

ULTRAMAG

AURA MAGAZINE
Dec 2005 Volume 20 No. 4



**Yiannis Kouros the Greatest Ultra runner
of our time sets two World Records at the
20th Cliff Young Australian Six Day Race**



- Inside this issue:**
- Self Transcendence Australian 24 Hour Championship
 - Hall of Fame - Tony Rafferty
 - Interview: Rathin Boulton
 - Record field at the Moe Six Hour/50km track race



**Winner Colac 6 day,
Yiannis Kouros 1036.8 km
(World record)**



**2nd placed Australian at Colac
Peter Hoskinson with 740 km**



**1st lady at Colac,
Dawn Parris with 640 km**



**Winner Adelaide 24 hr, Kip
Melham with 197.779 km**



**Winner Adelaide 12 hr, Peter
Lahiff with 98.720 km, a new
O70 record**



**The evergreen Shirley
Young, 3rd in the Adelaide 6
hr with 50.54km, a new Aust
O70 record**



**Winner Moe 6 hr, Mal
Grimmett with 70.041 km**



**2nd at Moe and 1st lady, Julie
Hooper-Childs with 64.421 km**



**3rd at Moe and 2nd lady,
Michele Thompson with
62.476 km**

CONTENTS

| | |
|---|--------|
| INDEX | 1 |
| THE ENDURA SPORTS SYSTEM | 2 |
| EDITORIAL | 3 |
| ULTRA CALENDAR | 4 |
| A.U.R.A. 100 CLUB | 9 |
| A.U.R.A. CONTACTS | 10 |
| A.U.R.A. POINTS RACE UPDATE | 11 |
| REPORT ON UPCOMING 24 HOUR WORLD CHALLENGE | 12 |
| ULTRA HOSTS NETWORK | 15 |
| PROPOSAL FOR COMMONWEALTH ULTRA MOUNTAIN RUNNING CHAMPIONSHIPS | 17 |
| KOKODA CHALLENGE | 18 |
| PERSONAL PROFILE.....Featuring Peter Gibson | 21 |
| RACE RESULTS AND REPORTS | |
| Bogong to Hotham 65km [Vic]. Results | 22 |
| Comrades Marathon. Belated results of those we missed last issue | 23 |
| Coast to Kosciuszko 236km [NSW] | 23 |
| Kurrawa Beach 50km [Qld] | 23 |
| Bellarine Rail Trail 68km [Vic]. Results and report by Brett Coleman R.D. | 24 |
| Great South West Trail 250km Five Day Stage Race [Vic]. Report by Peter Reefman | 25 |
| Bribie Island 46km Beach Bash [Qld]. Results and report by Geoff Williams R.D. | 33 |
| Self Transcendence 24 Hour Australian Track Championships [SA] | |
| Results and report by Kevin Cassidy | 34 |
| Brindabella Classic 54km Trail race [ACT]. Results and report by Jo Blake | 35 |
| Moe Six Hour and 50km track Championships of Victoria. Results and report by Kevin Cassidy .. | 36 |
| Great North Walk 100 Miles/100km [NSW]. Results and report by Dave Byrnes R.D. | 38 |
| Two Bays Trail 56km [Vic]. Results and report by Kevin Cassidy | 40 |
| Colac "Cliff Young" Six Day Race [Vic] | 42 |
| Bruny Island 65km [Tas] | 47 |
| Mount Feathertop 50km Mountain Race [Vic] | 47 |
| HALL OF FAME INDUCTEE.....Tony Rafferty | 48 |
| LETTER TO THE EDITOR | 50 |
| ARTICLES | |
| "A Blast From The Past". 1977 Centurion, Bill Dyer | 51 |
| "The Bredbo Bash" by Chris Horwood | 52 |
| "Stretching" | 57 |
| Interview and Awards with Rathin Boulton | 61 |
| "World Run completed. Jesper Olsen | 62 |
| I.A.U. International Update | 64 |
| Interview with Bruce Fordyce | 66 |

Sports Nutrition

that's as **Focused as You**

All New Endura Maintain:

- High protein/low carb nutrition for body fat reduction and muscle gain.
- Contains 16 g protein per serve.
- Whey protein isolate (great quality).
- Rich in vitamins and minerals.
- Tasty Vanilla Cream flavour.

Endura Optimizer:

- The perfect training and recovery fuel.
- Delivers long-lasting energy for sustained performance.
- Maximises training benefits.
- Provides a balanced blend of nutrients for optimal results.
- New Banana Flavour.
- Now available in handy single-serve sachets (Chocolate only).



All New Sports Energy Gels:

- Instant and sustained energy.
- Immediate impact carbs combined with slow release carbs for long-term benefit.
- Use for any sports or physical activity.
- 26 g carbohydrates per sachet.
- Contains no sugar (sucrose).
- Easy to use "tear and squeeze" sachets, perfect for when you're on the move.

Endura Sports:

- Helps prevent muscle cramps and spasms.
- Relieves muscle aches and pains.
- Improves stamina and rapidly replaces fluid and electrolytes.
- Contains Meta Mag™, a patented form of Magnesium that's highly absorbable and easily digestible.
- New Raspberry flavour.
- Now available in handy single-dose sachets (Lemon/Lime only).

All New Protein Bars:

- High protein - 20 g of high quality protein.
- Contains only 3 g of impact carbs. Ideal for carb-conscious people.
- Low glycaemic index (low GI)
- Great new "Double Choc" and "Cookies and Cream" Flavours.

Use only as directed. Always read the label.
If symptoms persist, consult your
healthcare professional.
CHC04957 - 07/05

ENDURA

SPORTS NUTRITION

www.endura.com.au

The Endura Sports Nutrition System™ is available from all good sports specialty stores, pharmacies and health food stores.

END1515 - 805

Early in October, I had the privilege of attending Gerry Riley's 75th Birthday. An AURA Life Member, Gerry was one of our leading Ultra runners during the seventies and early to mid eighties. In attendance were many old faces from that era. It really was a day to remember as numerous old [and somewhat stretched!] stories abounded. Jim Crawford had my attention with his account of a Melbourne to Geelong 50 Mile race from the sixties. Organiser, Percy Cerrutty, was forced to do some quick explaining to the local constabulary who threatened to arrest all involved for the hideous crime of participating in organised sport on a Sunday!

Without doubt, the resurgent interest in ultrarunning is indeed notable. The Cradle Mountain Run have, for the first time, had to limit entries on a first come first served basis, such is its popularity. Elsewhere, expanding numbers of participants are filling races all over Australia. The inaugural Great North Walk 100 Miler was a huge success in New South Wales while down south at Colac, the greatest ever staging of the Cliff Young Six Day Race took place. 30 runners, including a large international contingent, put on a feast of top class multi day running with the icing on the cake being a new World Record by none other than Yiannis Kouros. Phil Essam

worked like a Trojan to publicise and promote the event [before, during and after]. His efforts were well rewarded.

We have been fortunate to finally catch up with Canberra's Rathin Boulton for an interview. Rathin is a member of the Sri Chinmoy Marathon Team and has spent the last few northern summers tackling the gruelling 3,100 mile race in New York. This year, he set no fewer than seven Australian records of the most mind boggling distances.

In the 'new and exciting' news stakes, Australia looks like being funded to send a team to the World 24 Hour Challenge in 2006. This is just the opportunity to really stamp ourselves on the World scene.

A quick apology is owed to six runners who we overlooked amongst the Comrades Marathon results last issue. We have rectified the problem and added a few photos as well.

Finally, I have been embarrassed on a number of occasions to be receiving praise for the new professional look of the magazine. As much as I would like to think that such a thing would be within my capabilities, the fact is that Sue Cook from 'The Print Run' is the one with all those formatting skills.

As always, ultra news both here and overseas can be found at www.ultraoz.com and www.iau.org.tw

Kevin Cassidy



Photo from Moe race - 30 starters toe the line

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 - you should contact the race organiser and confirm that the event is being organised to a level that is satisfactory for yourself, before you enter. Many "Ultras" in Australia are low key with few entrants. Therefore you should contact the race organiser to confirm the details listed here, as they may possibly differ or have changed since the event was listed.
2. All updates and additions gratefully accepted by AURA Events Officer Colin Colquhoun, email colincolquhoun@bigpond.com or telephone 0413 845 860

Jan 2006

Sat-Sun 7-8 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

Sun 8 AURA BOGONG TO MT HOTHAM (VIC)

60km mountain trail run, a tough event with 3,000m of climb. Not for the faint hearted. 34 km and 26 km options also available. 6:15am start at Mountain Creek Picnic Ground near Mt Beauty. Entry for AURA members is \$60, non members \$65, transport shuttle back to the start is \$10. Entries close on 24 December. Contact: Race Director Michael Grayling, phone 0433 420 530, address 14 Banksia Court, Heathmont, VIC 3135; Communications Officer John Lindsay, phone 0419 103 928. email: jlindsa1@bigpond.net.au

Sun 22 AURA MANSFIELD TO MOUNT BULLER 50KM ROAD RACE (VIC)

7am Start. \$20 entry fee. Race Director is Peter Armistead 26 Williams St. Frankston, Vic 3199 contact: Peter Armistead 03 9781 4305

Feb 2006

Fri-Sun 3-5 SRI CHINMOY 3-DAY ULTRA-TRIATHLON (ACT)

The Sri Chinmoy 3-Day Ultra-Triathlon is Australia's longest triathlon. It can be enjoyed as a solo race; in a team of 3 with each member completing one leg; or a 'freeform team' of up to 7 members completing the course in relay. Its 15 km swim, 400 km cycle and 100 km run legs can also be entered as individual races. Swim stats 6am Friday (7h 30m cut off), Bike starts 3pm Friday (18h cut off), Run starts 6pm Saturday (16h cut off)

Sat 4 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 18 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

Sun 19 MAROONDAH DAM TRAIL RUN 50KM & 30KM (VIC)

A beautiful 30km & 50km trail run close to Melbourne, around Maroondah Dam. The 50km event starts at 8am at Fernshaw Reserve and the 30km event starts at 9:30am at Dom Dom Saddle. Both events finish below Maroondah Dam as usual. \$10 entry for AURA members, \$20 for non-members. email: mark_mex@bigpond.com.au

Sat/Sun 25/26 WORLD 24 HR CHALLENGE, TAIPEI, TAIWAN

Available for individuals and teams. For more information contact Paul Every tel 02 9482 8276 (H) or email Paul Every, pevery@zoo.nsw.gov.au or see http://www.iau.org.tw/competition_detail.php?id=6

Mar 2006

Sat 4 BUNBURY RUNNERS CLUB TRACK CHALLENGE. 12 HOURS, 6 HOUR AND 50KM STATE CHAMPIONSHIP (WA)

500 metre grass track at the Bunbury Runners Club rooms, Ocean Drive, Bunbury Start time for both events is 5pm. Entry fees: \$40 for the 12 Hour and \$35 for the 6 Hour Runners will need to provide their own lapscorers Entries close on 3rd February. Definitely NO late entries contact: Shane Walker 0438 922 711.

Sat 11 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 11 TE HOUTAEWA 90 MILE BEACH CHALLENGE RUN ()

Ultra Marathon (62km), Marathon (42km), Half-Marathon (21km), Walk for life (6km). Starts at 7.00am from The Bluff, 90 Mile Beach, Northland, New Zealand. Run on beautiful white sand, cool sea breezes- Everyone receives a prize - Spot Prizes - 2 trips for 2 people across the Tasman contact: Frances Piacun on 64-9-408-6060 - PO Box 654, Kaitia, New Zealand. email: francespiacun@xtra.co.nz

Sun 26 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 Coff's 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 PERCY CERUTTY 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 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 CANBERRA MARATHON AND ULTRA (ACT)

42.2km & 50km, 7am, Telopea Park High School contact: Dave Cundy. email: cundysm@ozemail.com.au

Fri-Mon 14-17 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

Sat-Sun 22-23 COBURG 24 HOUR CARNIVAL (VIC)

Victorian 24Hr Track Championship & Centurions 24Hr Walk & 12Hr Relay & 6hr race. Starts at 10am from Harold Stevens Athletics Track - Outlook Drive, Coburg North. AURA regulations apply. Computer lap scoring. Hourly race updates. High quality synthetic athletics track. Trackside camping allowed and portable toilets provided. This year the walking section has been extended to allow 24 Hour walk entrants the chance to compete concurrently in the inaugural "Racewalking Australia" 100 km walk championships for men and women. Entries close 8 April 2006 or earlier if maximum field size of 45 is reached. Be sure to get your entry in early and come join the legends of Australian ultra runners and walkers. contact: Tim Erickson by phone (03) 9012-5431. Visit the website for more details.

Sat 29 WILSON'S PROM 100KM ULTRAMARATHON (VIC)

100km, 80km, 60km, 43km, 20km. Starts at 6am from Norman Bay Car park - Tidal River, Wilson's Prom. contact: Paul Ashton on 0418 136 070. email: paul.ashton56@bigpond.com

May 2006

Sun 14 WALHALLA WOUND UP TRAIL RUNS (VIC)

50km, 37km, 19km. Trail Runs from Walhalla's Star Hotel starting at 8am contact: Bruce Salisbury 03 5174 9869

Sun 14 GLASSHOUSE MOUNTAINS TRAIL RUNS - COOKS TOUR (QLD)

80km, 50km, 30km, 11km on looped course around the very beautiful Glasshouse Mountains, 1hr north of Brisbane. contact: Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334. email: ijaves@caloundra.net. Visit the website for more details.

Sun 21 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 14th Mariner's Lookout 6.5kms and Paradise and Back 14kms. Final entries close on April 30th. Definitely no late entries

Sun 21 BUNBURY MARATHON (WA)

Marathon and 21.1km and 50km email: wamc@inet.net.au

Sat 27 TAMBORINE TREK, GOLD COAST (QLD) Re-check the date nearer to the event

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

Sun 11 GOLD COAST 100KM (QLD)

This race is the National 100 kms championship. There is also a relay incorporating 3 separate divisions; 4 x 4, composite and Kokoda Challenge. The course comprises 16 laps of a 6.25 km loop at the Runaway Bay Sports Super Centre. contact: Ian Cornelius on (07) 5537-8872. email: info@goldcoast100.com or see www.goldcoast100.com

Sat 17 POOR MAN'S COMRADES - FAT ASS RUN (NSW)

A 96km road run, held as close to the race date of the original Comrades Marathon as possible. This is a hilly route from the steps of the Sydney Opera House, along the old Pacific Highway and other backroads to Gosford Railway Station. No Fees, No Awards, No Aid, No Wimps ! contact: Kevin Tiller by phone 0419-244-406. email: kevin@coolrunning.com.au

Jul 2006

Sat/Sun 15-16 KOKODA CHALLENGE, (QLD)

96 km event in the Gold Coast hinterland for 4 person teams and has a 39 hour cutoff. This race is to raise awareness of the success of the 39th Battalion, which in 1942, despite odds of 10 to 1, saved Australia from the invading Japanese Army. For more information see www.kokodachallenge.com or contact Doug Henderson on 0414 354 264

Sat 29 BUSH CAPITAL MARATHON AND ULTRA (ACT)

5km, 16km, 25km, marathon, marathon relay and 60km ultra off road trail runs and 16km, 25km, 32 km bush walks from Campbell High School next to the Australian War Memorial. A fund raising event for the Australian Mountain Running Team contact: John Harding. email: jgharding@bigpond.com

Sun 29 GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR (QLD)

50km, 25km, 8km on looped course around the very beautiful Glasshouse Mountains, 1hr north of Brisbane. contact: Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334. email: ijaves@caloundra.net.

Aug 2006

Fri/Sun 11-13 GOLD COAST 24-48 HR (QLD)

The 48 hr race starts 0900 on the Friday and the 24 hr race at 0900 on Saturday 19 August 2006. This race has IAU labelling accreditation so that the performances of athletes will be eligible for inclusion in the World ranking lists. For more information see www.goldcoast24-48.com or tel Ian Cornelius on 0408 527 391

Sun 20 WEST AUSTRALIAN MARATHON CLUB 100 km & RELAY (WA)

Solo starts at 0600 and the relay at 0700. Contact John Pettersson on 0408 924 555 or email Gary Carlton on gary.carlton@carlton-surveys.com.au or visit <http://www.wamc.org.au/programme/index.htm>

Fri-Sun 25-27 OXFAM SYDNEY TRAILWALKER (NSW)

100km. Starts from Hunters Hill High School, Hunters Hill, Sydney and finishes near Manly. The first start will be at 7am, the 2nd at 8.30am and the 3rd at 10.00am. Teams of 4 only. Time Limit 48hrs. Course follows the Great North Walk, an extremely arduous bush track. Sponsorship required as part of entry criteria - organised by Oxfam Community Aid Abroad. contact: Phone (02) 8204-3900. email: trailwalker@sydney.caa.org.au. Visit the website for more details

Sep 2006

Sat-Sun 2-3 GLASSHOUSE MOUNTAINS TRAIL RUNS

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

Sat-Sun 30-1 Oct

SELF TRANSCENDENCE NATIONAL 24 HOUR CHAMPIONSHIPS (SA)

Starts 8am at Santo Stadium, Mile End, Adelaide. Events available are: Australian 24 Hour 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 23rd September 2006 with no entries on the day. Contact: Ph. [08] 8272 5081 or Anubha Baird on 0421 591 695 or Sri Chinmoy Centre, 1st floor, 131 Carrington St, Adelaide, SA, 5000 contact: Anubha Baird ph: 0421 591 695

Oct 2006

Sun 8 IAU 100 km WORLD CUP, KOREA

Available for individuals or teams or 3 to 6 male and 3 to 6 female runners. For more information contact Paul Every tel 02 9482 8276 (H) or email Paul Every, pevery@zoo.nsw.gov.au or see http://www.iau.org.tw/competition_detail.php?ld=7

Sun 8 FREYCINET LODGE CHALLENGE

Adventure race on Tasmania's coast around Freycinet & Wineglass Bay comprising Hazards Beach Run, Road Cycle, Freycinet Lodge to Swan River Road, Moulting Lagoon Kayak, Cape Tourville Mountain Bike Ride, Coles Bay Kayak, Road Bike, Friendly Beach Mountain Bike Ride, Wineglass Bay Run. Contact Tim Saul on (03) 6248-9049 or 0438-687-302 or Mark Bowden on (03) 6265-8783 or 0418-145-746 or website at www.threepeaks.org.au.

Sun 8 ?? BRIBIE BEACH BASH, QLD

3km; 15km; 36km Relay; 30km; 46km Running & Walking Events along the beach on an out going tide. Starting at North Street, Woorim, Bribie Island. Council stipulated, ALL events be on the beach. This is a solo and relay run & walk event to raise money for The Multiple Sclerosis Society of Qld. Post all entries as soon as possible to : Q.U.R.C., C/- Kerrie Hall, 12 Jade St, Caboolture, QLD 4510. or contact Race Director Geoff Williams on (07) 5497-0309 or mobile 0412-789-741 or email gjcarpet@caboolture.net.au. As the run is in aid of people with MS, the organisers would be very grateful for any sponsorship money

?? FITZROY FALLS FIRE TRAIL MARATHON, NSW

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

?? TRAILBLAZER CHALLENGE

Teams of 2 or 4 for the 25km and 50km events. Teams of 4 for the 100km event (It makes safety sense). The 25km event is wheelchair accessible. Be Inspired. Be Challenged. Be a Trailblazer. Presented by Recreation SA and Adelaide Rotary in partnership with Operation Flinders and Regency TAFE. Starts 8am at Pinky Flat, Memorial Drive, Adelaide. Contact William Ventura by phone (08) 8232-6477 or 73 Wakefield St, Adelaide SA 5000

?? BRINDABELLA CLASSIC, ACT

Organised by the ACT Cross Country Club, 54km trail run over the Brindabella mountains, just south of Canberra, 8.30am start. The traditional course returns this year. "Australia's Toughest Downhill Mountain Race!". Contact race website at www.mountainrunning.coolrunning.com.au or Roy Jones on (02) 6251-0148 or email mountainrunning@coolrunning.com.au.

Nov 2006

Sun 5 VICTORIAN 6 HOUR AND 50KM TRACK CHAMPIONSHIPS (VIC)

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. Also a 6 Hour relay event contact: Rob Embleton (03) 5133-7568

Sat ?? THE MOLESWORTH RUN

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

?? BRUNY ISLAND JETTY TO LIGHTHOUSE, TASMANIA 64 km

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

Sun-Sat 19-25 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. Visit www.colac.ultraoz.com/ for more details.

Dec 2006

Sat 2?? KEPLER CHALLENGE MOUNTAIN RUN

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

Sat 2 MT FEATHERTOP SKYRUN

30 km or 50 km run at Mt Hotham. Contact Paul Ashton on 03 9885 8415 or 0418 136 070 or email paul.ashton56@bigpond.com

Sat 2 BRUNY ISLAND JETTY TO LIGHTHOUSE

64 km Enjoy the ferry trip to the start, then the fantastic ocean views. For solos or teams. Contact Paul Risley 0438 296 283 or email riz5@bigpond.com

Fri-Sat 8-9 COAST TO KOSCIUSKO (NSW)

A 236 km run from sea level at Boydtown Beach, near Eden) to the highest point in Australia (Mt Kosciusko, 2229 metres above sea level). Time limit of 48 hours applies. Need to supply own crew. Email: bigmig@tig.com.au

Sun 10 GOLD COAST - KURRAWA to DURANBAH & RETURN

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

Sat ?? MCCARTHY 100 MILER AROUND THE MOUNTAIN RELAY

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

All updates and additions gratefully accepted by AURA Events Officer Colin Colquhoun, email colincolquhoun@bigpond.com or telephone 0413 845 860

Commonwealth championships - 24 hour and 100 km races

The IAU is planning to put a submission to the Commonwealth Games Organising Committee for recognition of the 24 hours and 100 km races. These events have been contested for several years now at an international level and the sport of ultra running is practiced in many Commonwealth countries. AURA is supportive of the initiative and has forwarded a dossier of information on ultra races conducted in Australia. The IAU will be further considering the matter at its Executive Council meeting, to be held in January 2006. More information later.....

AURA 100 Club (100 miles in 24 hours)

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

For additions or corrections contact David Billett on 08 8278 6623 or email DavidBil@Inet.net.au

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

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

AURA Contacts

Registered Office: AURA Inc. 6/374 Warrigal Road, Cheltenham, Vic 3192

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 emails.

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

Committee:

| | | |
|-----------------------|----------------|---|
| President: | Ian Cornelius | president@ultraoz.com tel 07 5537 8872 or 0408 527 391 |
| Vice President: | Phil Essam | pessam@bigpond.net.au tel 0407 830 263 |
| Secretary: | Sandra Howorth | Sandra.Howorth@southernhealth.org.au tel 0407 301 058 |
| Treasurer: | Warren Holst | HolsWJ@mornpen.vic.gov.au tel 0419 988 261 |
| Membership secretary: | David Criniti | dcriniti@bigpond.net.au tel 02 9871 8753 |

(membership enquiries to David at 14 Cambridge Ave., North Rocks, NSW 2151)

State Representatives:

| | | |
|------|-------------------------------|--|
| Vic: | Kevin Cassidy Warren Holst | kc130860@hotmail.com tel 0425 733 336 HolsWJ@mornpen.vic.gov.au tel 0419 988 261 |
| NSW: | Paul Every Sean Greenhill | peverydweaver@hotmail.com tel 02 9482 8276 bigmig@tig.com.au |
| Qld: | Gary Parsons Col Colquhoun | parsonsg@caboolture.qld.gov.au tel 0407 629 002 colincolquhoun@bigpond.com tel 0413 845 862 |
| SA: | Jerry Zukowski | zuk@centralonline.com.au tel 0408 809 199 |
| ACT: | Trevor Jacobs | trevor.iacobs@mdbc.gov.au tel 0417 266 261 |
| WA: | Gary Carlton | gary@carlton-surveys.com.au tel 0408 440 120 |
| Tas: | Tim Sloan | hobart@mountaindesigns.com tel 02 6225 5161 |

Other positions:

| | | |
|-------------------|---|---|
| Events Officer: | Col Colquhoun | colincolquhoun@bigpond.com tel 0413 845 860 |
| Records Officer: | David Billett | davidbil@iweb.net.au tel 08 8278 6623 |
| | Please send all race results to 7 Craiglee Drive, Coromandel Valley, SA. 5051 | |
| Magazine Editor: | Kevin Cassidy | kc130860@hotmail.com tel 0425 733 336 |
| Clothing officer: | Sandra Howorth | s_sandyhow@optusnet.com.au tel 0407 301 058 |

***"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

2005 AURA Points Score Competition

Leaders (Provisional Points) at 1st December 2005

Does not include – The Molesworth Run, 19th November

| Men | Pts | Events | km | Women | Pts | Events | km |
|-------------------|-----|--------|------|----------------------|-----|--------|-----|
| Peter Lahiff | 33 | 5 | 345 | Carol Baird | 49 | 7 | 861 |
| Peter Anderson | 23 | 12 | 1052 | Shirley Young | 29 | 3 | 151 |
| Kelvin Marshall | 21 | 10 | 681 | Faith Anderson | 19 | 6 | 447 |
| Tony Collins | 20 | 4 | 775 | Julia Thorn | 16 | 4 | 239 |
| Gary Wise | 19 | 9 | 1057 | Kerri Hall | 13 | 4 | 268 |
| Adrian Pearce | 19 | 6 | 341 | Val Chesterton | 13 | 2 | 183 |
| Richard McCormick | 17 | 8 | 627 | Jane Sturzaker | 11 | 4 | 239 |
| Ken Matchett | 17* | 2 | 544 | Vivienne Kartsounis | 10 | 3 | 211 |
| David Billett | 15 | 3 | 937 | Sandra Timmer-Arends | 10 | 3 | 152 |
| Geoffrey Last | 13 | 5 | 415 | Michelle Thompson | 8 | 2 | 164 |
| Simon Phillips | 13 | 3 | 272 | Julie Quinn | 8 | 3 | 160 |
| Trevor Jacobs | 13 | 4 | 210 | Karina Ward | 7 | 2 | 182 |
| Lindsay Phillips | 12 | 4 | 849 | Sandra Howorth | 6 | 4 | 269 |
| Stan Miskin | 12* | 5 | 732 | Jennifer Williams | 6 | 2 | 103 |
| Louis Commins | 12 | 7 | 500 | Stephany Howard | 5 | 2 | 95 |
| Deryk Skinner | 12 | 1 | 166 | Julie Hooper-Childs | 4 | 1 | 64 |

* Stan Miskin and Ken Matchett – two pending World Records (14 points) awaiting ratification

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 | 1 st place | Regardless of the number of starters |
| | 2 | 2 nd place | |
| | 1 | 3 rd place | |
| Category 3 Bonus points | 1 | Winning a National championship | Winning a national championship entitles participants to 1 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

IAU 24hr World Challenge

TAIPEI – FEBRUARY 2006

The next IAU 24 hr World Challenge will be held in Taipei, Taiwan on 25 February 2006.

AURA expects to field a team to represent Australia and already has an expression of interest from four of our male runners.

Competing athletes can expect some financial assistance from the IAU Travel Grants scheme, details of which are in a separate article in this issue of Ultramag, also refer <http://www.iau.org.tw/upload/download/1132001302.pdf>

The event is a road race (not track) and consists of:

- Men's Team Competition
- Women's Team Competition
- Men's Individual Competition
- Women's Individual Competition

The team results shall be decided by scoring the longest aggregate distances recorded by the first three athletes in each team. A team may consist of a minimum of three athletes and a maximum of six athletes. All team members are automatically entered in the individual competitions. Federations unable to send teams may enter athletes for the individual competitions.

The distance of one lap is 1.5 km. The course will be measured by an IAAF/AIMS Course Measurer; refreshment stations, toilets, and a medical station will be located by the race route. Anti-doping controls will be established in accordance with IAAF regulations.

The estimated number of runners for all 24Hr events is about 250.

Would any athletes interested in competing in this event for Australia please contact Paul Every, Chairman of the AURA selection committee, on tel 02 9482 8276 (H) or email Paul Every, pevery@zoo.nsw.gov.au

It is expected that males would need to have the potential to run 230+ km and females 210+ km for us to be competitive.

IAU 100 KM WORLD CHALLENGE - KOREA OCTOBER 2006

The next IAU 100 km World Challenge will be held in Korea on 8 October 2006.

AURA expects to field a team to represent Australia and already has an expression of interest from several of our male runners.

Competing athletes can expect some financial assistance from the IAU Travel Grants scheme, details of which are in a separate article in this issue of Ultramag, also refer <http://www.iau.org.tw/upload/download/1132001302.pdf>

The event consists of:

- Men's Team Competition
- Women's Team Competition
- Men's Individual Competition
- Women's Individual Competition

The team results shall be decided by scoring the lowest times recorded by the first three athletes in each team. A team may consist of a minimum of 3 athletes and a maximum of 6 athletes. All team members are automatically entered in the individual competitions. Federations unable to send teams may enter athletes for the individual competitions.

To qualify for the IAU Travel Grants (over and above the basic 25%) it will be necessary for athletes to post performances prior to the event. In this regard, the National 100 km championships, to be held on Sunday 11 June, 2006 is ideally positioned.

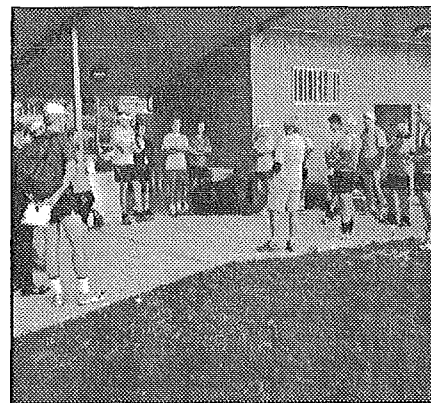
Would any athletes interested in competing in this event for Australia please contact Paul Every, Chairman of the AURA selection committee, on tel 02 9482 8276 (H) or email Paul Every, pevery@zoo.nsw.gov.au

It is expected that males would need to have the potential to run sub 7 ½ Hours and females to run sub 9 Hours for us to be competitive.

Photos below from Great North Walk 100's



Paul Every tucks in at an aid station



Nervous runners at the Race Briefing

IAU TRAVEL GRANTS

The Executive Council of the IAU has introduced a Travel Grants scheme for the Major IAU Competitions (notably the 24 hr and 100 km World Challenges each year) to encourage countries affiliated to the IAU, to send their best athletes to compete.

The new Travel Grants (TG) scheme is based on

1. The travel distance of the participants.

In this regard, the World is split into Zones A, B and C. This zoning is arranged so as to favour the most isolated countries.

Zone A is where the travel time is +9 hours and attracts a full contribution of the TG. Zone B is 3 to 9 hours travel and attracts a payment of 75% of the TG. Zone C is less than 3 hours travel and attracts a payment of 50% of the TG. As Australia is so isolated, it will be classified as Zone A for most competitions. In 2006 the World 24 hr and 100 km Championships are to be held in Taiwan and Korea respectively. Both venues are more than 9 hours travel time from all major Australian ports.

2. The quality of the runners.

In this regard a male runner achieving sub 7 hours for 100 km gets 100% of the TG (applicable to that zoning); 7 to 7:30 = 75%; 7:30 to 8 hours = 50%; more than 8 hours = 25%. For female runners the system is similar except add 1hr:30 to the qualifying times in each case. For male runners in the 24 hr, the distance for 100% TG is 240 km; 220 to 240 = 75%; 200 to 220 = 50% and less than 200 km = 25%. For females, deduct 20 km in each case. These times and distances must be established in the previous two calendar years and must be achieved in races which are sanctioned by the IAU. The Gold Coast 100km and Gold Coast 24-48 has such accreditation and it is hoped that the Race Directors of the other major events will take similar steps to gain accreditation.

3. Teams

There is also a further payment where the country sends a team to compete. The numbers for teams is a minimum 3, maximum 6, for men's and/or women's.

Summary

The amount of the travel grant varies from year to year, but for the 24 hr World Challenge in February could be expected to be \$460. For the 100 km World Challenge in October, it could be expected to be in the order of \$900. Airfares, for both Taiwan and Korea might be in the order of \$1000 each. AURA is normally able to make some further contribution, but the extent of the payment to the athlete will depend on the level of performance and will be limited to the three best performed applicants. Accommodation is normally provided free of charge.

For more information contact Paul Every, Chairman of the AURA selection committee, on tel 02 9482 8276 (H) or email Paul Every, pevery@zoo.nsw.gov.au



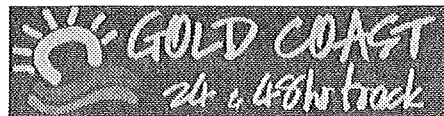
GOLD COAST 100 SUPER MARATHON

NEW DATE Sunday 11 June 2006 (Queen's birthday weekend)

NEW FORMAT..... now includes a 4 x 4 relay and a Kokoda relay

Solos can post a qualifying time for the IAU 100 km World Challenge to be held in Korea on 8 October 2006.

For more information call Ian Cornelius on 07 5537 8872 or visit www.goldcoast100.com.



GOLD COAST 24 – 48 HRS TRACK 11 – 13 August 2006

Win an AURA 100, 200 or 250 club shirt by running 100 miles, 200 km or 250 km in a single day.

Or try for the 48 hours in preparation for the Cliff Young Colac, 6 day race to be held in November.

Full electronic lapscoreing, meals provided, accommodation available at the Centre.

For more information call Ian Cornelius on 07 5537 8872 or visit www.goldcoast24-48t.com.

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 _____

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

Commonwealth Championships



(President, 02 Nov)

Ultra Distance/Mountain Running Proposed Commonwealth Championship

The IAU Executive Council is responsible for the control for ultra distance running, and trail running over the marathon distance, and the WMRA is responsible for the sport of Mountain Running, both under the patronage of the IAAF.

In January 2005 at an IAU Executive Council meeting in Monaco, Norman Wilson, Joint European Group Representative, put forward a potential new initiative to stage a Commonwealth Ultra Championship. It was agreed that Norman continued with an investigation into the feasibility of such a Championship as well as for a survey of current fixtures for commonwealth participation.

Subsequent discussions between the IAU and the WMRA have led to put forward a joint bid to bring a broad range of new events into proposed Commonwealth Championship.

Development of a Commonwealth Championship would be an excellent way to cement the relationship

between the ultra distance road and mountain running movements and to widen the range of competition for athletes. However, in order for Ultra distance and mountain running to be sanctioned as a Commonwealth Championship, there must be a suitable range of events provide for both male, and female athletes.

So that we can incorporate the ingredients in a proposal for a Commonwealth Championship we suggest a combination of the following events for consideration.

1. 100kms (Road) Men/Women
2. 24 Hour (Road or Track) Men/Women
3. 12km jV 1200m ascent-uphill only Men
8km - 800m ascent-uphill only Women
4. 12km jV 750m ascent/descent-up and down
8km - 500m ascent/descent-up and down

All the above events have been fully supported at World and European level by IAAF and EAA.

In the mean time all the 72 Commonwealth Federations have received an email with the proposed events and we now await replies by 31st December

At this stage the IAU and the WMRA are asking the Federations and/or Associations to agree in principle without financial commitment to support an Ultra Distance and Mountain Running Commonwealth Championship. Our aim is to look at inclusion in future Commonwealth Championship.

