

ULTRAMAG

AURA MAGAZINE

March 2006 Volume 21 No. 1

In this issue:

Hall of Fame..Ron Grant

Aussies finish eighth at IAU
World 24 Hour Challenge

Annual Report

Profile....Jo Blake

International Update

AURA 2005 Rankings



*AURA female ultra
runner of the year,
Emma Murray
setting a new record
at Six Foot Track
March 2005*

Australian

Ultra

Runners

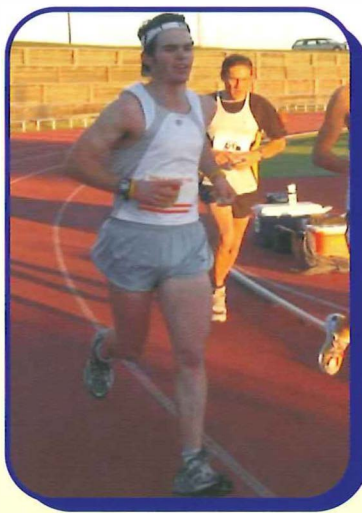
Association Inc



AURA AWARD WINNERS 2005



Jo Blake – male ultra athlete 2005



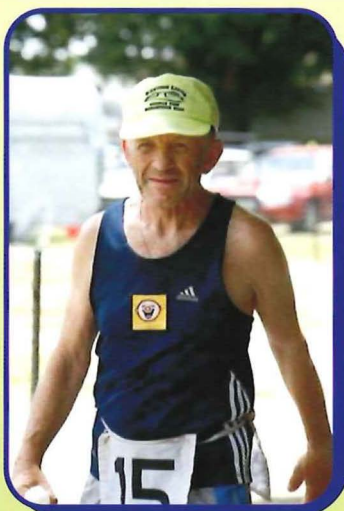
Chris Hills – male rising star 2005



Jim Turner – male rising star 2005



Carol Baird – female AURA points winner 2005



Vlastik Skvaril – Cliff Young award 2005

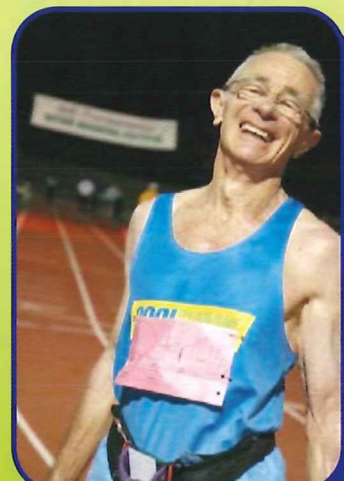


Tamyka Bell – female rising star 2005



Left: Bill & Bev Sutcliffe –
Bryan Smith Medal 2005

Right: Peter Lahiff
male AURA
points winner 2005



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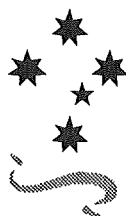
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Eighth place at the IAU World 24 Hour Challenge was an excellent result for our team. Paul Every, Simon Phillips, Mick Francis and Martin Fryer made the journey to Taiwan on the last weekend in February, all representing their country with much distinction. Martin, in particular, covered a staggering 233km placing 11th overall and only metres from 10th in the most spectacular of finishes which included a massive fall and face plant onto the hard concrete surface! Martin's account in this issue is gripping to say the least. More creditable still was the fact that our team was hastily assembled at short notice. The World 24 Hour Challenge looks like becoming a regular feature and offers great incentive for Australian ultra runners to achieve representative honours.

Still on the World scene, our team for the IAU 100km World Challenge in Korea on the eighth of October is looking good with several runners going under the qualifying standard. With the Gold Coast 100km still to be run, making the Australian Team will undoubtedly be competitive. After an absence of several years, we also look like having a Women's team. Several outstanding female performances in recent times augur well with Queenslanders leading the way. One wonders what they are feeding them up there!

More positive news with the Canberra 50 km being awarded Selection Race status for the annual IAU 50km trophy race. What this means is that the winning male and female (provided sub 3:20/3:40 are achieved) will gain automatic entry to the IAU trophy race in Europe with airfares provided. This IAU race carries prizemoney. The Canberra 50km is also the AURA 50km road championship and has also been awarded the status of Australian 50km championship by Athletics Australia.

The AURA points competition for 2006 now carries prizes to the value of \$2000. The system has been revamped after much discussion, so members are encouraged to recheck rules [published in this issue] to see what they can do to accumulate points.

Statistician, David Billett, has done a mountain of work putting together the national rankings for the various ultra events. His detailed and meticulous work fills several pages of this issue.

In Canberra recently for the Sri Chinmoy Ultra Triathlon, I was privileged to meet Rathin Boulton in person for the first time. Rathin's performances in New York at the Sri Chinmoy 3,100 mile events in recent years have been nothing short of phenomenal. I found Rathin to be one of nature's gentlemen, devoid of pretence, quietly spoken and most unassuming about his incredible achievements. With similar qualities to Rathin, Garry Wise was victorious in the 100km run leg of the Ultra Tri. A recent convert to ultras, he can be seen at events all over the country, often on consecutive weeks! He was to be a very popular winner indeed. A few minutes with Garry, and his unbridled joy in running and competing quickly become apparent. Garry sets a great example to all with his attitude and approach.

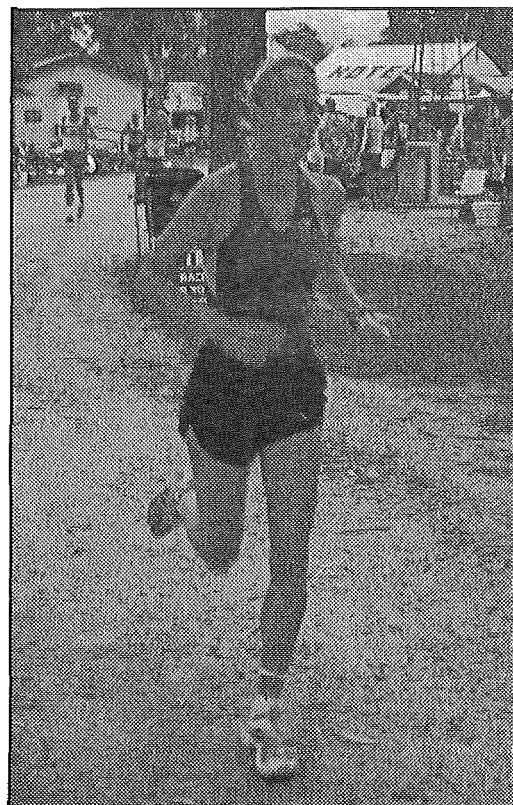
The Six Foot Track has just been run and won for another year. 2006 saw a staggering 798 entrants and some truly outstanding performances. Emma Murray lowered her course record by seven minutes as she finished fourth outright. Meanwhile, Jo Blake continued his good form with a solid run while the incomparable David Criniti ran under four hours in his

first up ultra after a long lay off with serious injury. David looks like returning to national representative honours in the near future. Also to impress was 2005 rising star, Chris Hills in 12th position

In 2002, I stood on the line with four other runners at the Maroondah Dam Trail 50km and lamented the fact that it may have been the end for this event. Four years later, over 100 runners embarked on the journey through the rugged Yarra Ranges as the rise and rise of the next ultra boom continues. With races across the country enjoying increasing fields, times ahead look prosperous.

As per usual, plenty of ultra news can be found at www.ultraoz.com and www.iau.org.tw

Kevin Cassidy



*Siri Terjesen, 1st place 6hr at Caboolture
Dusk to Dawn event*

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

Apr 2006

Sun 2 Apr **FRANKSTON TO PORTSEA ROAD RACE (VIC)**

34 miler (55km). 7am start corner of Davey St. and Nepean Highway, Frankston. Block of chocolate for every finisher! Own support needed. The oldest established ultra in Australia, first run in 1973.
Contact: Kev Cassidy by phone 0425-733-336. email: kc130860@hotmail.com.

Fri-Sun 7-9 Apr **OXFAM MELBOURNE TRAILWALKER (VIC)**

Distance: 100 kms. Event Time: 8 am & 10 am. Location of race: Jells Park, Wheelers Hill. Other details: Oxfam TRAILWALKER is a 100 km endurance walking/running event completed by teams of 4 (non-relay) within a 48-hour time period. It combines fundraising, fitness, teamwork and a mental challenge to provide an adventure for all participants. The more competitive participants take off from the start at Wheelers hill and run the entire trail (the fastest time in 2005 was 12 hrs 39 mins) while others take it more leisurely, enjoying the scenery, catching some sleep along the way and using all of the available 48 hours to reach the finish at the summit of Mt Donna Buang. We are currently accepting registrations for the 2006 event, to be held on 7-9 April, our goal is to raise over \$1.4 million for Oxfam Australia.
Contact: Yvette Petersen 1800-088-110.
email: trailwalkermelbourne@oxfam.org.au.

Sat 8 Apr **SOUTHERN CHARITY CHALLENGE (SA)**

15km or or 36km or 60km walk/run - team event raising funds for Oxfam Community Aid Abroad. Starts at 10 am in Goolwa, South Aust and finishes at Victor Harbor (15 km) or Mt Compass (65 km, via Heysen Trail).
Contact: Brad Butler on (08) 8552-2441. email: brad@bbpl.com.au.

Sun 9 Apr **CANBERRA MARATHON AND ULTRA (ACT)**

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

Fri-Mon 14-17 Apr **HYDRO TASMANIA THREE PEAKS RACE (GOOD FRIDAY) (TAS)**

Combined running/sailing event across 3 days approx. Legs are Sail/Run/Sail/Run/Sail/Run. Runs legs are between 30 km and 60 km each. Starts Launceston and finishes in Hobart.
Contact: Alastair Douglas, Race Director, on (03) 6225-4974 or 0418-127-897.

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

Victorian 24 Hr Run Track Championship & Centurions 24Hr Walk. Also featuring 12Hr and 6Hr run and walk events & 12Hr Relay. 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. 24 hr walk entrants have the chance to compete concurrently in the "Racewalking Australia" 100 km walk championships for men and women. Entries close 14 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 running and walking.
Contact: Tim Erickson by phone (03) 9379-2065.

Sat-Sun 22-23 Apr **AUSTRALIAN ALPINE 100 MILE ULTRA MARATHON (VIC)**

If you think you've run hard, think again. The inaugural 100 mile (180 Km) Australian Alpine Ultra marathon is set to be run over 22-23 April in the Bogong Alpine area. Taking in over 5,500 metres of climb and 5,500 metres of descent, this run is set to become the classic 100 miler in Australia and will test runners to the limit. Set in the spectacular high country of north eastern Victoria the run takes in Mt Feathertop, Mt Hotham, The Fainters, Bogong Village, Spione Kopje, Mt Nelse and Mt Bogong itself - some of the best high country in Australia, and some of the harshest. People have died walking and skiing the course that the run will follow. The inaugural run will be a "Fat Ass" style run with limited if any support. The aim will be to a) See if it can be done b) See how long it takes c) Verify distances d) Verify heights e) To celebrate my 50th birthday. So if you're looking for something different, if you want to have a fantastic run, great

scenery, totally unpredictable weather and do something that will push you to the limits let me know. Alternately if you want an enjoyable weekend acting as support to a bunch of dedicated lunatics you would be more than welcome. A full run briefing sheet is currently being finalized. Mandatory equipment will include; full blizzard gear and waterproofs Gortex bivi bag or lightweight tent, sleeping bag, map, compass, whistle, mobile phone and /or EPIRB, change of thermals (long), head torch, spare bulb and batteries, food. All runners **MUST** be prepared to camp out overnight in inclement weather or due to geographic misplacement – read getting lost. At present it is anticipated that the run will commence at 0400 hrs on Sat 22 April at Harrietteville, climbing the Bungalow spur to Mt Feathertop, who knows when it will finish. To register your interest please let me know by return email or on 0418 136 070. Happy running Paul Ashton - "A winner never quits and a quitter never wins"

Contact: Paul Ashton.email: paul.ashton56@bigpond.com.

Sat 29 Apr **WILSON'S PROM 100 KM ULTRAMARATHON (VIC)**
100 km, 80 km, 60 km, 43 km, 20 km. Starts at 6 am 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 7 May **MT MEE CLASSIC (KING AND QUEEN OF MT MEE) QLD**
50 km, 25 km, 10 km. Road Runs from Mt Mee
Contact: Phil Hungerford (07) 3354 3425

Sun 14 May **WALHALLA WOUND UP TRAIL RUNS (VIC)**
50 km, 37 km, 19 km. Trail Runs from Walhalla's Star Hotel starting at 8 am
Contact: Bruce Salisbury 03 5174 9869.

Sun 14 May **GLASSHOUSE MOUNTAINS TRAIL RUNS - COOKS TOUR (QLD)**
80 km, 50 km, 30 km, 11 km on looped course around the very beautiful Glasshouse Mountains, 1 hr north of Brisbane.
Contact: Ian Javes at 25 Fortune Esplanade, Caboolture, QLD. Phone (07) 5495-4334. email: ijaves@caloundra.net.

Sun 14 May **BANANA COAST ULTRA MARATHON (NSW)**
This year the event goes from Grafton Post Office to Coffs Harbour Hotel 85 km, with the shorter alternative being from Coffs to Nana Glen (58 kms). We will insist that runners call a halt at Nana Glen if they arrive later than 2 pm (for safety on dark roads). Entry Fee \$10.00 or \$15.00 on the day, payable to Woolgoolga Athletics Club. Own support vehicle and driver required.
Contact: Steel Beveridge via phone (02) 6656-2735 (home) or (02) 6654-1500 (work) or 3B Surf Street, Emerald Beach, NSW 2456.
email: steelyn@hotmail.net.au.

Sun 21 May **GREAT OCEAN ROAD MARATHON (VIC)**
45 km in length with a 23 km half marathon. Marathon starts at 8 am from Lorne Post Office, Mountjoy Pde and finishes at Apollo Bay Hotel, Great Ocean Road. 7 hour cutoff. Generous cash prizes for winners. Also on the Saturday 20th Mariner's Lookout 6.5 kms and Paradise and Back 14 kms. Final entries close on April 30th. Definitely no late entries. This is the 2nd year of the event.

Sun 21 May **BUNBURY MARATHON (WA)**
Marathon and 21.1 km and 50 km email: wamc@iinet.net.au.

Sat 27 May **TAMBORINE TREK, GOLD COAST (QLD)**
The Tamborine Trek is a 62 km event from the Girl Guides Hall in Ferry Street, Nerang to the top of Mt Tamborine and back. The course comprises 16.5 kms of gravel road within the Nerang State Forest, and 14.5 kms of bitumen to the top of Mt. Tamborine. The event is open to solo competitors and 3 person relay teams, each runner running approximately 21 kms. There is also a 27 km course in the forest, as a training exercise for the Kokoda Challenge in July. The solo and teams sections both start at 0600 hrs. BBQ at finish.
Contact: Ian Cornelius on (07) 5537-8872 or mobile 0408-527-391.
email: icorneli@bigpond.net.au.

Jun 2006

Sun 4 Jun **THE 2ND TWO BAYS TRAIL RUN (VIC)**
Distance: 27.5 km, 55 km. Event Time: 7 am. Location of race: Dromana VIC. Race Address: 0425 786542 Other details: This is a 'Fat Ass' event. There will be no fees, some support and no fees. The course is challenging and much tougher than road courses but not as tough as some trail races on the calendar. That said, there is no room for complacency: this is a race only for experienced runners with proven abilities. I would anticipate that a four-hour marathoner should complete the 27.5 km course in less than 3 hrs 30 min. This course is amongst the most scenic in Australia. Runners are treated to a range of surfaces and settings: single track, coastal trail, grassy trail, dirt road and forest canopy. The run starts with a demanding uphill, rising 1,000 ft in the first 3 km, providing stunning views over Port Phillip Bay. The 5 km section approaching the 27.5 km turnaround at Cape Schanck takes runners along a breathtaking track, along the cliffs that rise above Bass Strait. This section runs past Bushrangers Bay, which is only accessible on foot: it's a special reward after running 22 km. The 55 km is a return trip. Join us on the 4th June. You will not be disappointed.
Contact: Brendan Mason. email: blmason@bigpond.net.au.

Sun 11 Jun **GOLD COAST 100 KM (QLD)**

This race is the National 100 km Championship. This race is available for solo competitors or teams. The course comprises 16 laps of a 6.25 km loop at the Runaway Bay Sports Super Centre. BBQ at finish.

Contact: Ian Cornelius on (07) 5537-8872 or mobile 0408-527-391.

email: icorneli@bigpond.net.au.

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

A 96 km 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 back roads 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 Jul **KOKODA CHALLENGE (QLD)**

The Kokoda Challenge has been designed to reflect the key elements of the Spirit of our nation. The Challenge will be a cross-country, bushwalking team event over 96 kms which represents the distance of the Kokoda Track, to be completed within 39 hours which symbolises the 39th Militia Battalion, the first of our Australian troops to arrive at Kokoda, 15th July 1942. The 4 team members who start the event must be the same 4 team members who finish the event. The Challenge will commence at 7 am on Saturday 15th July 2006 at Mudgeeraba Showgrounds on the Gold Coast Hinterland - proceed in a south westerly direction, winding through various forest areas and arriving at the highest point, Lower Beechmont: From here the trek winds downwards through Mt Nathan - north to Nerang State Forest then to the finish at Nerang. Along the route you will be checked through 10 manned checkpoints; Each checkpoint will have officials plus first aid officers. Water, toilet facilities etc, are available. Contact: Kokoda Challenge Association on 07-5591-3942 or Doug Henderson on 0414-354-264.

email: dkkokoda@bigpond.net.au.

Sat 29 Jul **BUSH CAPITAL MARATHON AND ULTRA (ACT)**

5 km, 16 km, 25 km, marathon, marathon relay and 60 km ultra off road trail runs and 16 km, 25 km, 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.

Sat 29 Jul **GLASSHOUSE MOUNTAINS TRAIL RUNS - FLINDERS TOUR (QLD)**

50 m, 25 km, 8 km 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.

Sun 30 Jul **WARRUMBUNGLE MARATHON (NSW)**

Distance: 50 km run, 42 km run, 21 km run, 10 km fun run. Event time: 7.30 am. Location of race: Coonabarabran Visitor Information Centre, Newell H. Race Address: 1800 242 881 Other details: This fundraising event supports local rural fire service groups. The run has been amended to commence in Coonabarabran and be part road run - part mountain run. The marathon challenge is made up of various events to cater for all fitness levels. The ultra marathon will take in the testing climb to Siding Spring Observatory - a rise of 100 m in 4 km (but the view is worth it), as well as some arduous off road trails in the national park. The run is through impressive countryside into the spectacular Warrumbungles.

Contact: Coonabarabran Visitor Info Centre.

email: cbnpromo@hway.com.au.

Aug 2006

Fri-Sun 11-13 Aug **NATIONAL 48 HR CHAMPIONSHIPS + 24 HR QLD CHAMPIONSHIPS (QLD)**

With 6 hour, 12 hour and 24 hour options. Starts 0900 Friday and finishes 0900 Sunday. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, Qld. The track features a Mondo surface (as used in the Olympics) and the events use electronic scoring, thus eliminating the need for lap scorers. Hot food is provided each 6 hours commencing at 12 noon on the Friday. Accommodation is available within the complex, approximately 150 metres from the track. Showers and toilets are readily available at trackside. It is possible to contest this event without crew.

Contact: Ian Cornelius by phone (07) 5537-8872 or mobile 0408-527-391.

email: icorneli@bigpond.net.au.

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

100 km. Starts from Hunters Hill High School, Hunters Hill, Sydney and finishes near Manly. The first start will be at 7 am, the 2nd at 8.30 am and the 3rd at 10.00 am. Teams of 4 only. Time Limit 48 hrs. 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 Sep **GLASSHOUSE MOUNTAINS TRAIL RUNS (QLD)**

100 miles, 100 km, 55 km, 30 km, 11 km 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.

Sat-Sun 30 Sep-1 Oct **SRI CHINMOY NATIONAL 24 HOUR CHAMPIONSHIPS (SA)**

Starts 8 am at Santo Stadium, Mile End, Adelaide. Events available are: Australian 24 Hour Championship [starts 8 am Sat], a 12 hour teams relay [starts 8 pm Sat], a 12 hour individual race [starts 8 am 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.

Oct 2006

Sun 1 Oct **BRIBIE BEACH BASH (QLD)**

Distance: 3 km, 3x12 km relay, 15 km, 30 km, 45 km. Event time: Vary from 4.45 am. Location of race: North Street Woorm, Bribie Island. This is totally a fundraising event for the Endeavour Foundation. BBQ after & during presentations. It is a beach run with fun during low tide. Entries to be made to QURC & forwarded to Geoff Williams 87 Macginley Rd Upper Caboolture Q4510.

Contact: Geoff Williams by phone/fax (07) 5497-0309 or mobile 0412-789-741.
email: gjcarpet@caboolture.net.au.

Sat-Sun 7-8 Oct **NEW ZEALAND SELF-TRANSCENDENCE 24 HOUR TRACK RACE (NZ)**

10th Annual Self-Transcendence 6-12-24 Hour Track Races - Auckland, New Zealand plus 12 Hour Teams Relay. (N.Z. 24 Hour Championship and N.Z. Centurions 24 Hour Walk) Individual races start 9:00 a.m. Saturday, 7th October at Sovereign Stadium, Auckland - includes lap counters hot and cold food and drinks.

Contact: Simahin Pierce +649 630 8329, mob. +6421 298 7498 or Sri Chinmoy Marathon Team PO Box 10-135 Dominion Road, Auckland 103.
email: auckland@srchinmoyraces.org.

Sun 8 Oct **IAU 100 KM WORLD CHALLENGE (Korea)**

The World Challenge 24 hr event is to be held in Korea. Available for individuals or teams or 3 to 6 male and 3 to 6 female runners. Australian team details are at www.ultraoz.com/world100k.

Contact: Paul Every tel. 02 9482 8276 (H). email: pevery@zoo.nsw.gov.au.

Sat 14 Oct **FITZROY FALLS FIRE TRAIL MARATHON (NSW)**

42.2 km Marathon, 10 km run, 5 km run, 5 km walk. Event time: 8 am Marathon, 9 am other events. Location of race: Fitzroy Falls, Southern Highlands. Now in its 6th year, the Fitzroy Falls Marathon is a run along the fire trails in the beautiful Morton National Park in the Southern Highlands. It is a fundraiser for the bushfire brigades in the Fitzroy Falls area and members of the brigades man the aid stations. In 2004 it was judged the best regional marathon in Australia in a CoolRunning poll. In 2005 we aimed to lift the standard with computer-generated results being produced progressively as runners finish. We will also increase the number of awards. A feature of the event is the barbecue lunch that is part of the entry fee.

Contact: Michael Chapman at PO Box 184, Moss Vale NSW 2577.
email: michael@bcassociates.com.au.

Sun 22 Oct **BRINDABELLA CLASSIC AND BULLS HEAD CHALLENGE (ACT)**

Brindabella Classic (55.5 km) starts and finishes at Cotter Reserve, 20 mins outside Canberra. Bulls Head Challenge (27.7 km) starts near Bulls Head and finishes at Cotter Reserve.

Contact: Mick Corlis. email: mountainrunning@coolrunning.com.au.

Nov 2006

Mon 6 Nov **VICTORIAN 6 HOUR AND 50 KM 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-Sun 11-12 Nov **THE GREAT NORTH WALK 100S (NSW)**

Distance: 100 Mile and 100 Kilometre. Event Time: 6:00 am. Location of race: Teralba on the NW shores of Lake Macquarie, 153 km north of Sydney and 25 km west of Newcastle. Race address: Terrigal Trotters Inc., GNW100s, PO Box 944, Gosford, NSW 2250, Australia: telephone: 0428 880784. Other details: The Great North Walk 100s (GNW100s), organized by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Teralba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and fire-trails, it does include some minor back roads. There will be cut-off times at checkpoints en route and the overall time limits will be 22 hours for the 100 Kilometre and 36 hours for the 100 Mile. Despite its proximity to the populated Central Coast of New South Wales, the course passes through rugged and

spectacular terrain and is a demanding challenge for all runners. Only four of thirteen starters in the 2005 100 Mile event managed to finish the course which includes more than 6,200 metres (20,000 ft) of climbing. Entrants will need to cope with precipitous ascents and descents, muddy trails and creek crossings, slippery rocks and roots, and hard-to-follow trail. There are a number of sections where running is impossible. There are no marshals on the course and all runners will need to be capable navigators and prepared to travel at night in remote areas on difficult trail. Runners will also be required to carry certain equipment and must carry sufficient water to last them between checkpoints, which can be up to 30 km apart.

Contact: Dave Byrnes.email: byrnesinoz@yahoo.com Race Address: Telephone 0428 880784.

Sun-Sat 19-25 Nov **COLAC 6 DAY RACE (VIC)**

Australia's greatest 6-day race.

Contact: Six-Day Race Committee, PO BOX 163, Colac, Vic, 3250.

email: ultraoz@iprimus.com.au.

Dec 2006

2 Dec **KEPLER CHALLENGE MOUNTAIN RUN (NZ)**

67 km off-road mountain run. Starts Te Anau, New Zealand.

Contact: Kepler Challenge Organising Committee, PO Box 11, Te Anau, NEW ZEALAND or Fax (03) 249-9596.

email: keplerchallenge@yahoo.com.

Sun 10 Dec **KURRAWA TO DURANBAH & BACK 50 KMS (QLD)**

This race is for solos and 2-person teams. It starts from Kurrawa Park, Broad-beach on the Gold Coast and runs south along the Gold Coast beachfront to Duranbah. Relay runners tag their teammates and the brave solo runners turn and make the return journey. BBQ at finish.

Contact: Ian Cornelius by phone (07) 5537- 8872 or mobile 0408-527-391. email: icorneli@bigpond.net.au.

Jan 2007

Sun 7 Jan **AURA BOGONG TO MT HOTHAM (VIC)**

60 km mountain trail run, a tough event with 3,000 m of climb. Not for the faint hearted. 34 km and 26 km options also available. 6:15 am 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.

