kindred spirits." Serge Roetheli climbed the Aconcagua, at 6959 meters the highest mountain in Latin America. What impressed the couple most about North America was the enthusiasm and generosity of the people, who organised spontaneous appeals for their cause. "We thought we'd have it easy there, but we had to tackle four tornados in Florida (July-September 2004). It rained really hard and then a cold spell set in. America was almost the most difficult continent as far as climatic conditions is concerned." Two moments that stand out were the reception organised for the couple on 5th Avenue in New York, and the overwhelming welcome in Montreal.

Now the time has come for Nicole and Serge to share their experiences with others through lectures, a book and a film to keep their memories alive. "We undertook this world tour for three reasons: to be free, to share a marvellous adventure, and last but not least, to collect money for children in need." Serge Roetheli sums up his philosophy of life thus: "I have a feeling that it's less important to do great things than to do little things well. Arranged side by side throughout a person's life, these will perhaps amount to great things. Like a world tour on foot."

Account for donations: Association International Vision Quest, Banque cantonale vaudoise, 1001 Lausanne, Suisse, Empfänger S 5103.92.77, ccp: 10-725-4
Book: "La Terre à en perdre la boule", by Nicole and Serge Roetheli, September 2005, Editions La Sarine.



... to my last breath if it will help children in need".



Australian 6 Day Rankings

Men and Women

Surname	First Name	State	Venue	Dist (km)	Date	Surname	First Name	State	Venue	Dist (km)	Date
Smith	Bryan	VIC	Colac, VIC	1002.000	11/13/89	Fickel	Bob	NSW	C'town, NSW	643.039	11/19/89
Taylor	Maurice	NSW	Colac, VIC	894.000	11/13/89	Firkin	Graham	NSW	C'town, NSW	642.318	11/18/90
Record	Joe	WA	Colac, VIC	890.800	11/16/87	Pritchard	Mark		Colac, VIC	641.200	11/19/95
Standeven	David	SA	Colac, VIC	860.000	11/14/88	Scanlon	Shaun	QLD	C'town, NSW	635.407	11/18/90
Perdon	George	VIC	Colac, VIC	841.600	11/26/84	Grayling	Michael	VIC	Colac, VIC	628.800	11/14/99
Audley	George	WA	Colac, VIC	816.800	11/17/96	Colwell	Brian	NSW	C'town, NSW	624.793	11/18/90
Javes	Ian	QLD	C'town, NSW	810.709	11/18/90	O'Connell	Keith	NSW	C'town, NSW	608.656	11/19/89
Gray	Peter	VIC	Colac, VIC	810.278	11/3/91	Hook	Geoff	VIC	Colac, VIC	606.800	11/16/87
Collins	Tony	NSW	Colac, VIC	807.200	11/15/98	Marden	Bob	NSW	Colac, VIC	604.800	2/24/86
Kouros	Yiannis	VIC	Colac, VIC	801.600	11/19/100	Kettle	Drew	VIC	Colac, VIC	601.600	11/15/92
Lucas	Andrew	TAS	Colac, VIC	784.800	11/17/96	Billett	David	SA	Colac, VIC	569.890	11/21/104
Parsons	Gary	QLD	Nanango, QLD	774.899	3/13/96	Marsh	Trevor	VIC	Colac, VIC	556.060	11/21/104
Bloomer	Brian	VIC	Colac, VIC	763.600	2/24/86	Jones	David	VIC	Colac, VIC	551.850	11/21/104
Gibson	Peter	QLD	Nanango, QLD	762.427	3/13/96	Donnelly	Bruce	QLD	C'town, NSW	550.637	11/18/90
Beauchamp	Bill	VIC	Colac, VIC	758.400	11/19/95	Ketsakidis	Isak	VIC	Colac, VIC	544.400	11/14/99
Hepburn	Brickley	VIC	Colac, VIC	756.400	11/15/92	Waddell	Peter	ACT	Colac, VIC	540.000	11/16/97
Young	Cliff	VIC	Colac, VIC	749.600	11/26/84	Neville	Howard	QLD	Colac, VIC	525.865	11/16/103
Rafferty	Tony	VIC	La Rochelle	747.000	9/29/86	Cox	Terry (jnr)	VIC	Colac, VIC	518.400	11/3/91
Watts	Graeme	QLD	Colac, VIC	746.341	11/16/103	Riches	Darryl	VIC	Colac, VIC	516.400	11/19/100
Riley	Gerry	VIC	Colac, VIC	741.200	11/16/87	McKinlay	Brock	ACT	Colac, VIC	505.900	11/17/102
Farmer	Patrick	NSW	Colac, VIC	739.600	11/14/88	Pollard	Godfrey	VIC	Colac, VIC	504.400	11/13/94
Fisher	Keith	VIC	Colac, VIC	732.400	11/14/88	Grant	Ron		C'town, NSW	501.569	11/18/90
Wishart	Greg	VIC	Colac, VIC	721.600	11/13/89	Miskin	Stan	VIC	Colac, VIC	482.539	11/16/103
Armistead	Peter	VIC	Colac, VIC	709.200	11/17/102	Pfister	Peter	VIC	Colac, VIC	474.400	2/24/86
Phillips	Lindsay	QLD	C'town, NSW	703.455	11/18/90	Drayton	Nick	NSW	Nanango, QLD	470.733	3/13/96
Bristow	Ralph	QLD	C'town, NSW	702.114	11/19/89	Pierce	Simahin	SA	USA	469.928	9/16/91
Bums	Bob	QLD	C'town, NSW	701.200	11/17/91	Erasmus	Willie	VIC	Colac, VIC	454.500	11/17/102
Skvaril	Vlastik	TAS	Colac, VIC	692.850	11/21/104	Davis	Robyn	NSW	Colac, VIC	420.000	11/18/101
Hoskinson	Peter	TAS	Colac, VIC	690.430	11/21/104	McLurcan	Don	NSW	Colac, VIC	413.200	11/19/100
Hill	Ron	VIC	Colac, VIC	681.200	11/13/94	Boyle	Brad	NSW	C'town, NSW	406.459	11/18/90
Cox	Terry (snr)	VIC	Colac, VIC	668.000	11/3/91	Sutcliffe	Bill	VIC	Colac, VIC	406.000	11/19/100
Davis	Ivan	SA	Colac, VIC	664.400	11/19/95	McPhee	Jevvan	VIC	Colac, VIC	344.000	11/17/102
Timms	John	VIC	Colac, VIC	663.200	11/13/94	Farmer	Bernie	ACT	Colac, VIC	320.400	11/19/100
Sheridan	James	SA	Manhattan	662.500	7/4/83	Bruner	Bob	VIC	California, USA	181.856	3/30/85
Channels	Robert	NSW	C'town, NSW	656.327	11/18/90	Wilson	Greg	VIC	Colac, VIC	151.600	11/14/93
Sill	David		Colac, VIC	654.800	11/13/94	Valentine	Ian	QLD	Colac, VIC	149.200	11/21/104
						Criniti	David	NSW	Colac, VIC	66.000	11/18/101



Gold Coast 100 16 July 2005



Gold Coast 24-48 12-14 August 2005



Jonathan Blake recording the fastest 100 km by an Australian in 7 years at the 100 km World Challenge at Lake Saroma