For further information have a look at the IAU (www.iau.org.tw) and WMRA (www.wmra.info) websites.

Norman Wilson

IAU Labeling

From 2006 on, only IAU labelled races will be taken into account for:

1. defining the IAU year ranking lists
2. recognition of (World) Best Performances

This is particularly important because, for athletes to be eligible for the IAU travel grant to attend and compete at the World Challenges, they must have recorded a performance which is included in the World Best performances in the two years preceding the event.

To be eligible for inclusion in the IAU listing of World Best performances, it is essential that the performance be achieved in a race which has IAU race labeling. The Gold Coast 100 and the Gold Coast 24 hour events have made application for accreditation and AURA has recommended to the organizers of other similar events that they do likewise.

Kokoda Challenge

(The Longest Day) - 16th-17th July 2005

Being an endurance junkie for the last twenty years a friend of mine brought to my attention an event in the Hinterland on Gold Coast. It was a 96 kilometer race through the Hinterland mountains called, *The Kokoda Challenge in July 16th-17th 2005. The race involved teams of 4 persons and the theme was to uphold the Kokoda Spirit as our diggers did on the original Kokoda Track in ,1942. I spoke to three of my mates (they now question my friendship) who would also, enjoy a challenge and even better, doing it together.*

Our team consisted of George Takis, Tony Hegarty, David Russell, Glen Thompson and myself. Collectively we have raced in over 50 Ironman Triathlons that include: 3 Hawaiian Ironman, 3 of us have been Australian triathlon representatives, and close to 400 other events including triathlons, bike races, fun runs, marathons etc. We believe we were well equipped to take on the Challenge.

Jumping on the web site (www.kokodachallenge.com) we accessed the relevant information and started planning our race. Being tough endurance athletes we figured we could complete the course in about 10-11 hours as we thought it would be on fire trails which were wide and smooth, until we saw the first section of the course in training. Literally within the first two minutes of our training run on this section we were climbing a huge mountain. We thought that's fine. Thirty minutes and only two kilometers later we revised our finishing time. Basically if we weren't going up we were going down, so a major rethink in strategy was needed. After training on each section we always had a debrief to reassess our race strategy and we agreed that sixteen hours was an achievable figure. Our other conclusion was that we were all starting to hate the event director,

Doug Henderson. What kind of person would set a course like this, putting us through a world of pain and mental torture? Our background in Ironman triathlons came in very handy and suited an event like this. The course required high energy levels for up to twenty hours so eating and drinking were just as important as fitness. Our nutrition consisted of Accelerade sports drink, Accel carb & protein sports gels, energy bars and for later in the event a mix of different type of foods especially at night when we all looked forward to some hot chocolate. Most of our nutrition was looked after by our great support team who knew exactly what we needed at every checkpoint.

It was the Inaugural race and we were very impressed with the well advanced organization which went like military precision. We knew exactly what we had to do on race morning and during the race. Our race plan was to challenge ourselves and that meant to go as fast as we could for the entire race. We knew we could cover the distance by the cut-off of 39 hours.

Race Day and the weather was fine with a cool wind and no rain in sight. Everyone assembled at the start line for the National Anthem and the Last Post. Among the dignitaries were two survivors of the 39th Battalion that fought on the Kokoda Track in New Guinea and what an inspiration to all of us right before the start. The cannon sounded and we were off. The first part of our plan was to be at the front of the race with the leaders for as long as we could without putting ourselves in the red zone. The first checkpoint was at 5 k and we were with three other teams. A great start along with two other men's teams and a women's team. How good are they going? Sections 2, 3, and 5 were the toughest on the course with lots of very steep climbs and descents. Through section 2 there was only one team with us. As we were felling

pretty good we increased the pace and by about the 3 hour mark we were leading. *Surprised and a little nervous as we did not think this would happen so early in the event.*

The end of section 4 was the first major checkpoint and a chance to refuel. The plan was to take no longer than ten minutes. The only hold up was to strap one of the team members toes as he smashed them on some rocks just before the checkpoint. All was done and we were out in 10 minutes with everything ready as planned. Section 5 was considered to be the longest and the toughest. We were

prepared as we knew by the end of this it would be close to dark and we would be mostly walking, so we decided to push hard. There was a checkpoint half way through and we briefly stopped for fuel and a time split to second place which was fifty minutes. Once we started to tire the true Aussie mannerisms surfaced and the sledging in the team increased, "you're not the slowest runner I've seen but you're in the grand final".

After section 5 there was a 6 kilometer hilly wide trail and road section which was our strongest leg so the race plan was to go with what we had left as after this it would be dark and hard to run. We changed shoes, socks and extra fuel and headed off. We had been on the go for nine and a half hours and we ran this section in 36 minutes and figured that this would increase our lead. We had only put five minutes on the second team in the first part of section 5.

Upon reaching the next checkpoint warm clothes were needed. We changed from our short sports skins to our long sport skins along with hot chocolate and soup. What a bonus our support crew could cook as well. We took an extra five minutes at this stop as we knew our lead was well over the hour. From here it was 35 kilometers home and it proved to be

the toughest with very steep descents and rocky surfaces that made the going slow. We all agreed to take a little extra time through these sections after two of the team had taken tumbles with one injuring his calf. At the last checkpoint I strapped his leg in the hope it would hold together for him but as the race was to inspire, the Kokoda spirit rang true. The last 35 kilometers took us nearly 7 hours but how good it was to see the finish lights at Nerang with our families and race officials to greet us at 2.05 a.m. It was like banging our heads against a brick wall and when we stopped how good it felt!

After crossing the finish line and mentally switching off it took only five minutes to start to feel the cold and

the aches that we had been putting up with for 19 hours. We thought of the support we had and the also the luxury of not having bullets whizzing past our ears. How our soldiers achieved what they did is truly amazing.

We would like to thank our support crew, Allan King, Jocelyn Hegarty and Anisette Russell who provided such valued assistance throughout the race. Without them it would have been extremely difficult.

The Kokoda Challenge was run to help inspire and raise funds to enhance the public awareness and to educate the youth of our nation to the significance of the

Australian diggers' Kododa, New Guinea and Pacific campaigns during WW1 1.

Writing this a few months later the mountains seem smaller and the course easier. That is until I recall what it was like just after the event. With all our experience it is still one of the toughest races I have competed in and YES I am stupid enough to be on the starting line next year. If you are looking for a challenge this race is a must do on your race calendar as you're not only doing it for yourself and team but the Kokoda Spirit and the youth of our nation.



Photo above from Moe 6hr and 50km events: Trevor Marsh showing excellent form

THE KOKODA CHALLENGE

The Kokoda Challenge is a cross country bush walking 4 person team event held over 96 kilometres, representing the distance of the Kokoda track. It is to be completed within 39 hours, which symbolises the 39th Militia Battalion, the first of our Australian Troops to arrive at Kokoda on the 15th July 1942.

The event will be held 15th-16th July 2006 in the Gold Coast Hinterland.

The Kokoda Challenge is a fundraising initiative to help educate our youth and enhance the public awareness of the significance of the Kokoda and New Guinea Military Campaigns.

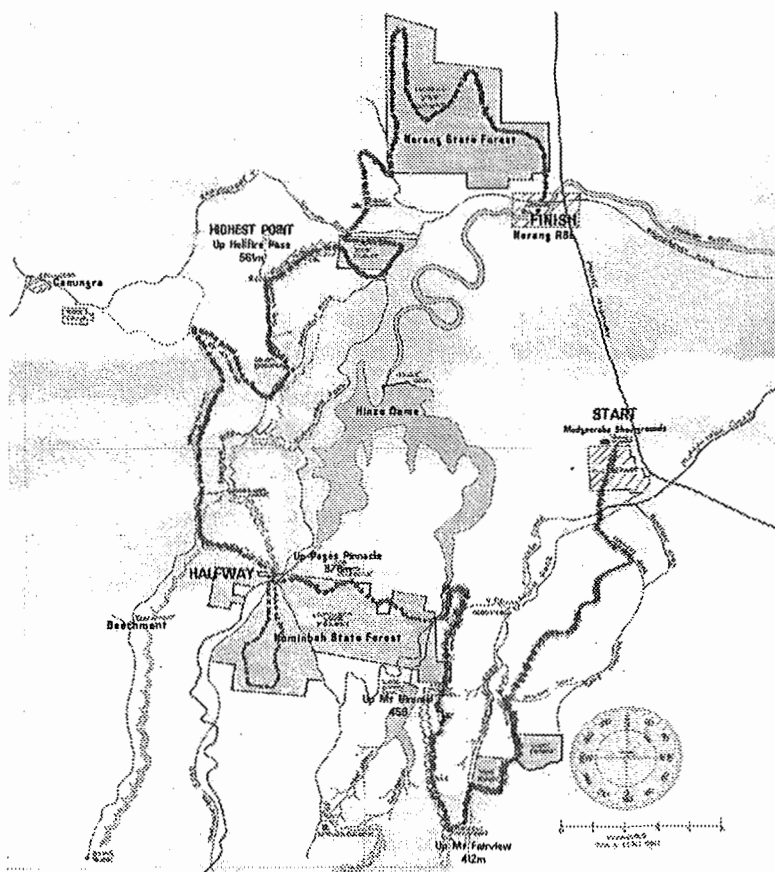
*Looking for a personal challenge?
What an accomplishment to complete and a great cause to support!
Register now or get full details at*

www.kokodachallenge.com

**LIVE
THE
KOKODA
SPIRIT
ENDURANCE
SACRIFICE
COURAGE
MATESHIP**

**96 kilometres
in 39 hours**

*Are you up to the
challenge?*



In Profile

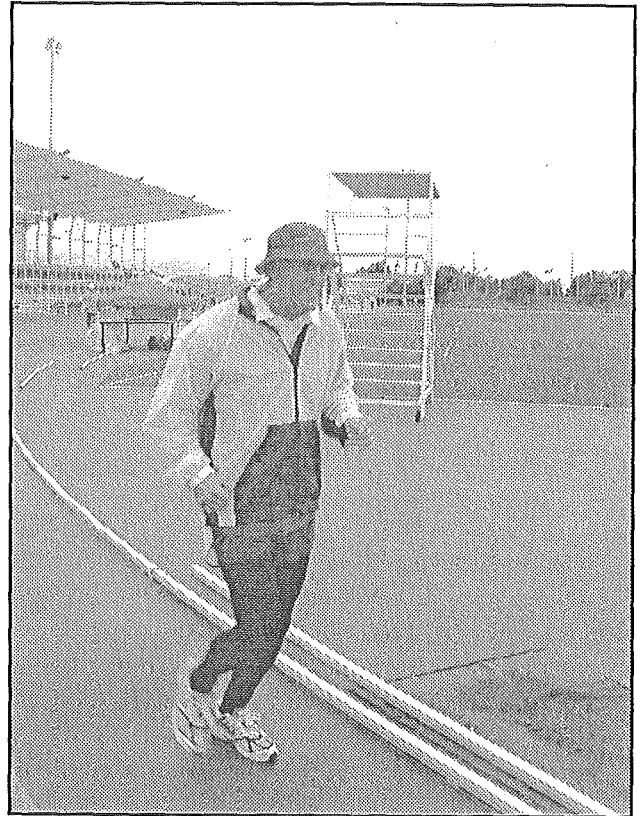
Featuring Peter Gibson

PERSONAL INFO

Name Pete Gibson
Date of birth 19/03/55
Place of birth Palmerston North New Zealand
Current address Mermaid Beach Gold Coast
Occupation Supervisor, Property and Rate Searches Gold Coast City Council
Marital status Married to Mary (She is my rock, thank you Bub)
Children Hayley (That little girl trackside is now 21 and has just gained a Batchelor of Business Studies)
Height 179 cm
Weight 84.6 kg
Best physical feature My Legs
Education background University Entrance and Certificate 4 Frontline Management
Favourite author Lydiard / Gilmour
Favourite book Run To The Top
Favourite non running magazine Luxury Home Design
Favourite movie The Hurricane
Favourite TV show Home and Away
Favourite actor Bec Cartwright
Favourite music Rock and Roll
Book you are currently reading It's Not About The Bike
Hobbies Watching the Lifestyle Channel
Collections Sports Books
Make of car you drive Peugeot 307
Make of car you would like to drive BMW
Greatest adventure Coming to live in Australia
Favourite spectator sport Rugby Union
Favourite holiday destination Mooloobah
Favourite item of clothing you own All Black Jersey
Most prized possession My Father's watch
Personal hero Lance Armstrong
Favourite quote Second to None
Personal philosophy Smell the Roses
Short term goal Get fit
Long term goal Run one more big one
Achievement of which you are most proud Running a 1,000 miler with fantastic support from family and friends
Pets Kiwi the cat
Pet peeve People who do not say hello when you greet them
Favourite non running activity Drinking red wine
Greatest fear Heights
Happiest memory Meeting my wife Mary and the Birth of our daughter Hayley
Personal strength Determined
Personal weakness My way or the highway

RUNNING INFO

P.B's Marathon 2.42



Years running ultras 36 years
Number of ultras finished 50 odd
Best ultra performance 1,000 miles 13 days 19hrs 48 minutes and 16 seconds
Most memorable ultra and why Winning a 6hour track race because at 35 it was my first race win ever
Typical training week 150 km at least
Injuries Torn Hamstring / Bad Ankle
Favourite running shoes Nike Air Pegasus
Favourite food/drink during an ultra Curried Chicken and Red Wine
Favourite Crew They have all been good in fact they did all the hard yards for me
Favourite place to train Hedges Avenue Mermaid Beach
Favourite running surface Black Bitumen
Ultrarunning idol Gary Parsons (Mentally very tough, so focused)
Why do you run ultras Love the food you get
Any advice to other ultrarunners No substitute for having done lots of miles. Plan your food and drink intake. Assemble a good compatible crew and appoint a team leader.

Bogong to Hotham

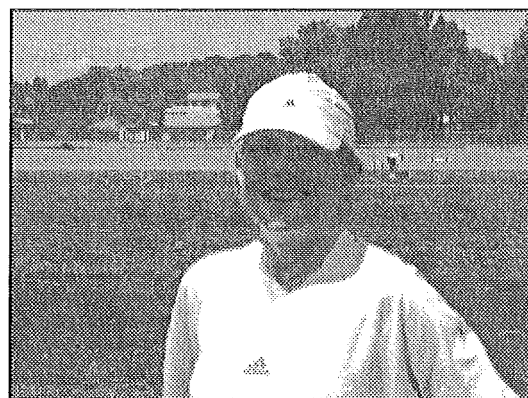
Results - 9 January 2005

(Full splits available on website <http://www.coolrunning.com.au/ultra/bogong/index.shtml>)

| NAME | POS | LANGFORD GAP | MT HOTHAM SUMMIT |
|----------------|-----|-----------------|---------------------|
| David Criniti | 1 | 4:31 | 7:51 |
| Martin Fryer | 2 | 4:31 | 7:53 |
| Damen Goerke | 3 | 4:19 | 7:55 |
| Ian Wright | 4 | 4:59 | 8:29 |
| Dan Thompson | 5 | 4:47 | 9:58 |
| Rob Gray | 6 | 5:02 | 9:27 |
| Paul Every | 7 | 5:20 | 9:28 |
| Steve Callahan | 8 | 5:02 | 9:29 |
| Vanessa Havero | 9 | 5:02 | 9:30 |
| David Byrnes | 10 | 5:18 | 9:59 |
| Phillip Murphy | 11 | 5:20 | 10:01 |
| Jan Hermann | 12 | 5:20 | 10:03 |



| | | | | | |
|------------------|---|------|-----------------|----|------|
| Mick Kazimieaski | 1 | 5:02 | Ray Wales | 9 | 6:41 |
| Mal Grimmet | 2 | 5:05 | Nick Thompson | 10 | 6:51 |
| C Chambers | 3 | 5:06 | Russell Weavers | 11 | 6:53 |
| Russ Mignot | 4 | 5:40 | Jason Michael | 12 | 6:53 |
| Allen Marlow | 5 | 5:40 | Scott Thompson | 13 | 7:00 |
| Andrew Hewat | 6 | 5:42 | John Lindsay | 14 | 8:46 |
| Ruddy | 7 | 5:44 | Ian McDougall | | |
| Nick Manning | 8 | 5:51 | | | |



Photos above from Moe 6hr and 50km events: left -Michelle Thompson's rate of improvement continues to grow right - a huge smile from Julie Hooper-Childs whose first ultra was impressive to say the least.

Comrades Marathon

(Belated results of those missed last issue)

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

| | | | | | | | |
|----------------------------|---------|----------|----------|----------|----------|----------|------------|
| Pierre Van Heerden (8161) | SYDSTRI | 01:56:22 | 04:29:08 | 07:41:31 | 09:05:19 | 09:55:20 | 4912 |
| Paul Ban (55483) | VRRI | 02:17:03 | 05:04:20 | 08:33:45 | 09:54:10 | 10:48:12 | 7910 |
| Stephen Barker (23937) | VRRI | 02:28:48 | 05:15:51 | 08:32:16 | 09:57:28 | 10:51:00 | 8119 |
| Steven Barker (23913) | VRRI | 01:58:55 | 04:09:15 | 06:48:25 | 07:49:27 | 08:30:38 | 1806 |
| Robert Boyce (54946) | VRRI | 02:20:04 | 05:04:20 | 08:14:30 | 09:26:24 | 10:18:46 | 5923 |
| Peter Field (23987) | VRRI | 01:59:30 | 04:28:47 | 08:03:29 | 09:24:19 | 10:23:16 | 6206 |
| Ross Martin (24006) | VRRI | 02:06:18 | 04:31:54 | 07:48:02 | 09:16:31 | 10:14:18 | 5680 |
| Leigh Murphy (55017) | VRRI | 01:51:57 | 04:13:55 | 07:12:02 | 08:22:00 | 09:05:54 | 3189 |
| Jane Sturzaker (23986) | VRRI | 02:24:50 | 05:14:52 | 08:25:42 | 09:36:49 | 10:26:35 | 6407 (854) |
| Chris Kowalski (28442) | WAUST | 01:49:26 | 04:11:11 | 07:12:01 | 08:19:16 | 08:59:59 | 3079 |
| Richard Russell (7642) | WAUST | 02:24:06 | 05:04:23 | 08:05:53 | 09:12:52 | 09:55:31 | 4922 |
| Steven Schalit (3207) | WAUST | 02:20:25 | 04:59:36 | 08:05:57 | 09:20:18 | 10:10:33 | 5515 |
| Warren Thorne (54876) | WAUST | 02:03:01 | 04:09:17 | 06:39:48 | 07:40:39 | 08:24:45 | 1635 |

STOP PRESS

Coast to Kosciusko 9 - 10 December 2005

| | | | |
|-------------------|-------|--------------------|------------|
| 1 Martin Fryer | 31:55 | 5 Brendan Mason | 41:47 |
| 2 Paul Every | 35:28 | Richard McCormick | DNF 130 km |
| 3 Kelvin Marshall | 39:05 | Lawrence Mead | DNF 120 km |
| 4 Jan Hermann | 41:22 | Stories next issue | |

Kurrawa to Duranbah 50 km 11 December 2005

Solo men:

| | |
|-------------------------------|--------------|
| 1. James Turner (Kingscliffe) | 3:39:07 <PB> |
| 2. Adrian Pearce (Brisbane) | 3:54:26 <PB> |
| 3. Robert Ware (Brisbane) | 4:01:01 <PB> |

Solo women:

| | |
|---------------------------------|------------------|
| 1. Siri Terjesen (Brisbane) | 3:54:26 <PB> <R> |
| 2. Mignon Auguszczak (Brisbane) | 4:32:52 <PB> |
| 3. Tamyka Bell (Brisbane) | 4:41:25 <PB> |

Two person relay:

Men:

| | |
|--|-------------|
| 1. Peter Hall & Brad Smith (Gold Coast) | 2:59:20 <R> |
| 2. Jason Shortis & Sean Swain (Gold Coast) | 3:17:21 |
| 3. Daniel Thomas & Jess Kirley (Bn & Sunshine Coast) | 3:18:18 |

Women:

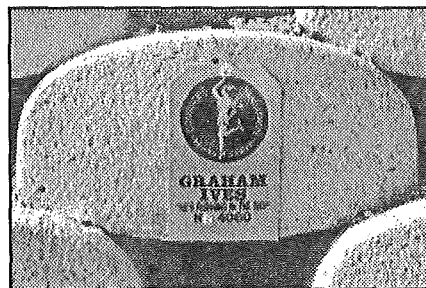
| | |
|---|---------|
| 1. Lindy Graves & Lisa Dale (Gold Coast) | 4:16:14 |
| 2. Jo Angel & Candice Mills (Gold Coast) | 4:34:27 |
| 3. Hannah Broom & Samantha Hills (Brisbane) | 5:23:54 |

Mixed:

| | |
|--|---------|
| 1. Kylie Spence & Bomber Hutchinson (Gold Coast) | 3:36:44 |
| 2. Liz Lovering & Glen Bartholomew (Brisbane) | 3:48:05 |
| 3. Theresa Fabian & Nicholas Petrie (Brisbane) | 3:49:04 |

Full results and stories, next issue.

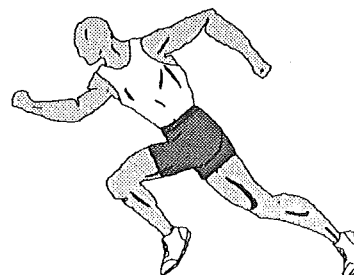
Team to represent Australia in the 24 hr World Challenge in Taiwan on 25/26 February 2006: Paul Every (Capt) (NSW), Mick Francis (WA), Martin Fryer (ACT), Simon Phillips (Tas) and David Waugh (Qld).



The late Graham Ives immortalised at Comrades



Julia Thorn, Jane Sturzaker and the US's Dave Obelkevich who has run over 140 ultras and 30 consecutive New York Marathons



Bellarine Rail Trail Fat Ass Run

Results. 68kms - Sep 11, 2005

| | | | | | |
|-------------------|------|-------------------|-------------------|-------------------|--------|
| Rob Gray | 5:33 | [2:34] 34km split | Garry Wise | 7:52 | [3:12] |
| Michelle Thompson | 7:20 | [3:12] | Peter Gray | 11:45 | |
| Mike Pickavance | 7:30 | [2:58] | Steve Bentley DNF | withdrew at 51kms | [3:00] |

Report by Race Director, Brett Coleman

What a day for the 2nd running of the Bellarine Rail Trail Fat Ass run! With showers and local hail forecast, it seemed that a wetsuit might have been more appropriate than running shorts to traverse the 34kms from Geelong Showgrounds to Queenscliff or back (68kms). However, the 8am start brought us brilliant sunshine and an appreciated tailwind.

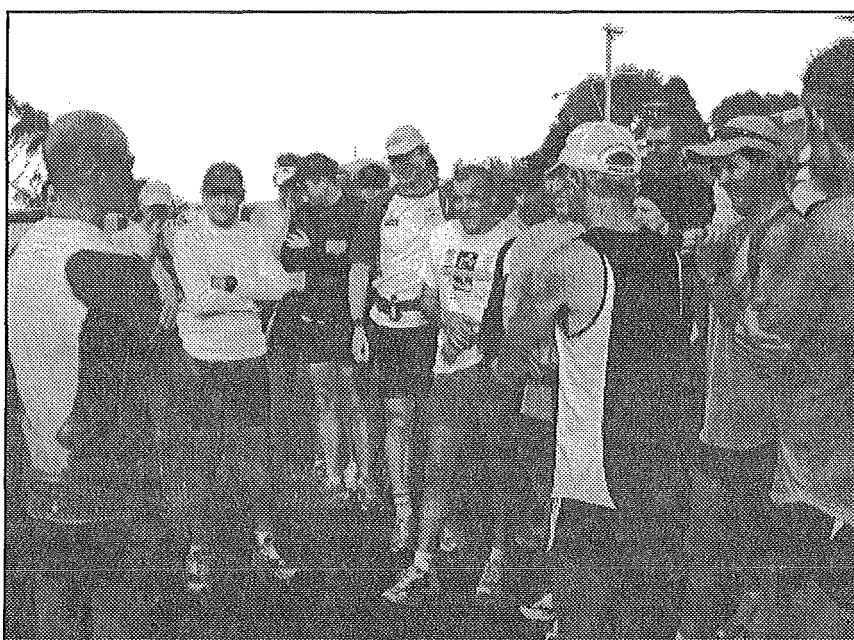
June 2004 saw the inaugural running of the event under the control of ultra enthusiast Phil Essam. In his move to Canberra, however, he had to hand over the reigns of organising the run. Having run that first year, it was clearly a trail that had plenty to offer and keen for it not to disappear off the calendar, I decided to take it on. Always keen to add my own bent to things, I moved the run closer to the Melbourne Marathon and added support in the form of aid stations where runners could bring their own supplies to the start that we would put out on the course.

The week leading up to the run proved to be an obstacle course with what appeared to be a threatened last minute run cancellation. Unexpected publicity in the Herald-Sun's health and fitness section caught the attention of the Geelong Showgrounds personnel who, clearly not being CoolRunning savvy,

struggled in their initial attempts to uncover more information. Subsequently, it was not only the running community taking a very keen interest in the run, but also the local council and the local constabulary! Sure enough, given the multiple road crossings throughout the run, the ugly head of public liability stood tall above the trail. Furthermore, it became increasingly difficult to explain the salient points of a "FAT ARSE ultra" as emailed to

Much to my surprise on run day given the weather forecast, 58 keen runners fronted up to the Geelong showgrounds bearing their supplies ready to tackle the rail trail. All of a sudden my 10pm pre-run briefing the night before with my wife, brother, sister and brother-in-law suddenly looked like it was going to pay off! My brother-in-law had kindly offered to make sure that things ran smoothly on the day to allow me to run - he did such a good job that many

mistook him as myself! My initial impressions were that we may not need to transport supplies to the aid stations. Peter Gray who was up for his 2nd 68km journey along the trail, was ready to sign up even before we arrived and informed me that he had already hidden a handful of coke cans and other supplies in the drainage system of the trail!



Olympic marathon representative, Lee Troop, speaks to the runners prior to the start

me by the Senior Sergeant, particularly the emphasis on it not being a race, when he uncovered last years run report titled "David Jones wins inaugural Bellarine Rail Trail Fat Ass Ultra"! Fortunately, it became evident that no one was going to attempt to stop a like minded group of runners getting together for a pleasurable training run - but I fear in future years such issues will only become larger!

Lee Troop was kind enough to continue his support of the run and provided us with a prerun pep talk before we set out to the sounds of Survivor blaring from my car speakers. The early pace was sufficient enough for one runner to drop his support team within the first 8kms - his brother on his bike who sounds like he may need to get into training for next year. The first 17km to Drysdale Station flew by and saw a

great front pack of about 15 stick together at just under 4:30/km pace, amused by the relentless banter of enthused runners. It also raised a few questions, one of which was how mother and daughter managed to swap running pants between the first two drink stations! The other question was why were the girls helping out at the aid stations so happy to see us? It was only at the end that I found out that the 8km aid station was hurriedly packed up so that they could get to Drysdale before Little K came though in the front pack - they were very keen to see more!

The aid station and toilet stop at Drysdale saw the front pack stretch out and the pace quicken. Despite the increasing tailwind, it became clear that for many, the fresh legs were no longer so strong. Nevertheless, the terrifically scenic trip towards Queenscliff in the distance somewhat made up for this. We also enjoyed an impromptu and timely aid station at the 26km mark courtesy of Sam Smith's daughter who stocked up her table full of lollies and drinks, much to the excitement of us all. The last 2kms contained a few rolling hills and it was a grateful sight for us all to see the Queenscliff Steam Train that meant the end of the road for some, but only half way for the brave six intending to make the return trip. First into Queenscliff was a group containing Lee Troop, Rohan Perrot,

Paul Martinico and David Wynn in about 2hrs 18mins. Following closely behind was Rowan Walker who was starting to feel the effects of his 67min half marathon PB the week earlier.

Of the five 68km runners, Rob Gray was the first to make the turn, having arrived in Queenscliff only 16 minutes after the first of the 34km runners. Next was Steve Bentley followed by Mike Pickavance, Michelle Thompson, Garry Wise and Peter Gray. The trail home was going to prove frightfully tough - the sunny skies had been taken away and replaced by a steady stream of biting rain and the delightful increasing tailwind to Queenscliff, suddenly became an horrendous head wind. Feeling the effects of a recent cold and keen not to destroy himself prior to his quest to conquer Cradle Mountain, Steve Bentley called it a day at 51kms.

Meanwhile, Rob Gray was back at his car in the amazingly impressive time of 5hrs 33mins and was back in Ballarat before the next runner finished! In a flurry of activity, the next 3 runners were all close together with Michelle Thompson (the only female brave enough to tackle the 68kms) coming in at 7hrs 20mins, followed soon after by Mike Pickavance and Gary Wise. That left Peter Gray as the sole runner

remaining on the course. Peter was slowly but surely making his way along the trail, ticking off drainage systems as he collected his cans of Coke. I was only to discover at 9pm that night when he phoned, that he had conquered his challenge 90 mins after nightfall, buoyed on by the fabulous meat pies available at Drysdale and Leopold on the return trip! I have it on good authority, however, that despite braving the elements for almost half the day, Peter pulled up much better than Mike Pickavance, who according to his wife, was waddling around home like a sick duck at the end of the shooting season!

A huge thanks to all who took part and hopefully cemented this run on the ultra calendar. The date clash with GH 100 clearly limited the number of 68km enthusiasts this year but hopefully will not be a problem next year. An even bigger thanks to my family and friends who came out in force to man the aid stations and help with transport back to Geelong - without this support, I could not have offered the aid that we had and I certainly could not have run. Finally, thanks to Kevin Tiller for his ongoing support of such runs through CoolRunning and providing the means to organise the run. I look forward to seeing everyone again in 2006.

*Good running to all.
Cheers, Brett Coleman.*

The Great South West Run

1 - 5 Oct 2005

There's a bushwalking track where I live in Portland Victoria. It's called the Great South West Walk. It's 250km long. It's tag line is "A symphony in four movements" It travels first through a sprawling native forest, then along a majestic river, next down a huge and out of this world remote beach, before finally hugging the cliff edge of three awe-inspiring capes.

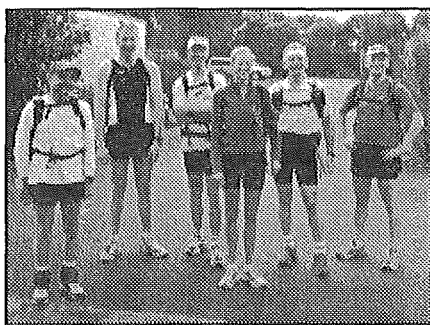
After reading Dean Karnazes book "Ultra marathon man", I wanted to run, and I wanted to run long. It was more time efficient than the Ironman

Triathlon training that I'd been doing for the past five years (which I loved), so I could have a personal sporting goal and still have much more time with my young family.

So I knew where I wanted to run, but when? Could I do it this year? Is there time? Next year? Could I? How could I? On my own? Errr... It was then that I stumbled across a surprising



High Above Cape Bridgewater



Six Keen Starters

advertisement on the Cool Running website.

THE GREAT SOUTH WEST RUN

30 Sep-5 Oct

The run is planned over 5 days as a stage run for a total of 250 km.

Wait a second... surely not MY Great South West Run. I read on...

Day 1 Friday 30 Sept - drive to Portland after work. Day 2 Saturday 1 Oct Portland to Fitzroy Camping (walk in from car) 53.5 km - Trail. Day 3 Sunday 2 Oct Fitzroy - Nelson B & B 74.5 km - Trail. Day 4 Monday 3 Oct Nelson - Swan Lake Camping (car access) 39.8 km - Sand Day 5 Tuesday 4 Oct Swan Lake - Trewalla Camping (walk in from car) 47 km - Sand and Trail Day 6 Wed 5 Oct Trawalla - Portland Drive home 31.5 km - Trail / Road If you are interested in joining this either as a runner or support crew please let me know.

They must be JOKING! I was excited and disappointed all at once. It was far too close for me to attempt... Just one week away and I hadn't been running anywhere near enough. Maybe I could just do part of it and try to learn from them for when I'm ready. So I rang Paul (the organiser) to check it all out, which went something like -

"Hi my name's Peter Reefman, from Portland. I see you're planning a run around the Great South West Walk"

"Well yes would you like to join us? We'd love to have someone local to show us around".

"Um, well, I would but I wouldn't be able to. I haven't done enough training or anything, but I'd love to be a part of it in some shape or form."

"Excellent. Well give me a call on Friday night before we get in and we'll meet up"

"Cool. By the way, how much training per week have you guys been doing for this?"

"Not much, I run about three times a week. One long run on the weekend of about 30km"

"Really?! That's about as much as I'm doing anyway..."

"Okay, well we'll see you at the start for the whole trip then"

"Um, err... yep"

Okay. So... How do you prepare for a multi day trial run? I scanned the web, bought some gear, and was hopefully ready to go. But right around the whole 250km? Better just see what happens. In some weird way it was actually nice to think there was pretty much no chance of succeeding, to just keep going until the wheels totally fall off and see how far I could get. I told a few people but wasn't game to say I was seriously going for the whole thing until the day before when I told my wife Nicole and Lyndon, a workmate, who very matter-of-factly said "You won't make it. There's no way you're gonna get right around". Thanks Lyndon, you've just set up the challenge properly...

The night before I met the rest of the runners and support crew. Paul, Cam, Cath, Gary, Sandra, Dan, and Jordan. All seemed really pumped and very friendly. So it was all organised. There was only one little thing left to do. Attempt to run the equivalent of six off road marathons in the next five days.

I went home and contemplated. Chances were that even if I didn't go the whole distance at least I'd break my longest run PB of 42.2km. That'd be cool. Unless of course things went really bad and my quads blew up in the first 30km. That'd be embarrassing. Slept fitfully and dreamed of being attacked by bullants...

Day one - The forest. 53.5km

Woke up with the now traditional U2 "It's a beautiful day" tune buzzing around my head. Noticed my eight year old son Fraser had got up extra early and taped a big "GOOD LUCK DAD" on the door to the garage. Ahh that's what it's all about. Had brekkie

and all that before my family dropped me off at the start point where the others were just as excitedly getting ready. Are we ready? Who knows... The clock struck 8.00am (well okay 8.05) and Dan, Gary, Paul, Cam, Cath, and I were away regardless.

I didn't know how fast to run, but we were sitting on a pace that felt easy so that was good, although my heart rate was saying I was in my mid to upper aerobic zone! Anyway nothing to do about that but hope it calms down. We ran out of Portland Northbound along the grassy cliff tops and past most of the "best" residential areas of town. The talk was non-stop, and was full of getting to know you type stuff, as well as a mix of excitement and nervous anticipation of what was to come in the next five days. I slipped into local tour guide mode, and probably bored everyone with a running commentary of every single thing we went past. After half an hour of that were out of town and looking away from the beach and up a long farm driveway to the first patch of bush and real trail. We pushed on and before we knew it 10km had passed us by. The talk continued. The track was good. The weather was perfect. Everything was a-okay. But my big fear was very faintly starting to show its ugly head already. The dead quad feeling I've been getting a lot lately. Shit. I tried to run as softly as possible and walked up AND down each small hill, just to be sure or at least minimise it as long as possible.