AURA POINTS SCORE

All Events for 2005 - Includes all AURA members who joined by 31st August 2005

Female

| Surname | First Name | Events | #1st | #2nd | #3rd | km | Records | Points |
|---------------|------------|--------|------|------|------|---------|---------|--------|
| Baird | Carol | 7 | 0 | 1 | 0 | 861.707 | 6 | 49 |
| Young | Shirley | 3 | 0 | 0 | 0 | 151.571 | 5 | 29 |
| Anderson | Faith | 6 | 0 | 4 | 1 | 447.799 | 0 | 19 |
| Thorn | Julia | 4 | 2 | 2 | 0 | 239.700 | 0 | 16 |
| Hall | Kerri | 4 | 1 | 2 | 0 | 268.507 | 0 | 13 |
| Chesterton | Val | 2 | 0 | 0 | 0 | 183.738 | 2 | 13 |
| Sturzaker | Jane | 4 | 0 | 1 | 3 | 239.600 | 0 | 11 |
| Kartsounis | Vivienne | 3 | 1 | 1 | 0 | 211.573 | 0 | 10 |
| Timmer-Arends | Sandra | 3 | 2 | 0 | 0 | 152.400 | 0 | 10 |
| Thompson | Michelle | 2 | 1 | 1 | 0 | 164.332 | 0 | 8 |
| Quinn | Julie | 3 | 1 | 0 | 1 | 160.400 | 0 | 8 |
| Ward | Karina | 2 | 1 | 0 | 1 | 182.938 | 0 | 7 |
| Howorth | Sandra | 4 | 0 | 0 | 0 | 269.051 | 0 | 6 |
| Williams | Jennifer | 2 | 1 | 0 | 0 | 103.000 | 0 | 6 |
| Howard | Stephany | 2 | 1 | 0 | 0 | 95.000 | 0 | 5 |
| Hooper-Childs | Julie | 1 | 1 | 0 | 0 | 64.421 | 0 | 4 |
| Bollen | Karyn | 1 | 0 | 0 | 1 | 132.988 | 0 | 3 |
| Mohr | Monika | 1 | 0 | 0 | 0 | 55.400 | 0 | 1 |
| Markham | Aileene | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Stangar | Helen | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |

Male

| | | | | | | | | |
|-----------|-----------|----|----|----|---|----------|---|------|
| Lahiff | Peter | 5 | 0 | 0 | 0 | 345.374 | 5 | 33 |
| Anderson | Peter | 14 | 0 | 0 | 1 | 1166.250 | 0 | 26 |
| Marshall | Kelvin | 11 | 0 | 1 | 4 | 917.108 | 0 | 26 |
| Pearce | Adrian | 7 | 2 | 2 | 2 | 391.000 | 0 | 22 |
| Collins | Tony | 4 | 1# | 2 | 1 | 775.893 | 0 | 20 |
| Wise | Garry | 9 | 0 | 0 | 0 | 1057.696 | 0 | 19 |
| McCormick | Richard | 9 | 0 | 1 | 1 | 757.021 | 0 | 19 |
| Matchett | Ken | 2 | 0 | 0 | 0 | 544.844 | 2 | 17 |
| Every | Paul | 5 | 0 | 2 | 0 | 755.567 | 0 | 16 |
| Billett | David | 3 | 0 | 1# | 0 | 937.235 | 0 | 15 |
| Last | Geoffrey | 6 | 0 | 2 | 0 | 465.441 | 0 | 14 |
| Fryer | Martin | 5 | 1 | 0 | 2 | 461.400 | 0 | 14 |
| Mason | Brendan | 7 | 0 | 0 | 0 | 691.000 | 0 | 13 |
| Phillips | Simon | 3 | 2 | 1 | 0 | 272.638 | 0 | 13 |
| Jacobs | Trevor | 4 | 1 | 2 | 0 | 210.400 | 0 | 13 |
| Phillips | Lindsay | 4 | 0 | 0 | 0 | 849.897 | 0 | 12 |
| Miskin | Stan | 5 | 0 | 0 | 0 | 732.176 | 0 | 12 |
| Commins | Louis | 7 | 0 | 0 | 0 | 500.867 | 0 | 12 |
| Skinner | Deryck | 1 | 0 | 0 | 0 | 166.033 | 2 | 12 |
| Murphy | Phillip | 6 | 0 | 0 | 1 | 475.400 | 0 | 11 |
| Wright | Ian | 5 | 0 | 1 | 0 | 415.000 | 0 | 11 |
| Blake | Jonathan | 3 | 2 | 0 | 0 | 150.400 | 0 | 10 |
| Skvaril | Vlastik | 2 | 0 | 0 | 0 | 733.286 | 0 | 9 |
| Jones | David | 4 | 0 | 0 | 0 | 515.294 | 0 | 9 |
| Hewat | Andrew | 5 | 0 | 0 | 0 | 494.167 | 0 | 9 |
| Rafferty | Joe | 5 | 0 | 0 | 0 | 477.472 | 0 | 9 |
| Boyce | Robert | 6 | 0 | 0 | 0 | 352.490 | 0 | 9 |
| Hain | Geoff | 3 | 1 | 0 | 0 | 336.697 | 0 | 9 |
| Carlton | Gary | 3 | 1 | 0 | 1 | 214.374 | 0 | 9 |
| Renwick | Bruce | 3 | 0 | 0 | 0 | 150.400 | 1 | 9 |
| Pearson | John | 3 | 1 | 0 | 1 | 285.968 | 0 | 8.5* |
| Gray | Rob | 3 | 1 | 1 | 0 | 165.000 | 0 | 8.5* |
| Hoskinson | Peter | 1 | 0 | 0 | 0 | 704.250 | 0 | 8 |
| Staples | Alan | 3 | 0 | 0 | 1 | 406.197 | 0 | 8 |
| Gardiner | Peter | 5 | 0 | 0 | 0 | 341.500 | 0 | 8 |
| Ware | Robert | 4 | 0 | 0 | 1 | 326.000 | 0 | 8 |
| Gibson | Peter | 3 | 1 | 0 | 0 | 278.489 | 0 | 8 |
| Worley | Brett | 4 | 0 | 0 | 1 | 285.400 | 0 | 7 |
| Hartley | Ernest | 4 | 0 | 0 | 1 | 233.191 | 0 | 7 |
| Brooks | Frederick | 1 | 0 | 0 | 0 | 176.000 | 1 | 7 |
| Grimmett | Mal | 2 | 1 | 0 | 1 | 120.041 | 0 | 7 |
| Gregory | Wayne | 3 | 0 | 0 | 1 | 271.634 | 0 | 6 |
| Evans | Brian | 4 | 0 | 0 | 0 | 221.600 | 0 | 6 |
| Corlis | Michael | 4 | 0 | 0 | 0 | 210.400 | 0 | 6 |
| Zukowski | Jerry | 2 | 0 | 0 | 0 | 332.333 | 0 | 5 |
| Swain | Sean | 2 | 0 | 1 | 0 | 194.000 | 0 | 5 |
| Kinshofer | Rudolf | 1 | 1 | 0 | 0 | 192.909 | 0 | 5 |
| Graham | Chris | 3 | 0 | 0 | 1 | 171.000 | 0 | 5 |
| Baldwin | David | 3 | 0 | 0 | 1 | 155.000 | 0 | 5 |
| Twite | Ian | 2 | 0 | 1 | 0 | 100.800 | 0 | 5 |
| Green | Daniel | 1 | 1# | 0 | 0 | 45.000 | 0 | 5 |
| Marsh | Trevor | 2 | 0 | 0 | 0 | 220.126 | 0 | 4 |
| Glover | Brian | 3 | 0 | 0 | 0 | 149.732 | 0 | 4 |
| Mickan | Patrick | 2 | 0 | 0 | 1 | 130.000 | 0 | 4 |
| Colquhoun | Colin | 1 | 0 | 1 | 0 | 124.601 | 0 | 4 |
| Roberts | Ian | 2 | 0 | 0 | 1 | 108.334 | 0 | 4 |
| Bignell | Peter | 2 | 0 | 0 | 1 | 104.700 | 0 | 4 |
| Embleton | Robert | 2 | 0 | 0 | 1 | 102.400 | 0 | 4 |
| Francis | Mick | 1 | 1 | 0 | 0 | 64.374 | 0 | 4 |
| Brooks | Colin | 1 | 1 | 0 | 0 | 59.399 | 0 | 4 |
| Standeven | David | 1 | 0 | 0 | 1 | 176.360 | 0 | 3 |
| Turner | Tim | 2 | 0 | 0 | 0 | 148.700 | 0 | 3 |
| Byrnes | Dave | 2 | 0 | 0 | 0 | 130.000 | 0 | 3 |

AURA Points Score continued

| | | | | | | | | |
|------------|----------|---|---|---|---|---------|---|---|
| Fickel | Bob | 2 | 0 | 0 | 0 | 127.899 | 0 | 3 |
| Cotter | Benjamin | 2 | 0 | 0 | 0 | 122.700 | 0 | 3 |
| Salisbury | Bruce | 2 | 0 | 0 | 0 | 120.000 | 0 | 3 |
| Cassidy | Kevin | 2 | 0 | 0 | 0 | 100.000 | 0 | 3 |
| Thys | Dirk | 1 | 0 | 0 | 0 | 165.487 | 0 | 2 |
| Guard | Roger | 1 | 0 | 0 | 0 | 160.000 | 0 | 2 |
| Audley | George | 1 | 0 | 0 | 0 | 150.800 | 0 | 2 |
| Devine | Allan | 1 | 0 | 0 | 0 | 128.101 | 0 | 2 |
| Appleby | Steven | 1 | 0 | 0 | 0 | 100.000 | 0 | 2 |
| Hills | Chris | 1 | 0 | 0 | 0 | 100.000 | 0 | 2 |
| Jones | Dean | 1 | 0 | 0 | 0 | 100.000 | 0 | 2 |
| Drayton | Nick | 2 | 0 | 0 | 0 | 95.000 | 0 | 2 |
| Mackey | Colin | 2 | 0 | 0 | 0 | 95.000 | 0 | 2 |
| Beveridge | Steel | 1 | 0 | 0 | 1 | 58.000 | 0 | 2 |
| Wallace | Don | 1 | 0 | 0 | 1 | 45.000 | 0 | 2 |
| MacKechnie | Donald | 1 | 0 | 0 | 0 | 90.400 | 0 | 1 |
| Ashton | Paul | 1 | 0 | 0 | 0 | 85.000 | 0 | 1 |
| Booth | Michael | 1 | 0 | 0 | 0 | 85.000 | 0 | 1 |
| Hudson | Joel | 1 | 0 | 0 | 0 | 77.172 | 0 | 1 |
| Spain | Gregory | 1 | 0 | 0 | 0 | 74.978 | 0 | 1 |
| Lebish | Roger | 1 | 0 | 0 | 0 | 55.400 | 0 | 1 |
| Herman | Andrew | 1 | 0 | 0 | 0 | 54.700 | 0 | 1 |
| Wallace | Alistair | 1 | 0 | 0 | 0 | 50.000 | 0 | 1 |
| Cook | Bruce | 1 | 0 | 0 | 0 | 50.000 | 0 | 1 |
| McKinnon | David | 1 | 0 | 0 | 0 | 50.000 | 0 | 1 |
| Iliopolous | Nick | 1 | 0 | 0 | 0 | 49.250 | 0 | 1 |
| Bilewicz | Richard | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Tomiczek | Bill | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Hosking | David | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Jenkins | David | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Langusch | Dougal | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Love | Gregory | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Kipling | Walker | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Jackson | Stephen | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Robins | John | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Hughes | Pat | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| King | David | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Heap | Alan | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |
| Brown | Craig | 1 | 0 | 0 | 0 | 45.000 | 0 | 1 |

* Rob Gray tied for a first place, John Pearson tied for a 3rd place

Includes a win in a national championship

aa Two Australian Records (one for distance and one for time) awaiting ratification

ww Two World Records (one for distance and one for time) awaiting ratification

aw One Australian Record, and One World Record (one for distance and one for time) awaiting ratification

2006 AURA Points Score Competition

Win prizes to a value of \$2000

HOW THE POINTS SYSTEM WORKS

The points system has been revised to the following standards for 2006

| CATEGORY | NO. OF POINTS | AWARDED FOR | EXPLANATION |
|---|---------------|---------------------------------|---|
| Category 1 Ultra Points | 2 | Starting | Each competitor receives two points for each ultra in which they start provided the 42.2km distance is passed |
| | 2 | Each 100km | Distances achieved in eligible events may be accumulated. Two points shall be earned for each 100km completed within the calendar year; performances of less than 42.2 km will be ignored. |
| Category 2 – bonus points for placings | 3 | 1 st place | To be eligible the race must be an ultra race sanctioned by AURA. This includes most races on the AURA calendar, but excluding team event such as Oxfam and Kokoda Challenge and events shorter than 42.2 km. These points are awarded for men's placings and for women's placings. If a National championship then these points are doubled. |
| | 2 | 2 nd place | |
| | 1 | 3 rd place | |
| Category 3 - bonus points for records | 3 | Breaking a National Age Record | Breaking a National Age Record entitles a person to 3 points in addition to any points earned in Categories 1 & 2. Age group records now start with U20 and then 20 to 24 and so on in 5 year increments. |
| | 5 | Breaking a World Age Record | Breaking a World Age Record entitles a person to 5 points in addition to any points earned in Categories 1 and 2. The IAU does not maintain records for those under 40. |
| Category 4 – bonus points for IAU benchmarks | 20 | Achieving IAU Level 1 benchmark | (a) 100km road - sub 7 hrs for men; sub 8:30 for women (b) 24 hr track - 240km+ for men; 220km+ for women |
| | 10 | Achieving IAU Level 2 benchmark | (a) 100km road - sub 7:30 for men; sub 9:00 for women (b) 24 hr track - 220+ for men; 200+ for women |
| | 10 | Achieving IAU eligibility | 50 km road - men 3:20 women 3:50 |

Prizes: 1st place – a trip for 2 to NZ to a maximum value of \$1000 plus free entry to either Auckland 24 hr, Taupo 100km or Kepler Track; 2nd place – 5 days at Runaway Bay Sports Super Centre with access to full facilities (value \$500); 3rd place – 2 nights for 2 at Seaworld Nara Resort with tickets to Seaworld (value \$300); 4th place – free entry to Gold Coast 24 (value \$125); 5th place – free entry to Gold Coast 100 (value \$60).

Notes:

- 1 There is no distinction between men and women for purposes of this competition, other than for the awarding of points as above. That is, there will be only one overall winner.
- 2 The points score is for the AURA year, which is the calendar year.
- 3 Only financial members are eligible for points. A period of grace is allowed to 31 March for any membership renewals; otherwise points are accumulated from the date a person becomes a member.
- 4 Points can only be scored from Ultramarathon races within Australia. Races contested overseas are not eligible except for the IAU 50km trophy race and the IAU 100km and 24 hour World Challenges
- 5 For races to be eligible it is necessary for Race Directors to furnish final (not provisional) results to the Records Officer no later than 31 December. Should this not occur then the performance for that race will be ignored.
- 6 Points for only two records (one for distance and one for time) may be claimed in each event.
- 7 National championships for 2006 comprise: Six Foot track, Canberra 50km, Gold Coast 100, Gold Coast 48, Adelaide 24 and Cliff Young Colac 6 day.

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 | dcritini@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 | peverdweaver@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

TAMBORINE TREK, GOLD COAST

Saturday 27 May 2006

The Tamborine Trek is a 62 km event from the Girl Guides Hall in Ferry Road, Nerang to the top of Mt Tamborine and back. The course comprises 19 km of unsealed road within the Nerang State Forest, and 12 km of bitumen to the top of Mt Tamborine. The event is open to solo competitors and 3 person relay teams, each member running approximately 22 km. There is also a 27 km race within the forest for those training for the Kokoda Challenge. For more information see www.goldcoast100.com or telephone Ian Cornelius on (07) 5537 8872 or mobile 0408 527 391.

GOLD COAST 100

Sunday 11 June 2006 (Queen's birthday weekend)

This race incorporates the National 100 km championship. There is also a 4 x 25km relay section, a section for Kokoda 4-person teams and a composite relay event. The course comprises 16 laps of a 6.25 km loop at the Runaway Bay Sports Super Centre. This is a flat, fast course, based at the nation's leading sports centre. For more information see www.goldcoast100.com or contact race director Ian Cornelius on (07) 5537 8872 or mobile 0408 527 391.

GOLD COAST 6, 12, 24 & 48 hr TRACK CHAMPIONSHIPS

Incorporating the 48hr National Championships

Starts at 0900 Friday 11 August 2005 and finishes 0900 Sunday 13 August 2005. Location is Runaway Bay Sports Super Centre on the northern end of the Gold Coast, Qld. The track features a Mondo surface (as used in the Olympics) and the events use electronic scoring, thus eliminating the need for lapscorers. Hot food is provided each 6 hours commencing at 12 noon on the Friday. Accommodation is available within the complex, approximately 150 metres from the track. Showers and toilets are readily available at trackside. It is possible to contest this event without crew. For further information, refer www.goldcoast100.com or contact the race director, Ian Cornelius on 07 5537 8872, mobile 0408 527 391.

GOLD COAST KURRAWA TO D'BAH & RETURN 50 km

Sunday 10 December 2006

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

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 UTLRA 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 _____

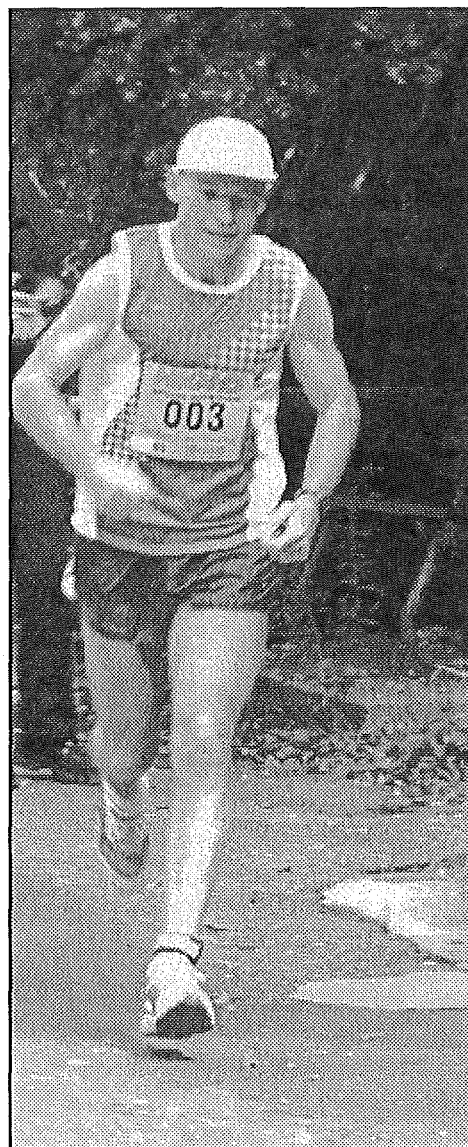
Directions (via phone) _____

Pickup from: _____ Airport _____ Bus depot _____ Train/tram station _____

In Profile

PERSONAL INFO

Name... Jonathan (Jo) Blake
Date of birth... 2nd August 1965
Place of birth... Port Vila, Vanuatu
Current address... 1 Flint Place, Illawong NSW 2234
Occupation... Chartered Accountant
Marital status... Married to Shelley since 93
Children... William (8), Edward (6), Oliver (3)
Height... 175cm
Weight... 69kg
Best physical feature... That's not for me to say.
Education background... HSC & Bachelor of Economics at Sydney University
Favourite author... none in particular (but always like Sean Greenhill's Race reports)
Favourite book... No Bugles No Drums - Peter Snell with Garth Gilmour
Favourite non running magazine... Inside Sport
Favourite movie... Shawshank Redemption and Caddyshack
Favourite TV show... Get Smart
Favourite actor... Samuel L Jackson
Favourite music... Australian Garage Music of the 70s and 80s
Book you are currently reading... Lance Armstrong, It's Not About the Bike
Hobbies... Running Footy Tipping Comps
Collections... Footy Cards from the 70s
Make of car you drive... Holden
Make of car you would like to drive... Not fussed
Greatest adventure... Camping around Europe for 3 months, including driving through Yugoslavia only weeks before war broke out in 1991
Favourite spectator sport... Rugby Union
Favourite holiday destination... Sawtell
Favourite item of clothing you own... Currently the shirt I got given for my birthday.
Most prized possession... Australian Running Singlet and Track Suit
Personal hero... Peter Snell, Ralph Doubell from the days I was a young 800m runner.
Favourite quote... When you're on your death bed, you won't say that you wish you'd worked more.
Personal philosophy... Life needs to be balanced and Family always comes first.
Short term goal... Sydney Trailwalker and defend Brindabella Classic
Long term goal... Run sub 7hours for 100km and Run Coast to Kosi
Achievement of which you are most proud... 12th at World 100km in 2005
Pets... Cat (Churchill)
Pet peeve... Non runners who place more value on a run in the City to Surf than anything else.
Favourite non running activity... Time with the Family
Greatest fear... Mortgage



Happiest memory... Wedding day/
Kids being born/ Lake Saroma (and
in that order of course)

Personal strength... Dedication

Personal weakness... Trying to
please everyone can make me
indecisive and over committing.

RUNNING INFO

P.B's... 10km 33:26; Half 73:10;
Marathon 2:38:23; 50km 3:10:44; 6
Foot Track 3:36:20; 100km 7:08:57
Years running ultras... 3
Number of ultras finished... 12
Best ultra performance... 12th World
100km Lake Saroma 2005

Most memorable ultra and why...Lake Saroma 2005 for obvious reasons. Incredibly proud to be wearing the Green and Gold, and to perform on the day was very satisfying. 6 Foot Track is always special though.

Typical training week...

Monday - 2hrs

Tuesday - AM 1.5hrs including speed session PM 10km hard

Wednesday - 2hrs

Thursday - AM 1.5hrs including speed session PM 10km Hard

Friday - 2hrs

Saturday - 3 to 5hrs

Sunday - Sleep in and rest

Injuries...None to speak of

Favourite running shoes...Brooks

Axiom for racing, they are just sensational.

Favourite food/drink during an ultra...Anything that's icy cold to drink. Not that Powerbars taste great, but they are the best food I've found.

Favourite handler...Mum, Dad, Shelley, Gaz

Favourite place to train...The Shire (Sutherland)

Favourite running surface...Take it as it comes, happy with road or trail

Ultrarunning idol...Trevor Jacobs

Why do you run ultras...I really enjoy the challenge of racing and training for them. I love sitting down to work in the morning after having witnessed the day dawn knowing I've already knocked over 20 to 30kms. I love having

breakfast at home on a Saturday knowing I've already done the long run while everyone was asleep. I love going into a race thinking I can be competitive. I have slowly worked into Ultras as my training base increased and I now feel I can race them, rather than just survive them. The challenge of arriving at the startline knowing it's a big day ahead (and that it's likely it won't go to plan), a far cry from the days of running track knowing it would be all over in 2 minutes.

Any advice to other ultrarunners...Not that I feel qualified to give it, I'm the one seeking the advice.....but get into a routine with training that works and then stick to it, and the results follow. It is possible to have routine and variety in the one program.

NEWS RELEASE

Australian Ultra Runners Association (AURA) is pleased to announce the following awards for 2005.

Male Ultra Runner of the Year

Jonathan Blake (41) from Illawong, NSW. Jonathan placed 4th in Six Foot Track 45km) in March; won the Canberra 50km in March with 3:10:44; represented Australia at the World 100 km championships in June finishing in 7:08, the best time by an Australian in 6 years; won the Fitzroy Falls marathon in October in a course record time, then backed up the following week to win the 55 km Brindabella Classic.

Female Ultra Runner of the Year

Emma Murray (27) from Canberra, ACT. Emma is a very accomplished roganier and mountain runner. Emma won the Six Foot track in March in a new course record time; won the World Long Course Mountain Running Championships (42 km) in the French Pyrenees in August; and won the Brindabella Classic in October.

Rising Star Awards

This award is to the 25's and under who showed outstanding potential. The male award this year goes to two recipients. They are Chris Hills (20) from Tasmania who placed 5th in the Gold Coast 100 Km in 9:02:54, going through the 50 km mark in 3:45:12; and Jim Turner, also 20, from Kingscliffe NSW, who won the Kurrawa race (about 48 km in very hot conditions) in a time of 3:39:07. The committee was unable to determine a clear winner and so the award is made to each of them. The female award goes to Tamyka Bell, (25). Tamyka ran her first ultra in September (Glasshouse 50 km) and followed that up with a 3rd placing at Kurrawa to Duranbah on 11 December.

Cliff Young Gumboot award. This award is to the best-performed, male or female, O60 AURA member at 24-hrs track. This award goes to Vlastic Skvaril Tas (66) who ran 168.40km in the first 24 hours at the Colac 6 day race in November.

Bryan Smith Award. This award is to the AURA member who, in the opinion of the committee, has made

a major contribution to the sport of ultrarunning, especially in the year under review. This year the award goes to Bill Sutcliffe, the President of the Colac Race Committee. Bill has been instrumental firstly in ensuring the continuance of the race and secondly, in making it the huge success it was in 2005.

AURA points award. This award is determined by a complex points system where the AURA member receives one point for starting, one point for each 100 km run, bonus points for placing and bonus points for breaking Australian or world records. For 2005, the male award goes to Peter Lahiff (70) from Townville and the female award, for the third consecutive year, goes to Carol Baird (56) from Canberra. Both are prolific record breakers.

AURA extends its congratulations to the recipients of the various awards.

For further information, contact AURA media officer, Colin Colquhoun on 0413 845 860

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.

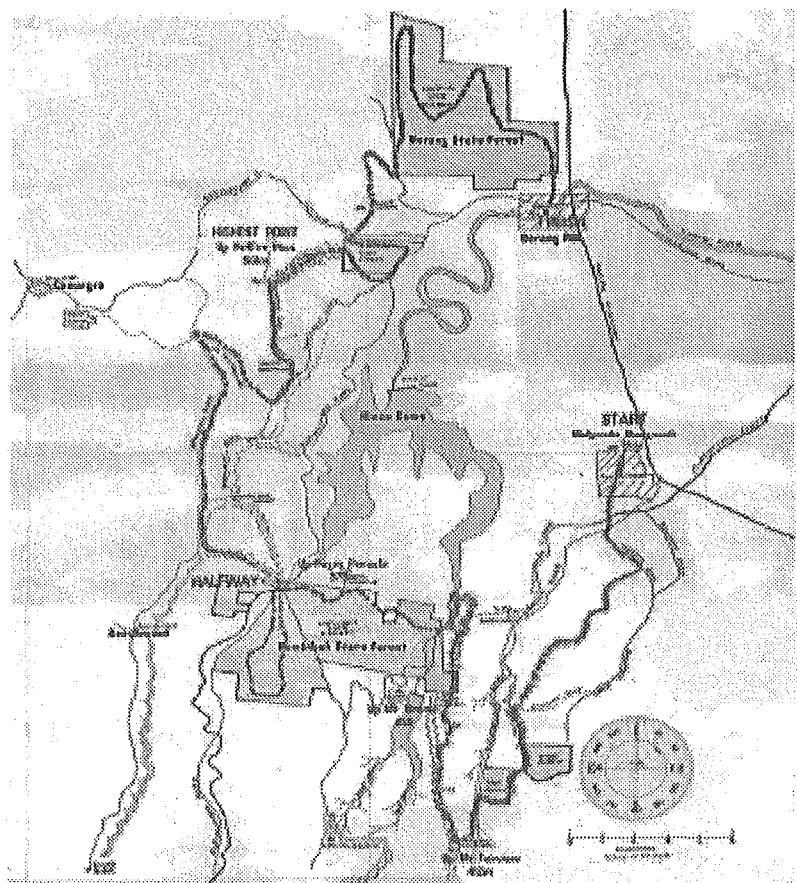
*Looking for a personal challenge?
What an accomplishment to complete and a great cause to support!
Register now or get full details at*

www.kokodachallenge.com

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

**96 kilometres
in 39 hours**

*Are you up to the
challenge?*



Coast to Kosciuszko

From zero to 240 in one year - *By Brendan Mason*

Race Report December 2/3/4 2005 [results in December Issue]

I thought I better get off my fat ass and actually write something about my experiences at this year's Coast to Kosciuszko race before the memories start to slide.

My racing schedule over the past few years left a lot to be desired. A mix of laziness and corporate entertaining had taken its toll on my fitness. I managed 4:20 at the London Marathon on two weeks training in 2004. I was disappointed in that result so then started to train properly with Brian from Sporting Spirit. I set the 2004 Melbourne Marathon as my target race. This was significant because I had run my Marathon personal best (3:30) in 1984, 20 years earlier. My training for Melbourne went well but I injured a ligament in my left knee in an "idiotic injury incident" so I was out. No more races for 2004.

2003 Racing Schedule No races

2004 Racing Schedule London Marathon 42km

On New Year's Eve in 2004 I decided to lose 10kg of body weight and run in the Comrades Marathon. My preparation went well and I was thrilled to have met both of my 2005 objectives of losing 10kg and completing the Comrades.

2005 Racing Schedule Maroondah Dam 52km 6 foot track 46km Canberra 50km Brisbane 42km Wahalla 65km (included 15km in addition to the course) Williamstown 42km Comrades 89km

After I completed Comrades in June I decided to see how far I could take my running in one calendar year. As

you can see from the list below I managed finish quite a few long races.

2005 Racing Schedule continued Gold Coast 100km Sydney Trailwalker 100km GH100 161km NZ 24hr 163km Melbourne 42km Two Bays Trail 28km Coast to Kosciuszko 240km

This report relates to the last, and longest, run on that list.

I had managed to get a good finish at the Glasshouse 100 mile race, On paper I felt that I had the CV that would allow me to finish at C2K. I decided to strip all the mental and physical aspects of the decision aside and decided to give it a shot on the basis of the work that had been completed so far in 2005, I knew I could get to the top of Kosi because of races that I had done so far in 2005. In the end it was one of those "fuck it, lets give it a shot" impulsive decisions. No one chooses to run 240km the first time from logic and considered analysis, there needs to be a reckless component to the decision process.

I didn't really worry too much about crew, in fact I thought that I might be able to give it a go without support. I remember Richard advising me that this was a dumb idea and that it would be certain death to consider taking on this event without support. I heeded his advice and went into crew recruitment mode. I won't bore you with the details of the various crews only that Sean had offered to assist 'at the pointy end' if I needed help. I assumed the pointy end was the part of the race that occurs after 100 miles, ie. The last 80km.

Sean's offer firmed up to the point where I'd only need to share support for the first 45km.

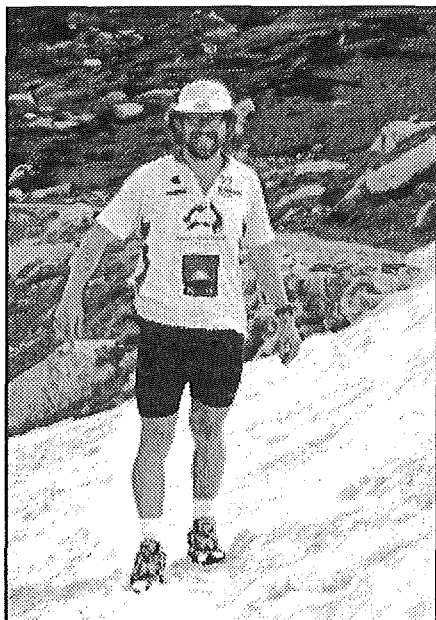
The evening before the race I flew into Merimbula on my private jet and managed to hitch a lift for the 25km to Eden with a Truckie called Darren who had a very entertaining Blue Dog (nicknamed Wayne) causing all sorts of chaos in cab of his rig. I was dropped at the Shadrack resort where there was a fantastic view of the ocean and an oil rig that was in from Bass strait for repairs.

The dinner at the Eden Fisherman's club was nice and the beer was cold, Paul Every did an appropriate and stately speech, the various crews and runners made small talk about anything except C2K, I suspect that we were all shitting ourselves, at least I was. Funny enough, as I was leaving I ran into the Truckie and his dog who were procuring several long neck bottles of beer. The Truck man offered to get me back to Shadrack (4.5km from Eden) and I settled down into my luxury suite in the hotel.

I must admit I managed almost zero minutes of sleep on the night before the race, a combination of equipment faffing and nerves took away any desire to rest. Before I knew it one of my three alarms sounded at 4am. I had anally laid out my gear in the order that I'd put it on and called on my friendly Truckie and his belligerent Blue Dog to assist me with some foot taping.

Soon after Sean and Mel arrived having left Sydney late on Thursday and driven through the night taking time out to kip along the way. I promptly advised the Truckster and the Dawg that they were past their use by date and transferred my attention to Sean and Mel. Sean checked my foot tape and we were off to the start.

The start was amazing, lots of pictures and a festival like atmosphere, heaps of good luck hugs and back slapping. The beach was flat, the sun was nudging the horizon



Paul Every traversing the snowdrift

and we all performed some sort of ritual. Lawrence, Jan and Paul filled little bottles of water to be taken to the summit, I decided to get my feet soaked in an uncoordinated duel with the surf and took a mouthful of seawater that would travel with me to the top of Kosi.

A few minutes past 5:30am Paul drew a line in the sand, we all got behind it for the start of the second run to Kosciuszko. As usual in these long runs the field stayed together for the first couple of kilometres then Paul, Martin and Kelvin as the three most accomplished runners took their place at the front and proceeded to ascend the first bit out of Eden as if they were running in the World Mountain running championships.

I took my position in the field, seventh out of seven and deliberately held back so that I would not burn out too quickly, this proved difficult as I was feeling good and wanted to be part of the fun going on up ahead. Truckie and Blue Dog were omnipresent ferrying water bags and generally being cheerful.

At about the 4km mark we saw all the crews, the race at this point had the feeling of a big race with cars leapfrogging each other and a high degree of fussing going on. Sean and Mel were catching up on some sleep back at Shadracks resort, this is exactly where I wanted them. The early parts of the race were not too

demanding from a support crew perspective and a rested crew in the latter stages would prove valuable.

Through the next twenty or thirty km I remember school buses passing and large trucks stirring up dust, through this section I was being fed waterbags, bananas and the odd bread based appetiser from RB, Gaby and Kelvin's crew (Lis and Garry). Things were getting hot and my HR went to 160bpm despite my slow pace.

I crossed the marathon in about 5hrs 20min ish. I remember Robert telling me that Richard had had a quick dip in the creek where the causeway marks the 42.2km. I also remember looking at my Garmin and noticing that it was more like 44.5km. But who cares what the distance is, we only have one objective and that is the summit of Mt Kosi (+9km).

Rolling along the next 20km was loads of fun, not. It was getting bloody hot, and dusty. It was along this section that my insect repellent somehow got onto the nozzle of my camelbak and onto my hands and onto the waterbags and into my gut. Needless to say I was feeling crook. In fact my tummy was never really good through the whole race. I was consuming my home made goo which tasted disgusting so I was surviving on a staple of glucose jelly beans and powerbars. Soon after I had a vanilla crisp powerbar, the first of my twenty

that I had purchased especially only to discover that they have peanut flour as an ingredient, mmm what to do... My peanut allergy has never been a real problem so long as I don't eat peanuts, this left me with a small issue of 20 useless powerbars which I had purchased in the states and were now a useless passenger on the highway to hell.

You guessed it I was listening to prime vintage AC/DC on my MP3 player, in fact I didn't give a shit what my stupid stomach was up to I just had a fantastic array of cool sounds coming through my earphones.

I decided to push hard up Big Jack Mountain just to test my resolve for the first time. My tactic for this hill was to assume that it would never end. I decided that every corner would have a switchback that went up again. Sure it was hard but I felt good. At the top I saw Richard refuelling, he had obviously pushed hard as well because I was trying to catch him on the hill. I decided to keep going for the moment and rest a bit later.

It was a nice feeling getting that mountain out of the way, I can't really remember what was going on with the crew apart from Mel telling me that I was going fast. It is probably worth mentioning that our team mascot, Dave, the rabbit, was doing a terrific job in his role as morale officer and wiggling his nose lots which was a



A cold and windy victory

hugely motivating factor in my progress.

Sean and Mel were kept busy making me honey sandwiches and giving me cordial bottles. It looked like I wouldn't be eating much of the stuff I'd asked them to get on my behalf.

There has been much discussion on the CR bulletin board on how to crew for a runner; in many respects I probably needed a lesson on how to be crewed for because it was my first time with a crew.

Prior to the race I had given Sean specific instructions that I needed him to be hard on me, not to let me get away with too much. I knew this advice was going to come back to haunt me at some point during the run. But, for now, I was travelling well.

I can't remember when I passed Jan and Lawrence but they were behind me at this point, but not too far because Gabi was still screaming past on a regular basis. I think I was on schedule to get to the Dragon Swamp Bridge at around 3:30pm, which made 10hrs of running so far. My plan was to run 8min/km for the first 70km and to have 5x 5 min breaks in the first 10 hours. I had asked Mel and Sean not to let me sit down until I had run 100km. From past experience at Glasshouse and NZ 24hr I knew that I'd probably need a rest at about 80 or 90km.

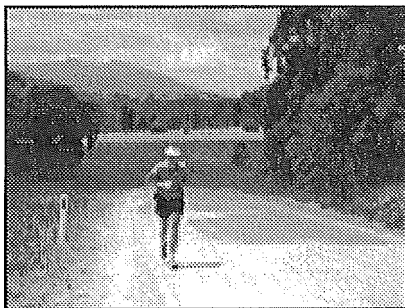
Being a total technophile, gadget geek freak I had created a triple redundancy wireless comms system that meant that I'd be able to communicate with my crew at any point. This system used GSM in built up areas, CDMA in rural and lightweight UHF 2way radios in remote areas.

I think it was around 80km that I radioed Sean to say that I wanted to conduct some foot maintenance, the 2way was also good because I could let them know from a few km out what my food and liquid needs were. This system worked well.

I sat down and I think Sean asked me if I wanted to switch shoes, "nah, I didn't bring any spares shoes or clothes" I replied. "What you're going

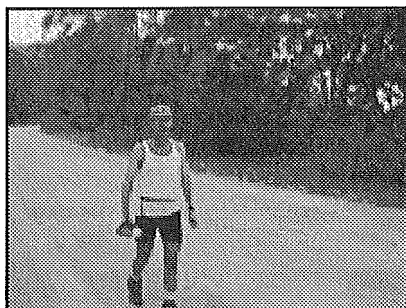
the whole thing in one set of gear?" Sean responded with a horrified look. Lesson for next year, more than one outfit.

At this point I was stopping roughly every 10 or 12km, I think. Sean and Mel cruised by in the kombi and Sean



Richard McCormick going strong

gave me a target, make the Dalgety Rd turnoff (104.3km) by sunset. The next section was from Bibbenluke across all the cattle grids through higher country was the most enjoyable for me, not only was it extremely beautiful in fading light but I was in an euphoric state. I was pushing hard because I wanted to complete the challenge that Sean had set me. Travelling through here I was



Towamba Road

visited by a farmer complete with sheepdog on the back of a trail bike who rode beside me for about a mile because he thought I could use some company, I can't remember his name but I think his dog was called Silver. Anyhow future C2K runners watch out for friendly farmers along this section at about the 100km mark. I think it was around 8:30pm on Friday night.

I think I was a little behind target when I got to the Dalgety Rd turn off but the team were very happy with my progress. May need to be corrected but we're at about 105km and roughly 15hrs into the race.

The night-time section was really blurry so these next bits may seem a bit scant.

I think I first experienced micro-sleeps at around 10pm which is really early for me and it took lots of concentration to keep moving in a straight line.

For the next 40km or so all I really remember is Sean pacing me through the most brilliant starry night in the middle of nowhere. We seemed to be moving quickly and we were both wearing headlamps and our world was that thin beam of light that cocoons you from the surrounding darkness. At some point along here I listened to the Church's song "under the milky way" a few times and it seemed like I was the only person in the world, I was still stumbling around from tiredness and no matter how close my pacer was I still felt alone, it was a similar feeling that I got at the Glasshouse race. For some reason this is how I imagine a mother of a newborn who gets up in the early morning to feed a screaming child must feel kind of like solitary confinement, total seclusion, aloneness.

Along here somewhere we stumbled upon the ever-resourceful Mel who was adept to building warming fires and cooking hot food. Was it here we had a great pasta? Wherever it was it was great. My stomach was still not happy and felt crook for the first half an hour after any food, nothing to do with the cooking just a crap constitution.

Mel took over the pacing duties for the next hour or two and boy did she do a good job. Her focus was on walking. Walking in events like this is inevitable. Mel gave me my marching orders. When we run we run as far as I did with Sean. When we walk we walk fast, walk with purpose, big steps. I'm sure Mel got me through that section much faster because she walked me faster, no stuffing around.

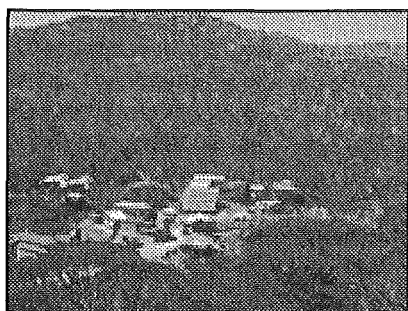
The new target was Dalgety by 3am (?) phew and we pushed hard to get there. What a quaint and secluded little place. Can you imagine what a place like Dalgety is up to at 3:30am on a Friday night? Right, nothing!

Moving along we decided to shorten the breaks. I ran by myself again and selected some hard driving electronic music to keep me going. The van was parked near a cemetery (thanks guys) at the top of a hill four km or so from the Beloka range Mel handed me a cup of hot coffee which always spurs on a gastrointestinal reaction apart from the awakening qualities. 400m after I have left the van I see Kelvin's Subaru and with Lis ferreting around in the boot. Soon after I see Garry. Lis kindly loaned me some toilet paper. As I'm pushing off I see and hear Kelvin in the passenger's seat. Turns out he had a rest and would be back on the road quite soon. (bloody good strategy).

Sean comes past to get the coffee cup and asks where Kelvin is. "He's in the car" Quick as a flash. "that makes you third, get moving". I did move, I ascended the Beloka range and went through 100 miles in about 25:30 (?) got to the top feeling ok but not great. Collected a honey sandwich and waited for van to disappear around a corner and chucked the food away. After a few more Km I was given some fruitcake and more sandwiches and did the same, threw the food to the Currawongs. I was finding it difficult to take in any calories, even cordial was not working.

Was it here that things started to deteriorate for me? Sitting and writing this, it certainly seems like I was on road to nowhere. At the top of a big hill Mel cooked me a fantastic looking rice meal, which I rejected. Robert appeared on the scene soon after and paced me for ages. I was not eating and only drinking water.

Passing through Jindabyne Sean and Mel turned up with a box of icy poles. These were fantastic, I had no problem keeping them down.



Charlottes Pass

The long section up to Charlottes took forever, At 186km I was walking almost all the way. Robert kept pushing me but there was very little left. A 10min nap at 200km sparked me into action for a little while.

Martin and crew came past then a few hours later Paul came through both looked in better shape than me.

Somewhere before Smiggins (208km) Kelvin ran past me like a man possessed, before I knew it he'd put a whole kilometre into me. Things got tough. Sean took over pacing duties. I was tired, cranky and probably not very nice to be with but we kept walking.



Gunninggrah Road

At Perisher I felt like I had almost Perished. I lay down on the ground and slept for 5min. It was cold but I didn't care anymore, I so wanted this bloody thing to end and I needed sleep.

We finally got to Charlottes and started the climb, my feet were mince meat and the trail is made from rocks the size of golf balls, Mel and Sean were fantastic.

I probably would not have risked going up from Charlottes if I didn't have Sean and Mel to pace me through that last 18km section. Getting there was fantastic but it was very much a case of "tick, I'm freezing, just get me out of here before I collapse", not an anticlimax but no real reason to linger in the dark after the picture had been taken.

A funny thing has changed. It's my perspective on the whole debate around the split between mental vs. physical strength. This year when people asked me how it's possible to

finish a 50km plus event I've responded that it's 90% mental. Training only takes you so far, and then you need to mentally manage the race so that you get to the end in reasonable shape, that's still true.

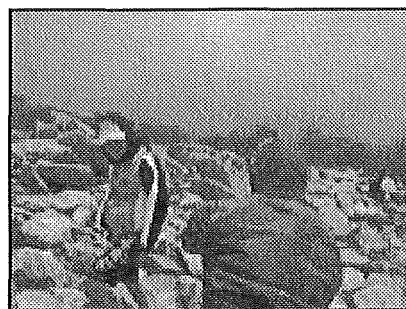
C2K was different, my nutrition strategy was less than perfect nothing to do with the crew, I just didn't eat enough) and I had to rely on my (poorly fuelled) body to get me through, no amount of positive thinking could have kept me going, it came down to training, no, it probably came down to physical experience which is different to training, my body just knew what level to operate at for the last 55km.

Overall this physical experience was gained in this year's events. Sounds basic but until C2K I never thought I would find myself in a DNF situation, 5km out of Charlottes the acronym came into my head for the first time in my life, it was a close one.

Thank you Richard you were right, I needed a crew. I needed a crew that had the guts to say no. Dave and Sean and Mel got me through this one, thank you.

Thanks to all the runners who started and thanks to the various crews who made it possible for each runner to participate. Thanks to all the families that put up with our ultrarunning absence.

To the ultra crew that have accepted me, I love the scene and the friendship, thanks. 2005 was year of finishing. I'm losing another 10kg between now and June 06 and I'll be running for times in 2006.



Weather closing in near summit

Kurruwa to Duranbah

11 December 2005

This race has two components. First, the two person teams whose first runner hammers it for the 25 km from Kurrawa down to D'bah trying to make the most of the slightly cooler conditions prevailing from 5:00 to 6:30-7:00am. They then tag their team member who work their way back to Kurrawa as best they can in the growing heat of the day. Then we have the solo runners who normally run a little slower on the out leg and then struggle back, it being quite an accomplishment to finish an event of this duration on the Gold Coast at what is approaching the hottest time of the year.

On this occasion we had some very fast 25km runners, six of whom made it down in sub 1:40. The outstanding performance was that of Justin Hunter who ran a race record down leg of 1:31:24.

David Sweeney, a solo runner, ran wasn't far behind in 1:40:05 but decided to not make the return journey. Gavan Reynolds was next to make the turnaround point, in 1:46:17 but withdrew at Elephant Rock (35km) with the pace and heat, combined with a hard year's racing, having taken its toll.

Next of the solos to arrive were Robert Ware (1:48:18), Nanda Holyoak (1:50:19), Adrian Pearce (1:50:26), James Turner (1:50:45), Siri Terjesen (1:51:04) and Nic Moloney 1:51:30.

James Turner (19yo from Kingscliffe) was able to outperform the others on the return leg running a well-judged and almost equal split of 1:50:45 for a total time of 3:39:07. Siri Terjesen

(a former USA 100 km representative) and Adrian Pearce were able to overtake the others in front of them, dead-heating for second with 3:54:26. James had never run a race of longer than 10 km prior to this event, so his performance was exceptional.

Siri Terjesen broke the women's record. Relay runner Brad Smith ran a course record for the return leg of 1:25:42 and his team (he and Peter Hall) broke the mens' relay record.

The race had 29 solo starters and 49 relay teams. The number of relay teams was the highest on record. Geoff Williams has run all 9 races to date and Geoff Last has completed 8. Congratulations to all runners.

RESULTS - SOLO

| Place | Lastname | Firstname | State | Gender | Time out | Time back | Total time |
|-------|-----------|--------------|-------|--------|----------|-----------|------------|
| 1 | Turner | James | NSW | M | 1:48:22 | 1:50:45 | 3:39:07 |
| =2 | Terjesen | Siri | Qld | F | 1:51:04 | 2:03:02 | 3:54:26 |
| =2 | Pearce | Adrian | Qld | M | 1:50:26 | 2:04:00 | 3:54:26 |
| 4 | Ware | Robert | Qld | M | 1:48:18 | 2:12:43 | 4:01:01 |
| 5 | McKay | Keith | Qld | M | 1:56:04 | 2:07:46 | 4:03:50 |
| 6 | Moloney | Nic | Qld | M | 1:51:30 | 2:18:33 | 4:10:03 |
| 7 | Holyoak | Nanda | Qld | M | 1:50:19 | 2:29:14 | 4:19:33 |
| 8 | Auguszcak | Mignon | Qld | F | 2:01:57 | 2:30:28 | 4:32:25 |
| 9 | Allan | Peter | Qld | M | ?? | ?? | 4:39:51 |
| 10 | Bell | Tamyka | Qld | F | 2:01:55 | 2:39:30 | 4:41:25 |
| 11 | Ladyman | Rodney | Qld | M | ?? | ?? | 4:49:50 |
| =12 | Last | Geoff | Qld | M | 2:22:26 | 2:30:57 | 4:53:23 |
| =12 | Gibson | Peter | Qld | M | 2:22:26 | 2:30:57 | 4:53:23 |
| 14 | McKenzie | Peter | Qld | M | 2:25:42 | 2:46:51 | 5:12:33 |
| 15 | Raftery | Joe | Qld | M | 2:17:50 | 2:56:39 | 5:14:29 |
| 16 | Evans | Brian | Qld | M | 2:18:53 | 3:00:35 | 5:19:28 |
| 17 | Cohen | Chris | Qld | M | 2:20:47 | 3:15:05 | 5:35:52 |
| 18 | Hennes | Todd | Qld | M | 2:08:25 | 3:29:52 | 5:38:17 |
| 19 | Williams | Geoff | Qld | M | 2:44:23 | 3:43:45 | 6:28:08 |
| =20 | Barrett | Mark | Qld | M | 2:45:50 | 4:22:42 | 7:08:32 |
| =20 | Renai | Mark | Qld | M | 2:45:23 | 4:23:09 | 7:08:32 |
| 22 | Anderson | Peter (Walk) | Qld | M | 3:26:39 | 3:49:15 | 7:15:54 |
| RET | Sweeney | David | Qld | M | 1:40:05 | | RET |
| RET | Reynolds | Gavan | Qld | M | 1:46:17 | | RET |
| RET | Beer | Bob | Qld | M | 1:57:14 | | RET |
| RET | Clough | Lucas | Qld | M | 2:05:13 | | RET |
| RET | Russell | Shane | Qld | M | 2:05:41 | | RET |
| RET | Kopittke | Geoff | Qld | M | 2:31:15 | | RET |
| RET | Schultz | Michael | Qld | M | 2:44:53 | | RET |

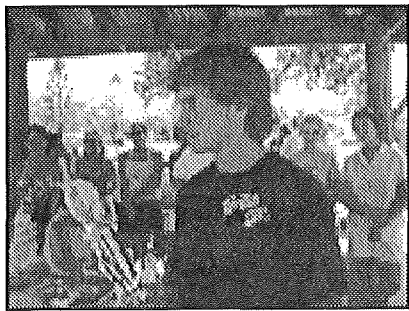
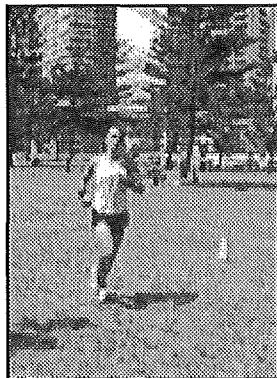
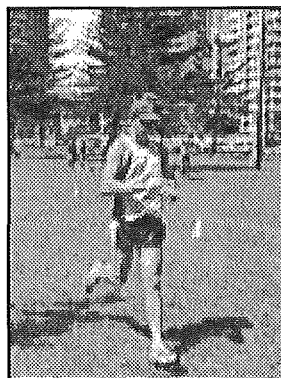


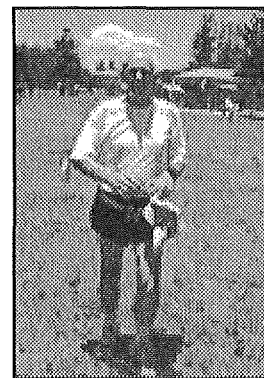
Photo above: Jim Turner with
the winners trophy



Nanda Holyoak



Nic Moloney



Pete Anderson

RELAY TEAMS

| 1 | Peter Hall & Brad Smith | Qld | M | 1:33:38 | 1:25:42 (RR) | 2:59:20 (RR) |
|----|-------------------------------------|-----|---|--------------|--------------|--------------|
| 2 | Sean Swain & Jason Shortis | Qld | M | 1:37:49 | 1:32:18 | 3:10:07 |
| 3 | Daniel Thomas & Jess Kirley | Qld | M | 1:39:08 | 1:36:40 | 3:15:48 |
| 4 | Mitchell Keys & Paul Tierney | Qld | M | 1:37:58 | 1:38:48 | 3:16:46 |
| 5 | Michael Page & Brian Fuller | Qld | M | 1:32:05 | 1:47:16 | 3:19:21 |
| 6 | Justin Hunter & Dan O'Rourke | Qld | M | 1:31:24 (RR) | 1:50:06 | 3:21:30 |
| 7 | John Pearson & Adam Barron | Qld | M | 1:41:54 | 1:45:50 | 3:27:44 |
| 8 | David Lang & Mark Kenney | Qld | M | 1:48:16 | 1:42:33 | 3:30:49 |
| 9 | Gavin Bell & Geoff Backen | Qld | M | 1:50:21 | 1:43:26 | 3:33:47 |
| 10 | Damien Williams & David Fitter | Qld | M | 1:52:52 | 1:41:31 | 3:34:26 |
| 11 | Kylie Spence & Bomber Hutchinson | Qld | X | 1:46:09 | 1:50:35 | 3:36:44 |
| 12 | Liz Novotny & Chris Gale | Qld | X | 2:01:59 | 1:38:08 | 3:40:07 |
| 13 | Silvafox Brown & Peter Sawyer | Qld | M | 1:45:30 | 1:54:38 | 3:40:08 |
| 14 | Terry Smith & Mark Sparshott | Qld | M | 1:49:56 | 1:53:54 | 3:43:50 |
| 15 | Liz Lovering & Glen Bartholomew | Qld | M | ?? | ?? | 3:48:05 |
| 16 | Theresa Fabian & Nicholas Petrie | Qld | X | 2:00:11 | 1:48:53 | 3:49:04 |
| 17 | David Campbell & Martin Scott | Qld | M | 2:04:07 | 1:50:56 | 3:55:03 |
| 18 | Marl Parsonson & Francis Harvey | Qld | M | 1:48:28 | 2:07:26 | 3:55:54 |
| 19 | Scott Stevens & Mike Gregory | Qld | M | 1:54:50 | 2:01:27 | 3:56:17 |
| 20 | Mark Phillips & Graham Robertson | Qld | M | 1:54:03 | 2:02:17 | 3:56:20 |
| 21 | Jennifer Epps & Geoff Crowther | Qld | X | 1:56:12 | 2:03:21 | 3:39:33 |
| 22 | Daryl Bancroft & Michael Davies | Qld | M | 1:59:35 | 2:01:37 | 4:01:12 |
| 23 | Ric & Toby Hering | Qld | M | 2:11:23 | 1:52:12 | 4:03:35 |
| 24 | Clive Pickering & Martin Winnall | Qld | M | 2:14:33 | 1:50:07 | 4:04:40 |
| 25 | Tara Baumann & Tim Munro | Qld | M | 2:00:29 | 2:10:38 | 4:11:07 |
| 26 | Claire Bellinger & Robert Lofthouse | Qld | X | 1:57:34 | 2:13:41 | 4:11:15 |
| 27 | Karen Wiersma & Ciaran Brock | Qld | X | 2:05:40 | 2:10:10 | 4:15:50 |
| 28 | Lindy Graves & Lisa Gale | Qld | F | 2:14:35 | 2:01:39 | 4:16:14 |
| 29 | Mary-Jane Crosbie & Mark Hewitt | Qld | X | 2:14:14 | 2:03:23 | 4:17:37 |
| 30 | Bruce Johnson & Robert Walker | Qld | M | 2:12:56 | 2:04:44 | 4:17:40 |
| 31 | Phil Lawrence & Maureen O'Loughlin | Qld | X | 2:13:44 | 2:04:39 | 4:18:23 |
| 32 | Mal Draper & Paul Chamberlain | Qld | M | 2:08:09 | 2:15:32 | 4:23:41 |
| 33 | Damian Timbs & Lance Partridge | Qld | M | 2:18:17 | 2:10:03 | 4:28:20 |
| 34 | John Gage & Emma Moylan | Qld | X | 2:16:24 | 2:13:03 | 4:29:27 |
| 35 | JoAngel & Candice Mills | Qld | F | 2:17:46 | 2:16:41 | 4:34:27 |
| 36 | Erik Bildsten & Ryan Edwards | Qld | M | 2:24:30 | 2:18:34 | 4:43:04 |
| 37 | Scott Anderson & Michele Healy | Qld | X | 2:05:17 | 2:39:01 | 4:44:18 |
| 38 | Sandra Brett & Jim McMillan | Qld | X | 2:22:44 | 2:29:15 | 4:51:59 |
| 39 | Ross Salmon & Jenni Paxton | Qld | X | 2:44:56 | 2:09:23 | 4:54:19 |
| 40 | Mark Briggs & David Waldon | Qld | M | 2:25:57 | 2:31:52 | 4:57:49 |
| 41 | Klaus Maurer & Christine Jackson | Qld | X | 2:28:43 | 2:40:56 | 5:09:39 |
| 42 | Robyn Stanley & Mark Woods | Qld | X | 2:27:25 | 2:44:54 | 5:12:19 |
| 43 | Karen Koppenol & Peter ? | Qld | X | 2:27:24 | 2:45:08 | 5:12:32 |
| 44 | Hannah Broom & Samantha Hills | Qld | F | 2:45:14 | 2:38:40 | 5:23:54 |
| 45 | Suan Neumann & Paul Holsten | Qld | X | 2:51:26 | 2:50:28 | 5:41:54 |
| 46 | Faith Anderson & Jeff Jackson | Qld | X | 2:51:27 | 2:50:29 | 5:41:56 |
| 47 | Elro Periaho & Tina Fiegel | Qld | X | 2:23:10 | 3:21:06 | 5:44:16 |
| 48 | Dot Pouloupolis & Leonie Thompson | Qld | F | 3:09:46 | 3:13:44 | 6:23:30 |
| 49 | Ferris & Corey Stone | Qld | X | 2:18:15 | RET | RET |

Six Inch Marathon 45km

W.A. 17-12-2005 Results

1st Dave Kennedy 4hrs 02minutes 53 secs
2nd Simon Coates 4hrs 22 min 47 secs
3rd Warren Thorne 4 hrs 27min
4th Andrew Cohen 4 hrs 45 min
5th Nathan Fawkes 5 hrs 25min
6th Jonathon Phillips 6hrs 25minutes
27km DNF Susan Thomas ...(about 3-4 hours of running?)

Race report

The 2005 6-inch Track Marathon was run over about 45km from North Dandalup to Dwellingup on 18th December 2005. The race briefing was at 0400, and soon afterwards 7 intrepid runners started just off Del Park road in this 45km off-road trail run challenge which Dave masterminded back in September 2005 after reading about the infamous 6-FOOT TRACK marathon in the Blue Mountains near Sydney. Same distance but not quite the same ascents as the 6-FOOT, the similarities continued with the same number of participants in the 6-INCH as there were in the first 6-FOOT back in 1984. The Magnificent Seven on December 18th 2005 A.D., at around 0430hrs who cast moon shadows on the first climb up the severe ascent of Goldmine Hill to the Darling Scarp upper reaches were Dave, Simon/Cota, Warren, Andrew, Nathan, Jon/TB777, and Suzy.

On the first tough climb up Whittakers Rd clear patterns of pace immediately emerged. Dave set off at a blistering pace, with Cota, Warren and Andrew working together not far behind. A big gap from there back to Nathan and me who went side by side all the way to the picnic area reaching it in about 7 minutes 50. Five-time Ironman (Hawaii, Forster and Busselton) Suzy (the only woman to attempt this challenge in 2005) was a little further back. Dave held his lead which was significantly increased when 3 runners took a wrong turn and possibly followed the Munda Biddi Trail in a Northerly direction instead of a Southerly direction. They were

not the only ones to have "navigational blips on the radar", but were able to correct quickly enough to get back in front of Nathan, but were never able to catch Dave who went on to win.

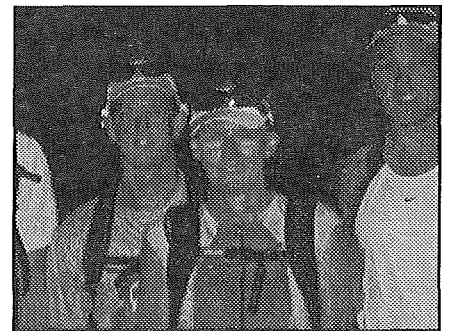
At the back of the field me and Suzy battled it out, with me finally deciding to pull away with an attacking move up a small rise just before Del Park Rd. When I saw my Fiancé Kathryn loom up ahead I felt a surge of joy and happiness, (a) to see my fiancé, and (b) because it meant the 17km mark of Del Park Rd had finally been reached. My watch said 2hrs 17minutes, and I was less than a minute ahead of Suzy. Kathryn told me that Nathan had arrived in about 2hrs 01minutes. Dave had earlier arrived at Del Park Rd in 1hr 36minutes. The hills as I crisscrossed the gravel of Scarp Rd on way to Oakley Dam were quite steep and long with some tough descents and ascents. Cota's GPS readings for the entire race tell the story; Total ascent 1029m, Total descent 941m.

The 21km drinks stop manned by Mandurah Triathlete and Marathoner Gary was a welcome break in the solitude, Dave reached it first in 1hr 57, which was 41 minutes ahead of 6th placed Jon. The sounds and views of the Alcoa conveyor belt for more than an hour while climbing a long straight hill lined with many varieties of trees, makes the next part of the run quite surreal.

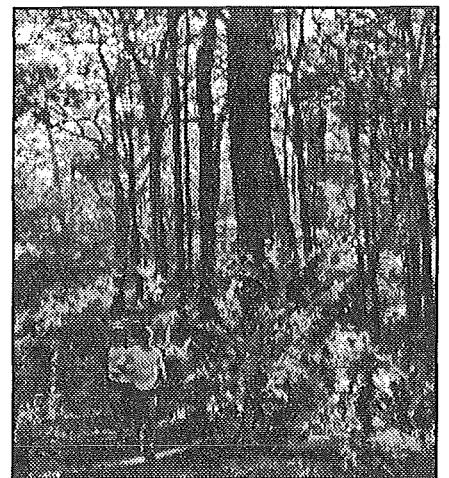
After the trails near Oakley Dam, things flattened out with a old railway? track section, one unshaded section under the big powerlines, an extremely steep descent, Marrinup POW Camping area, and the finish in the sleepy but very interesting town of Dwellingup. The effects of injuries, Busselton Ironman a few weeks ago, and the hills proved too much for Suzy as she pulled out at about 27km. Dave held his lead to the end, as Cota eventually pulled

away from Warren after earlier dropping Andrew at about 34km. Nathan held on well to the end, and Jon struggled through lots of walking, dehydration, and the sun heating up to eventually finish.

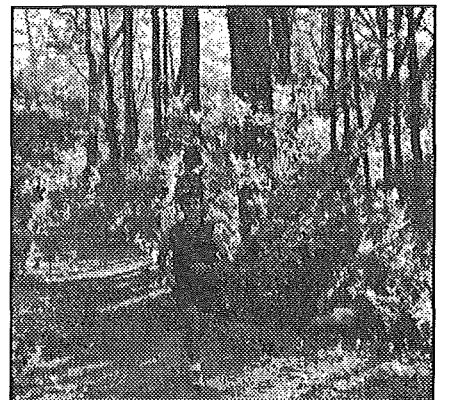
No major injuries reported despite the tricky descents, ever present honky nuts, spiders, and many dugites slithering off into the bush.



Awaiting the start



Early running in the spectacular forest



Jonathon Phillips

AURA Bogong to Hotham

65km Trail Run - Alias "THE ROOFTOP RUN"

Race Report

A record field fronted up to Mountain Creek on 8 January for the 21st running of the classic Bogong to Hotham race this year. The fastest time was recorded by elite marathoner Magnus Michelsson. Many will know Magnus from his marathon running, where he has a PB of just under 2:14.

Andy Kromar's course record of 6:41 set in 1996 still stands. However with this year's experience under his belt, I think it is fair to say that Magnus could give it a good nudge next year.

This year we trialled a staggered start system, with competitors choosing their own start times at 15 minute intervals between 5:00 and 6:15. 71% of the competitors took advantage of the early start, with the majority starting at 5:00.

37 of the 43 starters stated on their entry forms an intention of running the full distance to Mt Hotham. 20 runners (54%) completed the full course, a measure of just how difficult this run is, despite the early start. 10 runners went on from Langford Gap to Omeo Road to complete the "Rooftop Marathon" which we ran as a trial for this year.