A little further up the track I noticed something black and shiny out of the corner of my eye. SNAKE! SNAAAAKE!!!! Luckily we were all past it. Luckily it didn't even wake up (through my screaming). Lucking no one looked like getting bitten. One snake down. How many more to come?...

Three hours into the run we came across our first water refill and snack depot. Sandra and Jordon were there in the mothership with our supplies. Cath left us to it at this point, as was her plan to run about 20k each day. Our new fellowship trotted off towards the next water stop another 20km up the track.

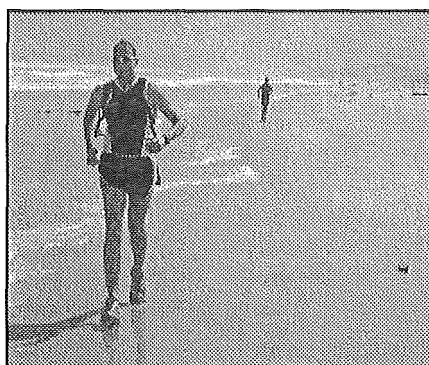
Not long into that section I passed

my first milestone. The longest I'd even run before in time was 3.42 in the Ironman run at Hawaii. I told Cam as we passed over it. I was into brand new territory now and loving it. My quads were stable, the track was good, everyone was happy, and all was great. Our trip passed through a campsite with a visitors book. We signed it and noticed that there were two other people also on the track that day. Two women were somewhere between the next camp and us. We joked that they were both Swedish masseurs, while knowing that Bec and Leanne weren't exactly Scandinavian sounding names. Still, the thought helped keep spirits up while our energy levels were on the way down. We also went through some sections of the track around T&W road that used to be part of an off road motorbike race circuit (enduro) that I helped mark out and race on with my dad, brother, sister, and most of my mates from that part of my life. It felt weird to be out here on foot running through it all. Who'd have thought?!

We finally came across the next drink refill. The mothership was gone, setting up camp 15km further up the road. We filled our Camelbacks/bottles/etc, had a quick bite and set off again. The pace had slowed by now, and I was approaching my next achievement for the run, surpassing my previous longest distance of 42.195km (a neat marathon). At 43km (by Dan's Polar foot pod measuring thingamajig) I stopped for a quick photo with my arms raised in the air. This was indeed a big day, and if nothing else I now had strayed into ultramarathon running! Cam was the same. His longest was also a marathon in an Ironman (New Zealand in 2001), so we shared the achievement like old buddies.

What seemed like hours later we came across a "5km to next camp" marker. Bloody hell. But at least we were getting closer. I said to Garry "You think we could make that in half an hour?" "We could try" he said with a grin and with that we all set off with renewed vigour. I slowly left the others, which was a worry. Not too fast I hope. They had the experience in this, not me. Still, it felt so good to stride out a little after running so conservative all day, my quads were

the same as at the 15km mark, and my heart rate wasn't moving up TOO much (although it was still higher than I wanted it to be). 28 minutes later I came to the entrance of the next camp. Only thing was it was still about a Km away... Anyway got there soon enough to find everything set up, even all of our tents. What service! Nicole and the boys were there too, and once the other runners came in we set about talking about the day while cooking up some food and generally recovering. We looked back at the map and couldn't believe how far we'd travelled. Bec and Leanne were there as well, but both looked a little like they preferred each other's company (not that there's anything wrong with that)... By 7.00pm we were all ready for bed, so Nicole and the boys set off home and the rest of us bunked down for the night. I was asleep a couple of minutes later, but really didn't sleep that well... A perfect trail running day. Bliss!



Charging along the beach

Day two - The River. 74.5km.

The big one. I think it's safe to say we were all pretty intimidated by today's run. All of yesterday and then another 20km. Whoa, don't even THINK about it like that. Just 20k chunks, one at a time, and a nice 15k'er to finish it off... Er, that didn't sound good either. Anyway we packed up camp (Dan, Garry and I were a bit slow so started 15mins after Paul and Cam) and away we went at 7am.

It was a beautiful morning for a run, clear and crispy. The track was uneventful for the first 20k stage, but excellent to run on. Gently undulating and twisting with well-cleared clay-based soil that slowly turned into sand tracks as we headed west. Again we went past a few childhood memories of mine, plus a lot of bush that I

never knew existed. We caught the other guys about 10k into it, and the five of us ran along for about 5km steady with lots of conversation and good spirits. The pack then broke up again and we did our own thing till reaching the river.

The Glenelg. A reasonable sized river stretching from the Grampians to Nelson, with the last 60km or so being wide, tidal, and cutting a large gorge through the limestone based countryside. We'd follow the river alternating down to the waters edge and up to the gorge cliff tops until we reached Nelson, now 55km away. After a quick refuel and regroup, we were off once again. This time with Cath again, who powered away on fresh legs with Dan. I was still running as conservative as possible and the extra hills and steps of the river trail slowed our pace to about 8.5k/ph. Still, everyone was holding up well apart from a few blisters. My quads weren't getting any worse. No better either, but at least stable.

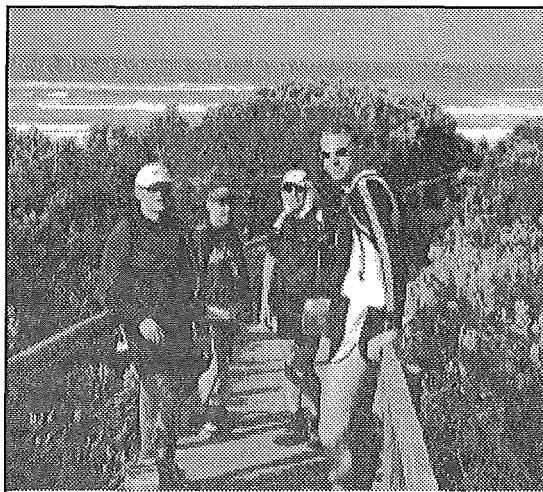
"Murrell's" was our next aid station, and was pretty much a marathon length into the day, and past our second marathon overall. My stride was getting shorter and I was running slower and slower. Dan and Cath were long gone, while Paul, Cam, and Garry were doing their own thing behind me somewhere. Then out of nowhere things just improved. I'm not sure why. Maybe I'd figured for the first time that this whole run was actually possible. Maybe the Mars bar I ate was kicking in. Maybe I just wanted to stride out a bit. Whatever it was, I just felt great! Forget about walking up the hills, or down them, and forget about a skyrocketing heart rate, this was much too fun to hold back (Although Nic's prediction of me struggling through the first day and then getting over confident and blowing up on the second was definitely and dangerously accurate at this point). 15-20 minutes later I caught Dan and Cath and eased back to their pace, happy the surge was out of the system. We ran on looking for Murrell's and the Mothership, and before long came across a road, followed by a gate, then almost a Km down the track was Murrell's. BEHIND the gate. No Mothership. No food or drink! We decided to walk back to the road and wait there (and hope for the

best). 20 minutes and a little doze (among occasional leeches and bullants) later the other guys turned up, and then Sandra with our precious cargo! Once full we set off again (without Cath), this time for Patterson's Canoe Camp (my suggestion) another 20k or so up the track.

It was damn hard getting going after that long break. My legs were seriously not happy, to the point of looking forward to hills to bring on a walk. Dan and I ran together for most of this way, and chatted through most of it. The track was so great, a perfect undulating and mildly technical single track that had glimpses of the river at some points, into lush green gullies the next, then up onto rocky but firm cliff tops with river views again. Next thing I knew my left knee felt something pop and a bolt of pain shot up my leg. Uh-oh... The same kind of pain I felt leading up to the Hawaiian Ironman in 2003. We stopped so I could try to stretch it, but didn't seem to help much. BIG worry for the days to come. It was also somewhere along here when I saw something shiny out of the corner of my eye. SNAKE! WOOOAA!! We were both past it before anyone (including the snake) realised. It was HUGE! A massive brown snake that would've been at least five feet long. Nah make that six... We took a photo, scared it off the track and continued on our way into an increasingly sunny and mild afternoon with lots of warm rocks on the path. Better watch out... Another 10km went past, and then another. We'd been on the track for about 60km today, which had taken a whopping seven hours so far. But where the hell was Patterson's?! With that we saw the camp. Excellent, just a few hundred metres away. 3km later we were getting worried. Did we miss the turnoff? After almost stopping to wait for the others we came across a road, and... the mothership! Sandra figured that Patterson's was ONLY accessible by boat, and that this road was our best bet. Bloody great local guide I was. Had another feed, drink and once regrouped we all set off again. Only 15k to go till Nelson now...

I ran with Paul this time while Garry stayed with Cam and Dan took off out

in front. Paul and I talked about his adventures in the Himalaya, and about a run over Cradle Mountain in Tassie next February. Sounded pretty good, but I said let's wait to see if we get through this first. Then all of a sudden I hit another high (maybe a Coke spike this time), and barely had time to say goodbye to Paul as my feet just took off! Even faster than the first one, this was just amazing. To be running well and (relatively) fast after 120km by now was such a rush, and I couldn't get enough. It was inspiring to say the least, and I felt like pure oxygen was being pumped into my blood and could feel it coursing all over my body while my vision seemed to wrap right around my head so I could see in all directions at all times (maybe I was becoming delusional). Even my quads and knee felt great. I caught Dan and with a quick "Feeling great!, gotta keep going" ran past and onwards. A



couple of Ks later I leaped over another big brown snake. Whoa! I stopped and got it off the track and ran off madly again. Then less than a K later ran over ANOTHER one! Errr... this is getting stupid I thought. Got it off the track and decided to slow down enough to check for snakes AND see which rocks my feet were landing on. Dan caught up again, and we decided to run into Nelson at a careful steady pace with an eye on the track ahead. That was much better, plus the fact that the sun was now setting helped a lot too. No more snakes. Whew...

Still, that last 7km went REALLY slow. I thought we were within a few Ks, and then reality struck when we could plainly see it was still far more than

that. Sorry Dan... So on we trudged, until we came to a little campsite just out of town and decided to wait for the others and all run in triumphantly together. 20 minutes later we were still waiting, getting cold, hungry and bitten to pieces by mosquitoes and sandflies. I took my emergency space blanket out and wrapped it around. Mmmm, toasty! Just then we heard voices. Cool, the others were here. Then Paul came around the corner talking to himself in strange tongues, apparently an old army trick for when things go bad. O-kay. He said let's get going as he took off and Dan and I struggled to get our legs working again. Man we were stiff. We'd go into town and wait at the pub for the Garry and Cam, as it was getting dark and the best thing if they were walking was to go back with lights. Pub... Food, drink, warm... We got in to find the campsite (at a caravan park) already set up, showers ready to go and the pub across the road. And then when Cam and Garry trotted in everything was very VERY good. A shower, pub meal and stretch later we were all in bed ready to recover up for tomorrow's 'rest' day, 40km along the massive and barren coast of Discovery bay. Can't... wait. Nic and the boys jumped in the car and headed home to Portland 75km away, and we all fell fast asleep with a wince and a smile that a massive day of running was safely behind us and we were about to start the business end of the trip, the 120km back to Portland. Oh and two new PBs again!

Day three - The Beach. 39.8km.

I woke up knowing exactly where I was (which was strange), and the first thought that came into my mind was "How do my legs feel?" I gave them a shake and amazingly felt no pain or stiffness at all. Excellent. With that I jumped up out of the tent and... nearly collapsed. My knees were suddenly both really sore, plus my hip socket (never been sore there before) and my quads and calves were really stiff and sore as well. What a change from laying down! At least my hammies were fine... Massive doubts bombarded me. "How the hell could I run feeling like this?" I thought as I walked around trying to get the blood flowing a little. Garry had issues too.

His feet were a mess with blisters. Everyone else seemed happy enough, so half an hour later we were packed up and ready to head off. Gulp.

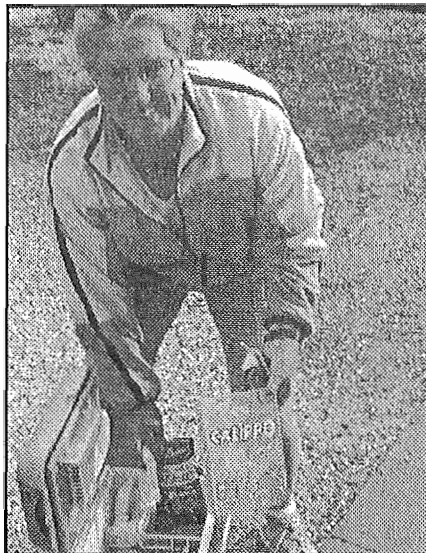
The run out of Nelson was one to remember. I've never felt like such a non-runner trying to run. It was really more of a walk with a little hop. This is bad bad BAD. We got to the beach after about 2km of that debacle. It was like discovering a whole new world. The beach went on far out of sight into the distance and a MASSIVE wind was blowing. Luckily it was going to be behind us pushing us along. We took some photos and headed off along its surprisingly flat and hard packed sand. Slowly but surely, my legs started to come back, which was really surprising, as I'd almost written myself off. I certainly learned something during that beach run. My mind is usually stronger than my body, but at that point I think the roles had been reversed.

We ran like little kids at the beach for the first time, chasing the breaks up and down as we headed to our first aid station, Lake Monibeong 23.3km away. About half way there we saw a little marker to another campsite along the way. White Sands. There was some debate as to if we needed to go through it to keep on the track (the map was a bit unclear), but we thought we'd better have a look just in case. Lucky we did, because it was the most amazing campsite. There was what looked like a huge Robinson Caruso like structure built of driftwood and fishing boat junk, and a strange looking rectangle with plastic bottles filled with sand and a fisherman's float. Weird! Then we saw the sign. "White Sands bowling alley. Members only!" It was very cool. Someone had spent a LONG time at this site. After having a quick game and photo we saw the track was in fact back on the beach so went back and kept running. 13.3km to go till Lake Monibeong.

The track then left the beach and over some alien looking bare headlands, before turning into some scrubby areas filled with wildlife (mainly kangaroos). With 5km to go my legs were feeling awesome and my energy levels were back up. Here we go again! I strode out at an amazing pace (which was in fact only about 10-12k/

ph!) and kept going right up until the Mothership. Nice. I had time to dangle my legs into the freezing waters of the lake. Before long we filled up and regrouped and set off again. This time with Cath as well. Garry was slowing more and more due to his blisters. It was amazing that we was able to keep going at all. We had 16.5km to Swan Lake, our campsite for the night.

Back onto the beach. Only this time the beach was VERY different. A steeper slope and really soft sand to run in. Sometimes our feet would sink down about 100mm with each step. It was so hard to run! At least the wind was still howling behind us. At least my legs were still okay. At least the fun value was still way ahead of the pain value.



The sand was best close to the water so I found myself running down and occasionally getting wet shoes, so took them off and ran barefoot for awhile, which was much better and was a great feeling but started to get sore arches after awhile so I put my concrete boots back on and pushed through the soft sand again. By then Cam, Cath and I were in front of the others quite a bit as we were slowed to a walk/run game of seeing some junk in the distance and running up to it and then walking again to recover a little. And still the beach stretched out infinitely, but in both directions now...

What seemed like hours later (and actually WAS, the going was very slow) we finally came across our goal for the day. Swan Lake. WOOHOO!!!

The only thing was it was still 2km inland through sand dunes (There's so many sand dunes here that dune buggies hold races each year). We met Sandra and Jordon who then showed us where the (fully set up of course) campsite was. After eating, stretching and resting for awhile the others arrived as well. No problems anywhere! Nic and the boys turned up not long after and we set about getting a campfire started and settling in for a nice long night. By 8.00pm we were all past it and went to bed.

Day three was behind us. Even though shorter it was a much tougher (and slower) day terrain-wise, and one that gave me new respect for my body and a huge confidence boost. This thing is in the bag...

Day 4 - Cape Bridgewater. 47km

I had good feelings about today's run. As far as I was concerned this was probably the most scenic section of the whole trip, as it clung to the highest coastal cliffs in Victoria. I also felt good because I was convinced by now that the running itself was easy. I was just in control of a vehicle which would just keep going and going and going as long as I kept the fuel up and didn't do anything too extreme with it.

So I got out of bed with sore knees and tight in most parts of my legs. Not a problem. Packed up, ate some more muesli (with a Chocolate Big M), raisin muffins with honey, and mixed up another camelback of maltodextrin (from a beer homebrew shop) and Gastrolyte, and was ready to go with my trusty camera in one hand and a banana in the other (with all sorts of bars and gels in the backpack). We hobbled off towards Mt Richmond.

Our first run of the day was beside a pine plantation that I used to spend a lot of time at as a kid on motorbikes. I slowly ran away from the others and looked inside the uniform rows upon rows of trees. My mind was full of images of my late brother Wayne and I weaving, dodging blasting through the tight tracks during one of the Green Triangle Enduro Series races that used to be held in there. Wayne almost always won. I smiled and wiped my eyes a little and kept moving forward.

Everyone was going pretty well, except Garry who was having some real problems with his blisters as we went over the big roller coaster hills of the area. A lot of hills and talking later we noticed there weren't any walk marker arrows around anymore. We'd lost the track! After much deliberation we decided to head for a well made road to the north of us, which would hopefully get us back on the track (eventually). So we ran up, hit the road and then ran straight back as the road pretty much paralleled where we'd come from. Ahh well... An extra few Ks to the 250 now. No one seemed to mind too much. It was even somehow fun to briefly lose our way out there.

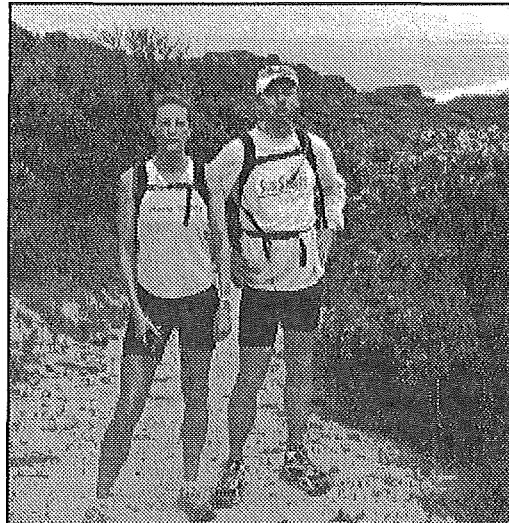
And then there it was. Mt Richmond. The biggest mountain in the entire Portland area, which is really saying something. If you've seen the "MurderHorn" episode of the Simpsons you'll know what I mean. If not then just try to imagine Mt Fuji or something.... Whoa!

Actually it was none of those things. I don't even know how it's called a mountain. It's really just a biggish hill, which is a bit pathetic really. But still, the 'summit' was 2.5k uphill and the MotherShip was waiting on top. I felt good and the uphill were easier on my knees than the downhill (they HURT!) so I decided to just run up the whole damn thing (okay apart from one or two steep little sections). Dan came with me and we talked about how good the run was going. I mentioned coming back and doing it continuous(ish) in 36 hours or something. He said he'd love to give that a go, so it was agreed (I wonder if we'll ever actually do it?...). Anyway we got up at last. Three hours to do 14k?! Our destination for the day (Trewalla in the middle of Bridgewater Beach) was a LONG way off at this pace...

Of course we were all happy to see Sandra, Jordan and Cath. Happy to eat another tin of creamed rice and fill up the water again. But it was soon time to go again so down we went along a short and easy 15k (yes I'm being sarcastic) little track towards Bridgewater lakes.

Once at the lakes it was time for Cath

to rejoin the group as we set off for the trip around Cape Bridgewater. It didn't disappoint. Actually it was better than I thought it would be, as there was a HUGE swell rolling in that must have been 15 foot surf against the (empty) surfing spots and cliffs. Actually everything was huge. As well as the swell the wind was huge, the cliffs were huge, and the views were huge. We stopped a lot just to take it all in. It was without a doubt the highlight of the trip so far. I noticed something else at this point. My knees (especially my right knee) hurt more when I walked than when I ran. The optimist in me said, "That's great! Just keep running, no problem!" but my pessimist countered with "This is bad. This is going to develop into a lifelong injury. Stop now. Sit down and stop, you bloody idiot". I kept running. As with the surges in the forest and at the



Glenelg, I felt amazing once I picked up the pace. A few times I couldn't help running up some of the hills totally flat out, faster and faster. It was such a rush. We went past another camp with a little wind shelter (did I tell you it was windy) and then "The blowholes" which were not working at all, and past "The petrified forest". We pushed on to Bridgewater beach and more specifically, the kiosk where we'd be able to buy all sorts of luxuries like coffee and ice creams and chips and Mars Bars and lollies. Mmmmm kiosk...

But first there was a little detail of another 8k to run first. We rounded the cape and saw Bridgewater Bay,

another big sweeping beach, which stretched off into the distance to Cape Nelson (part of the last day's run). We ran past an active seal colony and up to the highest lookout on the cape, which saw back into Discovery Bay as well. The view was awesome (yes I know I've said that before but it WAS, okay?), multiplied by the fact that we were RUNNING this whole thing. It was a weird feeling. In a good way of course.

We got to the kiosk and... It was shut. Noooooooo!... But luckily we had our wonderful Sandra who realised this earlier and drove right into Portland to get some kiosk(esque) refreshments! How cool is that? So again we regrouped and started off on the last 5k before our camp. God that 5k seemed to go on forever. I was glad to be off the beach as my legs (read knees) were having a hard time on the hard flat surface by then, although at least it wasn't soft sand like the second half of Discovery Bay. We arrived at dusk, just enough time to settle into our tents (again, already made). We stayed up slightly later, like 8.30 or something and even had a celebratory glass of port. It was a fine evening among friends.

But there was still one day to go, albeit a short one (31k). The only thing was at the pace we travelled today we'd take to long to get there before lunch so Cam could get back to Melbourne (Frankston) at 6pm to pick up his little girl. The only thing to do? Start early. 5.30am early. Pre dawn early. With that decided we all got to sleep as quick as we could. I couldn't wait to get up and run along the trail in the dark...

Day 5 - The trip home. 31.5km

We didn't run along the trail in the dark....

We woke up in the dark, we got ready in the dark, we packed up in the dark, we took a great photo of us in the dark with our lights ready to run along the trail in the dark, but once all that happened the sun started kinda snuck up. Damn. Anyway we took off (hobbled) with torches blaring away at 5.30am. Five minutes later all the torches were off again.

A little while later we came across a

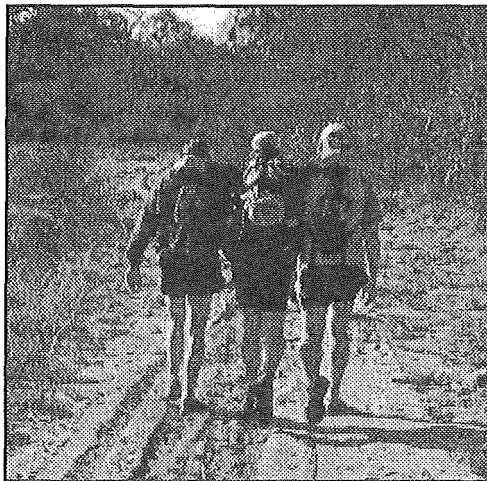
poorly marked area and decided to regroup. Garry's feet were still giving him lots of grief, which was keeping his pace pretty slow. We went on to the beach and the same thing happened. A decision had to be made. Cam needed to keep going to finish before 12 lunchtime. I know six and a half hours to run 31k seems a bit... easy, but Cam was also feeling it pretty bad today, so there was no time to spare. Cam, Dan, Cath, and I went ahead while Paul would stay with Garry.

Running on the beach again was (here comes another adjective) ...hard to explain. Let me try to paint a picture. The dawn was still very young and light was quite low (JUST above torchlight). The wind had totally stopped and a thick salty mist hung in the air all around us. The cliffs, headlands and dunes on the inland side of the beach stood like huge silent sentinels watching us puny humans make our way down their ancient shores. The sound of the waves breaking on the sand was our only company apart from our own breathing and footsteps, yet it seemed somehow quite dim, muffled, and almost eerie. Even though we were close to civilisation (my in-laws live on a farm only a few Ks over the sand dunes), this part of the beach is so hard to reach that pretty much the ONLY people that ever come here are Great South West Walk'ers (Runners) like us. This all combined and gave me a feeling of landing at a new world, or the beach from the old 'Journey to the centre of the Earth' movie (I was expecting to see a dinosaur at any moment). It was no more remote than Discovery Bay, but the very early morning atmosphere just elevated the whole scene. Plus the fact I think we all had a bit of a sad tinge, as we knew our 'lap around the block' would soon be at an end. It was all yet another great moment in time to take a mental snapshot and lock away in my 'great lifetime memories' archive.

So we ran along for about half an hour like that, towards the end of the beach and onto Cape Nelson. I noticed some strange tracks on the sand. They were very fresh and looked like something biggish had half crawled, half dragged itself from the water and across the beach (a

dinosaur?!). I followed them and they stopped with what looked like a refilled hole in the soft dry sand above the high tide line. It was a sea turtle nest! She must've just left as well. Wow! I waited for Dan, Cam and Cath who were equally amazed, and then we all waited to show Paul and Garry. Paul took his Lawrence of Arabia leadership role and said, "Don't stop to show us things like this. Get Cam back to his little girl!" Yessir!

So away we all went again. Next thing we knew the beach stopped and a huge staircase (complete with a chain to pull yourself up) went up the side of a big headland. Up we went. At the top my legs were ready to run fast (relatively of course) so I let them take me for another ride. We came to Murrell's Beach, with its super left-hander at the point. No waves were working today though. On we ran, slowly making our way around Cape



Nelson to the lighthouse and the patiently waiting Mothership. Once there we noticed Cam was falling behind a little too. He was having a tough day energy-wise, plus feeling a little nausea I think. Paul turned up and Cath decided to run in with him, so after a quick refuel, Dan, Cam and I headed off around yet another bay and towards yet another Cape (Grant) far away in the distance. This last day was looking far further than the measly 31k in the book...

We were now on familiar ground. This part of the track is one that I love to mountain bike along as it winds along another cliff (okay only occasionally). Dan and I stayed with Cam, egging him on (I hope not shitting him off!) as we went from feature to feature

along the track. Flat rock, Enchanted Forest, Yellow rock, Stink pipe, Crayfish bay, and then finally (like two hours later) we reached Cape Grant and the next (and last) mothership rendezvous. After a last refuel I think we had about 2 hours to cover 14k or something. Easy you may say, but by now Cam was finding it near impossible to run on anything except a downhill (and there wasn't too many of them around!)

The last leg of the trip. We just needed to get to the next coastal point, then another, then another, and then we'd see Portland! I felt ready to jump out of my skin. Sorry Cam if I was bouncing around too much... But get around we did, past the quarry, point danger, the Gannett colony, the rifle range, Crumpets, Teas Blacknose (EXCELLENT long right hander), and we were onto Bill's walk with Portland in our sights.

Bill's walk is one of my favourite places to run. It's only 3-4Ks long, but is full of steps and twists with great views over Portland Bay. Plus it's pretty much in Portland. Which is where we were! Cam was running again, we'd done it. We'd made it. I was bloody proud of us all and as we ran down the road into town three abreast in our trail running gear, I knew this was my future. We ran through town and a last great thing happened. My brickie (the one who said I couldn't do it) drove past. I gave him a grin and a wave as his jaw dropped in disbelief. It was pure gold! Now right in town it was amazing how our posture and running improved. We had 20 minutes to go 2km, and with everyone running how they were that was not a problem. We ran onto Nun's beach and saw our last hurdle before reaching the caravan park and our finish line, a big set of double backed stairs that climbed the 30m cliff. With a grin we took off and ran up as fast as we could, before collapsing on the mowed grass at the top. Woohoo! Then with a laugh and backslap we all jogged up to the park, and put our hands out to all touch the fence (finish line) together.

We did it. We ran 250km, or six marathons in five days. And I think enjoyed the whole thing. It was over. We could stop.

Before too long Paul and Cath were there as well. Garry was taking it easy and would be in later. Sandra, Jordan and Cam said goodbye and headed off, and Paul & I went to refuel in style. A hamburger with a big plate of chips. Mmmmmmm.... We talked about what next. Cradle Mountain? Paul was pretty confident I could get in even though the field limit was only 50 people. I gave it some hard thought for the next three seconds and said okay, if Nic was happy with it. So with that we all said goodbye (Garry was just coming into town with a big grin and said not to wait) and they headed off back to Melbourne. It was over.

In retrospect

Can I look back and sum it all up? Probably not. But what I can say now is that there were a few things that stood out as making this run one of the best things I have done.

The first was my running companions. Paul, Dan, Cam, Garry, and Cath were

all great people to do this with, and even better was the instant lifetime friendships we struck up. That's the power of an event like this. Thanks for letting me come along guys.

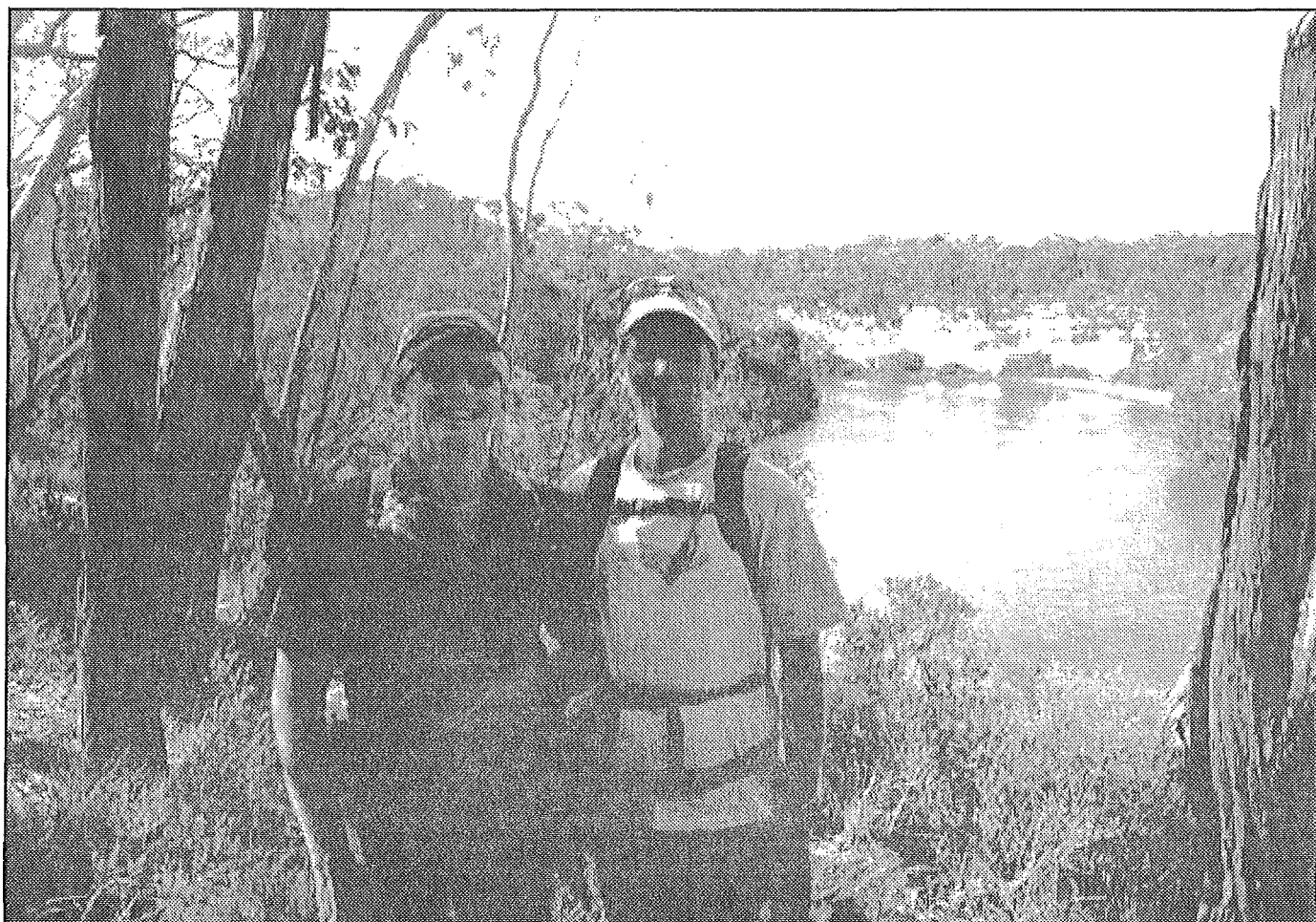
Second was the amazing support shown by Sandra, Cath, Nic, Jordan and my boys Fraser and Campbell. None of us could have gotten around as comfortable (if at all!), so it can't be overestimated how appreciative I am of their help.

Third was the track, landscape, and wildlife. Who'd want to run on the road? The track was so spectacular, so diverse, and so much FUN that it was certainly the star of the trip. I was happy to be living in a place with a trail and countryside like this. Now I'm so much more proud and appreciative. What an amazing place to live! Garry is running in a six day race around a 1km park in Colac soon. I bet he'll imagine some of the GSSW while he's out there getting

dizzy (good luck by the way mate).

And fourth was my own body. It really did stand up much better than I thought. To be perfectly honest the run was easier than I thought (feared) it would be. Keep up the fuel and don't be stupid and it'll go forever... My knees still hurt a bit though.

This run has certainly changed me, I feel now like I want to do things a little more by feel, more natural and less by science and manufactured things. I guess that means more trail/off road and less road based events. Competitive sport isn't as appealing as it once was either (although I was already feeling this and races are still on the cards anyway). Being part of a good group of people having an adventure exploring a great trail without rushing is a bloody great way to spend time as well. My next will be with my own family on a two-day bike ride in November. Can't wait for that one now!



Spectacular Scenery on the Great South West Trail

2005 Bribe Beach Bash

Report by Race Director, Geoff Williams

In semi darkness at 4.30am, the field of 14 male competitors (no females) set off on what will eventually become my nightmare & disappointment. I had been on the beach earlier marking the distances up to the 15k point where I decided to return to the start to inform the competitors of the inland course & a small unavoidable water crossing. Off they went onto firm sand, an outgoing tide and a partially moonlit strip of beach.

I then set off again continuing to mark the way, setting up water points & distance markers. My travel over the rough soft sand leading to the beach was not as comfortable as the runners were experiencing. I caught some of the more cautious, while the very adventurous were hundreds of metres up the beach. Continuing in my four-bee & on a comfortable seat, I quickly reached the camping area. Among one of these many look-a-like sand dunes was a passage to a locked back gate, which lead to Lightning Ridge picnic area.

After a few attempts to find the correct track from the beach, I then missed the turn to the gate & had to back up in the very soft sand. In doing that, I then lost traction & found myself stuck. Quickly I pulled out my winch & managed to get my front wheels onto solid ground where I proceeded on to unlock the back gate & mark the course. That was until arriving at the second gate where the key given to me, didn't fit. I then ran the course quickly to mark the way to the centre track. In route back to my car I was confronted by the leading pair of John Searston & David Sweeney. They surprised me at the speed they were travelling.

On reaching my car, I then had to backtrack down the beach to the beacon where the runners were to exit the inland soft sand onto the firm 6k return to the finish.

On reaching this point, I unlocked that gate & proceeded inland marking the way. Approaching the course from the opposite way threw myself into some confusion until noticing some familiar landmarks.