Adam Wear did an outstanding job in arranging press coverage, and a number of radio interviews were done with the ABC, including a live one conducted by radio operator Greg Sargeant. This went nationally from the summit of Mt Hotham on Sunday while the race was being run. On the Sunday following the race, Magnus and I participated in a radio interview on SEN 1116 Sports Radio in Melbourne.

Many excellent race reports have been written by runners. These stories are so impressive that we've copied them into a 14 page booklet

and published it as a PDF file which you can print off and read at your leisure. You can download this from <http://www.coolrunning.com.au/ultra/bogong/2006runnerstories.pdf>. Runners seeking inspiration to participate in the race next year need look no further than this collection of masterpieces - read it and you're hooked!

Mark your calendars for Sunday 7 January 2007.

John Lindsay
Communications Officer, Bogong to Hotham Race

Report by Peter Bignell

I've done it!!! Slowly, but I'm very happy to have made it.

Not sure how it compared to previous years, but I sure found it tough out there today, with the heat, sun, and the terrain. The route was fairly easy to navigate, despite losing my race notes early on (still had the map) - only got lost/confused twice for a short time. The trickiest bit was walking over a rather narrow log (at least the first two metres of it) at Big River - spent several minutes building up the courage and waiting for the jelly legs to settle down after descending T Spur before I attempted to balance across it, but still quite expected to find myself slipping into the river and getting wet or worse (it was a fair drop with big rocks below the surface).

I now have even more respect for those who have made the cutoff in the past, because though I just made it at Langford Gap in 5:29, a 10 minute refuel and repack followed by a 40+ min run/walk to Omeo (High Plains) Road would have seen me miss the cutoff there - if I had started from "scratch" at 6:15. Wisely, I chose to start at 5am so it was not an issue. Taking the 10min break at Omeo

Road may be a better option if starting at 6:15.

Those hills ! After the tough climb up and down Mt Bogong, I thought Duane Spur would never end, and we kept going upwards beyond that to Mt Nelse. Then when it finally flattens out after Omeo Road, the track is so narrow and deeply rutted that I found it almost impossible to run - the unnatural style it forced upon me caused my legs to cramp. Running off the side is not much better, being rough and fraught with the danger of twisting ankles. Got a bit of a second wind with about 15k to go, until arriving at Swindlers Spur - what a cruel joke that is after being out for 50k+ and 8hrs+ - I was totally stuffed climbing it and afterwards until reaching the end.

Special thanks to the organizers and volunteers, what they have to do is just about as tough as the run, sitting out there in the sun for hours being eaten alive by flies, not to mention having to trek in supplies to many of the aid stations and checkpoints. They did a great job in very difficult circumstances.

Anyway, finally finished in 10:31:33 according to the Garmin... it indicates 63k

Report by Andrew Wear

It was hot on the weekend - the sort of temperatures where the chocolate melts and you spend the camping trip splashing in the river.

The chocolate did melt and Mountain Creek camping ground provided the perfect opportunity to splash around on Saturday afternoon before fellow MUAC club member (and former national orienteering representative) Simon and I had a great day out on Sunday.

It was great fun, and I'd highly

recommend it, even just for the first half. A great day out and a great weekend away.

After watching Magnus & co fly off up the track, I got to 1986m Bogong summit in about 1:48h after walking most of the way - about 3min slower than planned

Then fantastic running above the tree line in the early morning light down to Cleve Cole by 2:17 (7 min down) and had the pleasure of finally meeting Pastyboy at the Madison's hut site.

I ran down to big river by 3:10h (10min down on plan). T-spur trail was runnable, but it was difficult to really push the pace because there was lots of debris (bark etc) on the track where parks had cleared the track through the fire re-growth and was difficult to keep your footing. Although behind schedule at Big River I was still on track to make the cutoff.

I crossed the river by balancing on a log, but then after following John Lindsay, who has done the race many, many times, I got lost with him looking for the track and ended up bush bashing for 15min. It wasn't a difficult track to find, so I'm not sure what happened. After filling water and bush bashing, I'd lost 20 minutes and there was only a very remote chance of making the cutoff.

But Duane Spur was a real chore. Although I tried to push, I was pretty worn out, cramping regularly & wasn't making a heap of progress. It went on forever, and the ascent ended up taking almost 15 minutes longer than I'd planned. So at the Ropers Hut site, I decided to sit down and have 'a little rest' for a few minutes, and eat a Mars Bar.

I then set out and had a nice bushwalk across the high plains, jogging some of the downhill sections. It was pretty hot out there (BOM reported Falls Creek as 20 degrees, though with no shade it felt hotter) and I'd run out of water by Ropers, though I was able to get a litre at Warby Corner.

From the Big River Track junction, it was downhill, and from there I jogged the last 4km or so in to the finish, despite startling myself with my

dehydrated bright yellow urine.

I shuffled in to Langfords after 6 hours 41 minutes (taking 1:47 from Ropers, more than 40minutes longer than planned), probably able to go on, but definitely pretty bugged, and definitely feeling as though I'd got my money's worth.

Twisties were the only thing I could stomach at Langfords, and my stomach was doing strange things. Despite being dehydrated I had no desire for any food or drink, I stopped the bus on the way down to Mountain Creek to throw up what little was in my stomach (Run422 I think we're all grateful you missed that photo). Back at mountain creek I stripped off and lay motionless on my thermarest for a couple of hours in the shade, unable to move, eat or drink. I eventually got some food and some coke into me and I perked up dramatically.

After waiting for Simon (who amazingly got to Langfords in 4:40 and the finish in under 10 hours) for a few hours, we eventually got to Bright and consumed 2 family sized pizzas.

A fantastic day out. I'll be back to finish this off (though it may not be in 2007). I think losing 5kg would help (gravity was not my friend up those hills), as would cooler temperatures. And while training up Mt St Leonard helped, I probably took it too easy. To make the cutoff you need to move quickly, and go hard for most of the way, even up the mountains, so I guess I need to practice going harder up the hills (I'm hopeless up hills).

About 50 people did the race and it was the biggest ever field, probably due to the early start option. A lot of people took this option, but I started at 6:15am using the logic that if I couldn't make the traditional 5

1/2h cutoff at Langfords then the complete race probably wasn't meant to be and I probably wasn't up for the whole lot.

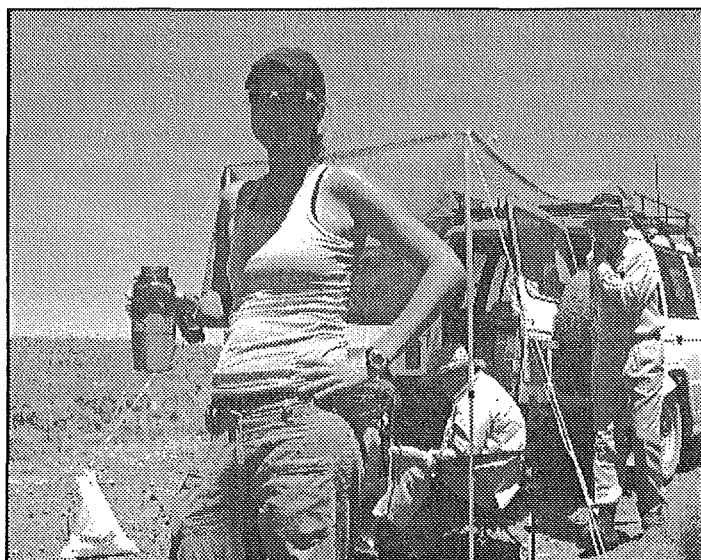
The earlier start helped get more people to the race, but it did seem to add to the complexity of the race for the organisers, and may have resulted in people finishing later. John, what was the feedback on the new changes from Mike et al at the race debrief?

The multiple starts also took away a sense of it being a 'race' - it was difficult to get a sense of where you were in the field. I think I support a single start, but just a little earlier (say 5:45am - still in daylight), or perhaps just 2 starting times (say 5:30 and 6:15).

I might have considered the marathon option, but I got to Langfords too late. It would probably be good if there was a specified a cut off time for those wanting to do the Marathon option (I think that was improvised somewhat this year).

In all it was really well organised, and a phenomenal logistical feat for the organisers. I highly recommend it, even if you just do the first half.

Next race for me will be the Maroondah Dam Trail run on 19 February though probably just the 30km option.



Aid station activity

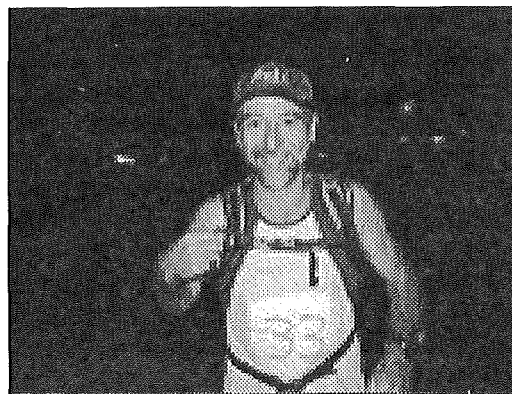
Bogong to Hotham Results 2006

| COMPETITOR | LANGFORD GAP | MARATHON | BOGONG- HOTHAM | PLACE |
|-------------------------|-----------------|----------|-------------------|-------|
| BOGONG TO HOTHAM | | | | |
| Magnus Michelsson | 4:00 | | 7:01 | 1 |
| John Winsbury | 4:08 | | 7:30 | 2 |
| Damon Goerke | 4:35 | | 8:34 | 3 |
| Ian Wright | 5:09 | | 8:47 | 4 |
| David Turner | 4:57 | | 8:59 | 5 |
| Tim Cochrane | 4:56 | | 9:01 | 6 |
| Jeff Rudd | 4:58 | | 9:26 | 7 |
| Simon Goddard | 4:47 | | 9:43 | 8 |
| Simon Krantzcke | 5:20 | | 9:56 | 9 |
| Ray Waschl | 5:21 | | 10:00 | 10 |
| Rudi Kinshofer | 5:23 | | 10:10 | 11 |
| Phil Murphy | 5:34 | | 10:14 | 12 |
| Bryan Ackerly | 5:19 | | 10:24 | 13 |
| Charles Chambers | 5:33 | | 10:31 | 14 |
| Peter Bignell | 5:43 | | 10:44 | 15 |
| Kelvin Marshall | 5:50 | | 11:00 | 16 |
| James Grove | 5:54 | | 11:19 | 17 |
| Tamsin Barnes | 6:14 | | 11:25 | 18 |
| Neil Griffiths | 6:06 | | 11:29 | 19 |
| Tim Turner | 6:28 | | 11:53 | 20 |

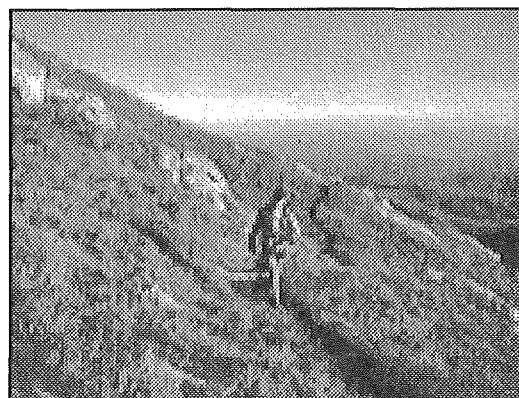
| | | | | |
|-------------------------|------|------|--|----|
| ROOFTOP MARATHON | | | | |
| David Spargo | 4:56 | 6:10 | | 1 |
| Fiona Spargo | 5:49 | 6:42 | | 2 |
| Wayne Gregory | 5:55 | 6:56 | | 3 |
| Andrew Pirola-Merlo | 5:54 | 7:01 | | 4 |
| Sean Greenhill | 6:26 | 7:27 | | 5 |
| Cameron Gillies | 6:40 | 8:07 | | 6 |
| Gary Wise | 7:11 | 8:18 | | 7 |
| Brendan Mason | 7:12 | 8:28 | | 8 |
| Neil Harper | 7:45 | 8:53 | | 9 |
| Ray Wales | 7:46 | 9:15 | | 10 |

| | | | | |
|-------------------------------|------|--|--|----|
| BOGONG TO LANGFORD GAP | | | | |
| Jarad Kohlar | 4:31 | | | 1 |
| Peter Mitchell | 5:24 | | | 2 |
| Dan Kirby | 5:54 | | | 3 |
| Ian Twite | 5:55 | | | 4 |
| Andrew Hewat | 6:33 | | | 5 |
| Andrew Wear | 6:46 | | | 6 |
| Richard McCormick | 7:10 | | | 7 |
| Trevor Marsh | 7:50 | | | 8 |
| John Lindsay | 8:31 | | | 9 |
| Mark Homewood | 8:31 | | | 10 |
| Sarah York | 8:31 | | | 11 |

| | | | | |
|-------------------------------|--|--|------|---|
| LANGFORD GAP TO HOTHAM | | | | |
| Luke Preston | | | 3:37 | 1 |
| DNF | | | | |
| Louis Commins | | | | |



Peter Bignell



Wayne Gregory on staircase spur

Sri Chinmoy 100km Road race. Canberra 5-2-2006

| Name | Run Time |
|----------------|----------------------|
| Garry Wise | 10:52:08 |
| Robert Boyce | 11:37:05 |
| Ben Gertier | 12:56:04 |
| Will Kaless | 13:30:05 |
| Greg Spain | 15:01:01 |
| Alan Staples | 14:36:10 (81 km) DNF |
| Joshua Davey | 9:04:38 (71 km) DNF |
| Laurie Hennesy | 8:32:50 (70 km) DNF |
| Trevor Marsh | 7:29:25 (61 km) DNF |
| Sven Wittchen | 5:13:13 (42 km) DNF |

Gosford Coastal Classic

12 HOUR RUN / WALK - GOSFORD NSW 7 / 8 JANUARY 2006

| Name | Age | Place | Half | Marathon | 50 KM | 80 KM | 50 Miles | 100 KM | 12 Hrs |
|----------------------------|-----|-------|---------|----------|----------|----------|----------|----------|---------|
| John Mergler | | 1 | 1:40:44 | 3:30:35 | 4:17:16 | 7:19:37 | 7:23:06 | 9:40:46 | 121:423 |
| Vivienne Kartsounis (f) | | 2 | 1:59:59 | 4:04:28 | 4:50:36 | 7:57:54 | 8:00:49 | 10:11:21 | 115:133 |
| John Robins | | 3 | 2:16:44 | 4:34:20 | 5:25:25 | 8:46:43 | 8:49:48 | 10:55:59 | 111:802 |
| Rodney Ladyman | 48 | 4 | 2:00:07 | 4:06:04 | 4:53:58 | 8:39:33 | 8:43:55 | 11:08:35 | 107:072 |
| Paul Every | | 5 | 2:05:00 | 4:25:25 | 5:19:36 | 9:06:43 | 9:09:49 | 11:21:46 | 106:513 |
| Michelle Thompson (f) | | 6 | 2:05:00 | 4:19:00 | 5:06:45 | 8:50:04 | 8:57:12 | 11:26:05 | 103:922 |
| Glenn Lockwood | | 7 | 2:06:36 | 4:23:49 | 5:20:51 | 8:58:10 | 9:06:24 | 11:33:03 | 102:468 |
| Carol Baird (f) | 56 | 8 | 1:59:37 | 4:52:32 | 5:51:20 | 9:36:41 | 9:39:52 | 11:50:35 | 101:267 |
| Peter Lahiff | | 9 | 2:07:09 | 4:38:52 | 5:33:51 | 9:08:50 | 9:11:38 | 11:53:13 | 100:634 |
| Peter Bennett (w) | | 10 | 2:25:26 | 5:02:43 | 6:00:25 | 9:50:59 | 9:54:37 | D.N.R | 97:880 |
| Julia Thorn (f) | 56 | 11 | 2:11:11 | 4:34:14 | 5:35:33 | 9:41:06 | 9:45:50 | D.N.R | 95:777 |
| Chris Graham | | 12 | 2:04:18 | 4:11:27 | 5:01:16 | 8:19:50 | 8:23:48 | D.N.R | 94:800 |
| Laurie Hennessey | 64 | 13 | 2:14:47 | 4:45:07 | 5:44:00 | 10:18:31 | 10:21:55 | D.N.R | 94:100 |
| Scott Holz | | 14 | 2:17:49 | 4:43:56 | 5:46:15 | 10:06:10 | 10:11:30 | D.N.R | 93:432 |
| Grant Campbell | | 15 | 1:49:36 | 4:35:52 | 5:48:27 | 10:18:40 | 10:22:44 | D.N.R | 92:454 |
| Jan Hermann | | 16 | 2:08:50 | 4:55:23 | 5:53:15 | 10:16:59 | 10:31:43 | D.N.R | 91:193 |
| Geoff Barker | | 17 | 2:23:47 | 4:53:59 | 5:48:38 | 10:24:24 | 10:27:45 | D.N.R | 90:8 |
| Alan Staples | 56 | 18 | 2:24:17 | 4:55:39 | 5:51:45 | 10:28:14 | 10:32:30 | D.N.R | 90:730 |
| Patrick Fisher | | 19 | 2:46:34 | 5:38:49 | 6:43:53 | 10:58:03 | 11:01:52 | D.N.R | 87:813 |
| Karina Ward (f) | | 20 | 2:36:28 | 5:13:28 | 6:18:50 | 10:58:35 | 11:03:00 | D.N.R | 86:295 |
| Robin Whyte (w) | | 21 | 2:46:33 | 5:35:24 | 6:52:48 | 11:19:49 | 11:23:50 | D.N.R | 84:703 |
| Bob Fickel | 54 | 22 | 2:11:06 | 5:02:42 | 6:18:32 | 11:34:22 | 11:40:06 | D.N.R | 83:693 |
| Geoff Hain (w) | | 23 | 2:40:14 | 5:34:39 | 6:39:18 | 11:46:05 | 11:50:19 | D.N.R | 81:452 |
| Lachlan Wilkinson (w) | | 24 | 2:58:30 | 6:09:46 | 7:20:15 | D.N.R | D.N.R | D.N.R | 78:415 |
| Mark Worrall (w) | | 25 | 2:42:41 | 6:01:04 | 7:16:09 | D.N.R | D.N.R | D.N.R | 76:686 |
| Nick Drayton | 48 | 26 | 2:43:31 | 6:04:25 | 7:14:55 | D.N.R | D.N.R | D.N.R | 75:965 |
| Damien Meyer | | 27 | 2:39:18 | 5:32:20 | 6:32:21 | D.N.R | D.N.R | D.N.R | 74:879 |
| Stan Miskin (w) | 80 | 28 | 3:16:50 | 6:51:11 | 8:17:19 | D.N.R | D.N.R | D.N.R | 74:077 |
| Katrina Cummock (f) | | 29 | 2:48:49 | 6:02:19 | 7:14:28 | D.N.R | D.N.R | D.N.R | 72:698 |
| Val Chesterton (f) (w) | 65 | 30 | 3:14:14 | 6:51:26 | 8:26:17 | D.N.R | D.N.R | D.N.R | 69:503 |
| Andrew Johnson | | 31 | 1:54:19 | 3:55:03 | 4:42:24 | D.N.R | D.N.R | D.N.R | 62:400 |
| David Clear | | 32 | 2:58:30 | 6:05:50 | 11:08:00 | D.N.R | D.N.R | D.N.R | 56:819 |
| Glenn Gielissen | | 33 | 1:56:37 | 4:59:22 | 5:49:57 | D.N.R | D.N.R | D.N.R | 54:800 |
| Carmel Mifsud (f) | | 34 | 2:19:02 | 4:51:47 | 5:55:31 | D.N.R | D.N.R | D.N.R | 50:800 |
| Andrew Cohen | | 35 | 1:57:26 | 4:36:46 | D.N.R | D.N.R | D.N.R | D.N.R | 46:000 |
| Keith Knox (w) | | 36 | 2:31:40 | D.N.R | D.N.R | D.N.R | D.N.R | D.N.R | 40:000 |
| Sharon Chomyn (f) (w) | | 37 | 3:12:59 | D.N.R | D.N.R | D.N.R | D.N.R | D.N.R | 40:000 |
| John Russell | | 38 | 2:47:32 | D.N.R | D.N.R | D.N.R | D.N.R | D.N.R | 40:000 |
| Dip Chand (w) | | 39 | 2:30:54 | D.N.R | D.N.R | D.N.R | D.N.R | D.N.R | 30:000 |
| Paul Thompson (w) | 47 | 40 | 3:13:04 | D.N.R | D.N.R | D.N.R | D.N.R | D.N.R | 30:000 |
| Maggie Byrne | | 41 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |
| Jackie Clear | | 42 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |
| Robyn Davis | | 43 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |
| Martin Harris | | 44 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |
| Paul Stewart | | 45 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |
| Dez Wildman | | 46 | DNS | DNS | DNS | DNS | DNS | DNS | DNS |

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

| MALE RUN | km | FEMALE RUN | km | MALE WALK | FEMALE WALK |
|--------------------------------|---------|-------------------------------------|---------|--------------------------------|-------------|
| 1 st John Mergler | 121.423 | 1 st Vivienne Kartsounis | 115.133 | 1 st Peter Bennett | 97.88 |
| 2 nd John Robbins | 111.802 | 2 nd Michelle Thompson | 103.922 | 2 nd Patrick Fisher | 87.813 |
| 3 rd Rodney Ladyman | 107.072 | 3 rd Carol Baird | 101.267 | 2 nd Sharon Chomyn | 40 |
| | | | | 3 rd Robin Whyte | 84.703 |

Official results compiled by Frank A Overton and Paul Thompson (Event Co-Ordinators)

Mansfield to Mt Buller 50km

15TH ANNUAL 50KM ROAD RACE SUNDAY 22nd JANUARY 2006
RESULTS

| Pl. | COMPETITOR | 5km. | 10km | 15km | 20km | 30km | 41km | 50km |
|------|---------------------|-------|------|---------|---------|---------|---------|---------|
| 1. | Tim COCHRANE | 19.40 | 39.0 | 58.19 | 1.20.10 | 2.07.09 | 3.16.19 | 4.27.04 |
| 2. | Drew ARTHURSON | 21.30 | 43.0 | 1.04.20 | 1.28.09 | 2.19.05 | 3.31.30 | 4.47.35 |
| =3. | Michael NORDEN | 22.26 | 46.0 | 1.07.44 | 1.33.07 | 2.24.46 | 3.38.25 | 4.51.39 |
| =3. | Brent DOWER | 22.26 | 46.0 | 1.07.40 | 1.32.19 | 2.24.36 | 3.38.25 | 4.51.39 |
| 5. | Stephen CALLAHAN | 24.42 | 47.0 | 1.08.30 | 1.32.19 | 2.21.58 | 3.33.20 | 4.57.57 |
| 6. | Chris MURPHY | 25.03 | 49.0 | 1.08.40 | 1.39.51 | 2.34.14 | 3.51.27 | 5.12.00 |
| 7. | Gerry SURRIDGE | 25.26 | 51.0 | 1.15.20 | 1.43.20 | 2.39.29 | 4.02.00 | 5.13.03 |
| 8. | Kelvin MARSHALL | 24.12 | 47.0 | 1.09.40 | 1.35.50 | 2.29.58 | 3.52.50 | 5.18.14 |
| 9. | Paul ROBINSON | 25.01 | 49.0 | 1.08.40 | 1.39.51 | 2.34.59 | 3.58.14 | 5.19.45 |
| 10. | Brian GAWNE | 25.42 | 50.0 | 1.14.09 | 1.39.23 | 2.36.15 | 4.10.20 | 5.29.54 |
| 11. | Susan OLLEY (1st F) | 27.09 | 57.0 | 1.25.24 | 1.58.10 | 3.01.07 | 4.24.00 | 5.43.56 |
| 12. | Adrian PANOZZO | 25.32 | 52.0 | 1.19.23 | 1.51.20 | 3.01.07 | 4.32.00 | 5.51.29 |
| 13. | Neil RAMPLING | 25.26 | 51.0 | 1.15.20 | 1.43.20 | 2.42.22 | 4.21.15 | 5.55.26 |
| 14. | Brian HARRISON | 25.26 | 51.0 | 1.15.20 | 1.43.12 | 2.36.34 | 4.15.20 | 6.12.13 |
| 15. | Garry WISE | 26.14 | 51.0 | 1.14.09 | 1.40.29 | 2.42.31 | 4.25.09 | 6.21.44 |
| 16. | Rudi KINSHOFER | 25.14 | 52.0 | 1.17.48 | 1.49.16 | 3.06.58 | 4.49.40 | 6.33.06 |
| =17. | Danny COLE | 29.10 | 60.0 | 1.29.40 | 2.03.20 | 3.16.28 | 5.07.00 | 6.45.45 |
| =17. | Paul BAN | 29.20 | 60.0 | 1.29.05 | 2.03.20 | 3.14.11 | 5.04.00 | 6.45.45 |
| =17. | Robert BOYCE | 29.20 | 60.0 | 1.29.05 | 2.03.20 | 3.19.51 | 5.07.00 | 6.45.45 |
| 20. | Brian O'FARRELL | 27.09 | 57.0 | 1.25.27 | 1.58.10 | 3.03.40 | 5.05.00 | 7.00.00 |
| 21. | Richard McCORMICK | 25.43 | 54.0 | 1.22.28 | 1.51.20 | 3.04.41 | 5.08.30 | 7.16.42 |
| | Deanne NOBBS [F] | 25.14 | 50.0 | 1.14.09 | 1.43.20 | 2.46.15 | | |
| | Steve TREVASKIS | 29.04 | 60.0 | 1.32.50 | 2.09.50 | | | |
| | Alan KERR | 30.27 | 64.0 | 1.40.44 | | | | |
| | Martin HUNT | 29.10 | 66.0 | | | | | |

Peter Armistead Founder of the event & pre-race organisation
Dot Browne Race Director on the day.

Peter & Dot would like to thank Ross Shilston (lead car) , Geoff Hook, Colin Browne, Kevin Cassidy & Sandra Howorth for their invaluable assistance in manning drink stations & recording split times.

Report by Kevin Cassidy

"Cult Status" is an apt description of this event. Back in the 80's, on numerous visits to his brother's Mansfield home, Peter Armistead trained regularly on the Mount Buller road. "It would make a great race along here" he once observed in his direct and laconic fashion, and so it came to be in 1991. 32 kilometres of undulations leading to the brutal 16 kilometre ascent to the summit of one of Victoria's highest peaks with the final two kilometres taking in the descent from the summit to the front door of the Arlberg Ski Lodge.

"You only go up there to mix with your old cronies and relive past glories"

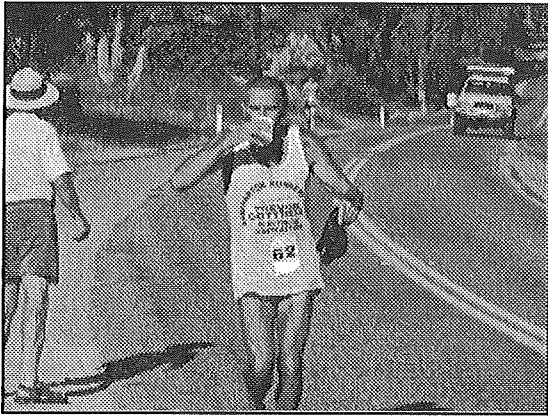
was the sarcasm laden parting line as I left Melbourne on the Saturday afternoon. Of course, I had to smile at what was actually a very profound comment. This event is the one time each year when the old guard of ultrarunners from the 80's and 90's gather together in our roles as race organisers and officials. Believe me, the tall stories grow taller every year. Give us another year or two and I'm sure someone will come up with a sub two hour marathon from 25 years ago!

Under normal circumstances, mention of weather conditions is often a boring waste of time and ink. 2006, however, provided



Happy runners toe the line

unprecedented circumstances. With bushfires raging across the state and the mercury climbing to the dizzying height of 39 degrees on the Saturday, things looked nightmarish to say the least. With an amended race day forecast of 43 degrees, runners looked to have a task more ominous than attempting to photograph Mark Latham without physical harm, or worse still, sitting through a dinner date with Amanda Vanstone.



Brian Gawne

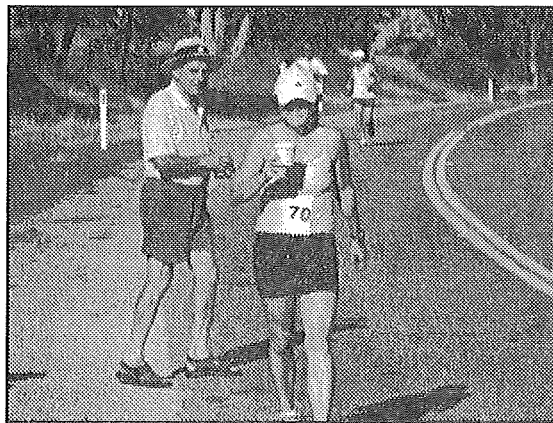
The consumption of dinner on the Saturday night was at the Mansfield Pub, a delightful establishment that could be further enhanced by the installation of a functional air conditioning system.

Little sleep had occurred during the hot sweaty night as 25 brave [or extremely demented!] competitors stood apprehensively on the Highton Road corner. With the first 30 kilometres being run on a shadeless road amongst parched sunburnt paddocks, Tim Cochrane bolted away at four minute kilometre pace and the field soon strung out. Former Australian Football League umpire, Adrian Panozzo, was attempting his first ultra alongside numerous regulars. Susan Olley, Brian O'Farrell, Rudi Kinshofer [all the way from Adelaide], Kelvin Marshall and Steve Trevaskis front up again and again. Brian Gawne tops them all, never having missed a year since the races inception. The unassuming Garry Wise and cricket loving Robert Boyce, two reasonably new ultra gurus, have caught the bug in a substantial way and can be observed at ultras all over the country. Danny Cole was returning from injury and freely admitted that he was severely undertrained but having a crack regardless. The surprise appearance came from Gerry Surridge, a classy athlete from the 70's now residing in Ballarat. Gerry was to prove that age is no barrier.

As always, the collection of broken down ex runners [yes, that includes me] embarked on the job of kangaroo hopping along the road in the definitive role of mobile aid stations. At the 20 kilometre mark, I was

dripping with sweat and almost dying of heat stroke. All I was doing was handing out drinks! I could only imagine how the runners felt, running under the blazing furnace like sunshine! My sympathy and respect for them was to rise several notches as the day progressed.