In the meantime SES were testing their new 4wd in the soft sand & helping to put runners correct. In an area called the Wood Chip the speedy runners being ahead of me missed the left turn and continued straight. Unfortunately they were running further away from the finish & had to be transported back. Poor Adrian Pearce totally went bush. In his effort returning to the course ran through some pretty rough terrane and deep creek crossings.

Fortunately only a handful of very fast runners went astray, with the others travelling the course proper.

I can but only apologise to those concerned. Although all good plans were implemented prior to the event & confirmed by another party unfortunately they were not carried out.

I was pleased to see all returned safely & at the finish the general talk from these runners was in some sort of humour. With respects to the other distances I am unable to comment due to my involvement in the ultra. I believe they all went well with some good times and fierce competition.

On returning to the finish I was confronted with another problem - competitors arriving late for the start of their race due to road closures from bush fires. On examining the finishing sheet & times, it was brought to my attention where a competitor ran in first but a late arrival bettered the first person's time.

It became evident, in fairness for the support given by both competitors each would be winners and receive a trophy. In respect to the ultra, I asked for the competitors to discuss among themselves their personal feelings relevant to their performance & finishing condition as to the podium placing's. Although, when reading times compared to finishing positions, it is what the front runners felt to be fair.

To all concerned in the ultra, I truthfully apologise and assure you it will not happen again. Something new was tried and was unsuccessful. All

events will return to the beach, up & back. You will get to see other competitors, receive encouragement & not feel as isolated. And then I only have myself to blame for any wrongdoings.

Thank you to all who supported the event. We had a record crowd of 102 entrants. 14 in the ultra, 14 in the 30k, 25 in the 15k, 6 relay teams, & 31 in the 3k. Thanks to Endura once again for your support & products. Accor Premier Vacation Club for donating the major prize being two nights' accommodation at Novotel Twin Waters & the local clubs & businesses, all of which know who you are, thanks. Michael Schultz for your time getting & assistance where needed. Your love of the sport & aid to others within it is unsurpassed. Anne Raftery for assisting with entries & Michael. SES, Parks & Wildlife thank you & CUA for past, present & hopefully future support thanks. Vic & Barb Beerling for cooking, & others I inadvertently missed, thank you too. Big thanks to my wife Betty for tolerance & understanding of me. Without your support this event would never have started.

Results - 46km Ultra

| | |
|----------------------|----------|
| 1] John Searston | 4:34:00. |
| 2) Martin Schot | 4:45:55. |
| 2) Adrian Pearce | 4:48:16 |
| 3) Andrew Cohen | 4:37:06 |
| 4) David Sweeney | 4:34:13. |
| 5) Domonic Brown | 4:41:00 |
| 6) Mark Parsonson | 4:46:36 |
| 7) Nic Moloney | 4:52:05 |
| 8) Tim Garrett | 4:55:00. |
| 9) Rodney Ladyman | 4:59:02. |
| 10) Peter Anderson | 5:17:48. |
| 11) Peter Gardiner | 5:31:38. |
| 12) Lindsay Phillips | 5:56:15. |
| 13) Brian Evans | 6:03:45. |

Although the times look odd compared to places. Some front runners ran further & remained looking stronger than others. It was a mutual decision.

National 24 Hour Championship

[also 12 and 6 Hour events] Santos Stadium, Adelaide 15/16-10-2005

Report by Kevin Cassidy

It was very much a case of persistence finally reaping rewards for Sydney's Anyce Kip Melham. A regular for over 20 years, there has never been a more humble winner. I shared the track with Anyce a number of times in the 80's and vividly remember his attitude at the awards ceremonies, always playing down his own achievements while praising the efforts of others. On one occasion in 1986, he sacrificed his own performance to assist Cynthia Cameron to become the first Australian woman to break 200km.

Despite sciatica plaguing him for a number of years in the 90's, Anyce never gave up. With a final total of 197.7km, there has never been a more worthy or popular winner of a National Championship. The Sri Chinmoy Marathon Team, race organisers since 1981, were clearly delighted with the result. Has it really been that long since Anyce first

stormed onto the ultra scene with an astonishing win at the now defunct Manly 100 Mile Track race in 1984?

Pushing Anyce all the way to the finish in what was a titanic battle, Carol Baird became our new Female Champion. Born and raised in the Melbourne suburb of Coburg and now a resident of Canberra, Carol has a swag of 24 hour experience as a walker. Her decision to tackle such events as a runner is only very recent. As creditable as her 194.9km is, I have a strong feeling that Carol is going to go on to bigger and better things in the not to distant future. One can only imagine where her potential may take her.

As has become customary with this long standing first class event, an absolute bag full of age group records were to tumble. Sit back, take a deep breath and try to get a grasp on the list below.

World Records:

M70: Deryck Skinner. 100 Miles Track Walk
[oldest Australian man to achieve such a feat]
24 Hour Track Walk

Australian Records:

M70: Deryck Skinner 50 Mile Track Walk
12 Hour Track Walk
100km Track Walk

M70: Peter Lahiff 50 Mile Track
12 Hour Track

W75: Shirley Young 50km Track [possible World Record]
6 Hour Track [possible World Record]

W55: Carol Baird 100 Mile Track
24 Hour Track

RESULTS

| Place | Name | Total kms at 24 hrs |
|-------|-------------------|---------------------|
| 1 | Anyce Kip Melham | 197.779 |
| 2 | Carol Baird [f] | 194.945 |
| 3 | David Billett | 172.747 |
| 4 | Tony Collins | 168.599 |
| 5 | Deryck Skinner | 166.033 |
| 6 | Jerry Zukowski | 162.116 |
| 7 | Prabuddha Nicol | 150.529 |
| 8 | Eric Trad | 128.040 |
| 9 | Peter Anderson | 120.205 |
| 10 | John Timms | 114.944 |
| 11 | Sarah Barnett [f] | 111.577 |
| 12 | Dick Crotty | 102.100 |
| 13 | Stan Miskin | 101.703 |
| 14 | Peter Gray | 101.244 |
| 15 | Richard McCormick | 101.111 |
| 16 | Bruce Salisbury | 70.000 |

12 Hour Race (provisional)

| Place | Name | Total kms |
|-------|------------------------|-----------|
| 1 | Peter Lahiff | 98.270 |
| 3 | Deborah Dewilliams [f] | 83.811 |
| 2 | Stoyan Shopov | 82.256 |
| 4 | Faith Anderson [f] | 78.448 |
| 5 | Susan Bardy [f] | 70.398 |

6 Hour Race (provisional)

| Place | Name | Total kms |
|-------|----------------------|-----------|
| 1 | Collin Brooks | 59.399 |
| 2 | Tony Good | 57.057 |
| 3 | Shirley Young [f] | 50.540 |
| 4 | Lorraine Billett [f] | 34.812 |
| 5 | Kazem Abhary | 31.146 |

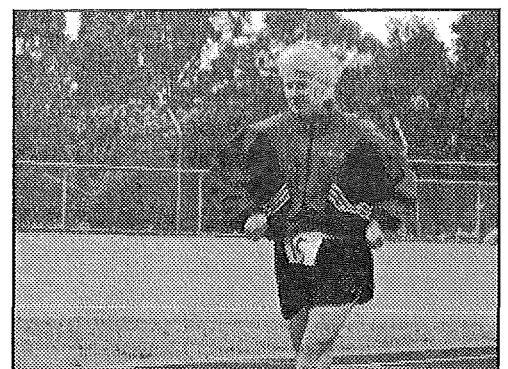


Photo above from Moe 6hr and 50km events:
The Lovely Dawn Parris

Brindabella Classic 55.4km

Cotter Reserve, ACT - 23rd October 2005

| Name | Age | Time | Name | Age | Time |
|---------------------------|-----|---------|---------------------|-----|---------|
| 1. Jonathan Blake | 40 | 3:58:05 | 18. Angus Farncomb | 40 | 5:55:18 |
| 2. Emma Murray [f] | 27 | 4:05:14 | 19. Chris Hatcher | 40 | 5:57:13 |
| 3. Trevor Jacobs | 53 | 4:06:57 | 20. Ross Gregg | 44 | 5:58:47 |
| 4. Jackie Fairweather [f] | 37 | 4:09:38 | 21. Monika Mohr[f] | 45 | 6:04:51 |
| 5. Martin Fryer | 44 | 4:19:58 | 22. Verne Towgood | 53 | 6:08:40 |
| 6. Adrian Sheppard | 34 | 4:22:59 | 23. Philip Clarke | 53 | 6:20:34 |
| 7. Michael Gallagher | 28 | 4:25:56 | 24. Dave Gilbert | 45 | 6:23:23 |
| 8. Simon Fairweather | 36 | 4:27:26 | 25. Steve Appleby | 52 | 6:23:53 |
| 9. Paul Veldkamp | 42 | 4:28:29 | 26. Guy Roberts | 38 | 6:25:20 |
| 10. Brett Worley | 29 | 4:34:20 | 27. Nick Thompson | 43 | 6:28:59 |
| 11. Julie Quinn [f] | 33 | 4:53:59 | 28. Ray James | 56 | 6:31:06 |
| 12. Philip Murphy | 36 | 5:14:58 | 29. Louis Commins | 56 | 6:49:56 |
| 13. Bruce Renwick | 57 | 5:17:22 | 30. Vic Anderson | 52 | 6:49:57 |
| 14. Wayne Gregory | 47 | 5:27:26 | 31. Roger Lebish | 65 | 7:15:33 |
| 15. Laurie Irvine | 50 | 5:42:48 | 32. Horst Punzmann | 37 | Dnf: |
| 16. Dave Hromow | 37 | 5:45:20 | 33. Brian McPherson | 36 | Dnf: |
| 17. Michael Corlis | 46 | 5:50:50 | | | |

Report by Jonathan Blake

I was originally only planning to race the Brindabella Classic in October, but about 3 weeks ago decided I'd try to double up in successive weeks and race Fitzroy Falls the week earlier. Seemed a bit foolish in some respects, but certainly a challenge. I figured I could take them comfortable and if the opportunity came to go for a win I'd see what I could do. That plan went out the window when I raced Fitzroy Falls hard and took out the first leg of my own little double. I was concerned that FF may then come back to haunt me at Brindy, but figured I'd take it comfortable and see how we went.

Did the same routine as last year and spent the night before the race at my parents at Mittagong then got up at 3:00am and drove down with my Dad as company. Got there in plenty of time and caught up with the usual suspects from Canberra and also met Spud for the first time and caught up with Blue Dog after meeting him at FF.

We headed off in great conditions and a bloke I don't know took the lead of the Classic as Vince Craig powered off

for his relay team. During the run to Vanities I took the lead, only to lose it to Emma on the last run down to the crossing. At that point I figured I was going to have to use the hills to put as much space on Emma as possible as I knew she was a gun on the downhill and had already shown me that she was in good shape. So I knuckled down and worked hard at extending the lead. As I ran up the last 2km to the turn around I really started to feel like Fitzroy Falls was creeping up on me. I turned and left the drink station at 2:07 which was a minute slower than last year which surprised me a bit. I raced down and passed Emma after 1.5mins so my lead was about 3 to 3.5mins which I doubted would be enough given that I was starting to hurt. Then passed in quick succession, the bloke who led early, Trevor Jacobs and Jackie Fairweather. I was now running scared. I figured if I could work hard and be leading at Vanities Crossing, I felt there were enough hills left to hold her off. The lead biker caught up and told me Emma was flying and that the others were dying a bit, so my worst fears were confirmed.

I was racing through 5km splits in under 19mins at times, so I thought

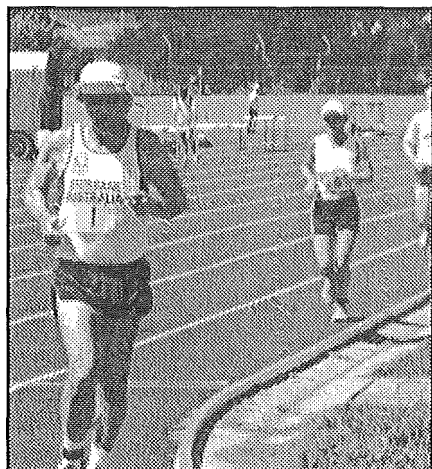
Emma would have to be really moving to be picking up time. But you just never know. Then after the refreshing crossing at Vanities my hammies tightened and started to twinge. Oh hell, here we go....but they settled, and soon I was up near the farmhouse, no pursuers in sight and I felt I was home. I crossed the line in just over 3:58 so I'd got back in 1:51 (the same as last year when I thought I was powering).

It was a great relief to finish and to have done the double and I can now have a bit of a break from racing as I use 6 Foot and Brindablla as the bookends on my racing season.

The race itself was well run again and a terrific course. I haven't done the original, so can't comment on it, but I do like the concept of the up and down course. Great to see so many coolrunners out there who I passed on the way back down, and I tried to say g'day to everyone so apologies if I missed you. I was pretty happy out there Blue Dog, and I always figure that others don't really want to know if I'm feeling ordinary, so better to look like I'm doing it easy!

Victorian Six Hour and 50km Track Championships

Newborough, Victoria 6th November 2005 - *By Kevin Cassidy*



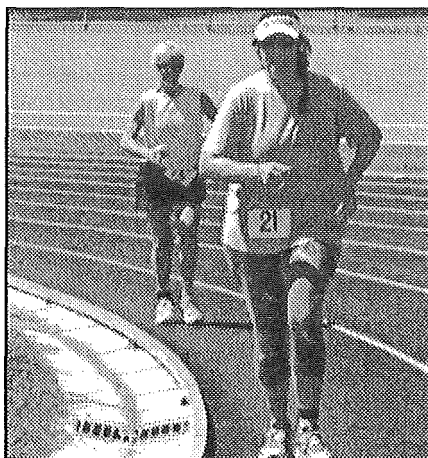
All the way from Brisbane, Peter Anderson

Events organised by the Traralgon Harriers always have a distinctive feel. Professional organisation, yet maintaining a refreshing country style friendliness. With this in mind, I eagerly tackled the 150km journey east of Melbourne. In the shadows of the imposing looking recreation centre sat the Joe Carmody Athletic Track where a record 30 competitors were thronging around the start line to the gratified expressions of the organisers. Such a field was indicative of the resurgent interest in ultras and the fact that 11 were women was of particular note. Two Queenslanders even embarked on the journey south and managed to cope with daylight savings without an over abundance of distress.

Race favourite, Mal Grimmet powered away early establishing a substantial lead that proved unbeatable. Although slowing in the second half, victory was assured with most of the attention then focusing on the enthralling battle amongst the lead women in Julie Hooper-Childs and Michelle Thompson. Julie, running her first ultra, and Michelle, whose reputation continues to grow, staged an absorbing battle for the entire race in a superb display of consistent, well judged pacing. Julie narrowly prevailed. Respectively, they took second and third places outright.

Personally, I think both should genuinely consider aiming for the Australian 100km team.

Kelvin Marshall was his usual self as he scooted around the track with regular consistency. Deciding that 50km was enough due to an uncooperative back injury, he flaked out under a tree. "That's my 150th Ultra" he stated wearily, "And you were at my first back in 1992" he continued, glancing in my direction. Deciding that his back was less troublesome if he got up and walked around, he re entered the race. "If I'm going to walk, I may as well do it on the track" was his sound logic.



Debra De Williams shows the form that took her all the way around Australia

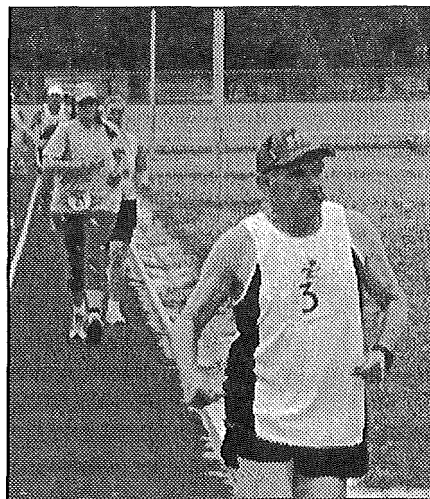
As always, several races within the race occurred. The first woman to walk around Australia, Deborah de Williams, was preparing for the upcoming Colac Six Day Race in a fancy pair of grey tights while Sandra Howorth was exhibiting her new found running ability after many years as a walker. Garry Wise was also keeping everyone honest. Garry is rapidly becoming a modern day Cliff Young. Taking up running just 12 months ago, he has run more races than most could dream of in 20 years! All with immeasurable aplomb, I might add.

Jane Sturzaker and Rob Boyce maintained their agreeable, positive dispositions from start to finish in the most dutiful of fashions while Paula Lucas earned the admiration of all with her first effort beyond 21kms in the short seven months that has been her career to date.

For the umpteenth time, Shirley Young troubled the record books with new Australian W75 marks for 50 kilometres and six hours.

Ernie Hartley wasn't having the best of performances as he mopped his forehead prior to making a beeline for a Powerbar that had been sitting on the hot sun. Struggling to undo the wrapper, he watched it sag quickly and fall to the ground, much to his consternation. "Well that sums up my day" he shrugged with a sheepish look.

Arguably, the tightest contest had its origins several days earlier when locals Rob Embelton and Sandra Timmer-Arends challenged each other over a few drinks at the local watering hole. They traded verbal blows all week but when it really mattered, Sandra clocked up a new Australian W40 record for 50km with Rob just 200 metres adrift and leaving him 12 months to ponder how to square the ledger!



Garry Wise looking relaxed

Results- Six Hour-

| | |
|-----------------------------|--------|
| 1/ Malcolm Grimmet | 70.041 |
| 2/ Julie Hooper-Childs [f] | 64.421 |
| 3/ Michelle Thompson [f] | 62.476 |
| 4/ Jevvan McGhee | 61.013 |
| 5/ Kelvin Marshall | 60.108 |
| 6/ Robert Boyce | 57.490 |
| 7/ Garry Wise | 57.356 |
| 8/ Trevor Marsh | 57.326 |
| 9/ Richard Comber | 55.055 |
| 10/ Jane Sturzaker [f] | 53.300 |
| 11/ Robert Embleton | 52.400 |
| 12/ Sandra Timmer-Arends[f] | 52.40 |
| 13/ Shirley Young [f] | 51.707 |
| 14/ Peter Anderson | 51.664 |
| 15/ Ian Twite | 50.800 |
| 16/ Brian Glover | 49.732 |
| 17/ Peter Grixti | 47.387 |
| 18/ Ernie Hartley | 46.841 |
| 19/ Dawn Parris [f] | 46.794 |
| 20/ Deborah DeWilliams [f] | 45.707 |
| 21/ Leah Stringer [f] | 43.594 |
| 22/ Sandra Howorth [f] | 43.161 |
| 23/ Peter Gray | 42.934 |
| 24/ Faith Anderson [f] | 41.641 |
| 25/ Paula Lucas [f] | 40.134 |
| 26/ Stan Miskin | 38.714 |
| 27/ Glyn DeWilliams | 38.000 |
| 28/ Barry Summersgill | 30.400 |
| 29/ Matt Franke | 25.600 |
| 30/ Bruce Salisbury | 24.000 |

Results- 50km-

| | |
|-----------------------------|---------|
| 1. Malcolm Grimmett | 3:56:14 |
| 2. Ian Twite | 4:03:15 |
| 3. Sandra Timmer-Arends [f] | 4:06:48 |
| 4. Robert Embelton | 4:08:27 |
| 5. Kelvin Marshall | 4:22:27 |
| 6. Jevann McPhee | 4:30:57 |
| 7. Julie Hooper-Childs [f] | 4:36:07 |
| 8. Michelle Thompson [f] | 4:38:10 |
| 9. Garry Wise | 4:56:02 |
| 10. Robert Boyce | 5:07:41 |
| 11. Trevor Marsh | 5:09:32 |
| 12. Richard Comber | 5:13:25 |
| 13. Jane Sturzaker [f] | 5:37:21 |
| 14. Peter Anderson | 5:47:12 |
| 15. Shirley Young [f] | 5:47:43 |

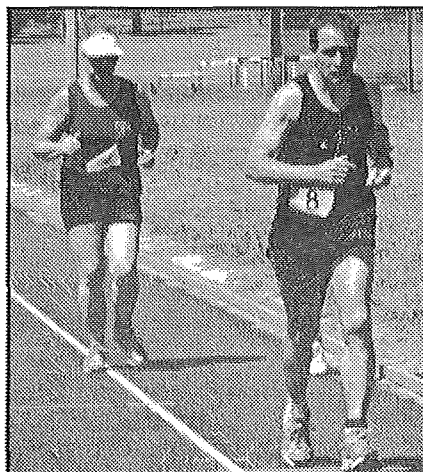
Special thanks to Sandra Howorth, whose business "Sands Hands" (specialising in massage therapy and medical audio typing) sponsored all the winners, both male and female in the six hour and 50km events with cash prizes.



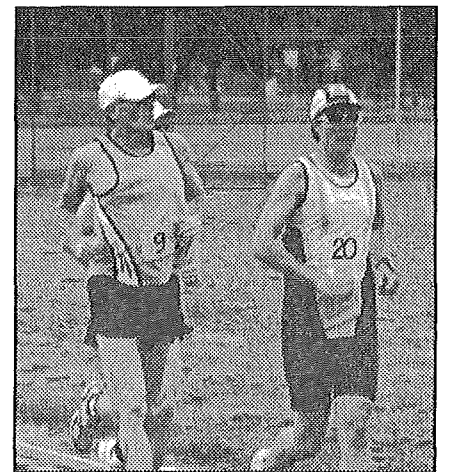
Competitors stretching out on the back straight



Faith with Peter Anderson and Jane Sturzaker



Above: Ian Twite leads out from Sandra Howorth



Locals Sandra Timmer -Arends and Ron Embleton had a ding dong battle

Left: 80 year old Stan Miskin slugs it out

The Great North Walk 100's

November 12th/13th 2005

Results 100 miles

| | | |
|---|---------------|----------|
| 1 | David Waugh | 26:18:08 |
| 2 | Paul Every | 32:07:45 |
| 3 | Wayne Gregory | 32:24:59 |
| 4 | Jan Herrmann | 34:28:35 |

Notes:

- The actual GPS-measured distance for the 100 Mile event is 106.4 Miles (171.3 Kilometres).
- 13 Runners started the 100 Mile event. Those who completed 100 Kilometres but did not complete the 100 Mile have their results included with the 100 Kilometre event (the option of switching to the 100 Kilometre event was available to all 100 Mile entrants).

Results 100 Kilometre

| | | |
|----|---------------------|----------|
| 1. | Matthew Kinchington | 18:19:54 |
| 2. | Ray James | 18:30:19 |
| 3. | Bill Thompson | 20:52:36 |
| 4. | Rodney Ladyman | 21:05:14 |
| 5. | Tim Turner | 21:05:15 |
| 5. | Andrew Hewatt | 21:05:15 |
| 7. | Grant Campbell | 21:07:40 |
| 8. | Lawrence Mead | 21:07:55 |

Race report by Dave Byrnes, Race Director

The monthly Terrigal Trotters committee meeting dissolved into mirth and incredulosity when I first proposed that we organize a 100 Mile race along The Great North Walk. However, to their great credit, once the laughter had subsided and I had fleshed out the idea, they were very interested and very supportive and so The GNW100s were born (we added a 100 Kilometre Race to encourage more entrants).

Although I believed that it would be possible to run the 100 Miles from Teralba, near Newcastle, to Patonga on Broken Bay along the route of The Great North Walk (the whole GNW runs 250km from the centre of Newcastle to the centre of Sydney), some doubts about the feasibility of

the event emerged as I tried to put the race together.

Gaining approval from ten different public authorities to hold the event proved particularly challenging, with final Police approval, with new conditions attached, only coming three days before the event and six months after the initial application! Wyong Council at first rejected the proposal and permission was only gained after a presentation to their traffic committee and agreement on additional conditions. Having said that, all of the authorities were ultimately supportive and many bent their rules to enable the event to proceed in these days of heightened liability sensitivity.

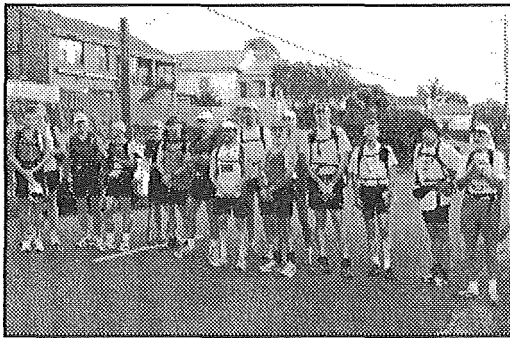
My other concern, elevated during the preparation phase, was the difficulty of the course. Over several weekends, I car shuttled and ran multiple sections with fellow Terrigal Trotter, Bruce Renwick (Australian 55+ 50km record holder) while measuring and detailing the course. After the first day, when he had told his wife he would be home for lunch and barely made it by dinner, I'm pretty sure he thought I was nuts. Then a prospective (and credentialed) entrant ran sections of the course and declared it "out of (his) league" in the CoolRunning chat room which subsequently generated a number of anxious comments. GPS measurements proved that both courses would be over-distance (103.7 km for the 100 Km Event and 106.4 miles for the 100 Mile Event) and that there would be a formidable 6,200 metres of elevation gain (and loss). I decided to increase the cut-off times!

Therefore it was with some relief that, shortly after 9:40am on a beautiful November Saturday morning high in the Watagan Mountains, I watched David Waugh arrive at Checkpoint 1 (28.6km). Although he had lost the trail for 20

minutes or so en route, he seemed in good spirits and was enjoying the run. While the first section began gently with 7km along undulating country roads, it ended with 10km of aggressive climbs punctuated with spectacular views, stygian rainforest and enchanting caves. I knew runners would find it challenging and had belaboured the point at the pre-race briefing before the 6:00am start so that they would not become despondent at their slow early progress.

Twenty minutes after David Waugh, a comfortable-looking Ian Wright arrived at Checkpoint 1 with Jan Herrmann close behind and I began to breathe a little easier. All of the thirteen starters in the 100 Mile and two starters in the 100 Kilometre eventually reached the Checkpoint well inside the 6-hour cut-off.

By noon at Checkpoint 2 in the grounds of the Congewai Public School, it was positively warm (-28°C) and I knew the runners would be suffering. The first 14km of the second section (23.9km) was shaded by eucalypt forest as it followed the crest of the Myall Range and offered extensive views to the north across the Hunter Valley. However, after the descent from the Myalls, the last 6km was along a picturesque, but shadeless, gravel country road winding through the still warm air of the Congewai Valley. David Waugh arrived soon after noon and had stretched his lead to an impressive 90 minutes and was still "cruising". This early pace proved to be a significant advantage as it meant that David cleared the Watagan Mountains and reached Checkpoint 4 (103.7km) in daylight, despite losing an hour to a navigational error just prior to Checkpoint 3. To highlight the point, on the fourth section (22.1km), David's time of 2:37 was nearly an hour and a half faster than the next fastest time and his overall lead increased to nearly four hours.



Meanwhile, back on the tortuous third section (29.1km), the remaining runners battled difficult trail, tricky navigation, warm conditions, and precipitous terrain in deteriorating light. Of course, there were scenic highlights including the impressive views from Flat Rock Lookout, the bucolic Watagan Creek Valley, and cool ponds in the rainforested valleys, but these were of diminishing interest to the tired runners. More critical were the two track intersections within 3km of Checkpoint 3 at the Basin Campsite, where navigation proved challenging for some runners, exacerbated by the removal of some marking tape by bushwalkers earlier in the day. Ian Wright, clearly in second place, arrived at the Checkpoint with what proved to be the section's fastest time, but called it a day with injury problems after a strong 81.7km. Later, Dean Jones also withdrew here with bad blisters, but the remainder continued on into the night, although Louis Commins withdrew shortly after following a fall. By this time, almost all runners had spent some time off-course, but not always in the same place. Around midnight after Checkpoint 3, Lawrence Mead and Grant Campbell were found (by accident) more than 5km off course and the time lost and extra effort expended led Grant to later withdraw at Checkpoint 4, despite beating the cut-off time. The GNW is reasonably well marked, but the signs (green!) tend to blend into the background and there are many fire-trail and walking track intersections that can be confusing, even with detailed maps and directions.

Perhaps the biggest challenge of the fourth section was the final 12km of running along sealed road down the picturesque Yarramalong Valley. Many runners found the hard flat surface

very tiring, made worse by the occasional dog-induced adrenalin surge. Ultimately, six runners finished at Checkpoint 4 at Yarramalong Public School which doubled as the Finish of the 100 Kilometre event. Two of those, Matthew Kinchington (who was the official winner of the 100km in 18:19:54) and Andrew Hewat had entered the 100km, while Bill Thompson, Rodney Ladyman, Tim Turner and Grant Campbell had hoped to complete the 100 Mile. This left six runners in the 100 Mile tackling the fifth section (28.2km) which was largely along forested fire-trails and foot-trails and included several major ascents before it reached Checkpoint 5 (131.9km) at Somersby Public School. During this section, which most runners negotiated in darkness accompanied by heavy dew and eerie mists, Ray James had one of the more interesting encounters of the night when he came across Paul Every asleep on the track! Lawrence Mead withdrew at Checkpoint 5 (131.9km) and Ray James shortly thereafter. Both were included in the 100 Kilometre results.

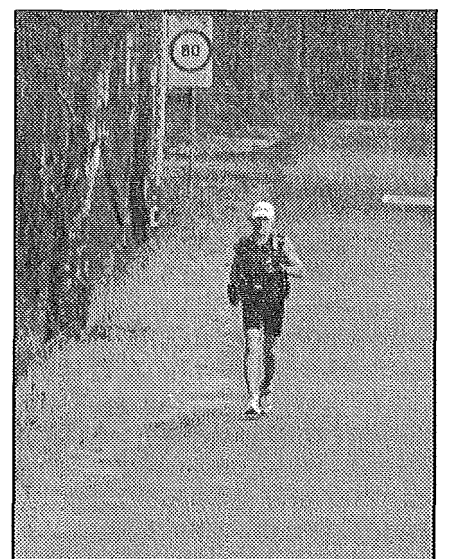
Paul Every seemed to benefit from his earlier nap by running the fastest times for each of the remaining two legs. The short sixth section (14.8km), which included 9km of road and no severe elevation changes, gave the runners some respite from the rough trails. However, the seventh and final section (24.5km) across Brisbane Water National Park, included some steep rocky climbs to accompany spectacular views to Brisbane Water and Broken Bay and some longish stretches across barren sandstone plateaus, before descending steeply to a run along the lovely Patonga beach to the Finish at Patonga wharf. Paul overtook the tiring Wayne Gregory with just a few kilometres to go, to finish in second place in 32:07:45, nearly six hours behind David Waugh's winning time of 26:18:08. Wayne was third in 32;24:59, while the steady Jan Herrmann finished two hours later in 34:28:35, well inside the 36 hour cut-off time.

David Waugh's effort, particularly when you consider the time he spent

off-course, was extraordinary. He spent minimal time in the Checkpoints and simply kept moving. Whilst rightly applauding David's efforts, the great performances by the other 100 Mile finishers should not be overlooked. Matthew Kinchington is also to be congratulated on his fine run to win the 100 Kilometre event and it's worth noting that all starters made it as least as far as Checkpoint 3 after more than 80 kilometres of what was described by some competitors as the toughest 80kms of trail in an Australian ultra.

Terrigal Trotters volunteers provided great support at all of the Checkpoints and were rewarded with an insight into a totally different kind of running and some inspiring efforts. They all commented on what a nice bunch of people the runners were, and I will have little difficulty in persuading them to support the event in future years.

Although the attrition rate for the 100 Mile event was 70%, nearly all competitors, regardless of whether they finished, were excited by the adventurous nature and challenge of the course, along with the great scenery, and have vowed to return. Runner comments and stories can be seen on the web at www.terrigaltrotters.com.au/GNW100s_Home_Page.htm along with more photographs of this year's events.



Wayne Gregory pounds the road

The Two Bays Trail 56km

27/11/2005

| RESULTS | 28km | 56km |
|-------------------|------|------|
| 1 Scott Thompson | 2:37 | 5:59 |
| 2 Dylan Dwyer | 2:25 | 6:08 |
| 3 Kelvin Marshall | 2:59 | 6:30 |
| 4 Mike Pickavance | 2:49 | 6:55 |
| 5 Kevin Cassidy | 3:18 | 7:09 |
| 6 Robert Boyce | 3:07 | 7:25 |
| 7 Steve Hyde | 3:25 | 7:42 |
| 8 Justin McNamara | 3:34 | 8:40 |
| 8 Matt McNamara | 3:34 | 8:40 |

"A Ten Year Wait"

By Kevin Cassidy

Few would be aware that a Two Bays Trail Ultra was originally planned for February 1996 as a result of some exploratory running from John Harper, a keen ultra runner at the time. Deciding that an out and back crossing of Victoria's Mornington Peninsula would make an ideal course, John set about organising an official race. Sadly, a paltry three entries [which included Kelvin Marshall and I] was insufficient for anything to get off the ground.

It's now barely three years since my first visit to the trails of the Mornington Peninsula National Park that have captivated me beyond description. For as long as time has existed, Melbourne's runners have been heading east to the Dandenong Ranges oblivious to the insurmountable beauty that lies just an 80 minute drive south of the CBD.

Running the trail in August with Brendan Mason was the catalyst that reignited the idea of a race. We had barely cooled down at Cape Schanck when the November date was decided upon and word spread rapidly via the "coolrunning" website. A "reconnaissance" run across the course with Sydney visitor, Sean Greenhill, took place just three weeks prior and all was ready for the first ever "Fat Ass" style Two Bays Trail Ultra.

A good sized field looked to be on the cards as I headed down the Peninsula Freeway passing a couple of

temporary road signs advertising the Australian Open Golf Tournament and a local "Pet and Pony" show. It was great to see so many faces, both old and new. A total of 27 runners had gathered at the Dromana boat ramp on the Nepean Highway at the 32km mark of the Frankston to Portsea course, but there was to be no running down the highway to Portsea today. After a group photo, our intrepid and outstanding gathering vanished into the bush, picking up the trail that rises up the highly



Kelvin Marshall

prominent mountain known as Arthurs Seat. On the other side of the Peninsula, 28 kilometres away, Cape Schanck lay in wait as the final destination for 18 runners while the other nine remained determined to complete the double crossing.

Kelvin Marshall soon bolted to the lead in an action that had Peter Bignell quietly asking "What are the chances of Kelvin getting lost today?" An expectant smile was all I mustered in reply. The ascent quickly afforded the spectacular view of the Southern Peninsula and Port Phillip Bay before the rapid descent down to McClarens Dam and the small negotiation of some of Rosebud's back streets. It was at this point that Kelvin came charging up behind me complaining of having already taken two wrong turns!

The course then took in a few kilometres of an agreeable dirt road before leading into the lush green forest that is home to much wildlife, twisting trails and numerous creeks

and waterways. I had been running for about two hours when the sound of approaching feet had me glancing back in surprise. Yes indeed, it was Kelvin again after a third wrong turn!

Approaching the Boneo Road crossing at 22km, the first sight of Bass Strait greets your line of vision and what an arresting sight it is. The six kilometre stretch to Cape Schanck twists along the cliff tops providing spectacular and rugged views of Bushrangers Bay and the prominent rocky outcrop that is the cape. Reaching Cape Schanck is a sense of accomplishment all on its own and I arrived to the greeting of several 28km runners enjoying a form of post run relaxation! Over the years, I have become accustomed to the sight of ugly sweaty bodies around the ultrarunning scene, so imagine my delight to be greeted by the family of Race Director, Brendan Mason. Brendan's lovely wife and two young children were tirelessly serving up fruit cake and drinks in the most welcoming of manners.

Knowing that Robert Boyce was only minutes ahead of me, I attacked the return journey with haste and pushed solidly, constantly thinking that he may appear around the "next" corner. Running out of the bush and onto Hyslops road, I had a clear view of over a kilometre yet still no sight of Robert, I appeared to have the trail all to myself. With barely 10 kilometres remaining, I basically gave up trying to reel him in. I struggled on back to McClarens Dam and slowed to a walk up the treacherously long climb over Arthurs Seat. The slower pace was to prove irritating as it allowed numerous flies to settle on my face, neck and a variety of other places. One even wished to crawl up my nose. I quickly sank into that annoyed state that comes with a prolonged encounter with flies. In tired frustration, I doggedly swiped and swatted only to have them move casually out of arms reach, wait patiently until I stopped my ridiculous thrashing, then land back in the exact

same positions. One particularly persistent little fly decided to explore my right ear. I took a huge swing at him in a manoeuvre that wasn't particularly clever on my part for two reasons. Firstly, I almost gave myself a severe form of concussion. Secondly, the fly managed to escape harm by taking refuge deep into the ear canal! I freaked out in an increasingly hopeless manner as my ear buzzed furiously while trying desperately but unsuccessfully to remove it with my little finger. Eventually, a small stick proved useful in the completion of the surgical removal.

With freshly cleared ears, I descended down the final kilometres without missing the opportunity to take in the glorious birdseye view of the rich blue waters of the bay. With a summer of swimming events almost upon us, I looked forward with relish to reacquainting myself with this desirable aquatic resource.

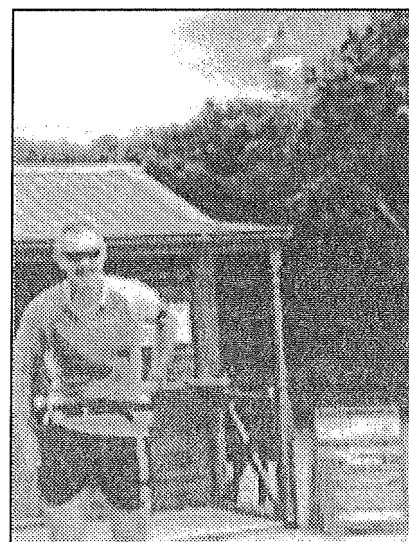
The big surprise as I finished was that my attempt to catch Robert Boyce proved completely futile as he still hadn't arrived. Later, he appeared from the south coming up the highway, an obvious wrong turn being the culprit. Although tired, his spirits soon sparked up when his car radio delivered the Cricket score. Apparently, the Australian team had scored three googlies and a duck since the last meal break and the excitement was at fever pitch.



Justin and Matt McNamara

The success of the inaugural Two Bays Trail Run was a credit to the unwavering efforts of Brendan Mason. He produced course instructions, delivered water drops to various points and had chalk marks on all the corners.

Despite a lengthy wait that consumed a large chunk of my adult life, the fishburger from the local takeaway barely hit the sides of my stomach as I meandered home.



Winner, Scott Thompson



Kevin Cassidy



Mike Pickavance



A cool drink

20th Cliff Young Australian Six Day Race

Colac's Field of Dreams, 20-26 November 2005 By Phil Essam

If ever a race committee were going to adopt a motto from a film for their particular race, the motto for the 2005 Cliff Young Australian Six Day Race would have to be taken from the immortal American Classic, "Field of Dreams" - "If you build it they will come". This line was to become increasingly poignant as the drama of the race unfolded.

In the months and weeks leading up to this year's race, the interest from prospective entrants was phenomenal with up to 39 runners indicating that they wanted to start the race. It was about three weeks prior that the great Greek-Australian Ultra runner, Yiannis Kouros indicated that he could attend and start the race. Yiannis is the Greatest Ultra runner to have ever lived and this changed the prospect of the race being a good event to being one of the greatest of all time. He was not to disappoint.

Race eve saw a majority of the runners in Colac and attending the reception that was put on by the Colac Otway Shire. Guest Speaker on the night was Tony Rafferty who enthralled the audience with some great and funny stories about previous races at Colac and around the world. Peter Gray, John Timms, George Audley, Shaun Scanlon and Tony Rafferty all received certificates for their special contribution over the years in competing in ten or more Colac races. As this year's Commentator/ Publicity Officer, it was good to have a personal chat with Tony, who related to me some of the previous publicity attracting occurrences that had occurred over the years.

Race day dawned and the track was ready to go. The race is held at Memorial Square in the township of Colac. It has to be one of the most picturesque venues in Australia with elm trees surrounding the track and a War Memorial in the middle. It was a beautiful blue skied day with slight

cloud cover and southerly breeze, ideal for ultra running in every way possible. Thirty four runners started with Robyn Davies pulling out on the morning with a reoccurrence of heart/nerve problems and Carlos Machado from Brazil, missing in action!

It wasn't long before Kouros, Hardel (France) and Okiyama (Japan) were racing together. Hardel had completed 900 plus kms earlier this year and Okiyama had recently run 400 plus kms over 48 hours. It appeared that the three form runners were testing and probing each other in the early stages. After four hours, it was still very close and Kouros only had a two lap lead on Hardel and Okiyama. Kouros had covered 48km in that time.

The first casualty was Deb DeWilliams having to withdraw when her crew's father took seriously ill. Her crew, Alistair had helped Deb during her history making Round Australia Walk and it's understandable that Alistair had become part of the family in that time.

All of the runners kept going through the Sunday night without much of a break. At 21 hours, Kouros had run 224km for an incredible 46km lead over Hardel and Dvoracek who were in the high 170's. Garry Wise was the leading Australian with 149.2km and Dawn Parris was leading the women's race with 118km. Jevvan McPhee had become the second scratching of the race having completed over 100km before deciding that multi-day racing wasn't for him

At the end of the first day there was no doubt in anyone's mind who was going to win, it was just a question of how far would he run and the winning margin. The person I am talking about is Yiannis Kouros. He had covered 254.4km, which was 9km further than he had done on the same

track twenty one years ago when he set the World track record for six days. I believe this was the first indicator that a great event was unfolding. Dvoracek had moved into second place with over 200km on the first day and Hardel wasn't much further back having also covered 200km. Kouros had done his job and broken any potential challengers.

The ever popular crowd favourite, Elvira Janosi from Hungary was the next withdrawal suffering a stomach upset in a reoccurrence of a complaint a few months earlier. It was a shame to see Elvira forced to stop.

Don McKechnie withdrew next with a shoulder injury. Don had developed a rather extreme lean after about 18 hours and it was sad to see him withdraw. Don came along to the race two years ago on a Saturday shopping trip from Camperdown. He stayed at the Square and helped crew for some runners. He was back the following year crewing for George Audley. Don decided that in 2005 he would have a go himself. He showed pure courage in the short time he was on the track and there were certainly a few wet eyes when he retired.

Late Monday evening saw another retirement. George Audley decided to call it a day realising that he had had enough and had nothing to prove any more. Is this George's last Ultra race? He has certainly had a great career and we salute you for your contribution to the sport.

At 34 hours, Kouros had covered 323.6km and was on course to beat his own World 48hr age record of approximately 444km. Garry Wise had completed over 200km. The first indigenous Australian to compete in a six day race was also running an excellent race and pacing himself very well.

Tuesday morning dawned and it was certainly an eventful morning. Kouros

at 42 hours had covered 384.8km. Second was Vlastimil Dvoracek with 289.2km. Vlastimil, from the Czech Republic, was having the race of his life. He doesn't speak any English and three years earlier had struggled to get any help or assistance when he covered 630km. We were delighted when Ian McNamara ('ABC Australia All Over' fame) paid us a visit and showed interest in the race and it's history.

Peter Gray was to become the first person to run 10,000km and was immediately bestowed with the unofficial title of "Mayor of Memorial Square". This is a fantastic achievement for anyone.

The 48th hour saw World and Australian Records tumble like flies. Ken Matchett beat the previous World/Australian M80 record. He was also to demolish the 100 mile and 200km records held by the late Drew Kettle. Vlastik Skavril set a new World Record for the M65 48hrs when he added 7 kilometres to George Audley's previous best. Dawn Parris set an Australian record in the W50 48hrs. Yiannis Kouros had a 48 hour total of 432.4km. Anything is possible!

Tuesday evening saw more records fall. Kouros beat Bryan Smith's Australian M45 record for 500km. Bryan is the only other person to run 1000km here at Colac! Another omen, Kouros also exceeded his existing 500km World record by approximately two and a half hours. At half way Yiannis Kouros had covered 590.8km. The world record was definitely up for grabs.

David Jones retired on the Wednesday afternoon with a reoccurrence of shin soreness. Although disappointed, David was pleased with his performance during the week.

At 78hr, Kouros was leading with 630.4km with Dvoracek second on 511.6km Katsuhiko Tanaka was 48 kilometres further back third with

463.6km. Dawn Parris was the leading woman with 376.4km. This stage of the race saw the "Battle of the Tasmanians". Peter Hoskinson had 399.2km to Vlastik Skavril's 393.2km.

One of the requirements is to complete a minimum distance for each 24 hour period. The two runners aged over 80 had to do a marathon each day, the 70 year olds had to do 50km and the remainder of the field, 65km. This alleviates people detracting from the races standard by entering and just doing 20kms a day. This makes for some interesting running in the hours before midday as some runners have to make an effort to reach their daily requirements. The closest runner was John Reidy on day four who made it with eight minutes to spare.

Just before midday on Thursday, Kouros had completed 732.4km with Dvoracek on 604.4km.

At approximately 2.30pm, the race stopped for seven minutes after a gas bottle caught fire in one of the tents. Quick thinking by a crew member prevented a major disaster as the bottle was kicked out onto the track. Committee members were soon on hand and runners were halted. The local Fire Brigade were soon on hand and the gas bottle was taken care of. Three runners became impatient and took a route off the track and then double backed. All in all the race suffered a seven minute delay. The three runners were later penalised a lap for disobeying the referee's orders. Tempers frayed briefly before the matter was soon resolved.

Things were soon back in full swing and the committee had to consider what to do with the lost seven minutes. A check of the AURA and IAU rule books was undertaken and it was ascertained that there were no rules to cover such a contingency. Emails and phone calls were sent to all parts of Australia and the globe. Emailing IAU members in Europe

during the day proved troublesome as it was, the middle of the night in Europe. We had to wait several hours for the responses to start coming in.

Kouros brought up 800km close to the 104th hour. His last 100km was two hours faster than the previous 100km. This is quite unusual.

The second last day dawned and it looked like being a warm one. During the day, Kouros started to look as though he was suffering, but was soon being helped by Tasmanian runner, Vlastik Skavril. Vlastik had suffered during the week with bronchitis but battled on relentlessly. Vlastik could see that Yiannis was having problems with the heat and soon gave up his ice vest for Yiannis to use. He was also running with Yiannis in a bid to keep him on track. It is sporting performances like these that makes our sport truly GREAT. Vlastik's excellent sportsmanship, along with others such as Lindsay Phillips, was regularly witnessed over the next 36 hours.

We had several replies about the "seven minute" issue. The first two were from members of the IAU Arbitration Panel saying that we could extend the race by seven minutes. We went ahead and announced that the race would be extended. About two/three hours later we received another email from the IAU Chairman saying the race could not be extended under any circumstances. This email was sat on for a few hours as the Committee and myself all hoped that the seven minutes would not be crucial!

The battle of the Oldies was continuing with only 6km separating Stan Miskin from Ken Matchett in the M80 age group. Who would be on top at the end?

One runner who gave tirelessly to his fellow competitors was American, Andy Lovy. Andy is a qualified Osteopathic Surgeon and will always help any runners who need his assistance. This generous spirit

"One runner who gave tirelessly to his fellow competitors was American, Andy Lovy. Andy is a qualified Osteopathic Surgeon and will always help any runners who need his assistance. This generous spirit helped quite a few get back onto the track".

helped quite a few get back onto the track.

Two areas that continue to shine through at each multi-day race that I am able to witness, is the importance of crewing and prior preparation before getting to the track. There are still quite a few runners that turn up at without any crew. Some of them seem to get by ok, whilst I'm sure others would be able to maximise their performance if they had a crew with them. There was also a team of runners from overseas that only brought shoes with them that were half a size too big for the race. This was a correct strategy for when the feet swelled after a couple of days, but was to present all sorts of problems with the feet early on.

Three crew people that were able to help were "Mr Motivator" Mark Griffiths, "The Blister Gal", Sandra Howorth and "The Stat's Man", Rudi Skrucany. They were crewing for Heather Kick, Andrew Lovy and Yiannis Kouros respectively but were to help many others during the course of the week.

The cool change arrived about 6.00pm on the Friday and it was appreciated by all the runners. Drama was to once again hit at 7.30pm that when a massive storm arrived. It started with the wind and rain taking out some of the available power and lifting the carpeted section on the main straight clear off the track. I stood on the carpet trying to keep it from blowing away and trying hard to prevent the barriers from falling on the runners and guiding the runners through without hurting themselves. Thanks to the people visiting that came and helped me out!

The rain and wind continued for a few minutes and then I heard a crack. I looked down and saw one of the huge Elm trees fall and land on the track. At the same time, I saw one of the tents go sailing into the middle of the Square. I couldn't see anyone at that part of the course, but raced down and shouted to see if there was anyone there. At the same time the remaining power seemed to go off. I established that no one was hurt before a runner came around, I guided him to the outside and then back onto

the track. For the next few minutes I kept on guiding the runners around the fallen tree.

I was joined by some others who proceeded to start clearing the tree off the track. These helpers weren't just Committee members. Crew people turned up to help along with members of the public. After an hour's hard work the track was open again and runners were back doing the 400m course. We were just so lucky that no one had been injured. It was then I remembered the famous 1985 New York race when Yiannis kept running during the tornado and set the six day road race record. This race was certainly going to have parallels with New York and the other great multi-day races of our time.

There was one injury during the storm. Peter Gray's Mum, Norma was hit by some flying debris during the storm and required three stitches in the leg. She was found by Garry Wise who then bandaged her up before Peter appeared and helped. Norma was taken to hospital but was back at the track about three hours later.

The next few hours saw Yiannis continue his race towards perfection. Several runners were helping him, all sportsman of the highest calibre.

Kouros's distances during the night:

Hour 130 - 954.8km
Hour 133 - 966.8km
Hour 134 - 974km
Hour 135 - 980.4km
Hour 136 - 988.8km
Hour 137 - 995.2km

It was about 6:20am when Yiannis brought up 1000km establishing a new World Age Record for M45 with a time of 5D 17:41:57. I was unsure whether he would have the fire to go for the overall World Six Day Record or be happy with the World Track Record. (I was also debating how to try and entice the Melbourne media as well - but as it turned out there aren't many Melbourne journalists awake at six in the morning - Their Loss!) By nine o'clock that morning, Yiannis had covered 1,016.0km.

The other runners were trying anything possible and legal to pick Kouros up. Andy Lovy was given a

"It was shortly after 10am when two or three bus loads of the Greek community arrived and we knew that history was to be made. The atmosphere became electric as Yiannis first beat his World six day track record and pushed even more to the overall World Record."

bright red and orange flame hat to wear around the track. Kouros went past him and Andy was believed to have said in a rather cheeky voice "Come on Yiannis, light my fire" Yiannis appreciated the moment greatly and picked up his pace even more. It was about this time that I was starting to worry about the lack of support at the Square. Was Yiannis going to create history in front of an empty Stadium? We weren't to be disappointed!

It was shortly after 10am when two or three bus loads of the Greek community arrived and we knew that history was to be made. The atmosphere became electric as Yiannis first beat his World six day track record and pushed even more to the overall World Record. The other runners starting pushing their pace as well, especially Peter Hoskinson, Garry Wise, David Billett and Lindsay Phillips who were running with Yiannis. Hoskinson went through 700km and then Billett and Wise went through 600km.

At 5D 23:43, Yiannis broke the existing six day overall record. He didn't stop though, but kept on going. A huge crowd had built up and TV cameras from WinNews had turned up to film this historic moment. The crowd were chanting "Kouros, Kouros, Kouros" each time the Legend came past.

Then before we knew it the count down to the end of was happening. It was 144 hours and history had been made at Memorial Square, Colac. 1,036.8km of pure history! Kouros was mobbed by some onlookers but order was soon restored. The crowd was to stay for the presentations which added to the atmosphere. Two

hours later, the Square resembled a ghost town as runners and crews packed up to leave. I think everyone was in a state of shock. I still am and it's six days since the race finished! I had been fortunate enough to witness two world record performances by the Greatest Ultra runner of our time.

Stan Miskin was to set a New World M80 six day record and may even take

Ken Matchett's 48hr/ 100 mile records set during the first two days (This will depend on a ruling from the IAU) Other national records were also broken during. Kjell-Ove Skogland set a new Swedish six day and 500km records along with Arun Bhardwaij with a new Indian six day mark. A full list of records will be calculated later and published once they have been ratified by AURA and the IAU.

All runners and walkers performed magnificently during the week and many achieved personal bests at various distances. They should all be congratulated. Australian Ultra-running is alive and well. It's going to go from strength to strength over the coming years.

"People will come Ray, People will definitely come" - Field of Dreams.

OVERALL PROVISIONAL RESULTS

| Place | Name | Total Km | Place | Name | Total Km |
|-------|----------------------|----------|-------|------------------------|--------------|
| 1 | KOUROS Yiannis | 1036.80 | 18 | REIDY John | 469.60 |
| 2 | DVORACEK Vlastimil | 822.80 | 19 | KICK Heather (F) | 458.80 |
| 3 | TANAKA Katsuhiro | 814.40 | 20 | BLOOMER Brian | 456.80 |
| 4 | OKIYAMA Kenji | 708.00 | 21 | HARDEL Claude | 454.80 -DNF |
| 5 | HOSKINSON Peter | 704.00 | 22 | GRAY Peter | 444.80 |
| 6 | SKVARIL Vlastik (67) | 678.00 | 23 | MISKIN Stan(80) | 429.60 |
| 7 | SKOGLUND Kjell-Ove | 653.60 | 24 | MATCHETT ken (83) | 422.80 |
| 8 | PARRIS Dawn (F) | 640.00 | 25 | LOVY Andy (70) | 370.40 |
| 9 | BILLETT David | 602.40 | 26 | CLARKE Albert (70) | 344.80 |
| 10 | WISE Garry | 600.40 | 27 | JONES David (64) | 325.20 - DNF |
| 11 | KURODA Muneharu | 589.20 | 28 | SCANLON Shaun | 324.40 -DNF |
| 12 | BARNETT Sarah (F) | 572.40 | 29 | McGREGOR Ron | 306.00 - DNF |
| 13 | WRIGHT Eric | 572.40 | 30 | AUDLEY George (70) | 150.80 - DNF |
| 14 | BHARDWAIJ Arun | 556.40 | 31 | McPHEE Jevvan | 104.00 -DNF |
| 15 | PHILLIPS Lindsay | 509.60 | 32 | JANOSI Elvira (F) | 100.80 -DNF |
| 16 | McKINLAY Brock | 481.20 | 33 | MACKECHNIE Don (70) | 90.40 - DNF |
| 17 | BEST Graeme | 474.80 | 34 | DeWILLIAMS Deborah (F) | 24.00 -DNF |

"I think everyone was in a state of shock. I still am and it's six days since the race finished! I had been fortunate enough to witness two world record performances by the Greatest Ultra runner of our time".

Colac Six Day report by Stan Miskin

As Tim knows, I went to Colac extremely well trained and having overcome to a large extent, side effects of the cancer treatment which has effected my performances so badly and which forced my retirement from last year's 6 Day Race.

I firmly believed that I could break the World M80 Track Records for 100 miles, 48 hours, 200km and 6 days by exceeding 500 km.at Colac. This belief proved to be wrong, for in the final analysis I broke only the World M80 record of 386.242 km by extending it to 429.648 km ; an increase of just over a marathon.

It seems that I shall have to front up again in 2006 if I still want the shorter records!.

The race was interrupted by (a) a burning gas bottle which was rolled

onto the track to prevent the tents from catching fire and caused a 7 minute stoppage for which no allowance could be made according to the rules, and (b) a violent storm which brought down huge branches from one of the century old elm trees and forced a detour until the SES chain-saw crews cleared the track

Day 1. My knee problems with severe Oedema began at about 17 hours at which time I was 62 laps ahead of Ken Matchett. I finished the day with 95.2km. (17 laps ahead of Ken).

Day 2. My knees were very painful, and I continued to lose ground to Ken, who passed me in the 28th.hour. The knee high pressure stockings I wore to minimise swelling of my ankles, feet and lower legs were supplemented at the end of Day 2 with compressive knee supports. I

finished the day with 54km and was then 32 laps behind Ken who broke his own 100 mile and 48 hour records. I was disappointed as I felt that it could have been me.

Day 3. I was still in trouble, and Ken continued by breaking his 200 km.record. Only 53.2 km. for the day and 85 laps behind Ken and still in considerable pain I was now worried about the 6 day outcome and kissed my hoped for 500 km goodbye.

Day 4. My treatment for the Oedema continued with rest, massage and by cutting holes in the knee supports to fit over the kneecaps and allow the fluid to escape the joint. A great ball of fluid appeared at the holes and the pain reduced whilst mobility improved. I covered only 53.2km again and was now 105 laps behind Ken, but determined to try the

seemingly impossible task of catching him to break at least one of the records that I had targetted.

Day 5. With the swelling and pain reduced considerably and mobility very much improved I began to chase Ken and lap him. We both knew that the chase was on and I was hoping that my knees would stand the pressure. I was gaining rapidly and became confident as the chase proceeded. I covered 93.2km and gained 73 laps for the day and was now 32 laps behind Ken.

Day 6. I continued to gain on Ken who counter-attacked at times and kept me under pressure, but I was by now sure that my legs would last. I took the lead during the 127th hour, lost it during the 131st hour and was 9 laps behind at midnight with 12 hours to go. I regained the lead during the 135th hour determined to hold it

to the finish and was successful, finishing mentally and physically exhausted 17laps ahead of Ken. My total for the day was 81.248km and for the 6 Days 429.648km.

SUMMARY Despite the pressure, I enjoyed the chase; it was very exciting for me; like watching a movie of tactics in attack and defence of which most spectators were unaware until quite late in the event, but I wouldn't like to repeat it. It's much too hard!!!

Of course I was pleased to beat Ken and break a World record and was delighted when my family (after seeing the flags displayed by the many internationals) presented me with an Australian flag which we displayed on our tent and which I carried on the final lap.

I haven't trained for 4 days but will resume light training tomorrow. My knees are still not normal and my legs

are very itchy. I have had my feet treated by my podiatrist who was quite pleased and has given me a sample of a super lubricant to try out on my feet and my physiotherapist has ordered a waist length pressure garment for me to wear in future multi-day events. However I am hoping that I will not need it as the side effects including the Oedema wear off. I have an appointment tomorrow with my cancer specialist at which time I shall tell him "no more implants" for at 80 years of age I want quality of life not quantity!.

Since writing the above, I have become aware that on the last 2 days of the event I broke Ken Matchett's new World records for 100 miles and 48 hours by approx.5 hours and 12 km. respectively. I shall therefore claim World M80 Track Records for 100 Miles, 48 Hours and 6 Days.

Notes from David Billet, AURA Records Officer

Ratification of records will not be complete for a while, as data from the computer lap-scoring system will need to be used. This data will need to undergo manual checking before I have access to it, and this process could take a few weeks.

At this stage, the records I believe that were broken at Colac were:

M80 6 Days - Stan Miskin - approx. 430km

M80 48 Hours - Stan Miskin - approx. 174km

M80 100 Miles - Stan Miskin - This really depends when the time starts! It becomes complicated when it is not the first 100 miles.

M80 200km - Ken Matchett - approx. 2Days, 10hours

I believe the above are also World Records.

M45 100miles - Yiannis Kouros - just under 14 hours. The current record is 14:21

M45 500km - Yiannis Kouros - approx. 2Days, 10hours

M45 1000km - Yiannis Kouros - approx. 6Days, 18hours

M45 500miles - Yiannis Kouros - approx. 4Days, 10hours

M45 12 Hours - Yiannis Kouros - approx. 140km

M45 24 Hours - Yiannis Kouros - approx. 254km (this could be a close one. The existing record is 254.515km)

M45 48 Hours - Yiannis Kouros - approx. 432km

M45 6 Days - Yiannis Kouros - 1036.851km (provisional distance)

Many of Yiannis' records may also be World Records.

M65 200km - Vlastik Skvaril - less than 32 hours

M65 48 hours - Vlastik Skvaril - approx. 278km

W50 48 hours - Dawn Parris - approx. 240km

?? W50 200km - Dawn Parris ?? Dawn took just over 38 hours. The current record is 38:02:02.

Bear in mind that the final results that have been published from the race are only "provisional" at this stage - no exact distances known with certainty yet.

Mount Feathertop Skyrun 50km

VICTORIAN ALPS, 3-12-2005 - Report by Paul Ashton

The drive up to Mt Hotham at 20km an hour in thick fog, stopping frequently to see which way the road was turning should have been an indication of what the weather held in store for the inaugural Mt Feathertop Skyrun, a 50 km circuit for the tough men and a leisurely jaunt for those only tuff enough for the 30km out and back course in one of the best Alpine running areas in Australia.

15 runners started on Saturday 3rd December with four completing the 50 km course in horrendous conditions which included temperatures at 4C, strong winds, poor visibility, rain and snow, while 10 runners completed the 30 Km run to the summit of Feathertop and back to the snug warmth of the Trapdoor Ski Lodge and its warm roaring fire.

Prior to the run, the briefing covered off a range of safety issues but deliberately omitted to warn about the dangers of snakes - it was to cold for them to be out.

Runners set off at a brisk pace along the road for 5 km from Hotham Heights to the start of the Razorback. Then it was into single track running with stupendous views of the clouds - this was a real sky run - visibility was all of 20 metres. Runners quickly settled into their stride and spread out over the length of the Razorback with the front runners meeting the slower runners on their descent from the summit of Mt Feathertop. It was great to see the tough men speed down the steep descent before disappearing into the mist. Of the front runners, two - Brett Worley and Ross Litherland, continued on the 50 km loop down Swindlers Spur to Dibbins hut, across Cobungra Gap for a slow and torturous ascent of Machinery Spur. Brett Worley completing the course in an amazing 6.23, as Brett later said, if he'd known where he was going, and hadn't had to check the map so often

he could have shaved off 10 minutes - Next year!! Andrew Baker and Nick Thompson also completed the 50 km in 8.12 and 9 hours respectively. Such were the conditions that a "go see if Nick is OK" party refused to get out of the car at Mt Loch carpark, waiting while the wind and snow buffeted the car until Nick finally can into view chirpy as a butterfly on a spring day - it must have been his English blood!!

Dan Kirby was the first back to the lodge on the 30km loop in an amazing 3.16.28!!!, followed closely by Jules Crawshaw 3.23 and Grant Dewar 3.25. At the back of the field were Julie Flynn and Paul Ashton in 4.30.

Not to be outdone, the semi tough runners of Robyn Fletcher, Julie Flynn and Paul Ashton, worked out a novel approach to completing the 50km run - they would do it over two days. And so these intrepid heroes set off in brilliant sunshine, albeit with strong winds for a scenic run down Swindlers Spur and back up Machinery Spur accompanied by stupendous views of Mt Feathertop and the Razorback. The wildflowers were out, the bees were buzzing and you could almost forget the horrendous conditions of the day before. Needless to say they couldn't just do the standard run and as a penalty did an extra 6 km up and back along the road, creating another leg for the run.

Saturday night was a pizza and pasta pig out as runners talked about the days events and their travels - with runners from Pakistan, Nepal, South Africa, UK and Australia it was a truly international affair.

Watch for the Mt Feathertop Skyrun coming soon in December 2006.

Special thanks to all those who participated and for AURA for supporting the event with insurance

BRUNY ISLAND 64 KM ULTRA

Tasmania 4-12-2005

| | |
|--------------------------------|---------|
| 1 AUB HENDRICKS (TAS) | 5:27:14 |
| 2 DOUGLAS GRUBERT (TAS) | 5:53:23 |
| 3 JAMES CROTTY (TAS) | 8:02:33 |
| 4 LINDSAY TOFFIN (TAS) | 8:37:01 |
| 5 DEBORAH DEWILLIAMS [f] (VIC) | 8:49:16 |
| 6 PETER ANDERSON (QLD) | 9:57:10 |

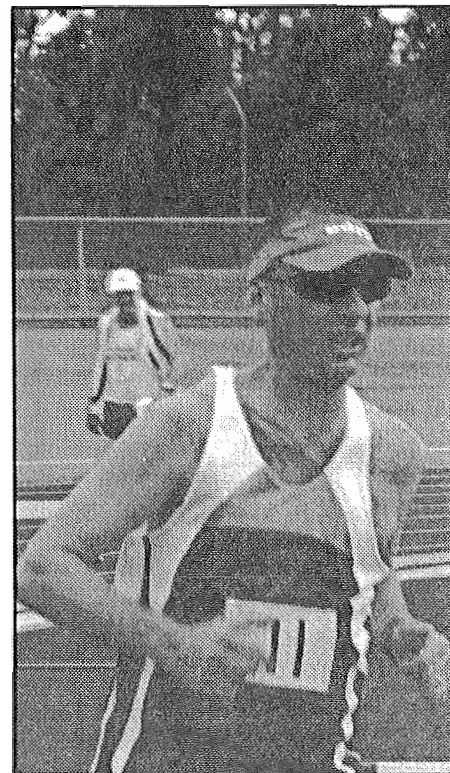


Photo above from Moe 6hr and 50km events: Winner Mal Grimmet was in fine form

AURA Hall of Fame

Tony Rafferty

Australia has produced many great long distance runners in the past and continues to do so. AURA is justifiably proud of their achievements and wishes to perpetuate the memory and feats of those athletes by inducting them into the AURA Hall of Fame.

Tony Rafferty was born and educated in Belfast, Northern Ireland. As a student he excelled at sport and represented Ireland as a schoolboy international at soccer against England, Scotland and Wales, traveling to those countries on tour. His brother emigrated to Australia in 1958. Tony learned of the opportunities available and followed his brother two years later at age 21. Their sister and parents were to follow a few years later.

In Australia, he initially gained employment in the steel industry in Wollongong and Maitland, playing soccer in those places and later in Tasmania. Eventually he moved to Melbourne where he entered the fitness industry as a gymnasium instructor at the Golden Bowl Health Club in Camberwell and later managed a number of fitness studios. As part of the promotion of the fitness studios, he did a three day run in the Camberwell area with World Vision being the beneficiary. Tony organized the publicity through a public relations firm and the running feat attracted huge media interest.

Tony learned of an achievement by a Mexican athlete who broke a World Record for the three day's non stop walking. He then decided, in collaboration with athletics coach Percy Cerutti, to make an attempt on the record. Percy crewed for Tony throughout the event. This feat also attracted huge media attention, with TV personalities Jimmy Hannan, John Bailey and Brian Smith walking several laps with Tony. The attempt took place at Olympic Park Melbourne in July 1971. Tony was to achieve 218 miles in 69.5 hours, breaking the record.

Readers may remember the feat of Percy Cerutti (HOF, Ultramag June 2005) running from Portsea to Melbourne in 1946. One of Tony's earliest running achievements was to run from Portsea to Melbourne and return (120 miles) which he did in January 1972. Undoubtedly this would have been in collaboration with Percy and, again, was to attract huge media interest.

Although there was an earlier feat of running from Melbourne to Sydney

Westfield Sydney to Melbourne races, conducted from 1983 to 1991 (incl).

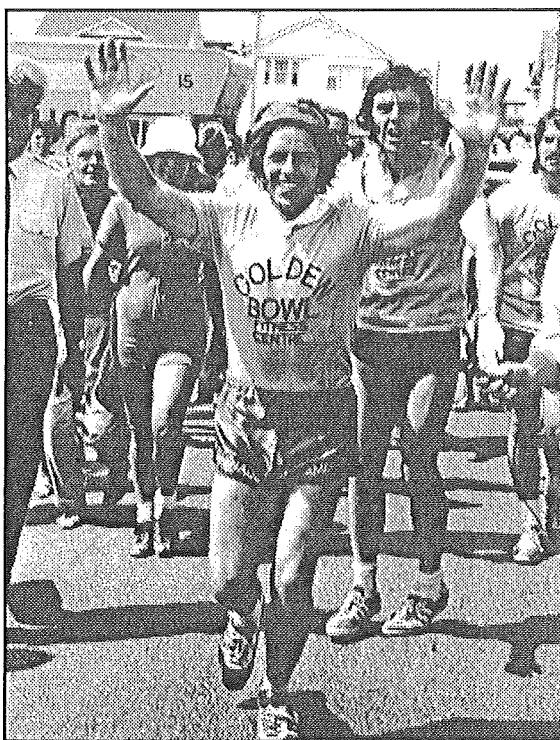
In 1973 Tony was to be sponsored by Kelloggs. His was the face that helped launch Nutri-Grain in it's promotion as a health food for athletes. Tony became known in some circles as the 'Kellogg's Kid'.

In August to October 1973 Tony became the first person to run from Fremantle on the West Coast to the Gold Coast on the East Coast (3,686 miles), in the process becoming the first person to run across the Nullarbor Plain. This was a very interesting experience as George Perdon (HOF Sep 2005 issue of Ultramag) decided to emulate Tony's feat, starting a week later than Tony. George was a world record holder at many distances and at that stage a faster runner than Tony. It is now history that George was first into Sydney by a day, but Tony of course, continued on to the Gold Coast, an additional 789 miles.

In November/December 1974, Tony became the first person to run the length of the Birdsville Track (574 km) which he achieved in 6 days and 5 hours. Later, in December that year, he ran for 50 hours non-stop on a circuit in Sydney, achieving 325kms, finishing on the David Frost television show.

In 1975 he ran from Bathurst to Bondi a distance of 214 km, in 30 hours: 45 min and later that year ran from Newcastle to Sydney and return, a distance of 346km, in 49:30.

In 1978 Tony ran from Melbourne to Sydney and return [a distance of 1,761 km] in 18:04:30, breaking the world 1,000 miles road record in the process.



Tony Rafferty completing 200 km Melbourne-Portsea-Melbourne, January 1972

(Alf Robinson, 1931), Tony became the first person, in January 1973, to run from Sydney to Melbourne (1,058 km). The publicity at the finish again attracted intense media attention. This feat, combined with his many other ultra road running feats in the 1970's led to the establishment of the famous and well-documented

Tony then truly gained the attention of the world by running through Death Valley, California in mid-summer. The run was from Shoshone to Scotty's Castle, a distance of 207 km which he achieved in 2 days and 6 hours. The temperatures reached 58 degrees Celsius by day and not dropping below 33 degrees at night. Tony credits his performance to good planning & preparation and a very capable crew, which included a Death Valley ranger.

In 1980 he ran from Adelaide to Melbourne, a distance of 742 km.