Aid station operations aren't without there moments. Long periods of waiting are commonplace. At one point, I decided that a spot of dial twirling on the radio would pass some time. I managed to pick up some country hick station that featured a severely deranged individual known as the "Yodelling Cowboy" who proceeded to



Deanne Nobbs takes a drink from race official Colin Browne

infest the airwaves by yodelling furiously. If you have ever wondered what goes on in the mind of a blowfly as it buzzes mindlessly across the inside of a window, then five minutes listening to the Yodelling Cowboy would give you a reasonably accurate idea.

Further up the road, the incomparable Dot Browne had dutifully set up an assortment of drinks, fruit and jelly beans before sneaking behind a tree for a brief call of nature....brief, the call may have been, but still of sufficient length to allow an opportunistic flock of crows to wipe

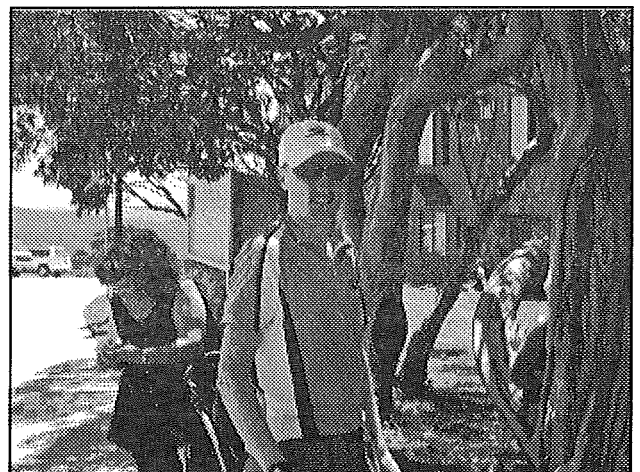
the table clean in the most efficient but selfish of manners. Not a single jelly bean remained!

The undulations prior to the climb to the summit produced four retirements. To all of you, your guts, determination and intelligence in your decisions won my admiration many times over.

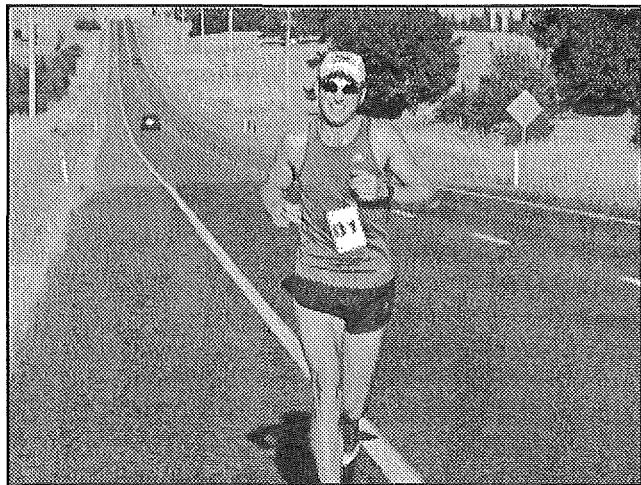
I eventually resettled my aid station half way up the mountain at 41 kilometres. The runners coming past bore no resemblance to those at the start. "Punch Drunk" is the only term I could use as tired, exhausted bodies dragged themselves ever upward. Garry Wise surprised me by arriving in a cheerful and lucid state and happy to exchange pleasantries. With the final runner passing through, I took off for the summit forgetting the newspaper that was sitting in the back of my ute. In no time at all, pages were decorating the landscape in all directions creating a dastardly mess that consumed much of my time in the clean up.

While Ross Shilston recorded times at the summit and complained loudly about being attacked by a savage swarm of march flies, runners were arriving at the finish. Tim Cochrane stormed home with several new faces in hot pursuit. Drew Arthurson, Michael Norden, Brent Dower and Stephen Callahan all performed admirably in their first attempts over this rugged course.

Clearly suffering from injury, Kelvin Marshall slugged it out, as did Rudi



A happy Tim Cochrane looks pleased with another win



Drew Arthurson

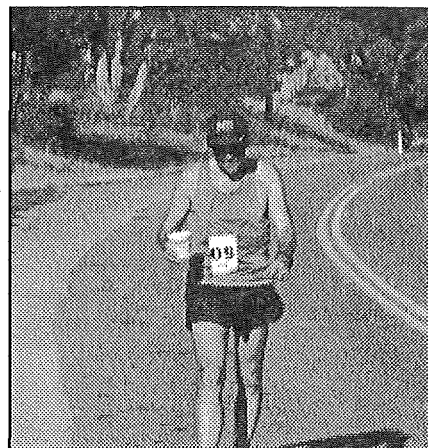
Kinshofer who was not having the best of days. Brian Gawne maintained his perfect finishing record while the ever reliable Susan Olley added another female title to her belt. Danny Cole, Robert Boyce and Paul Ban joined forces to support each other through the later stages, finishing together in a trio of commendable efforts.

inviting surrounds of the Arlberg Lodge's bar and lounge where the drinks were icy cold and food exceedingly scrumptious, providing a most convivial ending to one hellish day.

Driving home in air conditioned comfort, I made a brief toilet stop in the town of Yea where a tiny little car bearing a "Holden Barina" badge

Richard McCormick provided an incisive quote at the summit. "Another Mountain Conquered" he gasped succinctly as he gulped down a large cup of water. "Oooohhh, That Was Solid" was Adrian Panozzo's statement of the obvious as he crossed the finish line.

pulled up beside me. In the drivers seat was a giant of man, but it was the huge woman beside him that really attracted my eye, she would not have looked out of place on the front cover of a sumo wrestling magazine and had clearly won championships for doughnut eating. With no fewer than six children crammed into the back seat, the comical sardine can appearance left me bemused beyond description.



Garry Wise

HISTORY OF THE EVENT

| YEAR | MEN | RESULT | WOMEN | RESULT |
|------|--|-----------|----------------------|-----------|
| 1991 | Carl Barker | 3:48:22 | Lavinia Petrie | 4:35:11 |
| 1992 | Grey Wilson | 3:57:25 | Lois Wishart | 5:53:48 |
| 1993 | Clive Davies | 4:22:33 | Barbara Allen | 6:17:06 |
| 1994 | Greg Wilson | 4:17:37 | Liz Feldman | 6:09:58 |
| 1995 | Grey Love | 3:57:45 | Rima McAvoy | 5:28:25 |
| 1996 | Peter Goonpan | 4:19:40 | Barbara Allen | 6:42:36 |
| 1997 | Kelvin Marshall | 4:28:04 | Dawn Parris | 5:50:17 |
| 1998 | George Berger | 4:15:18 | Lavinia Petrie | 4:40:25 |
| 1999 | Sani Badic | 4:01:06 | Sandra Timmer-Arends | 4:29:52 |
| 2000 | Michael Wheatley | 3:52:18 | Sandra Timmer-Arends | 4:20:40 |
| 2001 | John McKenzie | 3:56:48 | Sandra Timmer-Arends | 4:13:53 # |
| 2002 | Tim Sloan | 3:46:25 # | Dawn Parris | 5:58:06 |
| 2003 | Event cancelled due to proximity of bushfires in the Mansfield/ Mt. Buller region. | | | |
| 2004 | Tim Cochrane | 3:52:29 | Susan Olley | 5:26:14 |
| 2005 | Tim Cochrane | 3:52:16 | Julia Thorn | 5:21:58 |
| 2006 | Tim Cochrane | 4:27:04 | Susan Olley | 5:43:46 * |

Record

* Melbourne temperatures were reported as being heat-wave temperatures of 43 degrees - a day of total fire ban state-wide.

Caboolture "Dusk to Dawn"

Six and Twelve Hour Events February 5th/6th 2006

Results

12 HOURS

| | |
|-----------------------|-----------|
| 1. Adam Barron | 118.193km |
| 2. Nic Maloney | 112.282km |
| 3. Theresa Fabian [f] | 105.529km |
| 4. Geoff Last | 102.692km |
| 5. Tamyka Bell [f] | 100.608km |
| 6. Kelvin Marshall | 98.5km |
| 7. Peter Gardiner | 92.047km |
| 7. Rodney Ladyman | 92.047km |
| 9. Andrew Townshend | 88.238km |
| 10. Peter Davies | 86.186km |
| 10. Paul Ewing | 86.186km |
| 12. Joe Raftery | 85km |
| 13. Bruce Webber | 80.549km |
| 14. Nanda Holyoak | 80.5km |
| 15. Tina Fiegel [f] | 66.792km |
| 16. Elro Periaho | 65.711km |
| 17. Stan Miskin | 63.288km |
| 18. Peter Whittaker | 46.5km |
| 19. John Stockman | 40km |

6 HOURS

| | |
|--------------------------|----------|
| 1. Siri Terjesen [f] | 70.232km |
| 2. Adrian Pearce | 68.021km |
| 3. Liz Novotony [f] | 56.913km |
| 4. Nick Petrie | 53km |
| 5. Louise Auld [f] | 52.412km |
| 6. Peter Bielenberg | 47.135km |
| 7. Phil Lear | 45.5km |
| 8. Jule Sandford [f] | 44.636km |
| 9. Hannah Broom [f] | 43.655km |
| 10. Karen Bielenberg [f] | 43km |
| 11. Jo Jennings [f] | 40.6km |
| 12. Matie Campher | 31km |
| 13. Ankie Campher [f] | 30.5km |
| 14. Mark Parsonson | 21.5km |
| 15. Lindsay Phillips | 17.5km |

Report by Andrew Townshend

I thought about titling this "How not to train for an Ultramarathon" or "How to run one after three weeks training"- but settled for adding my post here as it concerns this race....hope you enjoy my story...sorry it's so long..

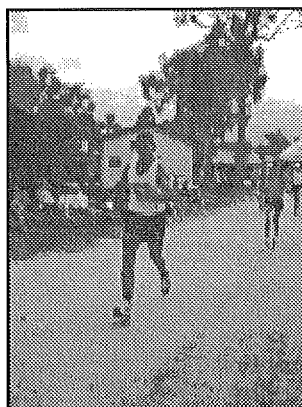
In 2002 I completed 86.5k in the Gosford 12hr, my first Ultra...I then proceeded to do 122kms at the Gold Coast 24hr in 2003....since then, however, every time a race has been on which was of interest to me, I've been injured...So after training well during July-Oct, it was no surprise when I became injured again at the start of Nov- suspected stress fractures of the shin- so I turned to cycling to keep my frustration at bay and swore I'd wait it out and train for a race mid 2006...anyway...I managed to resume training three weeks ago, running 10mins a day, three times a week building up to 20mins daily (about 4kms) by late last week..

On Fri at midday, my wife showed me the ad for the Caboolture Dusk to Dawn, never thinking that I would enter it, she knew I hadn't run further than 4km in three months and wasn't really sure how my shin was yet...this time however, the close proximity of this event to my house and 2.5yrs of frustration at not racing made me decide to do it on a day's notice...so after confirming my entry and rounding up a reliable friend for the unenviable job of lapscoreing..I thought I would just see what I could do and get it out of my system.

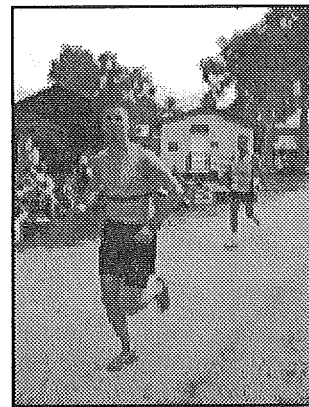
For the first 3 hrs it went well, knocking out 9.5km each hour.. Then I was beset with stomach cramps, first one side, then the other and gradually the lack of training began to send my body some untimely messages.. By the end of the 5th hour, I was exhausted and decided to reassess goals,

agreeing that 70kms would be a very satisfying achievement under the circumstances. Anyway, this seemed to lift my own weight of expectations of my shoulders and I gradually started knocking out 7kms every 50 mins followed by a 10 min rest. From this, I gradually reassessed that 75km was possible, then 80kms, until with 4hrs to go I realised I had a shot at bettering my 12hr total from my first ultra (86.5kms) as well as my 12hr split at GC (80kms), something I would never have dreamed about at the start, much less after 6hrs. I knew that my wife and two sons would be coming back for the last hour and thought if I could just get close, then they might inspire me to get over the line. With this belated support, I finally succeeded in passing my PB with approx 10mins to go, finishing with just over 88kms.....for the first time perhaps ever, I allowed myself to (1) be immensely satisfied in my performance and (2) promise that I would never attempt an ultra so unprepared again....

Finally, I am proud to be able to share my own story with all these people I read about so often. Well done to everyone who performed so fantastically, your efforts and your sportsmanship inspired me greatly and hopefully when I next race, I may be able to compete with you as a compadre rather than a stranger.



Graham Medill



Adam Barron

Cradle Mountain Run

Report from Sue Drake, Race Director.

The Run was on a dry track - overcast skies with light drizzle initially cleared to a fine day with hot conditions in the afternoon.

Matt Dalziel scorched through to finish at Cynthia Bay (Lake St Clair) in 7hrs 49 mins (4th fastest time recorded in the Run's history since 1981). Grace Elson was first woman across the line in 12hrs 10 mins - an excellent performance. In all, 51 runners started from Waldheim (Cradle Valley) at 6:00am.

I'll email out finish e-photos to the runners soon - and will post out photos when they are developed. I'll email photos of Matt & Grace to the publicity people later today.

Cradle Mountain Run - 2006 Peter Reefman - Why

One thing leads to another. October 5th 2005, straight after five of us finished a five day trail run over the Great South West Walk, Paul Ashton says to me. "So Pete, are you doing Cradle?"

After a careful deliberation of about ten seconds I decided. "If you can get me on the list, then yep. I'm in"

That's how these things sometimes start. Before I knew it I was entered into the Cradle Mountain Run, an 82km race over one of Tasmania's best bushwalking tracks.

How

My training for this event was pretty simple. Try to run as many kilometres as possible at a low intensity, and hit a few trails to get the feel of the terrain. Easy.

I gave myself 14 weeks to get ready. The first six were a disaster, and virtually a complete write-off from a training point of view. First I got a flu, then hamstring problems. Things weren't looking good at all. But luckily managed to sort it out and had six

weeks of good solid training of exactly what I wanted.

I pushed my long run up to 58km, while doing about three 20-30km runs during the week (that was one of the peak weeks anyway). All very low intensity but that was fine. With two weeks to go I could run 20km on the road at 12km/h with a heart rate of 130, while trail runs of up to 50km were around 10km/h with a heart rate of about 145. That was exactly what I hoped for at the start of the training program. Two weeks of taper later I was nervous, excited and generally raring to go.

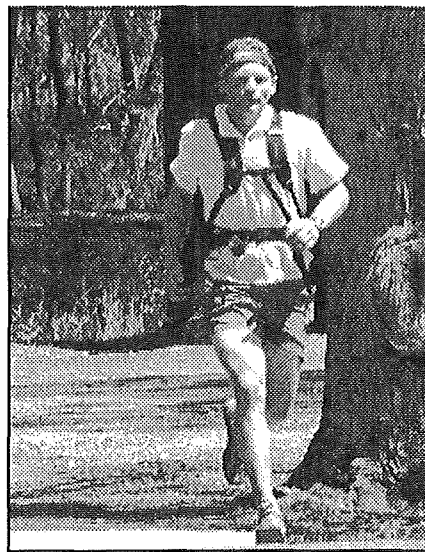
Where

The Cradle Mountain run is in the heart of Tasmania's World Heritage alpine area. It actually follows the Overland Track, from Waldheim to Cynthia Bay at the bottom corner of Lake St Clair. To call this a good setting for a trail run is a massive understatement. There are not too many places on Earth that could compare to the awesome natural beauty of the area. The track varies from easy duck boarded sections, to rough rocky uphill and downhill, to complete quagmires full of mud, tree roots and slippery rocks.

What

I didn't sleep well the night before. Who does? In bed at 8.40. At about midnight I pulled my mattress from my bunk and put it in the snore-less kitchen. Peace at last. Four hours later it was time to get up. It was very dark and pretty cold outside, which makes it weird to do things like smear sunscreen on, but a long long day was just beginning. Special thanks to Dave and Michelle for the lend of the blankets (I forgot mine!)

The race started at 6.00am on the dot. I was fully loaded with 1.5 litres of home made carbohydrate/ electrolyte drink; Eight carbohydrate "Gu" sachets; Seven Nutri-Grain bars; Two High-5 bars; Two Mars bars; One Snickers bar; A waterproof



Wiiner, Matt Dalziel

jacket and pants; a thermal top and pants; A beanie, whistle, compass, first-aid kit, lighter, emergency space-blanket; A laminated map of the entire area; My heart-rate monitor and GPS; plus a disposable camera. It all weighed about 4-5kg, but everyone had to carry similar gear as a condition of entry. Before we knew it the starter yelled out GO and 51 of us trotted off single file along a 400mm wide duckboard into the hazy, cold, and yet-to-be-born day.

Three words. Pace. Nutrition. Hydration. They were the keys today. These were the three things I had to focus on most. If I got even one wrong, my day would be shot. Forget about all the training, motivation, mental strength, etc. I knew I had all that. My training was good, I was uber-motivated, I had limitless mental strength. But I must not go out too hard. Must not forget to drink. Must not forget to eat.

Three minutes later I had a quick look at my heart rate monitor. It showed 172, WAY more than the 130 I wanted to average for the first two hours of the race. Actually it was 145 even before we'd started running, but still... I needed to slow down a lot and right now. My key #1 (pace) was already going badly wrong. I let Matt

Dalziel past and dropped off the pack of about five guys in the lead group as the track started to turn vertical up the first big hill of the day, the climb to Marion's lookout. A few minutes later I was walking. A minute after that I started using the chain handrail to help pull myself up the climb. That lasted for about 25 minutes, grabbing the chain, boulders, trees, and anything else to help haul myself skyward. And still my heart rate said 170. To put that into perspective, I usually race a half marathon on 170, which for me lasts for 80 minutes, or a full marathon on 165, which for me lasts for 3 hours. The Cradle Mountain run was more like 10 hours, which meant I HAD to reduce the intensity or there was simply no way I was going to get to the finish line. I slowed down a little more.

Not long after the second group of runners (well okay, walk/climbers) caught me. I asked what sort of pace they were travelling at, and they said about 10 hours. Good, just what I need. I hung with them a little while, but that was too fast too! HR 165. I slowed down yet again. This was becoming embarrassing. Another group caught me. 11 hours was their goal. Cool. But my heart rate at their pace was about 155-160... A VERY tough call, and I just didn't know what to do. I felt comfortable (remembering that feeling comfortable can sometimes be deceiving), but knew I was still burning up too much fuel. We were near Waterfall Valley Hut by then, about two hours into the run. The weather was just perfect for running. About 14c and hardly any wind with very overcast skies and a slight drizzle falling. The air was so refreshingly clean and sharply crispy. On the other side of that, the cloud we were in was pretty much killing any views of the surrounding mountains/chasms/lakes/forests. That was okay, as a lot of the time it took 100% concentration to run/step/jump over the rocky sections. I'd already fallen once by then and ran off the track a few times while looking sideways at the views. Talk about keeping your mind on your own square metre!

Our little pack of about four runners continued on, sometimes splitting up, sometimes coming together. I was walking anything remotely uphill, always looking nervously at my heart rate, and always seeing the same number. 160. Gulp. Someone said that there were two



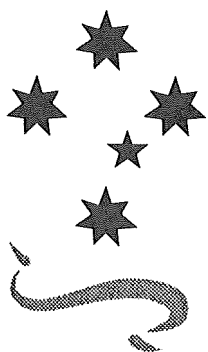
Female winner, Grace Elson

huts that you could roughly gauge your finish time. Pelion (double plus 2 and a bit hours) and Kia-Ora (double). We went past Windemere hut and headed toward the twin Pelion mountains as the Sun started burning off our cloud cover, which allowed us to see what kind of place we were really in. A lost world that I don't think photos or writing can really do any justice. I felt very small among the giant mountains standing silently watching us puny humans skittering along our tracks seemingly copying the countless ants doing the same. At times I expected to see a Brontosaurus munching away in a marsh, while at other times it seemed like Treebeard might come walking past carrying a couple of hobbits. I stopped to take quite a few photos in this stage of the race.

We were about 30km into it and I was starting to get into a rhythm and really start enjoying it. For better or worse my 160 heart rate was going to stay put. So be it, and if I blew up in 20, 30, or 40km from here I'd just have to deal with it then. In the meantime something very unexpected and VERY good happened. We reached Pelion hut. That wasn't the surprise, our time was. By our calculations we needed to get to

Pelion in about 4.30 to do an 11 hour finish. The fact that my watch read 3.36 meant four things. One, that we were an HOUR out in our estimation up till now. Two, that we were of course on pace for a time more like nine hours than 11. Three, that my heart rate was far more justified than it seemed up until this point. And fourth, that almost everyone in front and even the guys I was running with were probably running too fast to sustain. An explosion of adrenaline rushed through me as I tried to calm down and not do anything stupid like increase my pace. 160 was perfect. 160 means nine hours. In fact I'd already slipped away from the other guys a little by then, and passed one of the lead group runners who was having some problems. A hiker called out that the leader was about 35 minutes in front, and the others were spread out evenly from there. I was in about 8th place. 35km into the race. About 47km to go. Hydration was perfect (had gone to the toilet once), nutrition was perfect (one Gu and one bar per hour so far), and now I knew that pace was perfect as well. The three keys were spot on.

The next 20km or so was the highlight of the run. I left my group and started to slowly go faster and faster, all the while keeping a careful check on my three keys. No problems anywhere. Kia-Ora went past at 4.35 (halfway), so nine hours was looking even more



AUSTRALIAN ULTRA RUNNERS ASSOCIATION INC

**ANNUAL REPORT 2005
&
NOTICE OF MEETING**



Australian Ultra Runners Association Inc.

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Fax 07 3011 1017
Mobile 0408 527 391
Email: president@ultraoz.com
Internet: www.ultraoz.com

ANNUAL REPORT - 2005

Dear Members

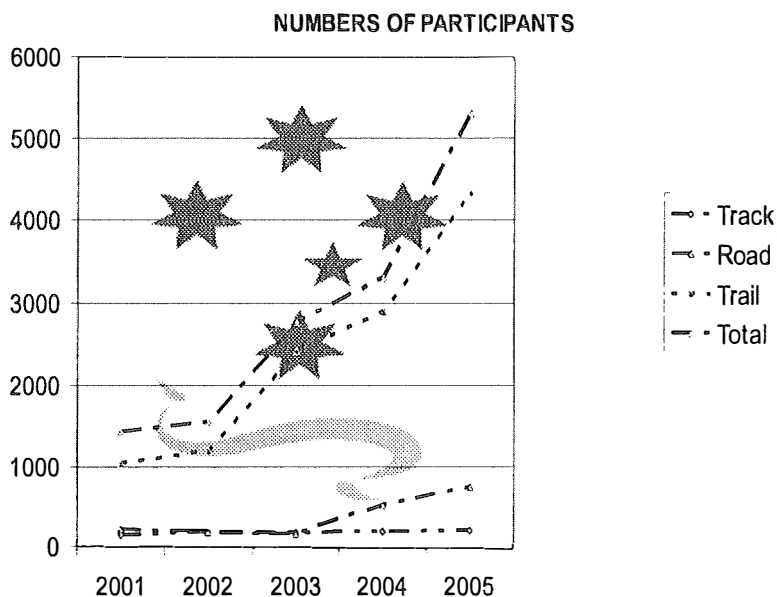
Your committee is pleased to report on the activities of your Association for the year ended 31 December 2005.

OVERVIEW AND FUTURE DIRECTION

The purpose of the Association is to promote the sport of ultra-running (events longer than a standard marathon).

In this regard, your committee is desirous of attracting more runners to ultra events in the first instance and secondly, in improving the quality of performances.

Your committee is pleased to report that the number of participants in ultra events in Australia has increased significantly over the last 5 years, as follows



Although the largest increase was in trail events, nonetheless there have been significant increases in numbers of participants in road and track events.

On the world stage, the IAU is giving special attention to the 50 km & 100 km road and the 24 hr track events.

In terms of quality of performances, we can report improvements as follows:-

100 km road

| | 2001 | 2002 | 2003 | 2004 | 2005 |
|------------------------|-----------|----------|-----------|-----------|-----------|
| Sub 7 hr | | | | | |
| 7-8 hr | 1 | 3 | 3 | 5 | 3 |
| 8-9 hr | 1 | | 3 | | 4 |
| 9-10 hr | 7 | | 1 | 1 | 9 |
| Total sub 10 hr | 9 | 3 | 7 | 6 | 16 |
| 10-12 hr | 5 | 4 | 15 | 9 | 13 |
| Total sub 12 hr | 14 | 7 | 22 | 15 | 29 |

Our team to contest the World Challenge at Lake Saroma in June 2005, acquitted itself well, finishing a creditable 8th in the teams section. Details were:-

| Pos | Name | Time |
|------|-----------------|---------|
| 12th | Jonathan Blake | 7:08:57 |
| 27th | Mike Wheatley | 7:36:33 |
| 58th | Mark Hutchinson | 9:08:38 |

Unfortunately Mark suffered a hamstring strain and it was a great credit to him that he struggled on to finish the event.

24 hr track

| | 2001 | 2002 | 2003 | 2004 | 2005 |
|-------------------|----------|----------|-----------|-----------|-----------|
| >240 | | | | | 1 |
| 220-240 | | | | 1 | |
| 200-220 | | 1 | 1 | 2 | |
| 180-200 | 1 | | 3 | 5 | 7 |
| 160-180 | 2 | 7 | 6 | 13 | 14 |
| Total 160+ | 3 | 8 | 10 | 21 | 22 |

24 hour track races have been in serious decline since the 1980's when they were used as qualifying races for Westfield Sydney-Melbourne entry requirements. However, a team has been selected to represent Australia in the World Challenge in Taiwan on 25 February 2006 and it is hoped that there will be a gradual revival of this event. The team members are Paul Every (Capt), Mick Francis, Martin Fryer and Simon Phillips. We wish them well.

Record achievements

Records are maintained by AURA for track races and road races where the course is certified as to accuracy. Records are not maintained for trail races or road races which are not accurately measured. Several athletes broke world and Australian records during the year. They were

Yiannis Kouros, Colac - November 2005. World 6 day open and world M45 100 mile, 500 km, 1000 km, 500 mile, 12-24-48 hours and 6 days.

Ken Matchett, Colac – November 2005. M80 World 100 miles, 48 hr and 200km. Coburg April 2005 M80 Aust 50 miles 13:20:50; 12 hr 73.702km.

Stan Miskin, Colac – November 2005. M80 World 6 days. Stan's performances over 100 mile and 48 hours achieved in the latter stages of the race were superior to Ken's, but may not be allowed because of the non-recognition of splits achieved in the latter stages of races.

Vlastik Skvaril, Colac – November 2005. M65 Aust 200km and 48 hr.

Dawn Parris, Colac – November 2005. W50 Aust 48 hr and 200 km

Carol Baird, W55 various venues, 50km track 4:54:58; 50km road 4:18:51; 100km track 11:01:24; 200km track 27:03:43; 50 miles track 8:31:28; 100 mile track 8:50:19; 6hr track 59.600 km; 12 hr track 108.800; 24 hr track 194.945km; 48 hr track 298.089.

Peter Lahiff, M65 Canberra April 2005 50 km road 4:32:45km; M70 various venues, 100km road 12:28:52; 50 miles road 9:37:17; 12 hr road 97.624km; 50 miles track 9:22:10; 12 hrs track 98.270km.

Bruce Renwick, M55 Canberra April 2005 50km road 3:43:08.

Shirley Young W75 Coburg April 2005 6 hrs 49.324; Adelaide October 2005 50km 5:55:50; 6hr 50.540km.

Val Chesterton, W60 Coburg April 2005 100km 19:33:44; 24 hr 109.567km.

Fred Brooks M70 Gold Coast August 2005 100 miles 25:37:16 (walked).

Deryck Skinner M70 Adelaide October 2005 100km 13:10:44; 100 miles 22:39:55; 24 hours 158.617 (walked). Deryck is believed to be the first person in the world of O70 to walk 100 miles inside 24 hours.

Note: All record claims from Colac are yet to be ratified, pending receipt of final results.

Congratulations to all of the foregoing athletes and our apologies in advance if there have been any omissions.

NATIONAL CHAMPIONSHIPS

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

100 km road race

The national 100 km road championship was conducted as part of the Gold Coast 100, held on 16 July 2005.

Placegetters were

| | Name | State | Time |
|----------|--------------------|--------------|-------------|
| Male 1 | Darren Benson | NSW | 7:47:17 |
| Male 2 | Simon Phillips | Tas | 8:12:18 |
| Male 3 | Brett Worley | ACT | 8:42:58 |
| Female 1 | Mignon Auguscyczak | Qld | 11:39:09 |

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

24 hours Australian track championships

These were again hosted by the Sri Chinmoy Marathon Team in Adelaide and were held on 15 – 16 October 2005.

Placegetters were

| | Name | State | Distance - km |
|---------------------------------|-------------------|--------------|----------------------|
| 1 st AURA female (2) | Carol Baird | ACT | 194.945 |
| 1 st AURA male (3) | David Billett | SA | 172.747 |
| 2 nd AURA male (4) | Tony Collins | NSW | 168.599 |
| 3 rd AURA male (5) | Deryck Skinner ** | SA | 166.033 |

** M70 Aust records for 50 mile, 12 hr and 100 mile walk and World Records for 100 mile and 24 hour walk.

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

48 hours Australian track championships

These were conducted on the Gold Coast as part of the Gold Coast 24-48 hours festival, on 19 - 21 August 2005.

Placegetters were

| | Name | State | Distance - km |
|---------------------------------|----------------|--------------|----------------------|
| 1 st AURA male (1) | Tony Collins | | 314.079 |
| 1 st AURA female (2) | Carol Baird ** | | 298.089 |
| 2 nd AURA male (4) | John Timms | | 251.601 |
| 3 rd AURA male (5) | Peter Anderson | | 230.880 |

** F55 Aust records for 50 miles, 100 kms, 100 miles, 200 kms, 12 hours & 48 hours plus world records for 12 hours and 100 miles.

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

6 days Australian track championships

The Australian 6 days race was again hosted by the Cliff Young Australian 6 day race committee at Colac in Victoria and was held from 20 – 26 November 2005.

Placegetters were

| | Name | State | Distance – kms |
|----------------------------------|-----------------------|--------------|-----------------------|
| 1 st Aust male (1) | Yiannis KOUROS | Vic | 1036.800 |
| 2 nd Aust male (5) | Peter HOSKINSON | Tas | 704.000 |
| 3 rd Aust male (6) | Vlastik SKVARIL (O60) | Tas | 678.000 |
| 1 st Aust female (8) | Dawn PARRIS | Vic | 640.000 |
| 2 nd Aust female (12) | Sarah BARNETT | | 516.38 |
| 3 rd Aust female (19) | Heather KICK | | 448.17 |

AR: Male 1036.800 Yiannis Kourous, Colac, November 2005; Female: 738.903 Georgina McConnell, Campbelltown 19 Nov 1990

Australian Trail Race Championship

The event selected for 2005 was the 6 Foot Track Marathon held on 12 March 2005.

Placegetters were

| | Name | State | Time |
|-----------------------------------|----------------|--------------|-------------|
| 1 st AURA male (1) | Daniel Green | ACT | 3:28:40 |
| 2 nd AURA male (4) | Jonathan Blake | NSW | 3:36:22 |
| 3 rd AURA male (5) | Trevor Jacobs | ACT | 3:37:49 |
| 1 st AURA female (47) | Dawn Tiller | NSW | 4:32:34 |
| 2 nd AURA female (58) | Julie Quinn | ACT | 4:39:18 |
| 3 rd AURA female (128) | Carol Baird | ACT | 5:01:33 |

RR: Male – Don Wallace (Qld) 3:24:44 (1991); Female - Emma Murray (ACT) 3:44:04 (2005)

OPERATIONS

Records & AURA points. David Billett has the unenviable and painstaking task of seeking out race results from race directors, sifting through the results to determine who are AURA members, allocating the appropriate number of points, checking for records, scrutinising lapsheets etc. Thanks to David for a job well done. Full details appear or records awarded and pints gained appear in each issue of Ultramag.

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

Ultramag. Kevin Cassidy does a superb job in producing Ultramag, AURA's official publication. The magazine, produced quarterly, contains details of forthcoming races, race results, race reports, various stories, pictures and details of records. The publication has been upgraded to include more pics and a colour cover. There will be some advertising content, the purpose of which is to defray costs of publication. The magazine is far more attractive with the colour content. We commend Kevin for his untiring efforts in publishing Ultramag and we thank Bruce and Sue Cook for their skills in assisting with the transformation to part and, hopefully eventually, full colour.

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

Ultra Hosts Network. This initiative, introduced by David Criniti, is essentially an exchange program for AURA members. Anybody who is willing to host a runner, coming to compete at a local

race, in turn is provided with a list of other hosts, and will thus have the opportunity to be hosted by a fellow ultra runner, free of charge, whilst competing away from home.

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

Running apparel. A new range of apparel is available including polo shirts, AURA 100 club shirts, tee shirts, running singlets and caps. Please support AURA by wearing this apparel at the events you contest. For further information contact the clothing officer, Sandra Howorth on 0407 301 058.

New Logo. As you may see from the report, a new logo has been adopted. Sincere thanks to David Waugh for his assistance in this regard.

AWARDS AND PRIZES

Australian Male Ultra Runner of the Year. Jonathan Blake (41) from Illawong, NSW. Jonathan placed 4th in Six Foot Track 45km) in March; won the Canberra 50 km in March with 3:10:44; represented Australia at the World 100 km championships in June finishing in 7:08, the best time by an Australian in 6 years; won the Fitzroy Falls marathon in October in a course record time, then backed up the following week to win the 55 km Brindabella Classic.

Australian Female Ultra Runner of the Year. Emma Murray (27) from Canberra, ACT. Emma is a very accomplished rogainer and mountain runner. Emma won the Six Foot track in March in a new course record time; won the World Long Course Mountain Running Championships (42 km) in the French Pyrenees in August; and won the 55 km Brindabella Classic in October.

Rising Star Awards. This award is to the 25's and under who showed outstanding potential. The male award this year goes to two recipients. They are Chris Hills (20) from Tasmania who placed 5th in the Gold Coast 100 Km in 9:02:54, going through the 50 km mark in 3:45:12; and Jim Turner, also 20, from Kingscliffe NSW, who won the Kurrawa race (about 48 km in very hot conditions) in a time of 3:39:07. The committee was unable to determine a clear winner and so the award is made to both of them. The female award goes to Tamyka Bell, (25). Tamyka ran her first ultra in September (Glasshouse 50 km) and followed that up with a 3rd placing at Kurrawa to Duranbah on 11 December.

Cliff Young Gumboot award. This award is to the best-performed, male or female, O60 AURA member at 24-hrs track. This award goes to Vlastic Skvaril Tas (66) who ran 168.40km in the first 24 hours at the Colac 6 day race in November.

Bryan Smith Award. This award is to the AURA member who, in the opinion of the committee, has made a major contribution to the sport of ultrarunning, especially in the year under review. This year the award goes to Bill Sutcliffe, the President of the Colac Race Committee. Bill has been instrumental firstly in ensuring the continuance of the race and secondly, in making it the huge success it was in 2005.

AURA points award. This award is determined by a complex points system where the AURA member receives one point for starting, one point for each 100 km run, bonus points for placing and bonus points for breaking Australian or world records. For 2005, the male award goes to Peter Lahiff (70) from Townsville and the female award, for the third consecutive year, goes to Carol Baird (56) from Canberra. Both are prolific record breakers.

| Male | Points | Female | Points |
|-----------------|---------------|----------------|---------------|
| Peter LAHIFF | 33 | Carol BAIRD | 49 |
| Peter ANDERSON | 26 | Shirley YOUNG | 29 |
| Kelvin MARSHALL | 26 | Faith ANDERSON | 19 |

FINANCIAL & LEGAL

Results and position. The accompanying statements of account reveal an excess of income over expenditure of \$1,072 (2004, loss \$4,325). This is struck after Ultramag printing of \$10,606 (2004, \$10,342) and travel expense for overseas teams \$6,380 (2004 nil). Total revenues amounted to \$22,633 (2004, \$9,150). Donations amounted to \$607, for which we thank the donors concerned. The current assets at year-end amounted to \$9,119 (2004, \$8047). No value is ascribed to unsold clothing, the cost of which is written off in full when purchased.

Additional costs are being incurred in publishing the upgraded Ultramag but it is expected that these will be offset by additional revenue from subscriptions, clothing orders, advertising revenue etc. Your committee is very proud of the fact that, at long last, we have been able to make a meaningful contribution to the cost of sending representative teams overseas.

Overall, your Association's financial position, when considered in conjunction with planned initiatives, is considered to be sound.

Memberships. Memberships at year end remained steady at approximately 260. It is hoped that with more and more publicity for events that event numbers will continue to increase, as well as the number of AURA members. Members are asked to encourage others to join. It is considered that AURA offers a considerable amount for its members with the new colour magazine, championship races, rankings, records, 100 club, points race and the Ultra Hosts Network, various awards etc.

AUSTRALIAN ATHLETIC FEDERATION

Your Association became a member of the Australian Athletic Federation (AAF) in November 2002. Other members comprise Athletics Australia (AA), Australian Track & Field Coaches Association, Australian Masters Athletics Inc., Australian Athletic Confederation (pro runners), School Sport Australia, Australian Federation of Race Walking Clubs and Australian Mountain Runners Association Inc. The objective is to have one unified body to advance the interests of the various members of the athletic family. We acknowledge the assistance and support of Athletics Australia, the principal and dominant member, for which we are most grateful.

APPRECIATION

Finally, I wish to thank my Vice president Phil Essam, Secretaries Ian Clarke, Fred Brooks and Sandra Howorth, Treasurer Warren Holst, Registrar Secretary David Criniti, webmaster Kevin Tiller, Ultramag editor Kevin Cassidy, Media Officer Colin Colquhoun and other committee members and state representatives, numerous Race Directors and many members of AURA for their assistance and support.

On behalf of the committee



President
24 February 2006

BALANCE SHEET AT 31 DECEMBER 2005

2004

MEMBERS' FUNDS

| | | | |
|-------------|-----------------------------|------|-------------|
| 12232 | Balance at 1 January 2005 | 8047 | |
| -4325 | Profit/loss for year | 1072 | |
| 8047 | Balance at 31 December 2005 | | 9119 |

ASSETS

| | | | |
|--------------|--|------|--------------|
| 11945 | Fixed term investment | 4329 | |
| 486 | Bank account | 2827 | |
| - | Credit card proceeds awaiting transfer | 4101 | |
| - | Debtor (advertising) | 675 | |
| 12431 | | | 11932 |

LIABILITIES

| | | | |
|------|---|------|--|
| 4384 | Creditor (December Ultramag \$2190; President's expenses \$623) | 2813 | |
|------|---|------|--|

| | | | |
|-------------|-------------------|--|-----------------|
| 8047 | NET ASSETS | | \$ 9,119 |
|-------------|-------------------|--|-----------------|

PROFIT & LOSS STATEMENT - YEAR ENDED 31 DECEMBER 2005

INCOME

| | | | |
|------|------------------------------|-------|--------------|
| 7231 | Subscriptions | 15722 | |
| | Insurance premium recoveries | 2465 | |
| | Advertising | 1875 | |
| 271 | Clothing sales | 1552 | |
| 1110 | Donations | 607 | |
| 538 | Interest | 412 | |
| 9150 | | | 22633 |

EXPENDITURE

| | | | |
|-------|--|-------|--------------|
| 10342 | Ultramag | 10606 | |
| | Travel expenses - Australian teams | 6380 | |
| 500 | Clothing purchases | 1829 | |
| 1311 | Trophies & certificates | 878 | |
| 967 | Travel expenses - President (Note 3) | 623 | |
| | Postage | 482 | |
| 355 | Bank fees, athletics levies and sundries | 763 | |
| 13475 | | | 21561 |

| | | | |
|------------------|---|--|-----------------|
| -4,325.00 | PROFIT / - LOSS FOR YEAR (Notes 1 & 2) | | \$ 1,072 |
|------------------|---|--|-----------------|

Notes:

1. In accordance with standard accounting practice, all clothing purchased has been expensed in full in the year of purchase. Sales proceeds are brought to account at the time of sale. The stock of clothing on hand at end December 2005 is predominantly 100 club polo shirts, for which no value is ascribed.

2. The cost of the December 2005 Ultramag has been brought to account in the 2005 year.

AUDITOR'S REPORT

I have audited the accompanying statements of Income and Expenditure for the year ended 31st December 2005. In my opinion the statements are correct and disclose a true and fair view of the transactions upon the accounts of Australian Ultra Runners Association Inc for the year ended 31 December 2005.

Lindsay W Hay
F.N.I.A.

Lindsay W Hay & Associates Pty Ltd
Accountants and Taxation Consultants
Suite 21, 456 St Kilda Road, Melbourne, Victoria. Tel 03 9866 1400 Fax 03 9866 3027
A.B.N 41 005 757 951

NOTICE OF ANNUAL GENERAL MEETING & PRIZEGIVING

NOTICE is hereby given that the 20th Annual General Meeting of the Australian Ultra Runners Association Inc will be held in the Boardroom of the Australian Athletic Federation at Level 22, Fawkner Towers, 431 St Kilda Road, Melbourne Vic 3004 at 5:00 pm on Thursday 27 April 2006 to consider the following business

1. to confirm the minutes of the last Annual General Meeting, held on 28 April 2005.
2. to consider and, if thought fit, to approve the Report of the Committee for the year ended 31 December 2005.
3. to consider and, if thought, fit to approve the Financial Statements of Account for the year ended 31 December 2005.
4. to elect office bearers and committee members. In this regard, the following office bearers retire and, being eligible, offer themselves for re-election.

| | |
|-----------------------|----------------|
| President | Ian Cornelius |
| Vice President | Phil Essam |
| Secretary | Sandra Howorth |
| Assistant secretary | David Criniti |
| Treasurer | Warren Holst |
| State representatives | |
| ACT | Trevor Jacobs |
| NSW | Paul Every |
| | Sean Greenhill |
| Qld | Gary Parsons |
| SA | Jerry Zukowski |
| Tas | Tim Sloan |
| Vic | Kevin Cassidy |
| WA | Gary Carlton |

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

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

PROXIES

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

the meeting. A form of proxy is attached hereto. Members are encouraged to complete and send their proxies.

AWARDS

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

Ultra athlete of the year, Rising Star Awards, the Bryan Smith medal, the Cliff Young Gumboot Award and AURA points champions, male and female

Dated this 2nd day of March 2006

On behalf of the Committee

A handwritten signature in black ink, appearing to read "Ian Bonnet". The signature is written in a cursive, flowing style.

President

AURA – ROLL OF HONOUR

| | |
|---|--------------------------|
| President | |
| 1987 – 2000 | Geoff Hook |
| 2000 - 2001 | Paul Ashton |
| 2001 - 2002 | Gary Parsons |
| 2002 - | Ian Cornelius |
| Vice President | |
| 1987 - 2000 | Tony Rafferty |
| 2000 - 2004 | Nigel Aylott |
| 2004 - | Phil Essam |
| Secretary | |
| 1987 - 2000 | Dot Browne |
| 2000 - 2002 | Phil Essam |
| 2002 - 2004 | Ian Clarke |
| 2005 - 2005 | Fred Brooks |
| 2005 - | Sandra Howorth |
| Treasurer | |
| 1987 - 2000 | Colin Browne |
| 2000 - 2001 | Sheila Hunter |
| 2001 - 2003 | Graham Ives |
| 2004 - | Warren Holst |
| Ultra Athlete of the Year – male (introduced 2002) | |
| 2002 | Yiannis Kouros |
| 2003 | Yiannis Kouros |
| 2004 | David Criniti |
| 2005 | Jonathan Blake |
| Ultra Athlete of the Year – female (introduced 2005) | |
| 2005 | Emma Murray |
| Rising star award – male (introduced 2005) | |
| 2005 | Jim Turner & Chris Hills |
| Rising star award – female (introduced 2004) | |
| 2004 | Felicity Joyce |
| 2005 | Tamyka Bell |
| Cliff Young award (best performance O60 24 hrs) | |
| 2003 | Brian Evans |
| 2004 | David Jones |
| 2005 | Vlastik Skvaril |
| AURA aggregate points competition - male | |
| 2002 | Stan Miskin |
| 2003 | Kelvin Marshall |
| 2004 | Kelvin Marshall |
| 2005 | Peter Lahiff |
| AURA aggregate points competition - female | |
| 2002 | Shirley Young |
| 2003 | Carol Baird |
| 2004 | Carol Baird |
| 2005 | Carol Baird |
| Life members | |
| Geoff Hook | Inducted 2003 |
| Dot Browne | Inducted 2003 |
| Colin Browne | Inducted 2003 |
| Tony Rafferty | Inducted 2005 |
| Jerry Riley | Inducted 2005 |
| Hall of Fame | |
| Mike McNamara | Inducted December 2004 |
| Herbert Hedemann | Inducted March 2005 |
| William King (The Flying Pieman) | Inducted March 2005 |
| Percy Cerutti | Inducted June 2005 |
| George Perdon | Inducted September 2005 |
| Tony Rafferty | Inducted December 2005 |

NOMINATION FOR ELECTION TO THE COMMITTEE

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

To be determined at the Annual General Meeting to be held in Melbourne on Thursday 27 April 2006.

Name Signature

Address

Proposer Signature

Seconder Signature

Send to Box 282 Runaway Bay Qld 4216 by 6 April 2006

FORM OF APPOINTMENT OF PROXY

I, of

being a member of AUSTRALIAN ULTRA RUNNERS' ASSOCIATION INC hereby appoint

..... of

being a member of that Incorporated Association, as my proxy to vote for me on my behalf at the general meeting of the Association (annual general meeting or special general meeting, as the case may be) to be held on the day of 20..... and at any adjournment of that meeting. If my proxy fails to attend the meeting, I appoint the Chairman of the meeting to be my proxy.

My proxy is authorised to vote for the resolution(s) as follows. (Tick one box)

| | FOR | AGAINST | AT DISCRETION OF PROXY |
|---|--------------------------|--------------------------|---------------------------|
| Motion 1- approve minutes 2005 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Motion 2 – accept report of committee | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Motion 3 – accept statements of account | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Motion 4 - re-elect retiring office-bearers | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Motion 5 – reappointment of auditor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Signed:

Date:/...../20.....

This form must be sent to the Australian Ultra Runners' Association Inc. at PO Box 282 Runaway Bay Qld 4216, to arrive no later than 48 hours before the scheduled time of the meeting.

- NOTES:**
1. If you do not know of a person who will be attending the meeting, you may appoint the "Chairman of the Meeting" in which case an address is not required.
 2. If you fail to specify your intentions clearly, the proxy vote will be informal.
 3. Only members who are not unfinancial are entitled to vote. (A member becomes unfinancial if his annual subscription is unpaid after a period of 3 months has elapsed from its due date.)

possible. There was also some amazing sections of the track in here. Perfectly rolling downhill hugging an ancient forest-covered hillside with breathtaking views over valleys and to mountains rising on the other side. I was in the Du-Cane region. I saw a couple of snakes too, but they were both very well behaved and slipped off the track as I approached.

Around this time I started to reflect on what I'd done before getting here. I grew up racing off road motorbikes. Motocross and Enduro events, before switching to a bit of running and then a passion for ultra distance (Ironman) Triathlon racing. And here I was. What felt great was that for the first time in a running race I felt a connection to both of those sports. The technical (fast downhill) sections were very much MX/Enduro, while all day I'd been using Ironman-learned endurance management (the three keys). Then a thought occurred to me. I was kind of representing those sports here today. The list of entrants was made up of experienced endurance athletes from all sorts of sports. Adventure racers, ultra-marathon, orienteering/roving, and a few of us Ironman competitors (Steve Bentley and Harvey Griggs were racing as well). So I suddenly found myself wanting to do well for the, er, credibility of those sports.

Before long the hikers were saying I was in 5th, then 4th, and then finally I caught Richard Mountstephens and slipped into the top three. Whoa! At the start of the day I didn't even entertain the idea of being competitive with these guys. Now it looked like I was going to figure right up with them.

As we neared the final checkpoint, Narcissus Hut with 18km to go, I also passed Rob Preston, which amazingly put me into 2nd place! I couldn't quite believe that. But something else was happening too. My high had passed. My fuel was spent. It was 7 hours into the race, and the 160 heart rate had finally caught up with me. My internal fuel store was gone, I was starting to cramp in both legs, it was hot, I was running out of Gu's, And I was generally very sore and tired. I was about to hit the wall. My falling heart rate reflected this as well. All of a sudden it went to 150, then 140,

then 130... Whoa! I also had this really bad feeling that a whole group of people had regrouped and would go flying past me at any time. The track was VERY tight for that last 18km, up and down short sharp hills filled with twisted tree roots reaching out to trip a tired foot at almost every step. I was popping salt tablets and drinking litres of water (about four litres in that last two hours). It was a very uncomfortable way to finish the race, but then... What other way IS there to finish a race like this? In oceans of pain is the only way I know to finish, and any less than that is just not an option. So it was good. But I still had this really bad feeling of being caught. I was too tired to look around plus the twisting turning nature of the course meant I could only see for 50m or so anyway, so I got into a routine of just totally stopping and listening silently, before taking off again.

The closer I got to the finish, the more paranoid I was getting. In the end I was doing everything to keep running, even up the hills for really the first time in the day. It was extremely slow, but I'd convinced myself that if I could just keep running, there was no chance of anyone catching me. At about eight hours into the race, I was desperate to know how far to go, and began asking hikers. "How far till Cynthia bay?" But there must've been a German hiking convention out there or something, because NONE of them knew what I was asking. It was driving me crazy! Finally I saw a couple of younger teenagers and asked the same thing. When one of them replied, "About five or 10 minutes at the speed you're travelling", it was as good as crossing the finish line. Woohoo! I ran away with a "Thanks!!" and new vigour, determined to put everything I had into this last bit of track. They can't catch me if I just keep running... My watch said 8.37, I was going to finish in UNDER nine hours as well! I couldn't keep the grin from my face as I reached the end of the Overland Track and turned onto the short gravel road to the finish line. That short gravel road went on forever! I thought I'd taken the wrong turn and was beginning to panic, but the walkers kept reassuring me that it was "Just around the corner". A

kilometre later it was STILL going. But I was still running, still under nine hours, and still grinning. And then there it was... The gravel turned to bitumen, a carpark opened up to the visitor's centre, and a small group of people were standing around a modest few witches hats that marked one of the most important finish lines of my life. I raised an arm and with a pretty unimpressive "Woo!" finished the longest and perhaps best run of my life.

Matt Dalziel was already showered, dressed, and was fresh looking as he welcomed me over the line. He'd won by 57 minutes... I dropped my backpack and bum bag and drank a couple of cans of soft drink while I walked around shaking hands trying to cool off. It wasn't working. So I walked down to the lake (the steps were agony) and just walked straight in, shoes and all (as if I could get them off anyway) before letting myself fall backwaters into the crystal clear cold water and just laid there feeling the heat get pulled out of me. It was pure bliss!

From there I spent the next five hours eating, drinking, and watching the rest of the competitors come in. A great thing about a small field is that everyone gets to know everyone, and there was an excellent camaraderie between everyone. We all swapped war stories of falls, blisters, snakes, hard times and great times. That talk spilled over to that night, and the next morning until fifty new friends had to say goodbye, before half of us jumped in the athlete bus and talked more about the race for the entire trip back to Launceston. **It was good.**

Why revisited

When I finally got home to Portland there was two big posters on the garage door that my two boys Fraser (9) and Campbell (6) did (My wife Nicole helped). One said "Congratulations Dad! We are proud or you!" And the other was a big painting of me running over mountains and rivers, and they all gave me a big cheer and ran up for a hug as I came in the door.

Does it get any better than that?!

Cradle Mountain Results:

| no. | surname | first name | gen | age | Pellion | Kiora | Windy | Narcissus | Cynthia | Cynthia finish |
|-----|-----------|---------------|-----|-----|---------|-------|-------|-----------|---------|----------------|
| 1 | Matt | DALZIEL | M | 35 | 3:05 | 3:59 | 4:57 | 5:54 | 7:49 | 1 |
| 58 | Peter | REEFMAN | M | 35 | 3:34 | 4:35 | 5:46 | 6:43 | 8:46 | 2 |
| 41 | Richard | MOUNTSTEPHENS | M | 34 | 3:22 | 4:25 | 5:38 | 6:43 | 8:50 | 3 |
| 43 | Rob | PRESTON | M | 30 | 3:14 | 4:16 | 5:30 | 6:38 | 8:59 | 4 |
| 47 | Andrew | HILL | M | 26 | 3:21 | 4:22 | 5:42 | 6:53 | 9:14 | 5 |
| 55 | Aubrey | HENRICKS | M | 39 | 3:34 | 4:36 | 8:24 | 6:57 | 9:16 | 6 |
| 4 | Dave | HEATLEY | M | 44 | 3:32 | 4:37 | 5:57 | 7:10 | 9:39 | 7 |
| 38 | Peter | HOARE | M | 48 | 3:55 | 5:04 | 6:27 | 7:38 | 10:07 | 8 |
| 22 | John | WILSON | M | 44 | 4:05 | 5:19 | 6:50 | 8:04 | 10:27 | 9 |
| 37 | Brett | WORLEY | M | 29 | 3:47 | 5:05 | 6:41 | 7:57 | 10:34 | 10 |
| 48 | Glenn | MEYER | M | 27 | 3:41 | 4:59 | 6:35 | 7:54 | 10:45 | 11 |
| 15 | John | MADDEN | M | 52 | 3:41 | 5:02 | 6:33 | 7:55 | 10:46 | 12 |
| 2 | David | ROSS | M | 49 | 3:47 | 5:05 | 6:45 | 8:09 | 10:54 | 13 |
| 46 | Peter | PRESTON | M | 22 | 3:24 | 4:36 | 5:55 | 7:17 | 10:54 | 14 |
| 31 | David | WOOD | M | 27 | 4:05 | 5:19 | 7:00 | 8:32 | 11:15 | 15 |
| 19 | David | COLE | M | 43 | 4:00 | 5:20 | 7:00 | 8:29 | 11:43 | 16 |
| 18 | Michael | SLAGTER | M | 35 | 4:18 | 5:42 | 7:24 | 8:55 | 11:51 | 17 |
| 13 | Alex | HOVE | M | 55 | 4:21 | 5:46 | 7:34 | 9:01 | 11:56 | 18 |
| 42 | Grace | ELSON | F | 22 | 4:21 | 5:41 | 7:33 | 9:07 | 12:10 | 19 |
| 28 | Steve | BENTLEY | M | 46 | 4:17 | 5:42 | 7:30 | 9:03 | 12:11 | 20 |
| 3 | Rod | ANDREWARTHA | M | 47 | 4:22 | 5:52 | 7:39 | 9:11 | 12:20 | 21 |
| 8 | Nathan | TIMMS | M | 31 | 4:34 | 6:04 | 7:47 | 9:18 | 12:27 | 22 |
| 9 | Jane | SHADBOLT | F | 28 | 4:34 | 6:04 | 7:47 | 9:18 | 12:27 | 23 |
| 6 | Marcel | BROWN | M | 32 | 4:00 | 5:30 | 7:18 | 8:59 | 12:28 | 24 |
| 10 | Cat | WRIGHT | F | 28 | 4:36 | 6:06 | 7:50 | 9:25 | 12:30 | 25 |
| 7 | Mario | LAROCCA | M | 56 | 4:29 | 6:04 | 7:52 | 9:24 | 12:37 | 26 |
| 23 | Lorna | GREGORY | F | 42 | 4:24 | 6:00 | 7:51 | 9:26 | 12:39 | 27 |
| 60 | Paul | O'NEILL | M | 40 | 4:28 | 5:58 | 8:03 | 9:42 | 12:47 | 28 |
| 14 | Steve | PROCTOR | M | 51 | 4:41 | 6:24 | 8:19 | 9:56 | 13:01 | 29 |
| 17 | Julia | THORN | F | 48 | 4:52 | 6:24 | 8:14 | 9:50 | 13:03 | 30 |
| 39 | David | STARY | M | 55 | 4:47 | 6:26 | 8:20 | 9:56 | 13:09 | 31 |
| 11 | Sue | WRIGHT | F | 56 | 4:36 | 6:09 | 8:12 | 9:53 | 13:12 | 32 |
| 16 | Dale | LANCASTER | F | 55 | 4:36 | 6:09 | 8:12 | 9:52 | 13:12 | 33 |
| 44 | Robyn | FLETCHER | F | 35 | 4:36 | 6:09 | 8:12 | 9:53 | 13:14 | 34 |
| 24 | Harvey | GRIGGS | M | 53 | 5:04 | 6:41 | 8:35 | 10:15 | 13:31 | 35 |
| 34 | Janelle | MILLER | F | 37 | 5:01 | 6:45 | 8:35 | 10:10 | 13:31 | 36 |
| 12 | Paul | ASHTON | M | 49 | 4:28 | 5:59 | 7:51 | 9:27 | 13:37 | 37 |
| 59 | Ray | CARTER | M | 42 | 4:49 | 6:31 | 8:36 | 10:10 | 13:39 | 38 |
| 33 | Elizabeth | ONG | F | 33 | 4:48 | 6:36 | 8:42 | 10:21 | 13:45 | 39 |
| 35 | Jason | VAUGHAN | M | 33 | 4:48 | 6:36 | 8:42 | 10:20 | 13:45 | 40 |
| 36 | Caroline | PIVETTA | F | 31 | 4:48 | 6:36 | 8:42 | 10:21 | 13:45 | 41 |
| 57 | Nick | THOMPSON | M | 43 | 4:57 | 6:41 | 8:42 | 10:26 | 13:45 | 42 |
| 40 | Doug | STROHFELD | M | 47 | 4:41 | 6:25 | 8:22 | 10:10 | 13:57 | 43 |
| 5 | Michael | BOOTH | M | 51 | 4:34 | 6:24 | 8:24 | 10:10 | 13:59 | 44 |
| 30 | David | MACFARLANE | M | 47 | 4:45 | 6:25 | 8:24 | 10:10 | 13:59 | 45 |
| 27 | Guy | MARQUIS | M | 44 | 4:49 | 6:32 | 8:40 | 10:39 | 15:12 | 46 |
| 54 | Karen | PEDLEY | F | 43 | Kitch | Kitch | Kitch | Kitch | Kitch | |
| 20 | Karen | COLE | F | 36 | 5:11 | 7:00 | 9:20 | 11:18 | Narc | |
| 26 | Jeff | MCNAUGHTON | M | 45 | 5:25 | 7:21 | 9:38 | 11:49 | Narc | |
| 32 | Claire | ROWE | F | 26 | 5:35 | 7:31 | 10:15 | 11:49 | Narc | |
| 53 | John | LINDSAY | M | 57 | 5:29 | 7:25 | 9:46 | 11:49 | Narc | |

Maroondah Dam 50km Trail Race

19-2-2006 Yarra Ranges,
Victoria

Report by Race Director,
Mark Mex

| Place | Name | Time |
|-------|--------------------|---------|
| 1 | Jarad Kohlar | 4:20:40 |
| 2 | Paul McKenzie | 4:41:03 |
| 3 | Stephen Callahan | 4:46:02 |
| 4 | Glen Campbell | 5:07:29 |
| 5 | Julian Callahan | 5:08:15 |
| 6 | Kelvin Marshall | 5:12:06 |
| 7 | Charles Chambers | 5:13:19 |
| 8 | Mike Gustus | 5:17:09 |
| 9 | Chris Murphy | 5:19:02 |
| 10 | Bryan Ackerly | 5:28:09 |
| 11 | Brent Dower | 5:31:46 |
| 12 | Adrian Panozzo | 5:31:46 |
| 13 | Shaun Mooney | 5:31:46 |
| 14 | Michael Norden | 5:31:46 |
| 15 | Peter Bignell | 5:33:16 |
| 16 | Brian Harrison | 5:38:21 |
| 17 | Neil Rampling | 5:38:21 |
| 18 | Graeme Allen | 5:43:28 |
| 19 | Nicholas Bignell | 5:43:47 |
| 20 | Garry Wise | 6:05:00 |
| 21 | Steve Hyde | 6:05:00 |
| 22 | Andrew Hewat | 6:15:00 |
| 23 | Scott Thompson | 6:23:00 |
| 24 | Michael Pickavance | 6:31:00 |
| 25 | Nick Thompson | 6:36:00 |
| 26 | Richard McCormick | 6:38:00 |
| 27 | Simon Brewer | 6:43:00 |
| 28 | Alec Hill | 6:49:00 |
| 29 | John Dobson | 6:49:00 |
| 30 | Robert Boyce | 6:55:00 |
| 31 | Andrew Baker | 7:28:00 |
| 32 | Kevin Cassidy | 7:45:00 |
| 35 | Rudolf Skrucany | DNF |



The race gets underway

On arrival at Maroondah Dam reservoir, just as registration was to start, the park gates had not yet opened and as the cars began to queue, I sensed we were in for a big day; this was realised with 30% of competitors deciding to enter on the day.