In 1983 Tony contested the first of the Westfield Sydney-Melbourne events (864km) placing fifth. This was really a match race between he and George Perdon but the race was won by Colac potato farmer and, at that time, relatively unknown Cliff Young, who will be featured in a later HOF article. Tony went on to contest seven of the nine Westfield's, placing in the top ten on four occasions. He said "The Westfield races were the toughest I've ever encountered by far". "In one of these early races, I lost so much body weight and looked so haggard that even my own sister didn't recognize me at the finish".

Tony has contested 10 Colac Six Day races (now known as the Cliff Young Colac Six Day race), with a best of 743 kms achieved in 1984.

In 1984 Tony contested the historic Six day race in New York, the one in which Yiannis Kouros burst into prominence by breaking George Littlewood's 93 year old record. Tony said "This race was run in the most atrocious conditions. Yiannis not only proved what a great runner he is, but was the only runner prepared to continue running through several inches of water on the track in the midst of fierce electrical storms".

In 1986 Tony ran 1,000 miles around country Victoria in 15days:22:01

In the summer of 1986 he ran a 381 km section of the Simpson Desert in a match race against Ron Grant. Grant was first to reach Birdsville. Later in 1986 he ran 1,000 miles from Bundaberg

to Cairns. The last 187 km were completed on the harness racing track at the Cairns Showgrounds to make up the total distance. The time was 15:06:48.

In 1986 Tony contested a 1,000 mile International race in Hull, UK, on a one mile circuit. He won the race in 14:16:45:11 which still stands as a British 1,000 mile road record.

In 1989 Tony contested the 1,000 mile Rotoract Challenge at the Granville Athletic track, NSW, winning the event by six hours from a then much younger Pat Farmer in 14:11:59:04 creating a



Tony with Cliff Young

World track record that would stand for five years. This win was all the sweeter as it carried \$5,000 prizemoney on a winner-take-all basis.

Tony contested the Sri Chinmoy 1,300 mile race in New York in 1991, placing fourth with 903 miles.

In 1993 Tony ran a match race against Dave Taylor from Sydney to Melbourne and return [1,750 km.] Tony withdrew at 1675 km which he achieved in 18:08:30. This was conducted during daylight hours only [6 am until 6 pm.]

In 1995 Tony contested a Seven Day Race in New York, placing sixth.

Tony's career in 25 years of running was most distinguished. He has probably run more long runs than any other known ultrarunner, clocking up more than 32,000 km in races and documented solo runs.

He certainly had no peer when it came to attracting publicity for his own running feats or the sport of ultrarunning in general. The sport of ultra running can be thankful for his prowess and success in this regard.

It was through his achievements and the publicising of them that ultra running in Australia became well known and his feats were the catalyst for the development of the Westfield Sydney-Melbourne races. Tony was elected as Vice President of the Australian Ultra Runners Association upon its inception in 1987, a position he held for 13 years. He was elected a Life Member of AURA in 2004 for his services to the administration of ultrarunning. Tony Rafferty, more so than any other person, can rightfully be regarded as the pioneer of ultra running in Australia.

He has won many honours, decorations and awards including:

- Life Governor, Royal Children's Hospital, Melbourne - services to charity (1971)
- Life Governor, Yooralla Society, Melbourne - services to charity (1972)
- Australia Day medal (1972) - services to Youth Sport and Community Fitness
- Corporation of the City of Melbourne award: Ambassador of Sport and Fitness (1980) - In recognition of Endeavor, Fitness and Dedication to the advancement of Community Health & Fitness.
- Patron for Run for Children (A project of World Vision) 1980
- Sydney to Melbourne Ultramarathon Bicentennial Award (1988)
- Torch Bearer - Sydney 2000 Olympic Games

- Medal of the Order of Australia (OAM) 2002 - services to Ultramarathon Running and the promotion of Community Fitness.

Tony has now returned to his early love - soccer - coaching students at Ivanhoe Grammar School and at the Soccer Academy (Football Federation Victoria). At age 66, he remains active and is currently studying for his senior soccer license.

Compiled by AURA President Ian Cornelius from AURA records and from information furnished by Tony Rafferty.

The previous inductees into the AURA Hall of Fame are

William F King (The flying Pieman)
- extraordinary feats of

pedestrianism and other endurance exploits in the 1840's and 1850's - featured in the March 2005 issue of Ultramag.

Mike B McNamara - contested the famous Trans America races of 1928 (DNF) and 1929 (7th) and went on to break world records at 30 miles and 40 miles - featured in the December 2004 issue of Ultramag.

Herbert Hedemann - contested the Trans America races of 1928 (38th) and 1929 (8th) - featured in the March 2005 issue of Ultramag.

Percy Cerutti - totally focussed and world famous athletics coach (seen at the time as unorthodox and eccentric) renowned for his instigation of long distance training

for middle distance athletes - featured in the June 2005 issue of Ultramag

George Perdon - one-time holder of numerous World records and years ahead of his time - featured in the September 2005 issue of Ultramag.

If anyone has more information on previous inductees or are able to furnish details of any omissions or corrections on the data contained in the HOF articles, please contact Ian Cornelius by email president@ultraoz.com or telephone 07 5537 8872.

A new inductee will be admitted to the AURA Hall of Fame each three months, for the next three to four

LETTER TO THE EDITOR

I broke a 14-year drought last month by running my first six day race since Campbelltown 1991, when I ran 509 km at Colac.

I enjoyed the experience immensely (just to confirm my extremely questionable sanity levels) and my "Colac '06 assault" can't come soon enough!!!

The first highlight of the week would undoubtedly be the very high levels of professionalism and friendliness of all the race officials and voluntary helpers. I can't speak highly enough of these extremely dedicated and helpful people. In saying this, I'm including; Bill & Bev, Glen & Emma, Les, Phil, Pat, Helene, other food van helpers, all the lap counters and I.T. people. I hope they enjoyed themselves even half as much as I did. - And if they didn't, I guess I may understand that too!!
(My humblest apologies to anyone I

may have accidentally over-looked here.)

The second highlight of the week was undoubtedly the last day or so, when I was fortunate enough to witness what I believe to be one of the greatest athletic achievements of all-time. I speak of course of Yiannis breaking his own 21-year old six day track world record by running 1036.850 km. (Having also been at Sandy Barwick's breaking of the women's women's six day track world record in 1990, and thus possibly being the only person to have witnessed both, I feel very lucky and proud to say I've been there to see both such great athletic feats!!!)

The final highlight of the week was the total and utter medical back-up of one of my fellow competitors. I'm referring of course to the inimitable and irrepressible Dr Andy Lovy. As I've already said, I'm looking forward

to running this race again next year, and I am quite perturbed by the possibility that Andy may not attend the 2006 race. As a result (those present at the finish ceremony will know) I've donated \$100 to the race committee to kick-start a fund to help subsidise Andy's air fare.

Any intended Colac '06 competitors (or runners from the past few years to have benefitted from Andy's extensive experience)...Could you please give this issue serious consideration & possibly donate \$20 or \$50 to this extremely worthy cause.

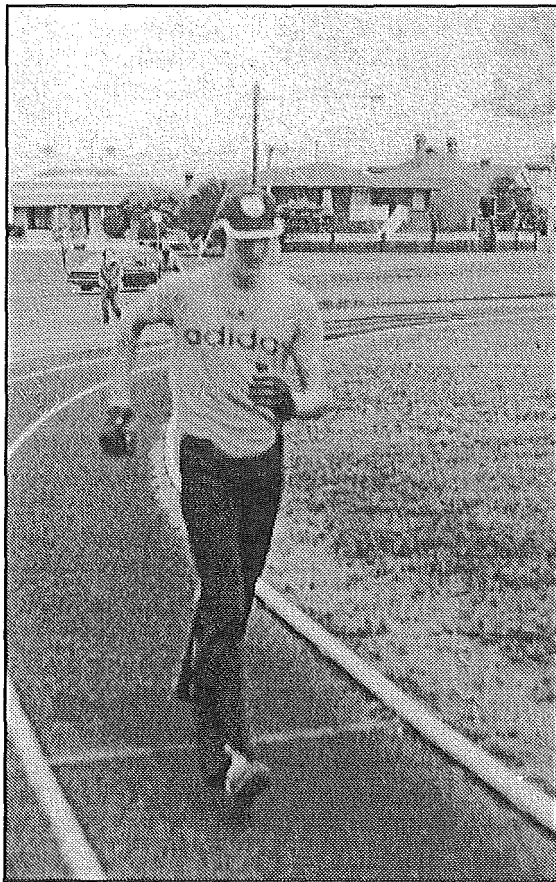
Thanks for your interest,

Regards & yours in running,

Lindsay Phillips.

A Blast From The Past.....1977

Bill Dyer becomes the World's youngest centurion - Report by Tim Erickson



Bill Dyer crosses the 100 mile mark in 22:50:33.

Bill is currently the President of the Australian Centurions and is still pretty fit these days, doing the occasional walk at Albert Park. I don't think anyone else will ever match that performance as nowadays, Public Health and Safety considerations would mean that we would not allow such a young person to start in a 24 hour event.

At 16 years of age, Bill did 22:50:33.5 for the 100 mile walk.

As a matter of interest, here is a quick summary of this remarkable performance.

Bill had shown promise over long distances at an early age. The Little Athletics Association hold an annual 6 hour relay to raise money for the Melbourne Royal Children's Hospital and Bill decided to walk it in 1975 when he was aged 14. He walked for the full 6 hours and finished with 50 km exactly. Not bad for a 14 year old doing his first 50 km!

In 1977 his coach Alan Johnson decided to have a go in the Annual Centurions Race which was being held in Melbourne. Bill went along once again for a walk with no clear expectation of how far he might go. He started at a conservative 3 minute per lap pace. It is history now that while Alan stopped at the 50 km mark, Bill did not. When nightfall came and Bill was still walking, he realized he was serious. As he said to me when I asked him about it: "I realized that I wanted to become a Centurion at some stage and this seemed like the

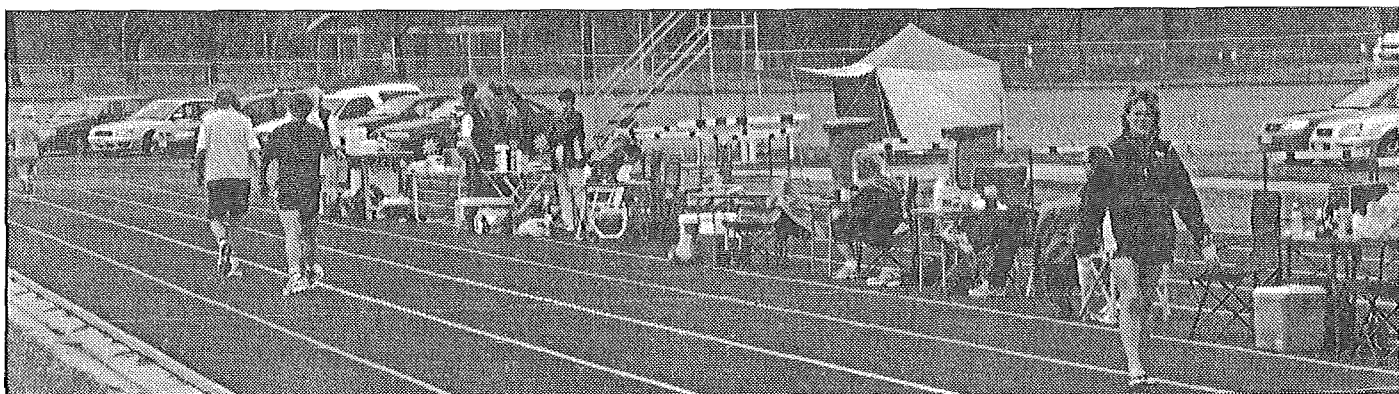
right time". He got one of the bystanders to ring his mother to bring down changes of clothes and some food and drink - he had nothing of this nature on hand. So with a group now supporting him, he walked through the night and on into the next day to finish in 22:50:33. Those who watched the race were astounded at Bill's maturity and how he just walked through the tough patches with determination.

Bill did not seem to suffer any adverse effects from his centurion effort.

Perhaps it was the exuberance of youth or just the fact that he was a natural born endurance athlete. Over the next few years he continued to improve and develop over all distances and represented Australia as a race walker on a number of occasions.

Subsequent investigations confirmed that Bill was the youngest person ever in the world to have walked the 100 mile distance within 24 hours. Unfortunately the Guinness Book of Records did not have a suitable category to recognise Bill's outstanding feat and it remains one of the most under-recognized of endurance records.

Photo from Moe 6hr & 50km - the typical ultra set up of crews



The Bredbo Bash 2005

"Running The Lines" By Chris Horwood



The start in Penrith

The Dream:

I ran my first marathon in 1999, being unable to resist the opportunity to run over the same course which would be used for the Sydney 2000 Olympics and while the result was a bit of a shocker due to my lack of experience, I was well and truly bitten by the distance running bug. Since that time I've built on the base developed from each previous event to progressively run faster, further, or more demanding events and this culminated in me celebrating my 50th birthday by running the 2004 Comrades 90km Ultra Marathon in South Africa.

Looking for the next challenge, I was inspired by the "Marathon Des Sables" which is a six day, 250 km race through the Sahara Desert in Morocco where competitors carry all their needs in a backpack, however the costs involved in getting there and competing were inhibitive, particularly given that my wife and I had been married for 30 years in 2005 and we wanted to do something special together to celebrate.

I stumbled across the little town of Bredbo [34 km's north of Cooma, NSW] over 33 years ago and have been most fortunate to form some wonderful friendships there. Most

there know of my passion for distance running and while I'd occasionally and vaguely toyed with the idea of running the 350 km's down there from where I live [near Penrith] I'd dismissed it thinking, "No way you could do that mate!" That all changed earlier this year when I traveled to Bredbo for a friend's funeral and over a beer at his wake in the local pub, an old wag cheekily quipped, "I suppose you ran here this time, did ya?" While smiling and shaking my head, I started to think,

"Well why not!" and despite the fact that I'd never run a multi-day event before and the seeming impossibility of the task, set the goal convinced that if I remained focused on it's achievement, I'd ultimately find a way of realizing it.

Training and Preparation:

I ran the Canberra Marathon last March and joined AURA [the Australian Ultra Runners Association] after seeing their stand at the Expo and discovering that one of the NSW representatives was Paul Every, arguably one of the finest ultra runners this country has produced. I contacted Paul to run the "Bredbo Bash" concept past him and to draw on his wealth of knowledge gained through running from Perth to Sydney and other similar, amazing feats and the advice he offered was to become the foundation upon which I'd base my training and preparation.

Over the following five or six months I spent some 180 hours on the road covering a total of 1800 km's, culminating in my running five marathons [42 km's] in five days. My intention was to run the 350 km's over seven days, solo and unsupported using a Camelbak "Blowfish" backpack which had a 3 litre bladder

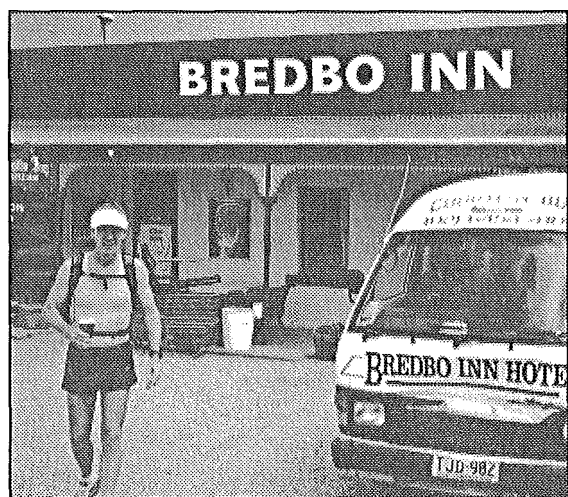
and enough compartment space for all the basic gear I'd require.

Staying at motels and pubs along the way would eliminate the need to carry bulky items such as a tent, sleeping gear, towels and the like, the objective being to cut down as much as possible on weight and bulk. Taking only enough of the sports drink powder base I use, I'd buy all my other food needs along the way. Much to the amazement [disgust?] of several friends, I wouldn't even take a mobile phone as I saw that as somewhat detracting from the adventure, choosing instead to take public phone cards which I'd use to contact my wife [Carla] and a couple of others at the end of each day to report progress.

Early in the planning phase I drove the route to investigate distances between possible accommodation, food and water replenishment points, the objective being to try and keep the daily run distances as 'uniform' as possible [don't want to do 20 km's one day and 100 the next, if avoidable]. While the distance averaged out at 50 km's a day, some days would be longer while others shorter.

Overnight stops and daily kilometers would be: Narellan [36k], Mittagong [61k], Marulan [63k], Collector [66k], Canberra [43k], Michelago [47k] and Bredbo [29k]. I'd run from Penrith along The Northern Road to Narellan and then straight down the Hume Highway to just after Goulburn where I'd pick up the Federal Highway to Canberra and finally down the Monaro Highway to Bredbo.

Over the month before the event, I gradually refined what I'd take by asking myself the question, "do I really need this, or just want it?" followed by, "Is there a lighter/less bulky alternative?" Soap and towels would be at the motels, but what about other toiletries? Even the smallest tube of toothpaste was too big, so I squirted dollops into two tiny



No, I'm not running back again

press-seal plastic bags. A motel mini-bottle of shampoo held enough for 3 or 4 days use and would cover stays at pubs where none was provided.

Everything was contained in press-seal bags of various sizes to guard against getting wet, while the sports drink powder was 'triple wrapped' to guard against abrasion [don't want that breaking free and turning the rest of your gear to green glug!]

I had one backup pair of shorts, shirt, socks and would hand wash what I was wearing each day if a hair dryer or air-conditioner was available at my stop over and if not, I'd just go stinky the next day [the beauty of running alone!] I also had a shower proof jacket and gloves if it turned cold.

The Run:

Finally the big day arrived, Sunday 16th October. My wife drove me to Penrith where some friends had gathered for a surprise farewell and after photos, I set off with a handful of helium filled balloons they'd brought. Make a wish and release them.....A couple of km's further on and two other friends also surprised me with a farewell greeting.

The weather was perfect [well for me, anyway] as it gradually got cooler and more overcast. Just before Bringelly my son-in-law pedaled up behind me for yet another surprise farewell! By the time I got to Bringelly, the rain was coming down steadily and gradually got heavier the closer I got to Narellan, so I walked into the motel reception a dripping mess! Didn't need to wash anything out that night,

just dried it in front of the A/C!

Day two started out with a steady downpour and my original plan was [for safety reasons] to run the whole way against the oncoming traffic. I got to the Hume Highway with it's 110 KPH speed limit and that plan lasted about 5 km's as each passing semi-trailer smashed me with a wall of wind and water, just like standing in front of a fiery with his hose set on 'mist' and the pressure full-on!

Switching to the opposite side and my initial concerns about not being able to see vehicles coming up behind me were soon offset by the vehicle wind now pushing me from behind and the realization that any vehicles passing into the 4 metre wide verge on which I was running would have to cross over the "audible lines" which defined the lane edge, so hugging the guard rails and listening for that tell-tale sound would give me, I figured, plenty of reaction time if someone happened to stray. As it turned out, motorists the whole way down were terrific and I didn't have one incident with anyone acting the goat, in fact it was quite the opposite as on average I'd get a toot or wave about every 5 km's, which had a real way of lifting your spirits while slogging up a hill, or toward the end of the day when I was starting to feel a bit withered.

The leg from Narellan to Mittagong proved to be the most difficult day of the entire run, but one from which I learned so much. The road climbs progressively up into the Southern Highlands and I'd made the mistake of paying too much attention to time and distance, thinking how far I still had to go [curse those damn distance signs - 200 km's to here, 300 km's to there!] and had gone at it a bit too hard. By the time I was 5 km's from Mittagong, my quads were killing me due to the 'mini-squats' I seemed to be doing all day trying to compensate for the extra weight on my back [and how it was affecting my centre of gravity] and so mentally I was somewhat down and thinking, "Oh crap - five days to go and I'm feeling shagged already!"

I threw my gear into the motel room and walked into town to order some dinner and while waiting for that, gave Carla a ring which proved to be just the tonic I needed as she reminded me of all that had gone into putting this thing together and that my primary goal was to enjoy the experience, irrespective of how long it took.

She was right - I had enough time each day to walk the whole way if need be and still reach my next accommodation point and so with her help, I decided to set out tomorrow with a new plan: to view the road not as an enemy which needed to be conquered for time and distance, but as an opportunity for adventure.

Another thing I learned that day was how much of an appetite all the km's gives you. Carla laughed when I told her what I'd ordered for dinner: 2 hamburgers with the lot, large chips, half a BBQ chook, two chicken and salad sandwiches and a fish cake - the only thing I didn't eat that night was a leg off the chook which I'd saved to have as a snack the following day!

Day three dawned and off I set at an up-tempo version of the "Cliffy Shuffle", a pattern which would be repeated each morning for the rest of the trip until I'd warmed the up the legs and run out the stiffness over 5 or 6 km's before dropping into a mental and physical 'zone' where I was running almost on auto pilot, a place where you're running the lines in a state of consciousness where time enters an altered state of perception.

No more looking at distance markers or the watch, just running like a tourist and taking in the beauty and diversity of all that by which I was surrounded. While always subconsciously listening for anything signaling potential danger, vehicle movements become a calming, almost reassuring background noise. I now began to understand how people who run multi-day ultra events such as the Sydney to Melbourne could actually accomplish such remarkable feats.

An incident free run down to the Marulan pub and pulled up so much

better, both mentally and physically so after the best shower in the world, rang Carla to share my excitement as to how good I was feeling. Pub-stay type accommodation is so much more basic than motels, but the bed was very comfortable and that's the most important thing. No telly or radio in the rooms, but no end of entertainment available around the bar, if that's your inclination!

Daily starts seemed to happen around 5:30, not by any particular design but the 'mental clock' seemed to be set around 4:45 and that was time enough for breaky and other 'morning routines' before shuffling off again.

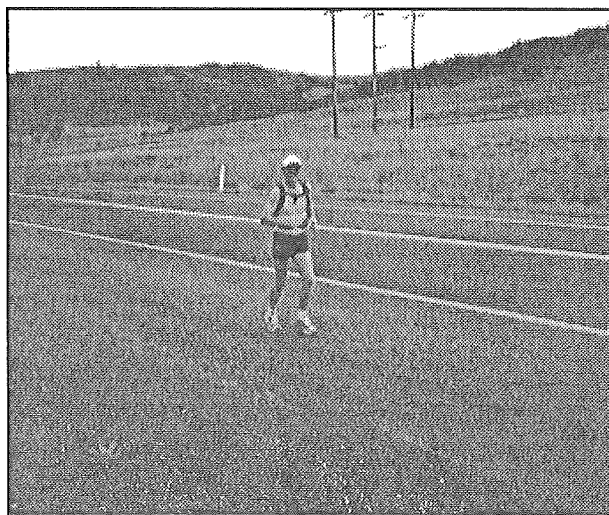
You seem so many interesting things along the road, so much of which you'd never otherwise notice [or appreciate in the same way] when driving. One of the saddest sights were the wreaths and memorials placed where loved ones had perished, a constant reminder that there is no place for complacency when on the road, irrespective of how one traveled it. Flashing by in a vehicle, it's just another cross or bunch of withered flowers but up close, there's names, personal items and even accident debris as reminders to reflect upon.

Forty five minutes run south of Marulan I saw a little stone memorial and plaque, the sort you'd see placed when someone's ashes have been scattered in the vicinity. The inscription read, "Here lies our son, brother and nephew, Christopher Baines. Born 1977 and died on this spot aged 7 & ½ yrs". Poor little bugger - just another heart breaking statistic on a plaque at the side of the road, slowly being over-run by the weeds. That one really cut.

There were also some very unusual things you note while running. Apart from the usual array of parts, accessories and rubbish which had fallen, dropped off or been flung from all manner of vehicles, there was the more unusual items like a pair of ladies bright red, G-string knickers, or over fifty assorted gloves, only one of which were all left handed - did all

the right handed ones only fall off on the opposite side of the road?? And why was it that most drains in the gutters on the expressway are numbered, even those 30 km's from nowhere and with no obvious dam or waterway nearby.....

Originally I'd planned to fill up the bladder with enough fluid to carry me through the whole day, but then realized it made more far more sense to carry as little weight as possible if there were towns in between where I could get a top up. I wheeled off the expressway at the Goulburn turnoff to do just that and noticed how nice and quiet it was there since the highway was moved to by-pass the town.



Only 3km to go

A lot of sections of the road surface between Goulburn and Collector are concrete and I didn't realize just how much more reflective of the UV rays that was. Despite mainly overcast skies all the way down so far, I'd kept the upper body plastered with sun block but have never really needed to pay much attention to the legs while running on tar. It wasn't until I hit the shower at the Bushranger Hotel in Collector and the hot water hit the back of my knees that I realised just how toasted they'd got - another lesson learned!

I was absolutely thrilled to reach Collector as in doing so, I considered that I'd broken the back of this run, the three 60 + km days now behind me. It was also on this day that it dawned on me just how many others

were 'running' this event with me and while it was a solo affair and I was at the pointy end doing the work, so many friends, relatives and colleagues had expressed so much interest and support over recent months that in many ways it really was a collective affair and I was out there doing it for all of them. I lost count of how many times that thought sustained me through the quiet, isolated sections.....

In all the years I've been going down to Bredbo, only once had I called in to the Collector pub [this seems to be a common occurrence] and that was so long ago that I could barely remember what it looked like inside. Of all the places I stayed along the way [apart from with some dear friends at Canberra the following night] this was the place I most enjoyed for the building, meals, accommodation, ambience and friendly people. The owners are a young couple who have done a great deal of work restoring the building to it's former glory and it's great to see people having a go. You could spend an hour just viewing all the memorabilia which adorns the walls and while the creaky stairs and upstairs floorboards remind you of the "old gal's" age, the facilities and appointments are first class.

I met a couple there who had earlier passed me on the highway and after explaining what I was up to, the lady told me of a 500 km walk she'd done called the Camino de Santiago. It's a pilgrimage in the North of Spain and I was quite fascinated by her description and the concept. One for the future, perhaps.....

It was lovely chatting with the locals who filtered through the bar during the evening as you were encouraged to join in with their conversations and it was quite fascinating to hear the perspective of rural based people, the things they share in common with, or are distinctly separated by when compared with their city cousins. Complex people with simple needs, so typical of so many rural folk and so alike to those I know at Bredbo, which was no doubt a factor in why I was so impressed with my stay here.

The leg to Canberra was uneventful and it was lovely to see how lush the countryside was after some recent good rain. Even Lake George had a few decent pools of water forming in it - the first time for many years due to the drought.

I rang my friend Katie from the northern outskirts of Canberra and arranged a pickup point, as I'd be staying with her and her partner David that night and they lived out in the western suburbs, well off my run route. It was a lovely chance to catch up and while away the afternoon, telling tales of my run so far and reminiscing about camping trips to Bredbo, friends and times past.

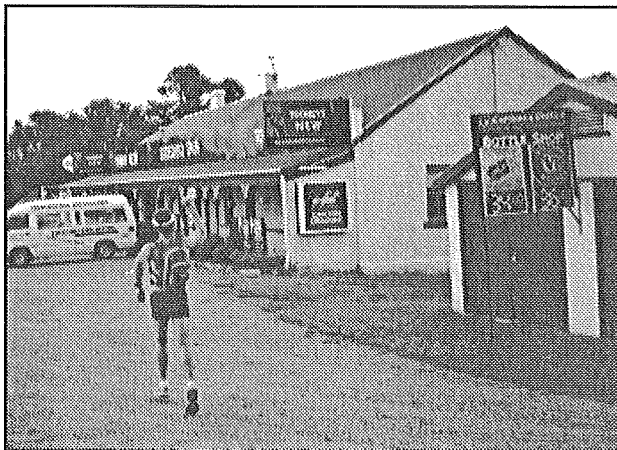
Katie dropped me at the Monaro Highway the next morning and as soon as I hit the ranges south of Canberra, I felt almost "home" again, as the terrain was now so very similar to that around Bredbo. From here I switched to running against the oncoming traffic due to the much narrower verges. This was fun as you got to watch the expressions on the faces of people driving toward you, everything from snobby ladies in Canberra registered Range Rovers ["I'll just pretend he's not there...."] through bemusement to the smiles, waves and toots of people whom I'm guessing were into some sort of endurance activity themselves and thus able to relate to the lunacy involved!

The best look came from a young girl of about 12, sitting in the front passenger seat next to her father. As she looked up and saw me, her eyes lit up like saucers behind her rather large glasses and a look of absolute amazement covered her face as I watched her mouthing, "Oh my god!" Two ladies even gave me a huge round of applause to go with toots and a wave - wonderful!

Half way between Canberra and Michelago I came running up unseen to where a cocky was in a paddock replacing some fencing, just as a car came past and tooted. The cocky looked up, spied me and exclaimed

in an almost startled manner, "what the #@\$! are you doing out here?!" After I explained, he shook his head and said, "well I'll be buggered!" before wishing me well. Also that day I saw Ruggie, a friend from Bredbo, scooting up toward Canberra and again on his return drive when he wheeled over to see how I was doing and promising to let everyone at home know that I was on my way.

Later that day while slogging up a hill, I suddenly wondered how my mate and next door neighbour, Graeme, was progressing. He was driving down to Bredbo a day before I got there to camp the night so he could be there when I arrived and then bring me back home the following day. Blow me down if I didn't look over my shoulder and there he was driving up behind



Time for some liquid refreshments

me! A quick snack, progress photo and underway again.

I got to Michelago just before the heavens opened up bringing more welcome rain. South of Canberra was nowhere near as lush as on its northern side and while locals described it as still being a "green drought" it was looking better around there than it had for years. Booking into the motel, the owner told me how he was going to a dinner function in Canberra that night as it was the 200th anniversary of the Battle of Trafalgar, in which his great-great-great grandfather had fought.

The motel has a restaurant and bar which doubles as a pseudo hotel for the locals on Friday and Saturday evenings. I noticed on the dinner menu that one of the house

specialties was "Bredbo Brer" which were rabbits farmed by the son of another Bredbo friend, Malcolm. He'd started up this very innovative enterprise several years ago and I was always struck by the irony of someone growing meat rabbits for sale in Bredbo, as I can remember seeing there in years past, so many wild rabbits running round the hills there that you couldn't shoot enough of them to be of any real assistance to the cocky who was kind enough to grant you permission to camp and shoot on his property. Mind you, the farmed ones were somewhat more tender than most of the wild, gamey ones I've dispatched over the years but there still seemed to be an element of "Coals to Newcastle - Ice to Eskimo's" involved. That being said, the business is going great guns and the rabbit tasted great for dinner that night!

Graeme had earlier advised that after a conversation with my mate Ron [a co-owner of the Bredbo property upon which I'd been made welcome over so many years] would not be there when I finished the run as he was taking three of his children to a dirt bike race meeting in Holbrook that weekend [Bredbo has produced some national champions over the years, of which Ron was one] and while I could fully understand that, I was somewhat disappointed at the thought of not being able to catch up with him after the run.

In another one of those "blow me down" moments, guess who unexpectedly banged on the door of my motel room that evening.....Ron and the kids in the process of taking a major deviation just to ensure that they witnessed me at some stage along the way - how lovely!

The next morning.....the grand finale and wasn't I pumped! The last day would be the shortest, a sort of "victory march to the finish line" and it was all I could do to while away enough of the time between when I woke and when I needed to leave [to ensure that I wouldn't get to the Bredbo Inn before it opened!] I set off after an eternity at 7:10 beneath a crisp, cloudless blue sky.

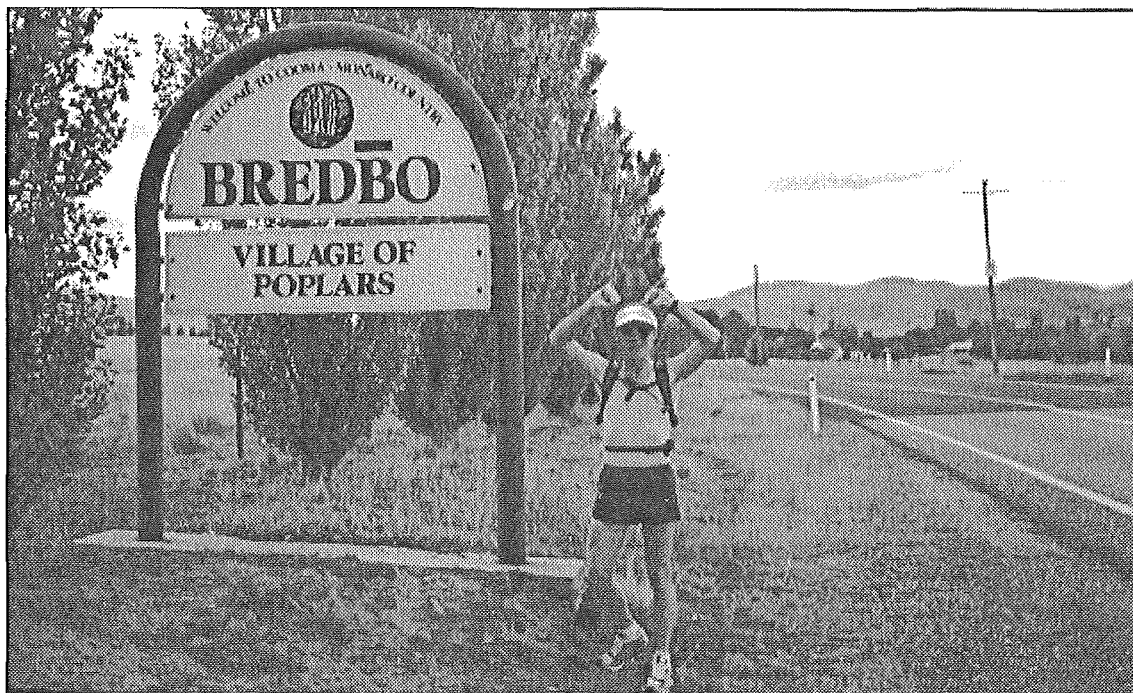


Photo left:

*The finish
of the Bredbo
Bash*

*"I'd dreamed a
dream, dismissed
it as impossible,
set the goal
irrespective,
found ways to
achieve it and
then shared it
with friends.
What more could
you want.."*

Got about 5 km's down the road and was overtaken by a strange mix of emotions. I should have been feeling elated to be so close now and while to some degree that was the case, I also felt somewhat apprehensive and even disappointed, perhaps because the big adventure was almost over.....weird! A few km's further down the road and I was fine again. Must have just been a bit fatigued and tight starting off, but was warmed up and loose again now.

Steve and his partner from Bredbo saw me and wheeled over to say g'day at the top of what I call the "Big Dipper Hill", another unexpected and welcome surprise. They were off to Canberra to get some vegies to plant out their garden. A little bit further up the road I stopped at a rest area to just sit and quietly contemplate for a moment, but that was soon shattered by an "attack of the killer swallows". OK, we've all been swooped by the odd maggie during nesting season, but swallows??

Seems like I'd inadvertently perched too close to their unseen nest and man, weren't they going to let me know it! The little buggers swooped at my head faster and with greater efficiency than a pair of FA-18 fighter jets, swerving away at the last second and only millimetres from my face with beaks snapping as they hurled their most seriously abusive

swallow chirps in my direction. After my initial amusement subsided, I started to think, "geez guys, give it up!" but they were pissed and on a mission and nothing short of a fatality [mine, I gather they hoped!] would deter them from driving this invader from their domain.

"OK you little twirps" thinks muggins. "No respect deserves none back!" so off came my trusty open-top tennis cap and after one or two practice swings to get their range, "Whack!" as I winged one and sent it into a feathery spiral onto the mulch surrounding a nearby shrub. "Ripper!" thinks muggins, lurching toward the downed Exocet intent on plucking one or two of it's primary's to teach it why size really does matter in the animal kingdom, only to see it shake it's head ga-ga fashion before winging off in a limp, meandering manner toward it's partner in crime for some consolation. They left me alone after that, but I hung around for 5 min's longer than I needed to, just to show 'em that I could if I chose to and then departed with a victorious snort and single finger salute in their direction! Back to business.....

Graeme came driving up the road about 6 km's from Bredbo to see where I was and got the first of several photos on my approach to the 'finish line'. As he drove back toward

the village I crested the last incline and the sight of Bredbo just ahead filled me with almost overwhelming emotion. I'd done it - I really had bloody well done it and I was ecstatic! At that moment there wasn't a vehicle or person in sight and I stopped right in the middle of the road and looked back to where I'd come from, almost in disbelief.

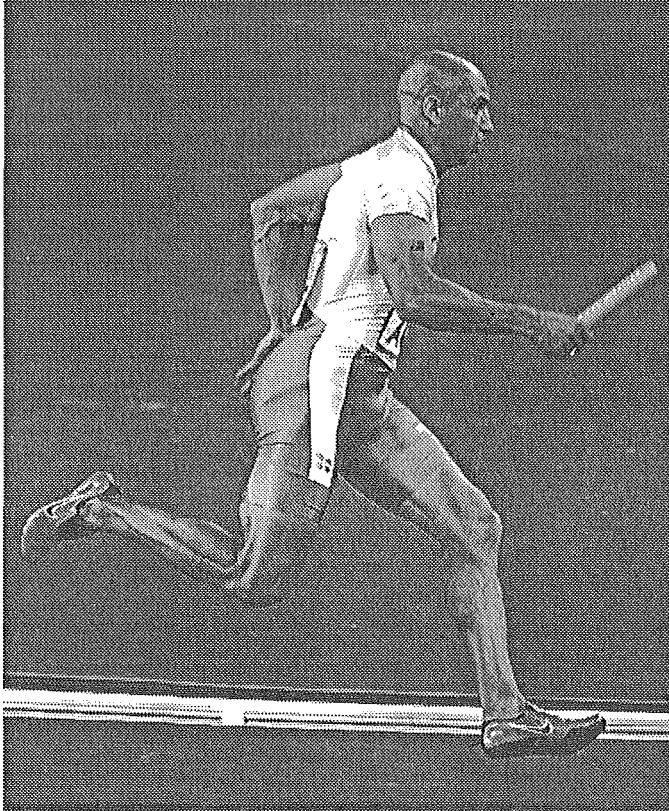
Just for a second I stood there motionless, savouring the moment with a huge dopey grin on my face and a tear of pride and accomplishment welling in my eyes, before it all got too much and I erupted in the biggest "yah-frigigin-hooooo!!" that my lungs could expel - what a rush!!

Many a time while planning this event had I visualized myself in certain places and situations along the run route; a sort of 'mental training' if you will and running into Bredbo was exactly as I'd envisaged - no fanfare or fuss, just me walking quietly into the Bredbo Inn for a thirst quencher to share the adventure with friends as they filtered in over the course of the afternoon, and that's exactly how it was.

I'd dreamed a dream, dismissed it as impossible, set the goal irrespective, found ways to achieve it and then shared it with friends. What more could you want.....

STRETCHING FOR PERFORMANCE: AN OSTEOPATHIC PERSPECTIVE

(article from *Modern Athlete and Coach; Australian Track & Field Coaches Association* Volume 43 number 3 - July 2005)



Guy Ogden

2004 Olympic Team Coach

The author of this paper is a Registered Osteopath, (Queensland, Australia) and a Level I (ATFCA) Middle and Long Distance running coach. He has been Osteopath and Assistant Coach to the Vietnam National Track and Field Athletics Team (2001/2003). In this paper he provides useful information on both static and dynamic stretching as it applies to running and concludes with an example of a dynamic warm-up for middle distance running.

BACKGROUND

The purpose of this paper is to clarify the specific applications of static and dynamic stretching in the context of training and competition programs. I draw on recent research in the physiology of sport and exercise that has addressed new issues around the application of methods of stretching, observation of current coaching 'best practice', and my experience of the osteopathic treatment of sports injury in the UK, Australia and Vietnam.

Stretching in the last twenty years has become an unquestioned part of preparation for athletes from junior school to the elite level of performance. Publications in the 1980s (e.g., Anderson, 1980; Solveborn, 1989) promoted static stretching for a range of sports activities. They argued that the aim of static stretching was to increase flexibility as this was understood to aid recovery and to reduce the risk of injury due to muscle imbalance or tightness following overuse. These ideas were and continue to be promoted and popularised in the publications catering to mass participation events. More recent publications (e.g., Kurz,

2003; Norris, 1999) have articulated more detailed explanations of the mechanisms involved and promoted wider applications of stretching in different sporting contexts. The results of the research findings of the last ten years suggest that we should now be taking a more critical look at how our athletes are applying stretching techniques in their preparation for performance. Stretching has become such an unexamined part of the dogma of athletic preparation that current practices are, even among some elite athletes, ineffective at best and potentially detrimental to performance and injury rehabilitation at worst.

It is particularly important for the elite performer, whatever the event, to have a clear understanding of how to deploy stretching techniques to maximum effect. This is especially important in the preparation for World Championships and Olympic competitions. It is also important in optimising recovery between the 'rounds' as required in major championships. For the young athlete, it is imperative that coaches prepare athletes for best practice from the earliest stages of their development so that their understanding is clear and the correct application becomes second nature as the athlete progresses through to senior and elite levels.

The associated terminology used in the literature is not always consistent so it is important that I define terms such as 'static' and 'dynamic'. In this paper I use the term 'static' stretching to describe any stretches in which the positions are maintained for 30

seconds or longer. I use the term 'dynamic' stretching to describe stretches in which the positions are maintained for 5 seconds or less and carried out in a controlled manner at different speeds and amplitudes.

I assume here that it is unnecessary to describe in detail a routine of static stretching, as this has been part of the knowledge base of athletic preparation for so many years now. The aim of this paper is to encourage a change in the prevailing applications of stretching in order to maximise performance.

The recommendations in this paper assume that adequate core stability conditioning is carried out as part of the total conditioning program. This is particularly important with the younger athlete as excess static stretching may aggravate instability problems.

WHAT ARE THE BASICS OF MUSCLE PHYSIOLOGY THAT APPLY TO STRETCHING FOR ATHLETIC PERFORMANCE?

In simple terms, muscular power depends upon the relationship between the resting length of the muscle and the amount of tension that can be developed in the muscle, that is, the length through which the muscle can be contracted. Training tends to increase the tension that can be called upon but also has a tendency, over time, to shorten the resting length of muscle and reduce range of

movement. This is the first reason for stretching.

Maximum contractile strength lies in the mid-range of muscle shortening. This means that a muscle that is chronically short is less powerful. When a muscle is fully lengthened it is also in a weak position but at this outer range position a stretch reflex is activated and force is produced through elastic recoil. This occurs through the action of stretch receptors embedded in the muscles, which register length and send signals via neural pathways to the spinal chord and back to the muscles. We can heighten this useful effect by *dynamic stretching*.

Cavagna, Saibene, and Margaria (1964) suggested that elastic recoil during running can contribute to a reduction in oxygen consumption of between 30% to 40%, which can obviously have a major effect on running economy. The opposite effect occurs through the action of *tendon stretch receptors* (golgi tendon organs). These receptors have an inhibitory, protective function and will be activated under conditions of sustained contraction or sustained stretch. They block nerve impulses to the muscle and cause it to relax. We can use this physiology to advantage in variations of static stretching, when we are trying to improve range of movement, for example by *isometric static stretching* where a strong contraction of the muscle group to be stretched is followed by a sustained static stretch. Also in a normal sustained static stretch held for more than 30 seconds.

Finally, there is a *reciprocal inhibition reflex*, which occurs when a prime mover contracts and its antagonist muscles are relaxed. This reflex allows normal movement but, as with the two reflexes above, has special applications in the athletic context. A chronically tight group of muscles may, via this reflex, cause the antagonist muscles to become excessively weak by inhibiting normal motor-neuronal input. This situation is often seen in cases of hyper-pronation, however, varying degrees of correction can be achieved through appropriate stretching methods. This reflex also has applications for the treatment of sports injuries, e.g., the *PNF(proprioceptive neuromuscular facilitation)* remedial stretching technique used by sports physical therapists uses this reflex.

WHAT DOES STATIC STRETCHING DO?

- It can maintain and increase range of movement (Bandy & Irion, 1994; Wilson, Elliot, & Wood, 1994, Roberts Wilson, 1999);
- It can help to diagnose early onset of injury. A routine of generic stretches can identify muscle groups that are abnormally tight before they break down. For example, the gluteal muscles may be tight to the extent of causing irritation to the sciatic nerve, but the athlete may be unaware that the gluteals are causing the problems she is having with her hamstring and calf muscles. Static stretching will reveal this;
- It can correct muscle imbalance. But the athlete should not assume that the tighter side is always the problem side. It is important to test the relative strength of the muscle groups to inform your decision-making. The more flexible side may be chronically weak and need strengthening to bring its contribution to elastic recoil back to balance with the tighter side;
- It can remedy reciprocal inhibition. Where, for example, a muscle group that is chronically tight, block innervation to and cause chronic weakness in their antagonists. This useful application can be used to assist in the corrective treatment of common imbalance conditions like hyper-pronation;
- It has applications in the latter stages of injury rehabilitation. Once normal strength and stretch reflex activity have been restored to the injured muscles the readjustment of optimum length can be regained by applying static stretching methods.

However research has shown that:

- It does not necessarily prevent injury to muscles (Schrier, 1999; 2000);
- It temporarily weakens muscles, reduces the speed and strength of contraction (Kokkonen, Nelson, & Cornwell, 1998; Nelson, Cornwell, & Heise, 1996; Rosenbaum & Hennig, 1995; Wieman & Klee, 2000; Young & Elliot, 2001);
- It reduces neuromuscular coordination and stretch reflex activity (Alter, 2004; Fowles & Sale, 1997);
- It interrupts blood flow to nerves and muscles (Alter, 2004; Norris, 1999);
- It has a sedative effect on the central nervous system, and the effects can last for up to an hour (Fowles & Sale 1997).

Static stretching will create a 'flat-tyre' effect on the working muscle. The athlete, however well conditioned, will feel a sense of dullness, a lack of 'spring' caused by a temporary reduction in elastic recoil and neuromuscular coordination. This is detrimental to performance in all events and is why this *should never be done just before a training session or competitive event*. However, because it is so effective in preserving range of movement, in improving muscle imbalance and treating reciprocal inhibition, it is an essential part of a comprehensive athletic preparation. The crux of the issue is that this important part of rehabilitation and repair must be carried

out in the 'down-time', well away from the training sessions and competitions. There is little point in trying to apply static stretching at times of high adrenalin secretion (e.g., pre-training session or pre-competition) as adrenalin facilitates muscular contraction.

WHEN AND HOW SHOULD WE APPLY STATIC STRETCHING?

The aim of static stretching should be to achieve the *optimum active range of movement specific to the needs of the event* - distance runners do not need the same active range of movement as triple jumpers. The active range of movement required for a specific event entails a range of movement, which will not be unduly opposed by over-tight antagonists *but will engage maximum elastic recoil*.

Hyperflexibility will detract from running economy. Craib, et al. (1996) showed that a degree of stiffness of the calf muscles and Achilles tendon assisted the efficiency of the stretch-shortening cycle in long distance runners. Kubo, Kawakami, and Fukunaga (1999) found that jump performance was positively related to stiffness in muscles and tendons provided there was adequate range of movement. Gleim and McHugh (1997) suggested that while some sports performances require extensive range of movement (e.g., some martial arts) those sports, which operate in the mid-range may achieve better results (e.g., running economy) through decreased flexibility. Martin and Coe (1997) use the term 'resonance' to describe the minimal necessary muscular effort that provokes the maximal elastic recoil in the action of a well-trained athlete with excellent running economy. (An image of this from the natural world is the kangaroo bouncing along at top speed with minimal muscular effort and maximal elastic recoil.)

This *optimum active* (not maximum) muscle lengthening should be what we are trying to achieve in our program of static stretching. It is quite different from the maximum passive range of movement that could be achieved if the athlete were to focus on static stretching to the exclusion of any other type of conditioning. Track and field athletes do not need the hip flexibility of ballet dancers and it is inappropriate to attempt to achieve such a range of movement.

Other points of note:

- Static stretching should not only target the prime mover lower limb muscles the athlete is mainly preoccupied with, but also employ some side bending and rotation in the stretch positions in order to deal with the restrictions that the smaller postural muscles and fascia place on the total
- ~ structure. Some athletes now use yoga or modified yoga positions in their static stretching routines to achieve better flexibility;
- Use static stretching as a diagnostic tool. Notice and remedy right/left imbalances. Apply remedial stretches to specific muscles in isolation if necessary. Apply to rotation and side-bending restrictions. Fascial and postural muscle restrictions should be remedied using static stretches. To achieve these changes different methods of static stretching can be used, e.g., PNF stretching, passive stretching, isometric stretching;
- A strap, and/or pole can be used to assist static stretching, especially for upper body stretches;
- Avoid static stretching sessions 24 to 48 hours before intense training sessions or competition and be cautious following intense workouts and competitions as you can stretch yourself into an injury when the muscles are vulnerable.

In contrast to dynamic stretching, static stretching is performed in a relaxed, non-competitive environment. A suggested way to space the static stretching sessions away from intense training sessions and competitions during a ten-day cycle for an

uninjured athlete training once a day might look like this:

- Day 1 Easy recovery day - pm Static Stretch
- Day 2 Moderate effort
- Day 3 Hard session (e.g., 80-90% running, or Plyometric or Weight training session) Day 4 Easy recovery day - pm Static Stretch
- Day 5 Moderate effort
- Day 6 Hard session
- Day 7 Easy recovery day pm Static Stretch
- Day 8 Moderate effort
- Day 9 Rest
- Day 10 Competition

Key points:

- It is noteworthy that static stretch sessions do not immediately follow intense workouts as the muscle tissue is prone to overstretch and possible tear for at least 24 hours. They are better done when the athlete has completed a further recovery session during which any muscle soreness or imbalance following the hard workout will be evident;
- Static stretches should be kept at least 24 hours away from the next hard session or 48 hours before competition so that the dampening is minimised;
- It is most important that prior to competition the athlete has a training session following the last static stretch session to increase the tension in the stretched muscles, to restore and optimise recoil and coordination, and avoid going into competition with the 'flat-tyre' effect mentioned above;
- For a club-level athlete, three static stretch sessions in this training cycle would probably be sufficient to maintain optimum active range of movement;
- A full-time professional athlete who is carrying out some form of training at least twice a day may want to do more but the same principles of separation before and after hard training and competition should apply.

STATIC UPPER BODY STRETCHING AND RUNNING FORM AND EFFICIENCY

Apart from sprinters and throwers many running-based track and field athletes tend to pay less attention to their upper body than they do to their lower limb. This is probably because most of the injuries that occur affect the lower limb. Distance runners in particular are preoccupied with their hamstrings, calf and quadriceps muscles. But the mobility and disposition of the thoracic spine, shoulder girdle action and head/neck position make a major contribution to running efficiency and therefore running economy (Anderson, 1996; Hinrichs, 1990). This becomes more evident (i) at higher speeds, (ii) when the athlete is tired and/or (iii) making a maximal effort. Optimum upper-lower body coordination reduces strain on the lower limb and so attention to this may help to reduce the occurrence of lower limb breakdown from the benefit of better biomechanics. The arm-shoulder action not only complements the coordination of the lower limb but also increases the loading of the lower limb for more efficient elastic recoil. The current men's world records at the Marathon, 10k and 5k distances entailed sustained running at approximately 72s, 65s and 61s laps respectively. These speeds are associated with a running form in which the upper body is making a major contribution to the overall running economy. Static stretching applied to three areas of the upper body may help to improve running efficiency, in particular with the younger developing athlete.

Thoracic spine

Restrictions in the thoracic spine may inhibit rib movement and therefore interfere with breathing, and also with the amount of flexion, extension, and rotation required for optimal running economy. Upper body torque, attributed to tightness in the

thoracic spine may contribute to a dysfunctional asymmetrical arm action (Hinrichs, 1990; Pritchard, 1984, cited in Alter, 2004). Upper body stretches can help to achieve better thoracic mobility.

Shoulder girdle

Shoulder girdle tightness, particularly in the anterior pectoral and associated muscles will tend to rotate the upper arm medially and contribute to an 'elbow out' arm action, which wastes energy in excess lateral movement. This is common in the younger athlete. Static stretches for the muscles that run across the front of the chest and attach to the upper arm can help to correct this tendency. The driving force should travel from the elbow with the trapezius muscles relaxed (shoulders dropped), and down the ulnar border of the forearm (Anderson, 1996). The range of movement at the shoulder joint in the distance runner may be relatively small but the drive from the elbow makes an important contribution to running economy. The forward swing phase of the arm may assist elastic recoil in the lower limb by increasing loading on the same side.

Head and neck position

The balance between anterior and posterior muscles of the neck and shoulders governs the head and neck position. Balancing these muscles allows the eyes to focus in a 'zone of optimum functioning' (Miller, 1987) and also reduces the energy cost of distorted head-neck positioning (Hemery Et Ogden, 1990). Even some elite performers have a tendency to compress the neck and raise the shoulders when under pressure and this impedes energy flow through the spine as a whole.

The aim here is to achieve *maximum efficiency in action*, not to change the static postural appearance of the athlete, although that might be an outcome in the development of a younger athlete over a period of time. The optimum amount of movement between each vertebra in the thoracic spine is small but for the runner in motion the small flexions, side-bends, and rotations make a major contribution to the ease of rib and spinal movement and therefore to running economy overall.

STATIC STRETCHING AND INJURY

Static stretching, if inappropriately applied, can exacerbate injuries and delay recovery. Typically, an athlete who feels pain and shortening in a muscle group presumes this is due to lack of static stretching. She then applies more stretching to a muscle group that is fundamentally both weak and short with the effect of further weakening and neurologically disorganising the group and leaving it vulnerable to further strain and injury. Alternatively, an athlete limps off the track with a muscle pull, attributing the cause to his belief that he didn't do enough stretching before the session, or has not been doing enough generally, and proceeds there and then to apply static stretching to a freshly injured muscle group. Most sudden onset muscle strains occur in the eccentric contraction phase of the normal gait cycle in running and there is no evidence that increasing range of movement would reduce the risk of this kind of acute injury.

These mistakes delay correct diagnosis and treatment of common injury problems. Reciprocal inhibition (e.g., over-developed and tight quadriceps muscles on the same leg) may be the true cause of a hamstring injury, not inadequate hamstring stretching. In this case the remedy will be static stretching of the quadriceps group, and strengthening followed eventually by dynamic stretching of the injured hamstring group to restore balance to these opposing groups of muscles. Both Achilles tendonitis and calf strain may be caused by overtight quadriceps muscles and not necessarily by tight calf muscles and consequently repeated calf stretching may only exacerbate both problems. It is important to know which muscle group you should be stretching and which group you should be strengthening.

The weakness and loss of neural coordination of an injured muscle group is the first problem to address in the rehabilitation process. It will often require specific resistance training (e.g., weights) to restore a hamstring or calf muscle to a balance of strength with the corresponding muscle on the uninjured side. This becomes particularly important for the older athlete. Merely returning to normal running is often insufficient to restore the injured side to its original strength. It is easy to test the comparative strength of a muscle group by contracting against resistance. Test the good leg first to establish what is normal for the athlete. This is a simple, non-technical test to apply that can give a reasonable guide to an imbalance problem.

The protocol for the correct application of stretching in injury rehabilitation is:

Immediately after injury apply RICE (Rest, Ice, Compression, & Elevation) and ensure that there is no stretching at this stage. That protocol is followed by:

1. **STRENGTHEN** the injured muscle progressively, starting with isometric contractions, then with body weight resistance, then with weights;
2. Start **DYNAMIC** stretches, very gently at first, to restore the normal stretch reflexes. Build progressively to full body weight bearing;
3. **FINALLY** apply **STATIC STRETCHING** to restore event specific functional length to the injured muscle group.

WHAT DOES DYNAMIC STRETCHING DO?

- It facilitates neuro-muscular pathways and coordination (Zehr & Sale, 1994);
- It provokes elastic recoil via the stretch reflex (Wallin, Ekblom, Grahm, & Nordenborg, 1985);
- It stimulates the central nervous system;
- It improves joint amplitude (Wydra, 1997);
- After injury it can be applied to restore the stretch reflex and proprioceptive neural pathways.

WHEN AND HOW SHOULD WE APPLY DYNAMIC STRETCHING?

The aim of a pre-performance warm-up is to prepare the body for vigorous physical activity and hence the need to recruit as many of the relevant muscle fibres as possible and to facilitate the neural pathways for the specific action of the event. So, for example, distance runners who want to call on a final lap sprint will need to reach maximum race pace at some point in their warm-up. The warm-up exercises therefore mainly target the prime mover muscles specific to the event. There is some evidence that the FT fibres in muscle are more vulnerable to strain injury than ST fibres (Garrett, Safran, Seaber, Glisson, & Ribbeck, 1987). At this point it is irrelevant to consider extending range of movement by static stretching as it is too late for that and to try to do so can only lead to a decrease in performance and possible injury.

Dynamic stretching contributes to the preparation of the muscles by facilitating the relevant neural pathways provoking more responsive stretch reflex and elastic recoil, and contributes to the overall arousal level of the system in preparation for performance. *It is not at all like static stretching* but initially more closely resembles a rehearsal of elements of the event gradually moving from low to high amplitude and velocity.

- Dynamic stretching should therefore be an integral part of an active warm-up before training and competition. This is a high adrenal secretion situation facilitating muscular contraction;
- Always apply the dynamic stretches in a form as close as possible to the action of the event. For example, a

dynamic lunge which activates antagonist and synergist muscles in coordination is more effective than an isolated right or left hamstring stretch because the related muscles involved will be activated in their correct relation to each other and prevent over lengthening of one particular group;

- Emphasize heterolateral (right/left) movements and avoid homolateral movements like plyometric depth jumps, splits, jumping jacks, push-ups, bench presses etc. Homolateral movements, while beneficial in other training contexts, can have a disorganising effect on neural coordination for optimum right/left brain motor activity especially in the younger athlete (Diamond, 1983);

- Application should be progressive in speed and amplitude - a maximum of 5 repetitions for each exercise should be sufficient (Pope, 2000); and interspersed with jogging/running. The eyes should be focused around 45° to the track to reduce extraneous stimuli and potential distractions.

The dynamic warm-up should always follow the same set pattern and timing so that the athlete can manage the adrenal system in such a way as to arrive at the start line in the optimum state of arousal for performance (Hemery & Ogden 1990). Training young, inexperienced athletes in this set pattern can help them to manage the anxiety, which so often overwhelms them when entering a packed stadium for the first time.

After the initial strengthening phase in muscle tear rehabilitation, dynamic stretching can be used. This helps to restore the normal stretch reflex at first, which protects the muscle before starting more progressive training efforts.

AN EXAMPLE OF A DYNAMIC WARM-UP FOR A MIDDLE DISTANCE RUNNER

- Jog two laps, with some high knee skipping on the second lap;
- Jog 50m, stop, lie down and do supine twist, start with knee bent, low speed and low amplitude increasing progressively, extending the leg - 5 repetitions maximum
- Jog 50m, stop, lie down and rock back with both legs forward to stretch alternate legs - 5-8 reps;
- Jog 50m, stop and perform 5-6 lunges, steady increase of amplitude and speed;
- Jog 50m, stop and high knee, high arm skips;
- Jog 50m, stop and alternate arm swings up and back and down and back (exaggerated running action);
- 3-4 x run-throughs to race pace and finishing sprint pace.

Experienced athletes will have developed their preferred warm-up routine which will also be event specific, so that sprinters, throwers and jumpers will have different elements in their warm-up from distance runners but the principles should be the same.

To summarise:

- **NO STATIC STRETCHING** in the warm up;
- The exercises should closely resemble the action of the event;
- The dynamic stretches should start easy and develop in speed and amplitude;
- Control eye focus to help to control the adrenal system by cutting out extraneous stimuli and concentrate the athlete's physical self-awareness in preparation for performance.

REFERENCES

- Alter, M. J. (2004). *Science of flexibility*. Champaign, IL: Human Kinetics.
- Anderson, R. A. (1980). *Stretching*. London:

- Shelter.
- Anderson, T. (1996). Biomechanics and Running Economy. *Sports Medicine*, 22, 76-79.
- Bandy, W. D., & Irion, J. M. (1994). The effect of time on static stretch of the flexibility of the hamstring muscles. *Physical Therapy*, 74, 845-852.
- Cavagna, G. A., Salbene, F. P., & Margaria, R. (1964). Mechanical work in running. *Journal of Applied Physiology*, 18, 1-9.
- Cavagna, P. R., Pollock, M. L., & Landa, J. (1997). A biomechanical comparison of elite and good distance runners. *Annals of New York Academy of Sciences*, 301, 328-345.
- Craib, M. W., Mitchell, V. A., Fields, K. B., Cooper, T. R., Hopewell, R., & Morgan, D. W. (1996). The association between flexibility and running economy in sub-elite distance runners. *Medicine and Science in Sports and Exercise*, 28, 737-743.
- Diamond, J. (1983). *Your body doesn't lie*. New York: Warner Books Inc.
- Fowles, J. R., & Sale, D. G. (1997). Time course of strength deficit after maximum passive stretch in humans. *Medicine and Science in Sport and Exercise*, 29, S26.
- Garrett, W. E., Safran, M. R., Seaber, A. V., Glisson, R. R., & Ribbeck, B. M. (1987). Biomechanical comparison of stimulated and non-stimulated skeletal muscle pulled to failure. *American Journal of Sports Medicine*, 15, 448-454.
- Gleim, G. W., & McHugh, M. P. (1997). Flexibility and its effects on sports injury and performance. *Sports Medicine*, 24, 289-299.
- Hemery, D., Ogden, G., & Evans, A. (1990). *(Winning without drugs)*. London: Collins.
- Hinrichs, R. N. (1990). Upper extremity function in distance running. In P. R. Cavanagh, (Ed). *Biomechanics of distance running*. Champaign IL: Human Kinetics.
- Kokkonen, J., Nelson, A. G., & Cornwell, A. (1998). Acute muscle stretching inhibits maximal strength performance. *Research Quarterly for Exercise and Sport*, 69, 411-415.
- Kubo, K., Kawakami, Y., & Fukunaga, T. (1999). Influence of elastic properties of tendon structures on jump performance in humans. *Journal of Applied Physiology*, 87, 2090-2096.
- Kurz, T. (1994). *Stretching scientifically: A guide to flexibility training*. Island Pond, VT: Stadion.
- Martin, D. E., & Coe, P. N. (1997). *Better training for distance runners*. Champaign, IL: Human Kinetics.
- Miller, B. P. (1987). *Sport Psychology and Running*. London: Reed Books.
- Nelson, A. G., Cornwell, A., & Heise, G. D. (1996). Acute stretching exercises and vertical jump stored elastic energy. *Medicine and Science in Sports and Exercise*, 28, 5156.
- Pope, R. P., Herbert, R. D., Kirvan, J. D., & Graham, B. J (2000). A randomised trial of pre-exercise stretching for prevention of lower limb injury. *Medicine and Science in Sport and Exercise*, 32, 271-277.
- Roberts, J. M., & Wilson, K. (1999). Effects of stretching duration on active and passive range of motion in the lower extremity. *British Journal of Sports Medicine*, 33, 259-263.
- Rosenbaum, D., & Hennig, E. M. (1995). The influence of stretching and warm-up exercises on Achilles tendon reflex activity. *Journal of Sports Sciences*, 13, 481-490.
- Shrier, I. (1999). Stretching before exercise does not reduce the risk of injury: a critical review of the clinical and basic science literature. *Clinical Journal of Sports Medicine*, 9, 221-227.
- Shrier, I. (2000). Stretching before exercise: An evidence based approach. *British Journal of Sports Medicine*, 34, 324-325.
- Solveborn, S. A. (1989). *Stretching. Warsaw: Sport i Tu rystyka*.
- Wallin, D., Ekblom, B., Grahm, R., & Nordenborg, T. (1985). Improvement of muscle flexibility: A comparison between two techniques. *American Journal of Sports Medicine*, 13, 263-268.
- Wilson, G. J., Elliot, B. C., & Wood, G. A. (1994). Stretch shorten cycle performance enhancement through flexibility training. *Medicine and Science in Sports and Exercise*, 24, 116-123.
- Wiemann, K., & Klee, A. (2000). The significance of stretching in the warm-up before maximum performance. *Leichtungsport*, 4.
- Wydra, G. (1997). Stretching: Ein überblick über den aktuellen stand der forschung
- i. *Sportwissenschaft*, 27, 409-427.
- Young, W., & Elliot, S. (2001). Acute effects of static stretching, proprioceptive neuromuscular facilitation stretching and maximal voluntary contraction on explosive force production and jumping performance. *Research Quarterly for Exercise and Sport*, 72, 273-279.
- Zehr, E. P., & Sale, D. G. (1994). Ballistic movement: Muscle adaptation and neuromuscular adaptation. *Canadian Journal of Applied Physiology*, 19, 363-378.



Photos above from Moe 6hr & 50km - (left) Superman Kelvin Marshall ;
(right) Respective winners Mal Grimmet & Julie Hooper-Childs battle the heat

Rathin Boulton Honoured

by Australian Ultra Runners Association

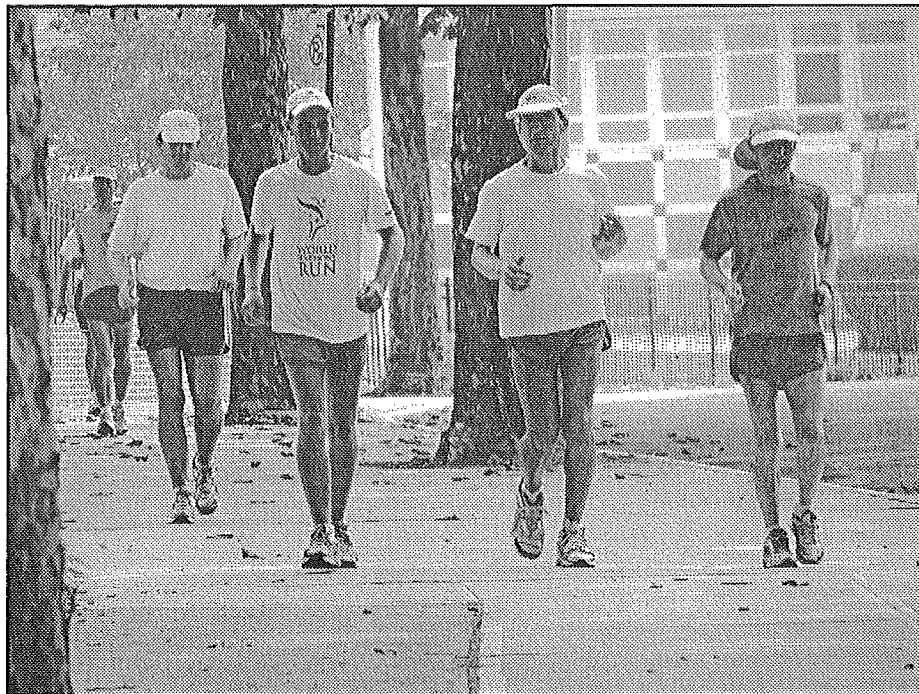
Sri Chinmoy Marathon Team member Rathin Boulton from Canberra, has been honoured by AURA (the Australian Ultra Runners Association) with certificates recognising 7 Australian records.

The 7 certificates were presented by AURA representative David Billett, at the conclusion of the annual Sri Chinmoy 24-Hour Race held at the SANTOS Stadium in Adelaide over the weekend of 15 - 16 October 2005.

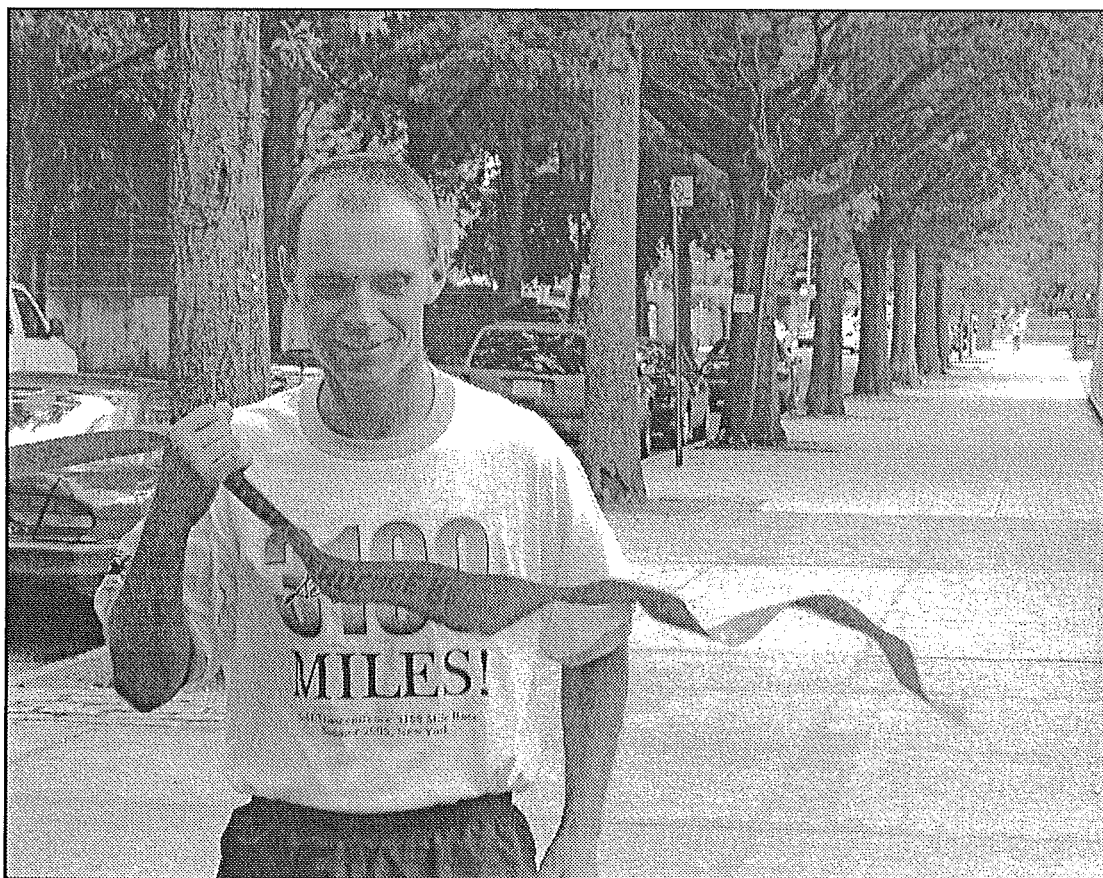
David Billett had just finished running the 24 hour race, while Rathin Boulton had served as the Technical Director (trackside) for the event, so it was a case of an athlete acting in his role as an official, rewarding an official for his performances as an athlete.