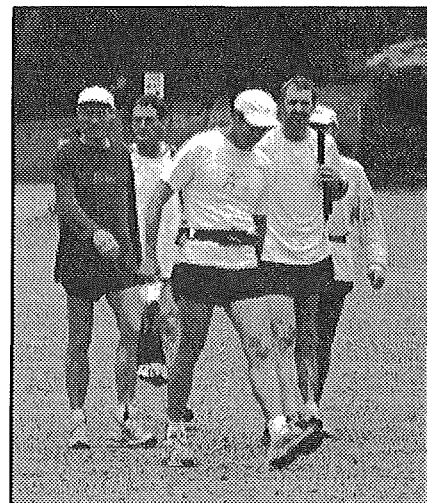
For the 30 km people entering on the day, the pre booked bus was full, so car pooling was their only option of getting to the start. This is the risk you take by not pre-entering!!

But we were all blessed with another year of great running weather. At 09.30 it was 17 degrees at Dom Dom for the start of the 30 km runners and a few degrees colder for the 50 km runners who started one and a half hours earlier at Watts River.

These ideal running conditions turned out a record field, up 30 % from last year. In the 30 km female category there was an increase from 9 to 23 this year. Isobel Bepalov now holds the 30 km course record at 2:51, taking 7 minutes off the record previously held by Karen Tainton

The 50 km event was won by Jarad Kohlar in 4:20 who moved up from 4th place last year. The night before the race a few volunteers, Jarad and myself camped up at Dom Dom and at 10 pm Jarad still had not decided which run to enter. Jarad told us of his previous weekends race in New Zealand where he co lead the run up to Klondyke corner in Coast to Coast and saw his lead dwindled away due to sore buttocks in the 5 hr kayak leg.

Mick Worthing, the current Victorian 24hr rogaing champion, convincing won the 30 km event in the time of 2:32, and as Mick put it, 'I'm just getting back into running after a 3 week break'. One thing in common



Pre-race preparation

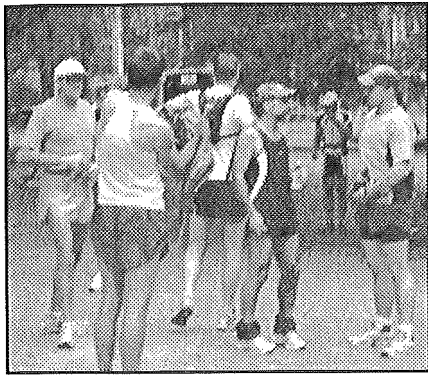
with all the winners is that they either live or train in the Dandenongs.

Only one person reported seeing a snake 20 metres from the Dom Dom checkpoint and that was Jarad. We all stood in a amazement as Jarad side stepped and danced over this snake. If his heart rate wasn't already in the red, it surely must have been by then!

This year we hired two Satellite telephones, these were carried by the tail end Charlies and fortunately they were not used. We are always trying to improve communications throughout the course and next year we may look at communication systems similar to what the parks and emergency services use. In the history of this event no one has ever needed to be evacuated from the course, however with the growing numbers of entrants everything needs to be reviewed.

Hand crafted wooden clocks from George Start and his brother Alan were handed to 1st and 2nd place getters with the largest and most prized going to Isobel. 3rd and 4th received hand lotions and cleansers. And as mentioned on cool running, probably some of the best trophies you can receive.

Plenty of praise was received for the volunteers during and after the event from all the participants. They really



The usual pre-race banter

had their work cut out trying to record the runners number as they ran past. We think the run made at least 5% of the participants delirious (the other 95% may beg to differ) as they could not read their own numbers. Many gave them backwards or someone else's - even though they did write the number on themselves.

This year some great photos were taken and we probably have everyone except Kevin Cassidy who should have been in bed resting, instead he decided to keep the tail end Charlie company, at least David did not catch whatever Kevin had.

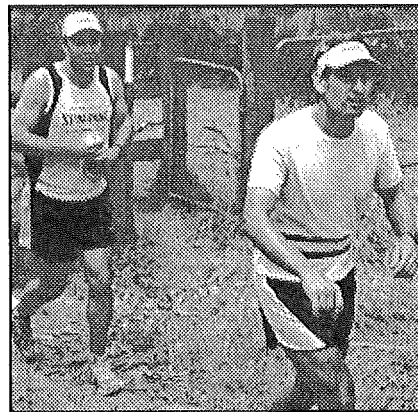
We received plenty of praise and plenty of ideas on how to improve the event, all from online registration, through to course markings. All these ideas and thoughts have been taken onboard and we endeavour to work through them in the coming months.

Many thanks to all the Volunteers, who dedicate their time and energy to enable this event to proceed, without their generosity of time and enthusiasm this event would not be able to take place. I'm sure Nigel Aylott, who knew each and every one of them, would be just as grateful as I am.

Finally I would like to say well done and thank you to all the competitors. It is a challenging and difficult run and after you have completed it I am sure you all feel a great sense of accomplishment. At some stage, no matter where you place, you probably wished that you had included more hill runs in your training, but after saying that - running down Mt St Leonard's will always HURT!

"The Best Laid Plans of Mice and Men" By Kevin Cassidy

I was feeling reasonably confident of a respectable performance with recent training runs certainly indicating as such. Imagine my dismay when the first raspy feeling of phlegm in the throat hit me two nights prior. By the next afternoon, the runny nose and feverish feeling in the muscles had well and truly taken hold. Indeed, illness had struck at the most inopportune time, I spent race eve without sleep, a nose running like a tap and a thumping head as I dreaded what lay ahead the next morning. Suddenly my plan of a six hour finish became a case of hoping like hell that I'd be able to make it to the finish line without passing out and



Adrian Pannozzo still looks fresh with 3km to go

collapsing! Such is the fickle nature of trying to maintain a "streak". If this was any other race, I would not have even attempted to get out of bed. Sadly, there are times when common sense just doesn't enter into the equation.

Congregating at Fernshaw, it was fantastic to see such a huge field of runners, particularly the new faces coming into the ultra scene who really make me feel like an old "Has Been". I would have loved to have engaged in the usual pre race banter but was purely and simply in no mood.

God only knows what the ragged looking couple in the camper van thought when a large group of runners descended on their quiet Sunday morning to start the journey through the rugged and spectacular Yarra Ranges.

Suffering a high fever, I was trailing the pack within 200 metres in the most miserable of physical conditions. I was perspiring so copiously that it was dripping down my legs in a matter of minutes. My joints ached, head spun and the arduous task ahead looked to be nothing short of painful.

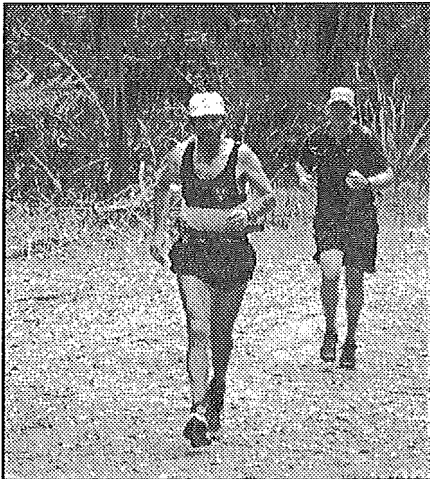
In essence, that summed up my day. I was within a whisker of pulling out at 10km and even closer upon returning to Dom Dom at 19km but determined that I had to finish for the sake of Nigel Aylott's memory. Pushing on up the long climb to Mount Saint Leonards, I made the significant discovery that unless you expel the phlegm from your throat quickly, you almost vomit! My whole world seemed to be spinning on the ascents, while my joints ached like rotting teeth on the descents. Perspiring at an astounding rate, I felt sure that I'd be able to put an end to our water restrictions. The sensation was as if I had gone 12 rounds with Mike Tyson, although both my ears were still intact. Despite my sorry state of affairs, I had to chuckle at the "Running Race in Progress" sign, given that I was rolling along so slowly that I wouldn't have even called it walking. Further on, a couple of stray deck chairs sitting alone had me somewhat perplexed as to their origin and purpose while the dead wombat just prior to Saint Leonards smelt worse than a fish market in a heat wave. The abundant maggots, however, thought it was Christmas as they made a veritable smorgasbord of the rapidly decomposing carcass.

A force more intelligent than I [which encompasses an overwhelmingly high percentage of the World's inhabitants] was furiously encouraging me to pull out as I staggered into St. Leonard and the delights of the Mason family aid station. What a set up. Boston buns, cakes, fruit, coke, pies, red salmon, caviar, pink champagne on ice, roast beef and after dinner mints. I may be exaggerating somewhat but it was impressive to say the least. Resembling the kitchen of a five star restaurant during the dinner hour, such an array would have sent an entire Weight Watchers convention into a total frenzy.

Much to my consternation, I was lumbered with the honour of being stone motherless last [by a long way, I should add] along with the added indignity of having the ribbons pulled down behind me as I descended ever so slowly towards the dam. Knowing the trail well, I eventually sent our bike riding race official up ahead, not wishing to delay him anymore.

Drooping across the finish line several hours slower than my capabilities, I strongly suspected that race Director, Mark Mex, would have long since discarded his stop watch in favour of a calendar!

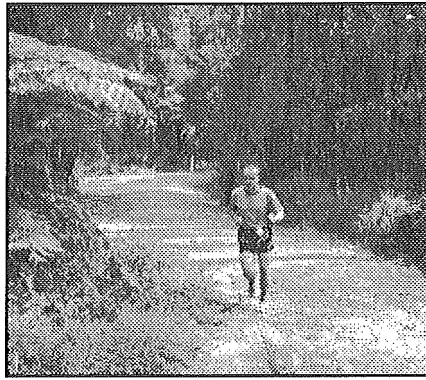
Feeling about as jovial as a polar bear in the Sahara Desert, it was of no surprise to find the area almost deserted. I couldn't even bring myself to enjoy my customary post



Charles Chambers

race consumption of hefty quantities of Diet Coke and Cheesymite Rolls. To those who waited so tolerantly, let me apologise for the ordeal. I can't recall the last time I had suffered so much, all for the sake of maintaining that streak. Was it worth it? No, I don't believe so. To those who congratulated me on toughing it out, I have to reject such a notion point blank. It was nothing short of stupidity, lunacy and a severe dose of taking leave of one's senses. To borrow a well publicised line from our former PM, Bob Hawke, "Silly Old Bugger" is the only term that I could apply to myself with any degree of accuracy.

Being ordered into the car with a rather profound "You're An Idiot, I'm



Nick Thompson

Tired And It's Time To Go", I was trying to think of a situation that would be less convivial but couldn't come up with anything until partaking in a toilet stop at a nearby pub. Staggering through a room full of poker machines, I came to the bleak conclusion that such places are the absolute heart of social misery. Stony faced individuals with glazed over expressions in their eyes, clearly taken in by the environment of lights and bells, were mindlessly wasting their pensions and housekeeping money. I stood aghast as one ample bellied woman ran quickly to the ATM in the foyer to extract several hundred dollars, only to make a beeline back to the machines!!

For no other reason than the requirement of a Medical Certificate to cover some sick leave, I crawled across to the local doctor on the Monday with the stock standard complaint of a head cold. "That's No Head Cold", she stated in the most sanctimonious of tones, "You've Got Bronchitis". I didn't dare let on to the foolish manner in which I'd spent the previous day.

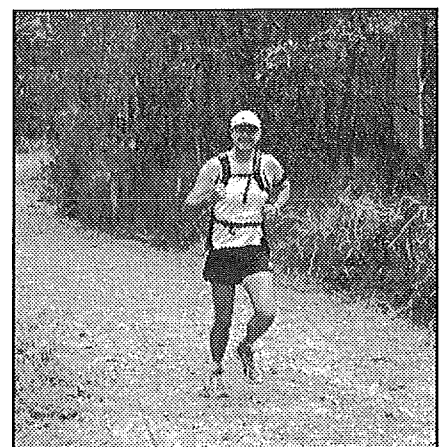
Report by Kelvin Marshall

Yesterday was one of those days which I have only positive comments about, a very well organised race. Thankfully I think it's got to the point that I know all the places where you can take a wrong turn (and have been down them in previous years). Certainly a record field in both the 50 & 30 K's, and I was surprised to see so many cars in the car park on my arrival. A smooth transition by bus to Fernshaw and it was great to see a new toilet block there (apparently the reason in years past that the old block was shut was the fact they were leaking into the Watts River and

hence the water catchment). On arrival, I saw a fellow coming out in dressing gown which made me think there must have been showers as well (hate to think how the people in their combi van must have felt with their lazy Sunday morning disturbed by all us runners).

After a bit of a catch up with fellow runners, we started. It was certainly a bit of a dash to the first part of the track which was probably as bad as it's been, causing heaps of deep scratches on my lower legs (have never been comfortable in gaiters), whereas I usually get scratched above the knee on this course. As usual, my main ambition till we hit the track to Dom Dom was simply to stay on the course (a few extra ribbons this year helped). It was certainly very thin and overgrown and virtually impossible to follow anyone in front (50 odd metres was out of sight!). The last hill always seems to go on forever and was no different this year, though at least it was not as dense bush so I could occasionally see people in front.

I was glad to hit Dom Dom Saddle and know that the worst (navigation wise) was out the way. At that point, I caught up with Andrew Hewat and we pushed each other pretty hard, overtaking one group. He certainly



Andrew Baker

ran past me like flying out of a slingshot on the downhill stuff but every time that fired me up to recatch him. Just before the 20K mark, I had another fellow catch me and we left him a little behind (with Peter Bignell just in front to chase).

A banana and water and I was ready to cross the road.

Then for the big uphill slog, I always feel that the 25KM sign is so much further than it should be (possibly as Dom Dom is only 19 ?), I wasn't making ground nor losing ground, I'm just simply not a steep uphill runner. The first sign of any back problems came soon after, saw Cathy Philo (in the 30 K race) surprisingly near the Mount Monda turnoff (I found out later she'd taken a wrong turn early on), and typical me, that made me run harder. I was passed by one fellow after a walk session (and a powerbar - the one thing in favour of wearing a camelback) and by that point I realised that the back pains were more hip based so I couldn't get the usual fluid rhythm whilst walking. I was feeling the cold badly at around 30 K's (very brightly brought the spray jacket and left it in car), and was just hoping for a bit of sun (negative thoughts were creeping in with sore back and mist in air). I ran along with another fellow for a while which helped and got to Brendan Mason's drink stop. Ahh, Bun & Coke, I must have died and gone to heaven (not a typo it was Bun not Bundy !!).

I had a struggle up the Mountain and was greeted by the track down being in the best condition I can ever remember (in something like 30 odd years of going up there) which meant I could run and stretch out (which helped the hip/back problem) as well as passing plenty of runners.

I really enjoyed my run all the way down to Donnelly's Weir, although I confused the checkpoint volunteers by saying "that's number 12 out the way" (referring to the number of races not my race number) and was thankful that there was only one vague uphill before the finish. I seemed to have timed my run with just enough energy to finish and no more.

Hit the usual finish line, fists in the air and over the top as usual but no one is about!! I almost had to get a second wind to make it to the new (more logical) finish line at the Picnic shelter.

Overall, I was quite content with my fastest run since winning in 2003 and amongst my six fastest times there. At last, a race this year that I can claim some sort of satisfaction from,

so roll on Six Foot (and three weeks of some sort of rest).

I certainly had a good time catching up with many familiar faces while waiting for more to come in (now Kevin can honestly say he's spent more time out there in 12 years and I've run much more distance in those same 12 races).

A big thanks to Mark Mex and his helpers. Now I just hope this race doesn't grow too big to control (a good problem I guess ??)

P.S. It was one of those days that we all have when I just could not get a song out of my head. I had typically grabbed a double CD to put in the car on the way to the race and it was the Stones "Love you Live". The only problem being that the song was the very old "Star Star" (I won't offend readers by putting the lyrics or alternative title, after all there are many lyric sites on the web). I was trying like anything not to sing aloud - hopefully I succeeded. If not, I apologise. I was trying to keep it under my breath.

Bunbury Runners Club 6 and 12 Hour Track Race and Western Australian 50km Championship W.A.

Saturday 4th March 2006
Results

12 Hour Race

| | Name | 6 Hour | 12 Hour |
|---|-----------------|---------------|----------------|
| 1 | Lyle James | 42.000km | 73.714km |
| 2 | George Audley | 36.500km | 62.500km |
| 3 | Liz Neville [f] | 56.500km | 59.000km |

W.A. 50km Track Championship

| | | |
|--------|-------------------|---------|
| First | David Kennedy | 3:59:40 |
| Second | Lynne Barnard [f] | 4:44:37 |
| Third | Danial Claughton | 5:03:01 |

6 Hour Race

| | Name | Distance |
|---|-------------------|-----------------|
| 1 | David Kennedy | 68.075km |
| 2 | Lynne Barnard [f] | 62.510km |
| 3 | Danial Claughton | 60.243km |
| 4 | Doug Wright | 55.437km |
| 5 | Ron McGlinn | 55.199km |
| 6 | Jane Thompson [f] | 55.117km |

| | Name | Distance |
|----|---------------|-----------------|
| 7 | Bob McNamara | 55.006km |
| 8 | Don Carlson | 51.231km |
| 9 | Paul James | 46.500km |
| 10 | Gary Harris | 44.707km |
| 11 | Simon Fretton | 44.000km |

IAU World 24 Hour Challenge

By Martin Fryer



Just got back to Oz late yesterday and would like to thank all ACT runners, Orienteers and of course my family for their encouragement and congratulations. Thanks to AURA, IAU and ACT Sport & Rec for helping with funding, and to Ian Cornelius for his hard work at coordinating the team and getting smart team uniforms together at pretty short notice.

It was certainly an experience of a lifetime. I am proud of my own and my team mates efforts - we all gave it our absolute best on the day in what were very demanding conditions. We all had a number of horror patches but I just had less than the others.

The course was a real killer - a 987.7 metre loop with about 650m of white CONCRETE path, 350m bitumen, a short sharp hill, lots of sharp turns, narrow convergence channels in sections where we ran parallel with another race (Open), large concrete bollards in the centre of the path at a few points, slippery wooden boards over some potholes, all sorts of gutters and foot obstacles. The park itself was in the northern part of Taipei city and was next to a big soccer stadium, one of the subway stations, and the domestic airport. The latter meant that we regularly had large aircraft performing their final descent only a few hundred metres above us and flying directly up the middle of the running course!

Weather at the start was humid with the sun threatening to break out for the first time since we had been in Taipei - not sure of the temp but felt like about low 20s. It rained fairly

consistently for most of the second half of the race and was quite heavy in the last few hours, with quite a few puddles on the course later on. Wind was variable ranging from quite light to quite strong at different times throughout the race.

As expected, the pace was ridiculous at the start of the race but I just did my own thing and tried to run steady 11s (K/h) for the first 6 hours to settle in.

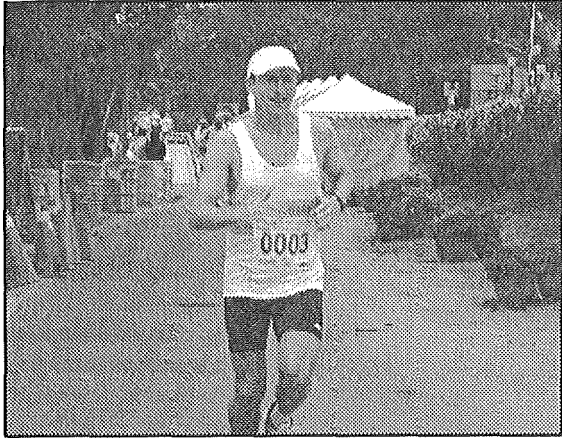
I had lower back/glute spasm issues for quite a lot of the race (had a few long breaks to get pressure point massage) and my hammies and achilles were sore for long sections as well. I was pleased that I was able to stay close to my pace plan up to half way (121K at 12h) and then run a good second half without too much fade (112K for second half). Once I had a taste of getting into the top 20 the adrenalin kicked in and I raced my butt off for the last few hours, targeting the next place getters one by one. With an hour to go I was 13th and quickly picked up another few spots to get into 11th.

Now I could see top ten was possible and set the Russian and Korean as targets. After a big surge I passed the Russian with 25 min to go but he passed me when I walked the hill. Now with 20 min left I knew I had to forget the luxury of a walk break (despite my body screaming for relief) and tried to stay with the Russian. The strategy was to either sit on him and pass him right at the end if I could, or pass him early and hold the lead. I chose the latter - I passed him with another big surge with about 18 min to go and tried to break his spirit by going as hard as I could.

The last 15 min went on forever as large crowds of people yelled and screamed around the start/finish area and all the crews were egging on their runners for one final push. All of a sudden, people who were in death marches were all running like maniacs that had been given the

Frankenstein serum. At this point my body wanted to collapse so I tried to con myself mentally into thinking I was running a short cross country race - my lap splits in this last half hour were suddenly going well under 5 mins and 230+ was a definite if I could stay on pace and just hang on.

With 10 min to go I was thinking just 2 laps to go and decided I could sustain one last super surge. This turned out to be a mistake as with 5 min to go I experienced the worst lactate bear in the legs and lower back and was right on the edge of getting the wobbles. I backed off the pace hoping for the lactate to clear and hoped that I had enough lead up on the Russian (I didn't look back). It was down to 5 min to go - one lap and neither the physical bear or the Russian bear would get off my back. I ran past the team aid stations for the last time and Diane from our crew was screaming at me to hold on. I was at the point of muscle seizure in the legs and back and felt some spasticity coming on. With 2 min to go Diane had cut across the course and was going ballistic so I knew it was going to be close. When I turned into the start/finish chute where the lapscorers were the crowd were going absolutely berserk with a countdown of about 20s to go as I crossed the timing mats. At the end of this chute was a sharp 90 degree right turn. I rounded this turn and immediately ran into slower runner traffic - one of them stepped out in front of me as I tried to pass and during my attempt to avoid them my back and legs completely seized up and I did a spectacular face plant into the concrete path. I quickly tried to get myself up, hoping that I hadn't been passed - 4s left - another half dozen steps or so with my upper torso bent at 90 degrees from the waist and then another seizure and complete face-plant into the footpath in front of the medical tent when the gun went off to end the race. I think at that moment I permanently left part of my soul on that little piece of footpath in Yuan Shan Park in Taipei.



Mick got bad gastro distress fairly early on and lapsed in and out of good form throughout the race - I had never seen him run before - he has a smooth and consistent ultra style which would beat all of us on a good day. I can see why he has a 245 and a 250 to his name as well as many others over 200.

Unfortunately the Russian passed me during these falls and I missed out on a top ten finish by less than 200m (with 9th place only another 200m in front of that).

People were all rushing to me - they put me in a chair and dutifully marked my finishing spot. As I started to lose colour vision I remember hearing Diane's voice asking me if I was OK and in the background hearing some locals yelling out Ozzie, Ozzie Ozzie! I was quickly moved to the Medical tent where half a dozen or so Taiwanese in white coats converged on me and took my vital signs while trying to force me to drink a few warm cans of the local electrolyte drink (aptly named Pocari Sweat). IV drips were placed in both arms, with the left one being painful as the student doctor missed the vein for the first 2 attempts and left some horrid bruising. My blood pressure had recovered and I felt much better after an hour or so. I had pretty bad blistering on both feet as I had not stopped to treat the multiple hot spots that had come on with about 4 h to go. Both achilles were blue/black and my quads were pretty seized up. Now, 4 days later I can walk reasonably well but the left achilles is still quite bad and both achilles and feet are still a bit swollen.

Paul, Mick and Simon were probably all a bit disappointed with their performances but they all battled hard and will no doubt bounce back with some big totals in the future. They will probably post their stories later on but here is what I can recall....

Paul had various issues including back spasms and fatigue and seemed to be either moving very well and fluidly at around 9K/h or walking in a slow type of stupor. He had quite a few stops for massage work but, as usual, seemed to arise from the grave and suddenly



crank out very consistent laps. He was confidently heading for 200+ at about the 16h mark but things seemed to go pear-shaped for him in the last 4h or so. Paul was a great team captain and had to deal with ridiculously long team briefing meetings the day before the race. Paul's words of wisdom to the team before the start of the race were "It's just like a party- just eat, drink and have fun".

Simon's first 24h race would have been disappointing for him as he started really well. He was a few laps up on me up until about 12 hours and he was moving effortlessly. Unfortunately his ITB went south not too long after halfway and he bravely walked (slowly) the rest of the race chatting up various women of Scandinavian origin- he's a good listener! No doubt in my mind that Simon has 240+ in him in the future.

Our superb crew Val, Diane and Hillary were simply awesome and were dead tired themselves after a long night - they fed, treated, massaged and motivated us through a very long night. Great job girls!

Well, in my current bruised and battered state I will leave it at that - at this stage I really can't be sure if I will even make the start of 6 foot - if I do it will probably have to be in easy mode as I am wary of these achilles at the moment.

I look forward to catching up with everyone at future events. I would strongly encourage anyone that has the dream of running 24 hour races to just train hard and do it. The results will come if you train hard and you are patient. It would be nice to see a stack of 200K+ runners available in Australia in 2006/2007 as people come out of the woodwork and give it a go. While like many others I prefer trail running, I have to say that this type of running is still very satisfying and provides enough challenges to satisfy even the most hardened masochist.

IAU World 24 Hour Challenge

By Simon Phillips

Thanks to AURA, Ian, Phil, team mates and crew for the opportunity, assistance and experience of my first 24 hour race.

Injury held me back from completing my target of over 200km, and this was disappointing, but completing 116km by half way has given me confidence that my goal and probably futher is definitely attainable, (after my 177km total was achieved with 10 hours of walking.) Up until the injury I felt good and felt that I could keep going at the pace I was running.

I am seeing a physio and my knee is feeling better but if I try and run my foot keeps swelling up. I am supposed to be running in the Commonwealth Games baton relay on Friday but I expect it will be more like hobbling for 500m in that and then I have the Cancer Council Relay for Life in a couple of weeks where I



volunteered to run most of the night part for my team (but that was before the 24 hr!!!).

The efforts of my team mates were outstanding, it was a very tough course, (that concrete!) twisty and crowded, the weather was miserable, all had various health issues, so all should be congratulated on what they achieved. (And Martin's result was phenomenal). They were also a good team to go away with and made the trip an enjoyable one.

Our crew were great and we could not have achieved what we did without them. First class.

The US doctor (friend of Phil's) who looked after us was also fantastic and very helpful.

I would encourage anyone to visit Taipei for a holiday - the people were very helpful, one day when I was about to get off a bus the driver offered to give me his umbrella as he was concerned that I would get wet! It would also be a very inexpensive holiday once you get there and there are plenty of sights to see.

Thanks again to everyone involved.

Hope to see you all at one event or another sometime this year. I am thinking about Gold Coast 100km and Adelaide 24 hour and would also like to do another 6 hour sometime. I am also doing a bit of rogaining.