The documents certify various Australian records set en route to completing the world's longest certified footrace, the Self-Transcendence 3100-mile Race held in New York each northern summer.

*From Web page: Created by prachar
Last modified 2005-10-16 09:38 PM*



Rathin Boulton 3rd from right, strides out



*Rathin Boulton
crosses the finish line
of the World's longest
footrace*

The World Run Has Been Completed

By Jesper Olsen

It is sufficient to say that a new boundary of running has been broken: One Lap of Running around the World!

The total distance stands at 26 230km and was reached after running - and running all the way; no walking except for 2 x 5min. near Bremen in Germany - across four continents from 1. January 2004 to 23 October 2005.

The shortest stage was around 14km and the longest 93km. Not counting a 12hour race in Finland (129km), a 1/2marathon in Russia (1:21h.), a 10km in Canada (43min.), a 5km Cross Country race (16:35min.) in USA and a 6 day race in Colac, Australia, in which I covered around 756km to take 1. place; before proceeding the world run the next day :-)

- However its important to understand that this achievement was not possible at all without the kind help of runners all around the world. The Victory and honour is yours !!!!

Please feel free to look at the gps & picture documentation of the run which is already available at www.worldrun.org for every day of the run since the start in Greenwich 2004.

The complete gps-data will be handed over to the Guinness Book of World Records for final verification along with logbooks, camera pictures, video recording, witness reports, media coverage, race-results and back-up pictures !

I will by the way be happy to help any runner who wishes to break this record - records are there to be broken :

- Have enjoyable training, Jesper Olsen.

The finish stage is way more than I can put down in words at the moment. I guess the best way to understanding it is to have a look at the pictures from that last day of the

run and compare with pictures from previous days from the start at new years day in 2004 and onward. So instead I'll give a brief summary of what it was like returning home after nearly 2 years running across our planet:

First of all the prevailing feeling has been that of astonishment. That it was possible to complete this run, to do it running all the way, to do it without becoming seriously injured, to do it and survive; to do it and find all the cherished things at home still good and well !

However must stunning of all is the experience of how peaceful and friendly a place the world is. By all means, I chose an as safe as possible route, avoiding ongoing war zones etc. Yet the fact that I was not once attacked, robbed (except when I after experiencing the safeness in Siberia left my stopwatch unattended in a Japanese hot spring spa and didn't find it waiting 2 hours later...my fault ;-). But truly I didn't have one single bad experience with people met while running 26 000km on the roads of the world. That is nothing less than amazing to me.

- In a way, I think, it tells a story of a world which appear dangerous and violent on tv-news and in the perception of high level politicians & statesmen. But how thrilling and thought-provoking it is see how peaceful (and small!) a place our world is. As a political scientist by education it makes me wonder even more. But I'll spare you for the moment and instead try to put this and other impressions and adventures of the world run down in a book.

Another surprise is the amount of friends and helpers from all along the route who still remember me and has sent congratulation emails, packets etc. THANKS !!!!! I hope you remember to congratulate yourself, because this run was not, at all, possible without you.

Among the main things for me personally was the touching news that a group of helpers, runners and non-runners alike, had met on the early morning of the finish - in mid. USA to do a mutual run and finish with celebrations at the moment I ran across the finish line thousands of km's away !!! I dont have words !

In the same tune is the emotions when I learned that they are going to name a marathon in Finland of me (I doubt I deserve it considering they themself have Parvo Nurmi). In Siberia a 60km trail run is established.

(My supply driver for 7,5months in Russia writes:

"..I congratulate you on successful finish! I saw happy persons of your friends. You are happy. You have carried out the dream. And it is fine. The world such huge and in it so many your friends. And due to that you have made all this.. And the world together with you triumphs.

...In honour of your finish we have arranged run on 60 kms.

The first snow on the eve has dropped out and many runners were frightened of the big difficulties as it was necessary to run on a cross-country terrain and on asphalt around of the big lake. Such run around of lake Shershni was carried out for the first time. Here it is impossible to reduce a distance. 60 kms are a minimum. On start has left 7 person. Finished 6 person.

Time of the winner 5.50. Ryzhkin Alexander of 1988 of a birth ... It is his first racing run on such long distance.

Radchenko Alexander, the city of Chelyabinsk. Russia. ")

Lastly there is the media. Personally I much prefer the opportunities which has begun to come to speak in person at arrangements. But the small



media-storm that appeared after the finish is obviously good for the sponsors whom also has their big share of honour in making this new record possible !!

I had looked forward to resuming my old life as before, going to the supermarket, train etc. just being Mr. anybody. But for a short while that has changed; yet I am sure it will return to normal once again.

Photos above and below: Jesper Olsen arriving back in London



Executives

President
Dale Strongman (USA)
Email: dstrongman@charter.net

Vice President
Rudolf Vain (ICD)

Director of Development
Jana Anttila (Finland)

Director of Competitions
Hansjörg Roth (GER)

Director of Organisations
Jan Van den Broek (BEL)

Director of Asian Affairs
Sergey Koudachov (RUS)

Joint European Group Representatives
Rene Hoffmann (GER)
Norman Wilson (GBR)

General Secretaries
Hilary Walker (GBR)
Email: Hilary@ultramarathon.net

IAU 50km Trophy

Before the sixth selection race (run at Rodgau (GER) on 30 July, the following athletes were in contention for the final of the IAU 50km Trophy in Palermo, Sicily on 16 October.

Any winner in the race series will be invited expenses paid to participate in the Palermo final if they ran faster than 2:20 (men) or 3:50 (women) up to a maximum of 20 men and 20 women. Besides the individual race winners, the best ranked runners who ran faster than the time standards may be awarded wildcards.

MEN:

Alexander Bollachev (RUS), Helsinki/Madrid: 2:59:02
Marc Papanikolas (BEL), Gistel: 3:01:32
Sandor Barcza (FRA), Gistel: 3:03:12
Igor Tuzhikov (RUS), Helsinki: 3:05:22
Colin O'Leary (GBR), Glenrothes: 3:12:32
Ivan Hostens (BEL), Gistel: 3:14:47
Reima Hartikainen (SWE), Rodgau: 3:19:19
Andy Farquarson (GBR), Glenrothes: 3:19:58

WOMEN:

Constance Wagner (GER), Rodgau: 3:39:23
Julia Kolenc (GER), Rodgau: 3:49:09

(See further results from the 50km Trophy Series on page 33)

A closely fought women's race

IAU European 100km Championships, Winschoten, Netherlands. 10 September 2005

Despite the thunderstorms spread across Europe Winschoten remained sunny, dry and humid. Some runners found it difficult to cope with the dehydrating effects of the long race. In the women's race the chase was long and relentless with medals determined only in the last few kilometres.

Former champion Monica Casiraghi led from the gun, as Sue Bruce, in only her second 100km, was locked in battle with the more experienced Karine Herry for second and third place throughout the race. Casiraghi passed the half way point in 3:44:47 with Bruce and Herry on 3:50:57.

Some way behind Laurence Fricotteaux (3:55:52) and Birgit Schoenherr-Hoelscher (3:59:00) began to move through. Fricotteaux passed both Bruce and Herry after 60km to momentarily hold second place but later fell back. Schoenherr-Hoelscher timed her efforts almost to perfection with a very strong closing effort. She overtook Bruce and Herry at 90km and then caught a tiring Casiraghi with just a kilometre to go. Casiraghi managed to pull a sprint out of the bag to cross the finish line a mere three seconds ahead. Herry took bronze with Bruce, giving her all, coming in 100m behind her.

In the men's race Barza (FRA) led through 50km in 3:11:11. Mario Ardemagni took the lead at 60km but by 70km he was being chased by Oleg Kharitonov, who was two minutes behind. By 80km Kharitonov led by two minutes. He increased the gap to 10 minutes at the finish. Pascal Fétizon came through the field to take the bronze medal.

Sue Bruce Leads Karine Herry



2005

16 OCTOBER

IAU 50km Trophy Final
Palermo, Italy

2006

25 - 26 FEBRUARY

IAU World
24 hr Challenge
Taipei, Taiwan

16 JUNE

IAU European 100km
Championships
Torhout, Belgium

23 - 24 SEPTEMBER

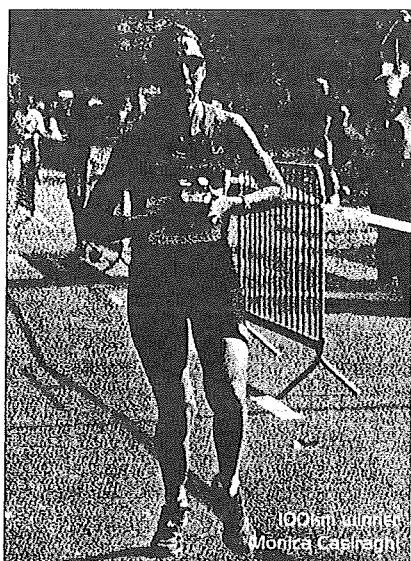
IAU 24 hours European
Championship
Verona, Italy

1 OCTOBER

IAU World 100km Cup
Korså

15 OCTOBER

IAU 50km Trophy Final
Palermo, Italy



100km winner
Monica Casiraghi

IAU European 100km Championships, Winschoten, Netherlands. 10 September 2005

| MEN: | | |
|------|-----------------|-------------|
| 1 | Oleg KHARITONOV | RUS 6:30:32 |
| 2 | Marlo ARDEMAGNI | ITA 6:40:39 |
| 3 | Pascal FETIZON | FRA 6:50:24 |
| 4 | Dzmitry BULA | BLR 6:52:37 |
| 5 | Miguel JIMENEZ | ESP 6:52:48 |
| 6 | Alexei IZMAILOV | RUS 6:54:41 |
| 7 | Michael KOKOREV | RUS 6:56:29 |
| 8 | Igor TYAZHKOROB | RUS 6:56:56 |
| 9 | Lorenzo TRINCEN | ITA 6:58:55 |
| 10 | Joerg HOOSS | GER 7:01:32 |

| TEAMS: | | |
|--------|---------|----------|
| 1 | Russia | 20:21:40 |
| 2 | France | 20:56:35 |
| 3 | Germany | 21:24:35 |

| WOMEN: | | |
|--------|-----------------------------|-------------|
| 1 | Monica CASIRAGHI | ITA 7:53:25 |
| 2 | Birgit SCHOENHERR-HOELSCHER | GER 7:53:28 |
| 3 | Karine HERRY | FRA 7:55:53 |
| 4 | Susan BRUCE | GBR 7:56:14 |
| 5 | Laurence FRICOTTEAUX | FRA 8:00:45 |
| 6 | Svetlana IVANOVA | LET 8:01:20 |
| 7 | Magali MAGGIOLINI | FRA 8:14:47 |
| 8 | Brigitte BEC | FRA 8:17:43 |
| 9 | Marion BRAUN | GER 8:19:44 |
| 10 | Simone STOEPLER | GER 8:24:05 |

| TEAMS: | | |
|--------|---------|----------|
| 1 | France | 24:11:24 |
| 2 | Germany | 24:37:14 |
| 3 | Italy | 25:30:58 |

AUSTRIA 16 July 2005: IAU World Challenge 24 hours, Worschach

| MEN: | | |
|------|--------------------|---------------|
| 1 | Anatoliy KRUGIKOV | RUS 268.065km |
| 2 | Ewald EDER | AUT 263.810km |
| 3 | Jens LUKAS | GER 256.369km |
| 4 | Ryolchi SEKIYA | JPN 250.619km |
| 5 | Sergio ORSI | ITA 249.877km |
| 6 | Osvaldo BELTRAMINO | ITA 246.405km |
| 7 | Ivan SERYY | UKR 246.384km |
| 8 | Vladimir BYCHKOV | RUS 246.165km |
| 9 | Masayuki OTAKI | JPN 245.629km |
| 10 | Josef WAGNER | AUT 238.443km |

| WOMEN: | | |
|--------|---------------------|---------------|
| 1 | Lyudmila KALININA | RUS 242.229km |
| 2 | Galina EREMINA | RUS 239.874km |
| 3 | Sumie INAGAKI | JPN 234.803km |
| 4 | Irina KOVAL | RUS 227.470km |
| 5 | Jung-ok KIM | KOR 223.109km |
| 6 | Sandy POWELL | USA 214.422km |
| 7 | Kimie NOTO | JPN 214.293km |
| 8 | Nadezda TARASOVA | RUS 214.195km |
| 9 | Michaela DIMITRIADU | CZE 205.597km |
| 10 | Masae KAMURA | JPN 205.290km |

AUSTRALIA 16 July 2005: 100km Championships, Gold Coast

| MEN: | | |
|------|-----------------|-------------|
| 1 | Darren BENSON | AUS 7:47:17 |
| 2 | Simon PHILLIPS | AUS 8:12:18 |
| 3 | Brett WORLEY | AUS 8:42:58 |
| 4 | Kelvin MARSHALL | AUS 8:45:38 |
| 5 | Chris HILLS | AUS 9:02:04 |

| WOMEN: | | |
|--------|--------------------|--------------|
| 1 | Imignon AUGUSZCZAK | AUS 11:39:09 |

FRANCE 27 August 2005 100km Etangs de Sologne

| MEN: | | |
|------|---------------------|-------------|
| 1 | Jean-Jacques MOREAU | FRA 6:53:13 |
| 2 | Pascal MONMARTEAU | FRA 7:25:28 |
| 3 | Domlnque PROVOSTE | FRA 7:28:42 |
| 4 | Thierry BRUNELLE | FRA 7:31:08 |
| 5 | Michael BOCH | FRA 8:01:07 |

| WOMEN: | | |
|--------|------------------|-------------|
| 1 | Anny FLORIS | FRA 8:30:54 |
| 2 | Dominique SIKORA | FRA 8:47:54 |
| 3 | Veronique JEHO | FRA 8:55:19 |

GERMANY 15 July 2005: 24 hours race, Koln

| MEN: | | |
|------|----------------|---------------|
| 1 | Thomas MIRZ | GER 218.698km |
| 2 | Michael KRUGER | GER 216.513km |
| 3 | André DREILICH | GER 213.141km |
| 4 | Georg WEISS | GER 205.105km |
| 5 | Henry WIBBERG | GER 202.113km |

| WOMEN: | | |
|--------|------------------|---------------|
| 1 | Ilona SCHLEGEL | GER 206.427km |
| 2 | Angela NGAMKAN | GER 186.536km |
| 3 | Gabriele SCHWIND | GER 168.115km |
| 4 | Bärbel KRAPP | GER 154.500km |
| 5 | Sylvia BECHMANN | GER 145.064km |

48 hours, Koln

| MEN: | | |
|------|------------------|---------------|
| 1 | Wolfgang SCHWERK | GER 377.560km |
| 2 | Katsuhiko TANAKA | JPN 339.773km |
| 3 | Ulrich NICKLAUS | GER 322.958km |
| 4 | Peter ZUIDEMA | NED 303.433km |
| 5 | Ole SPORLEDER | GER 302.795km |

| WOMEN: | | |
|--------|------------------|---------------|
| 1 | Helke PAWZIK | GER 300.892km |
| 2 | Dorothea V. GELI | SUI 246.892km |
| 3 | Karin SCHEER | GER 238.571km |
| 4 | Barbara BECKER | GER 215.222km |
| 5 | Ingeborg KRIEGER | GER 200.910km |

GREAT BRITAIN: 31 July 2005 Boddington 50km (6th qualifying race in IAU 50km Trophy Series)

| MEN: | | |
|------|-------------------------|-------------|
| 1 | Paul HARWOOD | GBR 3:08:29 |
| 2 | Mathew LYNAS | GBR 3:13:06 |
| 3 | Colin GELL | GBR 3:14:27 |
| 4 | Massimiliano MONTEFORTE | ITA 3:15:42 |
| 5 | Chris FINILL | GBR 3:20:34 |

| WOMEN: | | |
|--------|------------------|-------------|
| 1 | Heather HAWKER | GBR 3:35:51 |
| 2 | Sue BRUCE | GBR 3:42:42 |
| 3 | Vicky SKELTON | GBR 3:55:09 |
| 4 | Selina COLDICUTT | GBR 4:02:12 |
| 5 | Sandra BOWERS | GBR 4:16:46 |

NORWAY 28 August 2005 6 hours of Eidsvoll

| MEN: | | |
|------|--------------------|--------------|
| 1 | Reima HARTIKAINEN | SWE 84.251km |
| 2 | Per Olav BOYUM | NOR 81.581km |
| 3 | Henry WEDER | NOR 76.437km |
| 4 | Ole Arne SCHLYTTER | NOR 75.916km |
| 5 | Oddbjorn SKOGEN | NOR 74.061km |

| WOMEN: | | |
|--------|-------------------------|--------------|
| 1 | Torill Fonn HARTIKAINEN | SWE 64.287km |
| 2 | Lise LITHUN | NOR 57.975km |
| 3 | Amalija KOVACIC | NOR 56.381km |

SPAIN 7 August 2005 50km Pico Veleta (Sierra Nevada)

| MEN: | | |
|------|-----------------------|-------------|
| 1 | Oscar Alarcon OYARZUM | ARG 3:55:39 |
| 2 | Lorenzo TRINCEN | ITA 3:56:04 |
| 3 | Ricard VERGE BERRAR | ESP 4:07:05 |
| 4 | Jorge AUBESO | ESP 4:12:41 |
| 5 | Jose Antonio ESCUDERO | ESP 4:13:29 |

| WOMEN: | | |
|--------|-----------------------------|-------------|
| 1 | Godoy Rosa Ullana | ARG 5:08:47 |
| 2 | Edvardsson Beatrice | SWE 6:08:14 |
| 3 | Conde Calero Lucia | ESP 6:50:10 |
| 4 | Martinez Fernandez Trinidad | ESP 6:54:29 |
| 5 | Martinez Cruz Francisca | ESP 6:55:59 |

SWITZERLAND 30 July 2005 Swiss Alpine Marathon, Davos 78km & 42km

USA 17 July 2005 Vermont 100 miles

| MEN: | | |
|------|-----------------------|--------------|
| 1 | Paul DEWITT | USA 16:14:22 |
| 2 | Serge ENGLAND-ARBONA | USA 16:19:00 |
| 3 | Hartell, Mark HARTELL | USA 17:20:43 |
| 4 | Andy NICOL | USA 17:47:30 |

| WOMEN: | | |
|--------|------------------|--------------|
| 1 | Kristy SYBROWSKY | USA 18:41:15 |
| 2 | Kristy DELACRUZ | USA 19:42:28 |
| 3 | Kathleen DAUMER | USA 20:12:43 |
| 4 | Lori LEBEL | USA 20:37:33 |
| 5 | Rayna MATSUNO | USA 21:00:15 |

20 August 2005 Leadville 100 miles trail race

| MEN: | | |
|------|----------------|--------------|
| 1 | Matt CARPENTER | USA 15:42:59 |
| 2 | Dan VEGA | USA 19:03:01 |
| 3 | Erik SOLOF | USA 19:15:16 |
| 4 | Joe KULAK | USA 19:28:37 |
| 5 | Mark HARTELL | USA 19:35:19 |

| WOMEN: | | |
|--------|-----------------|--------------|
| 1 | Nikki KIMBALL | USA 20:28:21 |
| 2 | Krustin MOEH | USA 22:03:03 |
| 3 | Tania PACEV | USA 22:49:07 |
| 4 | Jamie DONALDSON | USA 23:37:40 |
| 5 | Jennifer STUHT | USA 23:57:43 |

UltraRunning Interview: Comrades and World Champion Bruce Fordyce

At this year's Comrades Marathon 89 Km, the world's biggest and most famous ultramarathon, Mark Bloomfield had the opportunity to talk with Bruce Fordyce, a nine-time champion, as well as the world record-holder at 50 miles.

Mark: Good to see you again and thanks for taking time from your busy schedule to do this interview with me for UltraRunning.

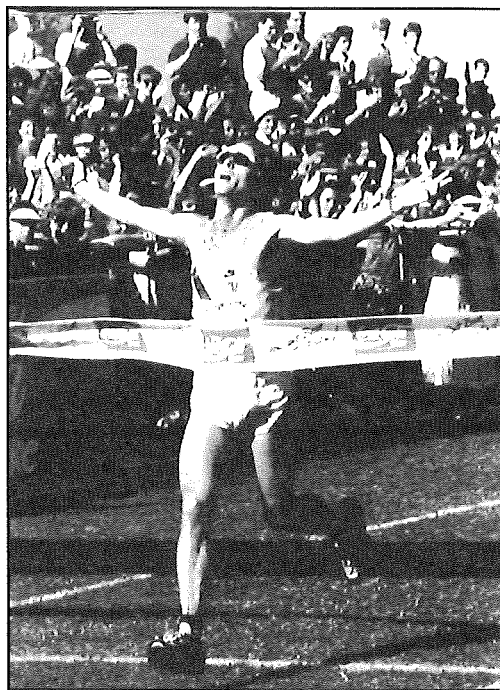
Bruce: It is a pleasure to be interviewed by the first Comrades Ambassador to the U.S. I am really pleased that the Comrades Marathon Association has appointed you to tell the Comrades story in the U.S. and to encourage more Americans to run Comrades.

Mark: *Not only did you teach me to finish with dignity but when I ran my first "up" race, you tried to intimidate me by suggesting that with 80 km completed, I could meet my destiny if I would run up Polly Shorts, a horribly steep hill. I did and cursed that dead farmer, Polly Short, and you. Did you know that in the U.S. you've been described as the Bill Rodgers, Michael Jordan and Tiger Woods combined in South Africa? Why are you called the Comrades King and a South African icon? What ultra records do you hold?*

Bruce: That American characterization made my day. I only wish I had the financial success of those fellows; others will have to figure out who I am. All I can tell you is I'm a proud South African; I love sports, especially running. I'm excited to be part of building a new post-apartheid country. I guess I've been called the "Comrades King" because I've won the race nine times, more times than anyone else. I set several records: two on the Comrades "down" run, with my best in 5:24:07 in '86 and three Comrades "up" records. I was the first runner ever to break five and a half hours on the "up" run. I set the world record for 50 miles (4:50:21) when I ran the London to Brighton race in 1983. (The total distance is actually 54 miles.) I also have the world's second-fastest time of 4:50:51 set at the 1984 AMJA U.S. 50-mile championships in Chicago on an out-and-back course. This is a U.S. all-comers records and also a world best time for a course that starts and finishes at the same spot. For a couple of years the 6:25 I ran at the 100 km in Stellenbosch, South Africa in 1989 was also a world record on the road. My Comrades "down" record in 1986 and my 50-mile world record at London to Brighton in 1983 still stand.

Mark: *The reality is that you are one of the world's finest-ever ultrarunners. As a well-known athlete, you stood up against apartheid when it was dangerous to do so. You're a qualified archeologist, keen ornithologist, ardent philatelist, connoisseur of fine wines, gifted raconteur, and one of South Africa's priceless assets. Why is Comrades a special race for South Africans? Why should it be for Americans?*

Bruce: It is special for South Africans because it is one of our unique athletic events. It is part of our folklore. I first thought of running Comrades when I was eight years old. Any South African can run and finish Comrades. Many dream about



Bruce Fordyce: Comrades champion.

doing so, and many run Comrades once in their lifetime. It is a national treasure. Nelson Mandela presented awards to the runners on several occasions. There were some 14,000 runners in this year's Comrades, perhaps a million people out on the road watching the runners, 100,000 people in the stadium at the finish, and maybe as many as three million people watching the race on television on a continuous 12-hour broadcast. A 23-year-old South African male won the race. A Russian physician from Siberia with a two-year-old was the first woman to finish, along with you and me and all but 1,500 runners who started at 5:30 in the morning. Remember it was the Americans who started the running boom in the 1970s with (Frank) Shorter and Bill Rodgers. American runners usually stop at the marathon distance. Comrades offers them a next step up. If you've done New York, Chicago, maybe Boston, you might like to try an ultra. If you do one ultra in your life, it should be Comrades.

Mark: *Tell me a little about the participation of women and non-whites in Comrades, and your statement against apartheid at Comrades.*

Bruce: Until 1975, only white males could officially run Comrades. Non-whites and women had run unofficially for many years before. In 1935, Robert Mtshali became the first black man to "unofficially" complete the Comrades Marathon. This year, on the 80th anniversary of Comrades, the Robert Mtshali bronze memorial was enshrined at the entrances of the Comrades Museum, along with a new "forgotten Comrades" exhibition to tell the story of the men and women who ran the race unofficially prior to 1975 when it was opened to both sexes and every race.

In 1981, the government decided to incorporate Comrades as an integral part of the 20th anniversary of the Republic of South Africa and apartheid. I was at the University at that time and I and many of my friends who were Comrades runners were upset. I cherished the ideas and traditions of the Comrades Marathon, but at the same time had serious objections to apartheid. I decided to wear a black armband in protest. At the start, I was greeted by boos and catcalls and pelted by tomatoes thrown by a fellow runner. I was also warned to be careful what drinks to take because the secret service tried to spike my drinks to stop me from winning Comrades. This run ended up being my first Comrades win. Wearing the black armband to protest apartheid was and is one of the proudest moments in my life.

Mark: *What is your advice for road runners? How does your body withstand all that punishment?*

Bruce: Pick your parents carefully. Genes have a lot to do with your ability to run long races. The one thing to remember is that the body does not wear out if you use it, if you run. Your body wears out if you don't use it, but run with care. I don't agree that you only have so many miles in you to run. Train carefully, well, do not overtrain, and be sure to allow enough time for recovery. I run a lot of marathons from January until Comrades in June, but do only one marathon in the fall.

Mark: *What sort of running do you do now?*

Bruce: I now run for fun, aiming to break nine hours each year at Comrades and 5:30 at Two Oceans, our other famous South African ultra, a 56-km race from the Atlantic Ocean side of Cape Town to the Indian Ocean on the other side. I run four or five marathons a year and a lot of shorter distance runs, all for health and fun. Other distance events in which I participate are the annual Cape Cycle Tour every March. That's 105 km on a bicycle and has 40,000 entrants. I also paddle the Dusi canoe race, which is a three-day paddling and running race from the source of the Umsindusi River in Pietermaritzburg to the finish at the Indian Ocean in Durban.

Mark: *What is your perspective on ultrarunning in the U.S.? What are your thoughts about the popularity of trail ultras in the U.S., as opposed to very few road races?*

Bruce: Trail racing seems to dominate in the U.S. There are very few trail races here. I like them both. I was a pacer, "seconder," at the 1985 Western States 100 Mile and it was a thrill to be a small part of that remarkable race. Jim King won that year.

Mark: *What are you doing now, occupationally?*

Bruce: For many years, I was the CEO of the Sports Trusts, which does sports development work in the poorer disadvantaged areas of South Africa. I now am The Sports Trust's roving ambassador. I have my own company, which is involved in arranging for sponsorship of races. I do a lot of public speaking. I am working on a television reality show. Our first show will be filmed on the September 10 race in the Drakensberg Mountains. I'm still running and will until the end of my life, but primarily for fun and to stay healthy.

Mark: *What is your best or favorite ultra? What is your most memorable Comrades?*

Bruce: As a Comrades runner, born, bred and in my bones, I have to say my Comrades "down" run in '86.

Mark: *Who was your toughest competitor?*

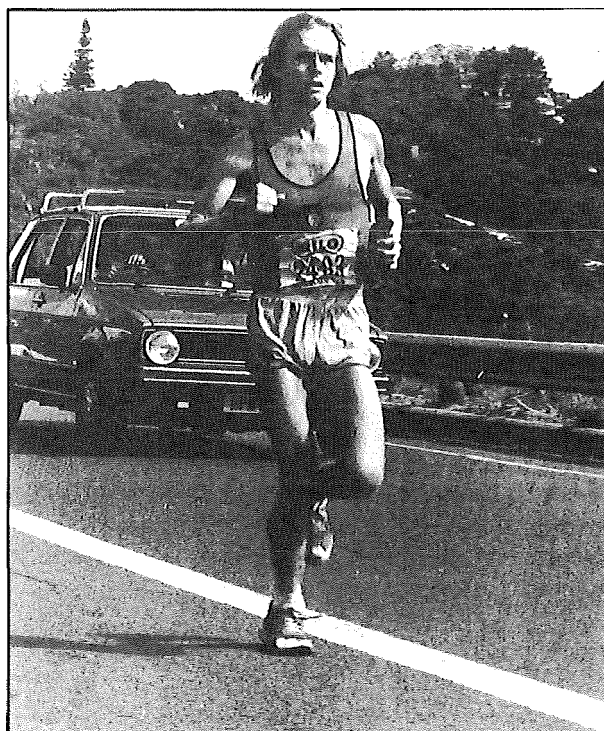
Bruce: It was Alan Robb. Alan, a great friend and great competitor for many years and is justifiably ranked with the Comrades greats. Alan made his first appearance at Comrades with a third-place finish in 1974 and then a fifth-place in '75. Alan then won his first Comrades in '76, followed by wins in '77 and '78. I was 43rd in '77, 14th in '78, third in '79 and second in '80. The 1981 Comrades was my first win; Alan was not competitive that year because he was ill. The 1980 and 1982 Comrades saw great battles between Alan and me. In 1980, I was second to Alan and in 1982, he was second to me. Alan has four Comrades wins and several gold and silver medals. We're the best of friends even though he is a fanatic Liverpool football club supporter and I am passionate about its bitter enemy, Manchester United.

Mark: *Did the "pressure" of being the Comrades King and a national celebrity for so many years ever wear on you? Some of your friends have told me you really are a shy fellow and I know quite humble.*

Bruce: The pressure was never too unbearable. Maybe, just before the race.

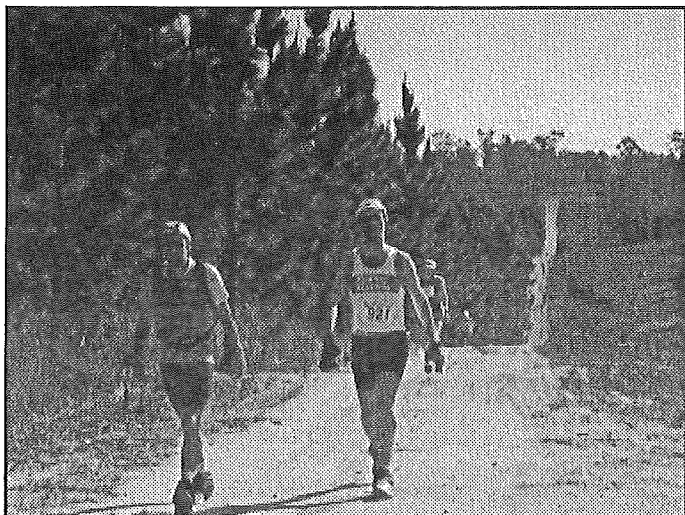
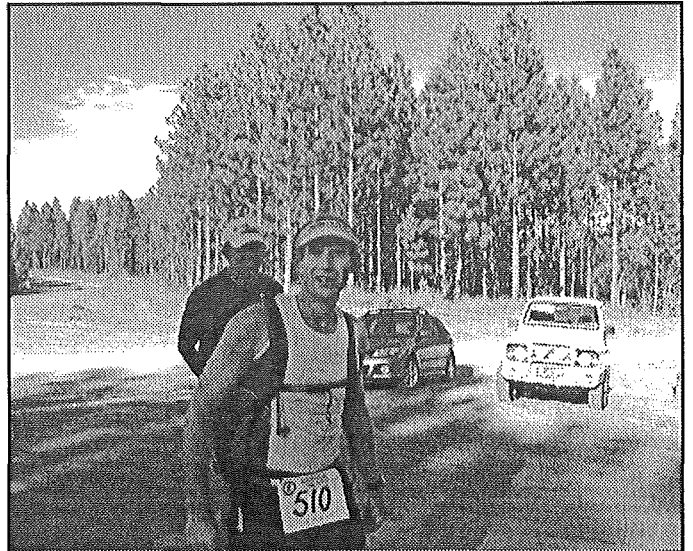
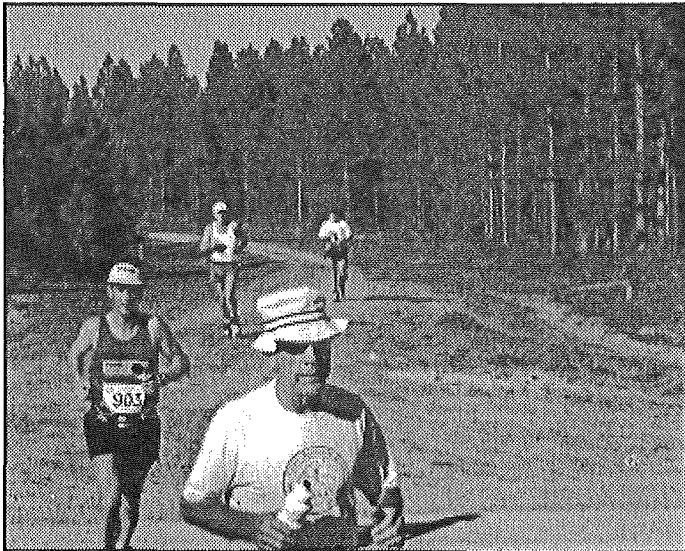
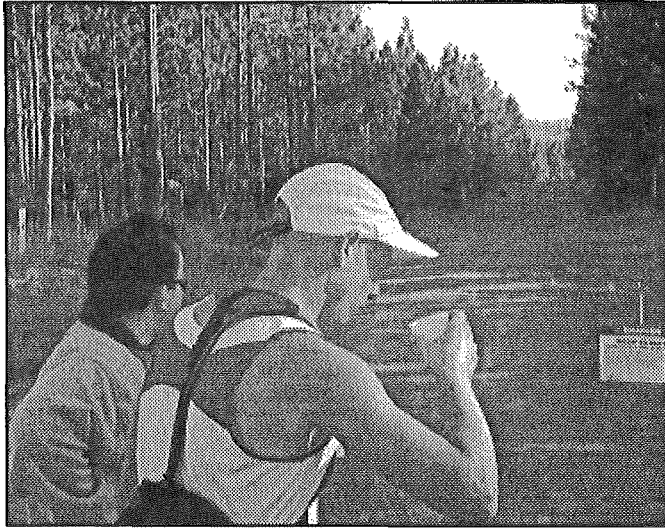
Mark: *Are you surprised no one has bettered your 50-mile record in the years since you set it? What are your recollections of that Chicago race?*

Bruce: Wonderful hospitality from my Chicago guests. I stayed at the Ambassador Hotel at the same time as the Democratic Convention. Geraldine Ferraro, the Democratic Vice Presidential nominee, was staying there too. When I walked into the hotel in a tatty jersey looking thin and anemic like all marathoners, her bodyguards saw me, and probably thought I was a drug-addicted assassin, then quickly realized I was just a geek.



GLASSHOUSE TRAIL RUN

Photos from September '05 event





Cliff Young Colac Six Day Race – November, 2005



Self Transcendence 24 hr Festival, Adelaide – October, 2005



Moe 6 hour & 50 km 6 November, 2005

*Stan Miskin sets M80 records at the
20th Cliff Young Australian Six Day Race*