John Gluckman at the Antarctic Marathon

IAU World 24 Hour Challenge. Taiwan February 25th/26th 2006 - Overall Results

MEN

| | Name | Country | Distance | | | | |
|----|-----------------------|---------|----------|--------------|---------------------------|-----|---------|
| | | | | 45 | CHEN CHING HUI | TPE | 189.179 |
| 1 | RYOICHI SEKIYA | JPN | 272.936 | 46 | JAN ONDRUS | CZE | 186.412 |
| 2 | MAGROUN MOHAMED | FRA | 248.563 | 47 | KIM SOOYEUL | KOR | 186.398 |
| 3 | VLADIMIR BYCHKOV | RUS | 246.098 | 48 | BOGAR JANOS | HUN | 185.688 |
| 4 | OSVALDO BELTRAMINO | ITA | 245.698 | 49 | PAUL EVERY | AUS | 185.015 |
| 5 | MASAYUKI OTAKI | JPN | 244.572 | 50 | ANTONIO MAZZEO | ITA | 182.483 |
| 6 | HOBLEA FABIEN | FRA | 243.709 | 51 | NADEEM KHAN | CAN | 179.186 |
| 7 | KENJI OKIYAMA | JPN | 238.061 | 52 | SIMON PHILLIPS | AUS | 177.533 |
| 8 | ENRICO BARTOLINI | ITA | 235.100 | 53 | JEON BYOUNGCHEOL | KOR | 177.509 |
| 9 | KIM KWANGBOK | KOR | 233.522 | 54 | KIM BOKLEUL | KOR | 164.659 |
| 10 | ANDREI KAZANTSEV | RUS | 233.415 | 55 | RICHARD DONOVAN | IRL | 163.958 |
| 11 | MARTIN FRYER | AUS | 233.239 | 56 | LEKO SITPE | CRO | 163.040 |
| 12 | KANAME SAKURAI | JPN | 232.894 | 57 | CONRAUX EMMANUEL | FRA | 160.443 |
| 13 | GUYOMARCH JEAN PIERRE | FRA | 232.140 | 58 | ALEX CV HENRIKSEN | DEN | 159.740 |
| 14 | GASTONE BARICHELLO | ITA | 228.879 | 59 | WALDEMAR PEDZICH | POL | 157.695 |
| 15 | VLADIMIR TIVIKOV | RUS | 228.846 | 60 | KIM HWEI | KOR | 157.485 |
| 16 | TONY MANGAN | IRL | 228.299 | 61 | YOUN JANGWOONG | KOR | 154.098 |
| 17 | PROVOST DOMINIQUE | FRA | 227.666 | 62 | YANG HSIN FU | TPE | 152.811 |
| 18 | THOMAS WENNING | GER | 227.414 | 63 | MICHEL GOUIN | CAN | 151.905 |
| 19 | SLAVOMIR LINDVAI | SVK | 225.910 | 64 | SERGIO ORSI | ITA | 151.118 |
| 20 | MARIO PIROTTA | ITA | 224.665 | 65 | LUCIANO PRADO DOS SANTOS | BRA | 147.607 |
| 21 | KURODA MUNEHARU | JPN | 222.301 | 66 | EOIN KEITH | IRL | 145.192 |
| 22 | WU SHENG MING | TPE | 221.901 | 67 | SYLVAIN BERNIER | CAN | 142.968 |
| 23 | JOHN GEESLER | USA | 221.859 | 68 | CZESLAW MACHERZYNSKI | POL | 125.438 |
| 24 | JEON SEONGHA | KOR | 220.683 | 69 | ROMAN SALIY | RUS | 120.499 |
| 25 | ALEX SWENSON | USA | 219.272 | 70 | JULIO CESAR LATINI JUNIOR | BRA | 116.549 |
| 26 | MARCO BAGGI | ITA | 216.944 | 71 | ANATOLIY KRUGLIKOV | RUS | 113.586 |
| 27 | REIMA HARTIKAINEN | SWE | 215.187 | 72 | HEROI FUNG | BRA | 99.373 |
| 28 | CHEN CHUN YEN | TPE | 214.453 | 73 | RUDY AFANADOR | USA | 72.102 |
| 29 | ROY PIRRUNG | USA | 212.969 | 74 | TOMAS RUSEK | CZE | 51.360 |
| 30 | MICK FRANCIS | AUS | 210.213 | 75 | IMRICH SOLTES | SVK | 50.373 |
| 31 | VLASTIMIL DVORACEK | CZE | 205.863 | 76 | MICHAL SERECIN | SVK | 15.803 |
| 32 | AUGUST JAKUBIK | POL | 205.088 | WOMEN | | | |
| 33 | CHEN CHIN CHAI | TPE | 204.152 | 1 | SUMIE INAGAKI | JPN | 237.144 |
| 34 | DOMAN GABOR | HUN | 204.109 | 2 | LYUDMILA KALININA | RUS | 231.356 |
| 35 | OTTO ELMGART | SWE | 203.751 | 3 | KIMIE NOTO | JPN | 229.146 |
| 36 | LUCIO BAZZANA | ITA | 203.229 | 4 | GALINA EREMINA | RUS | 223.208 |
| 37 | TRESO GABOR | HUN | 202.491 | 5 | IRINA REUTOVICH | RUS | 216.913 |
| 38 | DANNY RIPKA | USA | 201.765 | 6 | KAREN MARIE BROEGGER | DEN | 213.427 |
| 39 | NOBUMI IWAMOTO | JPN | 197.590 | 7 | CAROLYNNE TASSIE | NZL | 212.348 |
| 40 | JEONG CHANGSOUN | KOR | 197.263 | 8 | CHIOU SHU JUNG | TPE | 206.287 |
| 41 | MARTIN REA | IRL | 192.931 | 9 | JANNEKE CAZEMIER | NED | 203.625 |
| 42 | MASSIMO PETRUZZELLI | ITA | 192.162 | 10 | RIMMA PALTEVA | RUS | 202.705 |
| 43 | KJELL-OVE SKOGLUND | SWE | 191.349 | 11 | FIRMIN NATHALIE | FRA | 202.589 |
| 44 | SCOTT EPELMAN | USA | 189.361 | | | | |

| | | | |
|----|-------------------|-----|---------|
| 12 | LORENA DI VITO | ITA | 201.929 |
| 13 | MONIKA MOLING | ITA | 200.315 |
| 14 | ILONA SCHLEGEL | GER | 198.511 |
| 15 | JEHANNO VERONIQUE | FRA | 197.285 |
| 16 | CHU MEI JUNG | TPE | 196.963 |
| 17 | BEC BRIGITTE | FRA | 196.298 |
| 18 | BERTIN MARTINE | FRA | 194.322 |
| 19 | SANDY POWELL | USA | 191.336 |
| 20 | PAM REED | USA | 191.336 |
| 21 | IRINA KOVAL | RUS | 188.935 |
| 22 | HIROKO OKIYAMA | JPN | 188.265 |

| | | | |
|----|----------------------|-----|---------|
| 23 | LIN MONG CHI | TPE | 182.165 |
| 24 | SUE OLSEN | USA | 181.696 |
| 25 | HUANG YEN LING | TPE | 179.586 |
| 26 | MCGRAFT LAURIE | CAN | 173.677 |
| 27 | CARMELA DI DOMENICO | ITA | 169.354 |
| 28 | TORILL HARTIKAINEN | SWE | 168.194 |
| 29 | CHARLOTTE VASARHELYI | CAN | 167.354 |
| 30 | LAURA NELSON | USA | 156.057 |
| 31 | NUNZIA PATRUNO | ITA | 146.180 |
| 32 | CHANG MEI LIEN | TPE | 145.192 |
| 33 | NAOMI FUJITA | JPN | 121.101 |

Team Results

Total Distance Distance Nat Last Name

755,569.00

238,061.00 JPN KENJI OKIYAMA
244,572.00 JPN MASAYUKI OTAKI
272,936.00 JPN RYOICHI SEKIYA

724,412.00

232,140.00 FRA GUYOMARCH JEAN PIERRE
243,709.00 FRA HOBLEA FABIEN
248,563.00 FRA MAGROUN MOHAMED

709,677.00

228,879.00 ITA GASTONE BARICHELLO
235,100.00 ITA ENRICO BARTOLINI
245,698.00 ITA OSVALDO BELTRAMINO

708,359.00

228,846.00 RUS VLADIMIR TIVIKOV
233,415.00 RUS ANDREI KAZANTSEV
246,098.00 RUS VLADIMIR BYCHKOV

654,100.00

212,969.00 USA ROY PIRRUNG
219,272.00 USA ALEX SWENSON
221,859.00 USA JOHN GEESLER

651,468.00

197,263.00 KOR JEONG CHANGSOUN
220,683.00 KOR JEON SEONGHA
233,522.00 KOR KIM KWANGBOK

640,506.00

204,152.00 TPE CHEN CHIN CHAI
214,453.00 TPE CHEN CHUN YEN
221,901.00 TPE WU SHENG MING

628,467.00

185,015.00 AUS PAUL EVERY
210,213.00 AUS MICK FRANCIS
233,239.00 AUS MARTIN FRYER

610,287.00

191,349.00 SWE KJELL-OVE SKOGLUND
203,751.00 SWE OTTO ELMGART
215,187.00 SWE REIMA HARTIKAINEN

592,288.00

185,688.00 HUN BOGAR JANOS
202,491.00 HUN TRESO GABOR
204,109.00 HUN DOMAN GABOR

585,188.00

163,958.00 IRL RICHARD DONOVAN
192,931.00 IRL MARTIN REA
228,299.00 IRL TONY MANGAN

488,221.00

125,438.00 POL CZESLAW MACHERZYNSKI
157,695.00 POL WALDEMAR PEDZICH
205,088.00 POL AUGUST JAKUBIK

474,059.00

142,968.00 CAN SYLVAIN BERNIER
151,905.00 CAN MICHEL GOUIN
179,186.00 CAN NADEEM KHAN

443,635.00

51,360.00 CZE TOMAS RUSEK
186,412.00 CZE JAN ONDRUS
205,863.00 CZE VLASTIMIL DVORACEK

363,529.00

99,373.00 BRA HEROI FUNG
116,549.00 BRA JULIO CESAR LATINI JR
147,607.00 BRA LUCIANO PRADO DOS SANT

292,086.00

15,803.00 SVK MICHAL SERECIN
50,373.00 SVK IMRICH SOLTES
225,910.00 SVK SLAVOMIR LINDVAI

Six Foot Track Marathon

Katoomba to Jenolan Caves 35km. Saturday March 11th 2006

| | | | | | | | | | | | |
|----|----------|------------|--------------|-----|-------------|-------------|--------------|-----|----------|---------------|--------------|
| 1 | Kaspar | SOLLBERGER | 03:26:49:800 | 57 | David | TURNER | 04:32:10:000 | 114 | Lucy | JOHNSTONE | 04:55:40:900 |
| 2 | Daniel | GREEN | 03:34:57:000 | 58 | James | OPPERMAN | 04:33:30:800 | 115 | Peter | KINGSTON | 04:55:51:900 |
| 3 | Jonathan | BLAKE | 03:37:02:700 | 59 | Florian | DIRSCHERL | 04:34:05:700 | 116 | Stephen | TURNER | 04:56:16:500 |
| 4 | Emma | MURRAY | 03:37:27:600 | 60 | Greg | BARTON | 04:36:47:000 | 117 | David | CANNINGS | 04:56:44:500 |
| 5 | Trevor | JACOBS | 03:38:26:900 | 61 | Mark | BATTISTELLA | 04:37:17:400 | 118 | Scot | THOMPSON | 04:57:00:000 |
| 6 | David | SINGLETON | 03:43:14:300 | 62 | Ian | TWITE | 04:37:48:000 | 119 | Anthony | WHITTY | 04:57:00:400 |
| 7 | Hiroki | ISHIKAWA | 03:43:42:300 | 63 | Adam | BARRON | 04:38:00:000 | 120 | Mark | PARSONSON | 04:57:01:900 |
| 8 | Tony | FATTORINI | 03:44:26:500 | 64 | Damian | GREEN | 04:38:12:400 | 121 | Martin | FRYER | 04:57:07:200 |
| 9 | Jeremy | COX | 03:44:49:500 | 65 | David | RAYMOND | 04:38:15:600 | 122 | Andrew | HEWAT | 04:57:09:100 |
| 10 | Don | WALLACE | 03:46:43:900 | 66 | Martin | LEFMANN | 04:38:28:700 | 123 | Mark | CUTCLIFFE | 04:57:25:300 |
| 11 | Tim | SLOAN | 03:51:08:800 | 67 | Ewan | HORSBURGH | 04:39:04:100 | 124 | Mohammed | ALKHUB | 04:57:35:500 |
| 12 | Chris | HILLS | 03:53:24:600 | 68 | Nikolay | NIKOLAEV | 04:39:12:300 | 125 | Roger | CARTWRIGHT | 04:58:00:300 |
| 13 | Andrew | LEE | 03:54:44:600 | 69 | Colin | JEFTHA | 04:39:16:300 | 126 | Peter | HONEYSETT | 04:58:25:300 |
| 14 | Clarke | MCCLYMONT | 03:55:24:200 | 70 | Stephen | LUCAS | 04:39:18:900 | 127 | Gary | O'LOUGHLIN | 04:58:29:100 |
| 15 | Jonathan | WORSWICK | 03:56:13:800 | 71 | Rob | MANDER | 04:40:39:400 | 128 | Jacqui | GUY | 04:59:24:100 |
| 16 | David | CRINITI | 03:57:07:200 | 72 | Bart | BRYNS | 04:40:44:100 | 129 | David | EVANS | 04:59:41:900 |
| 17 | Helge | HANSEN | 03:57:29:800 | 73 | Peter | FITZPATRICK | 04:41:56:700 | 130 | Jason | VAUGHN | 04:59:50:400 |
| 18 | David | OSMOND | 03:57:51:800 | 74 | William | PROCTOR | 04:42:46:600 | 131 | Darren | ROBERTS | 04:59:59:800 |
| 19 | Philip | DOVE | 03:58:48:200 | 75 | Warren | MENG | 04:42:51:900 | 132 | Michael | CORLIS | 05:00:20:100 |
| 20 | Paul | ARTHUR | 03:59:03:100 | 76 | Phil | CLARKE | 04:42:54:500 | 133 | Paul | NG | 05:00:21:800 |
| 21 | Mark | GUY | 03:59:52:600 | 77 | Verity | TOLHURST | 04:43:27:900 | 134 | Alan | MCLENNAN | 05:00:38:500 |
| 22 | Matthew | ROBBIE | 03:59:58:200 | 78 | Paul | KEHOE | 04:43:34:100 | 135 | Philip | MURPHY | 05:00:47:600 |
| 23 | Richard | WERE | 04:00:33:000 | 79 | Bernard | GABBOTT | 04:43:45:100 | 136 | Yvette | CLEMENTS | 05:01:29:100 |
| 24 | Tim | SAWKINS | 04:01:21:600 | 80 | Jason | ELIAS | 04:44:34:600 | 137 | Keith | PASSMORE | 05:01:31:500 |
| 25 | Chris | GRAHAM | 04:01:24:900 | 81 | Peter | CREMEN | 04:45:07:300 | 138 | Malcolm | GAMBLE | 05:02:01:400 |
| 26 | Greg | LOVE | 04:04:52:800 | 82 | William | HIGHAM | 04:45:13:900 | 139 | Philip | WHITTEN | 05:02:12:600 |
| 27 | Adam | JORDON | 04:04:53:300 | 83 | Phil | KLEIN | 04:45:47:400 | 140 | Keith | COLLIN | 05:02:20:700 |
| 28 | Trent | ELKIN | 04:10:42:100 | 84 | Jenny | HENVILLE | 04:45:53:600 | 141 | Peter | JAMES | 05:02:40:600 |
| 29 | Richard | GREEN | 04:10:46:500 | 85 | Siri | TERJESEN | 04:46:21:800 | 142 | Tony | GRAINGER | 05:02:59:400 |
| 30 | Andrew | JOHNSON | 04:11:45:700 | 86 | Alan | ROBB | 04:46:45:000 | 143 | Michael | HENDRIE | 05:03:11:100 |
| 31 | Shaun | ATCHISON | 04:13:01:500 | 87 | Chris | CHILTON | 04:46:52:000 | 144 | Dennis | FITZGERALD | 05:03:19:900 |
| 32 | Mark | RUSSELL | 04:13:30:300 | 88 | Wayne | GILLARD | 04:47:18:500 | 145 | Andrew | WALKER | 05:03:25:300 |
| 33 | Allan | HOOD | 04:13:45:800 | 89 | Jan | HALES | 04:47:29:800 | 146 | Amanda | UNDERWOOD | 05:03:46:300 |
| 34 | Bradley | BARTSCH | 04:14:31:200 | 90 | Danny | MOORE | 04:48:21:000 | 147 | Adrian | SMITH | 05:03:53:600 |
| 35 | Jose | CARVALHO | 04:15:36:600 | 91 | Edward | MOUNSEY | 04:48:33:200 | 148 | Andrew | BLEWMAN | 05:04:27:100 |
| 36 | Peter | HODGES | 04:15:51:700 | 92 | Bruce | RENWICK | 04:48:36:900 | 149 | Kevin | DYSON | 05:04:39:300 |
| 37 | Ian | WRIGHT | 04:16:23:900 | 93 | Peter | LALLY | 04:48:39:400 | 150 | Graham | CREW | 05:04:42:400 |
| 38 | Ken | RAUPACH | 04:16:25:300 | 94 | Terry | MEEHAN | 04:49:29:400 | 151 | Michelle | JELLEFF | 05:04:58:500 |
| 39 | Filippo | FARALLA | 04:17:18:200 | 95 | Christopher | GUNNS | 04:49:40:600 | 152 | Daniel | MELLISH | 05:06:22:500 |
| 40 | Stuart | ELLIOTT | 04:17:23:000 | 96 | Noel | ANNETT | 04:50:03:400 | 153 | Garry | NORRIS | 05:06:58:900 |
| 41 | Paul | VELDKAMP | 04:17:29:200 | 97 | Damian | UNDERWOOD | 04:50:13:000 | 154 | Barry | CASEY | 05:07:00:500 |
| 42 | Paul | GILLAN | 04:18:56:600 | 98 | David | VLOTMAN | 04:50:56:600 | 155 | Neil | ANDERSON | 05:07:01:200 |
| 43 | Adam | ZUR EICH | 04:19:07:400 | 99 | Wayne | GREGORY | 04:50:56:900 | 156 | Judd | BOEKER | 05:07:06:700 |
| 44 | Andrew | TAYLOR | 04:19:23:800 | 100 | Barney | GRAHAM | 04:51:30:200 | 157 | Ben | SCULL | 05:07:08:000 |
| 45 | Joel | MACKAY | 04:19:25:800 | 101 | John | SEARSTON | 04:51:45:800 | 158 | Stephen | JACKSON | 05:07:40:900 |
| 46 | Suzanne | KELLY | 04:19:45:800 | 102 | Martin | HARRIS | 04:51:57:600 | 159 | Stephen | URWIN | 05:07:45:000 |
| 47 | Deame | FULCHER | 04:23:28:900 | 103 | Jason | WINDRUM | 04:52:50:700 | 160 | Joanna | LEAKE | 05:08:32:700 |
| 48 | David | MCLUCAS | 04:25:45:200 | 104 | Ashley | BARTHOLOMEW | 04:53:36:400 | 161 | Malcolm | BRADLEY | 05:08:34:300 |
| 49 | Robert | SHIELD | 04:26:04:800 | 105 | Mike | ASHBY | 04:53:44:300 | 162 | Patrick | HODGENS | 05:08:43:700 |
| 50 | Jaap | BAKKER | 04:26:41:100 | 106 | Andrew | O'NEILL | 04:54:48:400 | 163 | Matthew | TUMMINELLO | 05:08:59:100 |
| 51 | Mark | IRWIN | 04:27:07:800 | 107 | Mike | CARROLL | 04:55:01:000 | 164 | Graham | BAXTER | 05:09:10:100 |
| 52 | Andrew | LENNOX | 04:27:51:800 | 108 | Sharon | HARRISON | 04:55:07:900 | 165 | Tim | TURNER | 05:09:11:500 |
| 53 | Kelvin | MARSHALL | 04:29:18:200 | 109 | Steve | APPLEBY | 04:55:08:900 | 166 | Stephen | KIBBLE | 05:09:12:900 |
| 54 | Richard | PALMER | 04:29:27:100 | 110 | Scott | THOMAS | 04:55:18:600 | 167 | Peter | FAHEY | 05:09:21:000 |
| 55 | Heather | LOGIE | 04:30:29:300 | 111 | Adrian | KUHNE | 04:55:22:800 | 168 | Jonathan | PAPALIA | 05:09:27:700 |
| 56 | Adrian | PEARCE | 04:32:02:900 | 112 | Peter | THOMAS | 04:55:31:400 | 169 | John | VAN YZENDOORN | 05:09:30:200 |
| | | | | 113 | Susan | SPRAGUE | 04:55:36:700 | | | | |

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|-----|---------|--------------------|--------------|-----|-----------|------------|--------------|-----|-----------|--------------|--------------|
| 170 | Perry | BLACKMORE | 05:09:45:000 | 231 | Gael | MANGENOT | 05:23:10:000 | 295 | Colin | STEELE | 05:36:05:200 |
| 171 | Bryan | ACKERLY | 05:09:46:900 | 232 | Peter | BLACKSHAW | 05:23:36:600 | 296 | Paul | WHITE | 05:36:10:300 |
| 172 | Brian | SMITH | 05:09:50:200 | 233 | Kevin | ANTHONY | 05:23:56:600 | 297 | Tanya | BALUK | 05:36:42:300 |
| 173 | Max | BOGENHUBER | 05:10:10:100 | 234 | Lisa | GOOZEE | 05:23:59:300 | 298 | Richard | HILLMAN | 05:36:43:900 |
| 174 | James | CRYER | 05:10:15:800 | 235 | Rodney | LONG | 05:24:08:800 | 299 | Janelle | WHITE | 05:36:55:300 |
| 175 | Shane | LUCAS | 05:10:21:800 | 236 | Joshua | SCULTHORPE | 05:24:43:600 | 300 | Yale | CARDEN | 05:36:59:100 |
| 176 | Stephen | MENTZINES | 05:10:39:700 | 237 | Megan | THOMAS | 05:25:02:600 | 301 | Chris | HORWOOD | 05:36:59:400 |
| 177 | Luis | VAZQUEZ-RECIO | 05:10:41:600 | 238 | Maaiké | HORNSTRA | 05:25:05:700 | 302 | Stuart | RAYMOND | 05:37:03:800 |
| 178 | Peter | BENNETT | 05:10:43:300 | 239 | Dominic | HAY | 05:25:18:800 | 303 | John | MITCHELL | 05:37:16:200 |
| 179 | Richard | GENTLE | 05:11:24:600 | 240 | Caroline | PIVETTA | 05:25:21:900 | 304 | Peter | BELL | 05:37:33:000 |
| 180 | Luigi | CRINITI | 05:11:29:200 | 241 | Stephen | BRUGGEMAN | 05:26:02:800 | 305 | Victor | GOMES | 05:37:34:300 |
| 181 | Colleen | BEVEN | 05:11:34:700 | 242 | Robin | SAKER | 05:26:33:500 | 306 | Matthew | DOBBIN | 05:37:37:400 |
| 182 | Raileen | BOURGUIGNON | 05:11:37:600 | 243 | Cameron | GENTLE | 05:26:44:700 | 307 | Fergus | HAYES | 05:37:56:500 |
| 183 | Guy | ROBERTS | 05:11:44:300 | 244 | Sonia | WHITE | 05:27:12:600 | 308 | Donald | WADEN | 05:38:18:600 |
| 184 | Peter | DUNCAN | 05:12:34:700 | 245 | Rolf | KUELSEN | 05:27:53:600 | 309 | Tony | NYGARD | 05:38:49:100 |
| 185 | John | ROBINS | 05:13:04:900 | 246 | Barry | RUTTER | 05:27:59:700 | 310 | Barry | PRICE | 05:39:16:900 |
| 186 | David | HARRIS | 05:13:37:200 | 247 | Mitchell | STONE | 05:29:01:500 | 311 | Andrew | BILSDON | 05:39:18:400 |
| 187 | Alan | BRADLEY | 05:13:49:300 | 248 | Mike | BADCOCK | 05:29:16:600 | 312 | David | AUSTIN | 05:39:22:500 |
| 188 | Michael | MORSON | 05:13:50:000 | 249 | Richard | BRYSON | 05:29:24:700 | 313 | Philip | HUGILL | 05:39:59:100 |
| 189 | Graham | WYE | 05:13:58:600 | 250 | Scott | DEFINA | 05:29:26:700 | 314 | Karolyn | JOSEPH | 05:40:00:300 |
| 190 | Julie | ALLEN | 05:14:05:000 | 251 | Greg | PEOPLES | 05:29:27:800 | 315 | Rodney | LOVEL | 05:40:16:600 |
| 191 | Adrian | JEFFKINS | 05:14:21:800 | 252 | Tony | GOLDEN | 05:29:31:800 | 316 | Peter | GOLDSMITH | 05:40:24:100 |
| 192 | Iain | MARTIN | 05:14:26:800 | 253 | Drew | SHAW | 05:29:32:400 | 317 | Les | POTTER | 05:40:30:400 |
| 193 | Graham | SHEARGOLD | 05:14:33:400 | 254 | Chad | GRIFFITH | 05:29:34:600 | 318 | Richard | SMITH | 05:40:48:100 |
| 194 | Daniel | TOOLE | 05:14:35:000 | 255 | Wayne | MURRAY | 05:29:38:200 | 319 | Greg | HOUSTON | 05:41:08:200 |
| 195 | Cathy | GORMAN-BROWN | 05:14:41:000 | 256 | Darren | KAEHNE | 05:29:50:700 | 320 | Tim | AUSTIN | 05:41:29:800 |
| 196 | Glenn | DEWHURST | 05:14:41:800 | 257 | Phil | STOLLERY | 05:30:17:500 | 321 | Sean | GREENHILL | 05:41:33:300 |
| 197 | Johan | DREYER | 05:14:43:200 | 258 | Zachary | GILLET | 05:30:34:100 | 322 | Andrew | MCKENZIE-GAY | 05:42:06:300 |
| 198 | Mike | MORRISSEY | 05:15:00:500 | 259 | Richard | RIMONDI | 05:30:35:000 | 323 | Stephen | CRAFT | 05:42:06:600 |
| 199 | David | JAMES | 05:15:10:100 | 260 | Jane | HUNT | 05:30:42:400 | 324 | Grahame | YOUNG | 05:42:06:900 |
| 200 | Geoff | BARKER | 05:15:15:000 | 261 | Raymond | JAMES | 05:30:48:900 | 325 | James | BRADLEY | 05:42:07:400 |
| 201 | Sarah | STUTTER | 05:15:27:100 | 262 | Robin | WILKINSON | 05:31:11:800 | 326 | Andrew | COX | 05:42:12:300 |
| 202 | Steve | TANCRED | 05:15:41:500 | 263 | Jamie | WILSON | 05:31:18:700 | 327 | Kerriann | LUCAS | 05:42:39:900 |
| 203 | Andrew | MEENAHAN | 05:16:07:300 | 264 | Teresa | BURGESS | 05:31:58:000 | 328 | Dion | REEVE | 05:42:43:600 |
| 204 | David | HOOPER | 05:16:13:200 | 265 | Daniel | SCHNYDER | 05:32:00:400 | 329 | Anne | KIDMAN | 05:42:45:600 |
| 205 | Joseph | THOMPSON | 05:16:16:800 | 266 | Tracy | COLLETT | 05:32:08:700 | 330 | Heman | SAEZ | 05:42:57:600 |
| 206 | Feargal | HOEY | 05:16:47:100 | 267 | Patrick | GIBBONS | 05:32:17:000 | 331 | Peter | CASSIN | 05:42:59:700 |
| 207 | Shaun | ANDERSON | 05:17:06:800 | 268 | Chery | HORNE | 05:32:21:900 | 332 | Michael | FOSTER | 05:43:07:700 |
| 208 | Tom | BRENNAN | 05:17:15:400 | 269 | Wayne | WALSH | 05:32:45:300 | 333 | Elizabeth | THOMPSON | 05:43:15:900 |
| 209 | Martin | FOULKES | 05:18:02:800 | 270 | Michael | STEELE | 05:33:05:400 | 334 | Milan | DOLEZAL | 05:43:20:500 |
| 210 | Boris | KAMCHATKA | 05:18:17:500 | 271 | Wayne | ZWAR | 05:33:26:300 | 335 | Callum | LAW | 05:43:35:100 |
| 211 | Bruce | HARGREAVES | 05:18:23:100 | 272 | Janine | DONALDSON | 05:33:26:800 | 336 | Steven | HAYES | 05:43:42:500 |
| 212 | Mandy | COLLINS-WOOLCOCK | 05:19:25:300 | 273 | Steven | CHICHESTER | 05:33:27:700 | 337 | Glen | EBZERY | 05:44:00:800 |
| 213 | Michael | SHARP | 05:19:35:100 | 274 | Richard | FLORCZAK | 05:33:54:900 | 338 | Dick | MURRAY | 05:44:17:600 |
| 214 | Oliver | WEBER (GREG BYRNE) | 05:19:58:300 | 275 | Greg | COY | 05:34:03:700 | 339 | Neil | GRIFFITHS | 05:44:41:000 |
| 215 | Colin | WEEKES | 05:20:18:600 | 276 | Lisa-anne | DAVIE | 05:34:04:400 | 340 | Aaron | HOOD | 05:45:03:300 |
| 216 | Craig | GOOZEE | 05:20:28:700 | 277 | Shelley | HOWES | 05:34:04:700 | 341 | Janet | SCHEEPERS | 05:45:11:000 |
| 217 | Terry | SMITH | 05:20:48:400 | 278 | Damian | MCANARNEY | 05:34:05:200 | 342 | Andrew | LEE | 05:45:11:400 |
| 218 | Susan | MORGAN | 05:21:06:200 | 279 | Garry | WISE | 05:34:15:100 | 343 | Innes | SMITH | 05:45:12:000 |
| 219 | Martin | MOOD | 05:21:10:700 | 280 | Ian | SARGENT | 05:34:17:500 | 344 | Nicholas | BROWN | 05:45:15:600 |
| 220 | David | KANE | 05:21:20:200 | 281 | Paul | STATHAM | 05:34:28:300 | 345 | Mark | RASMIN | 05:45:16:900 |
| 221 | Joe | BARKER | 05:21:20:700 | 282 | Daniel | MUELLER | 05:34:30:200 | 346 | Bart | MALECKI | 05:45:18:900 |
| 222 | John | RAYMOND | 05:21:23:300 | 283 | Jonathan | BIRD | 05:34:31:000 | 347 | Mark | DAVIES | 05:45:55:000 |
| 223 | Peter | MALINOWSKI | 05:21:23:700 | 284 | Jordan | AMES | 05:34:36:300 | 348 | Tim | CAIRNS | 05:45:56:000 |
| 224 | Gerry | GRIMES | 05:21:47:700 | 285 | Stewart | GEMMELL | 05:34:38:000 | 349 | Simon | CRISP | 05:45:58:200 |
| 225 | Neil | BURGESS | 05:21:54:900 | 286 | Brent | MILES | 05:35:06:600 | 350 | Tamyka | BELL | 05:46:00:800 |
| 226 | Peter | BARNES | 05:21:59:900 | 287 | Lisa | CARROLI | 05:35:09:300 | 351 | Jason | KING | 05:46:04:000 |
| 227 | Glenn | HOOKER | 05:22:16:400 | 288 | Carolyn | SCOTT | 05:35:10:600 | 352 | David | PAFF | 05:46:14:100 |
| 228 | Rodney | LADYMAN | 05:22:30:600 | 289 | Russell | JOHNSON | 05:35:14:300 | 353 | Stephen | BODNAR | 05:46:19:400 |
| 229 | Robert | MORGAN | 05:22:52:400 | 290 | Kevin | THOMAS | 05:35:24:800 | 354 | Graeme | HILL | 05:46:54:100 |
| 230 | Phil | CARLYLE | 05:23:02:100 | 291 | Bill | MCKENNA | 05:35:25:000 | 355 | Dean | SIMPSON | 05:47:07:600 |
| | | | | 292 | Markus | BINGGELI | 05:35:30:900 | | | | |
| | | | | 293 | Chris | ALLAN | 05:35:34:800 | | | | |
| | | | | 294 | Bob | CAVILL | 05:35:55:000 | | | | |

*****SEE NEXT ISSUE FOR THE
OTHER HALF OF THE RESULTS**

AURA Hall of Fame

Ron Grant

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 these athletes by inducting them into the AURA Hall of Fame.

Ron Grant was born in Munduberra Qld on 15 February 1943 and moved to Caboolture with his family when he was eight years old. At school he was a reasonable runner who always preferred the longer distances. As a youngster, he became involved with the scouting movement where he excelled at bushwalks and camping. As is typical of Ron, he threw himself into anything he did and in 1958 he was awarded the Queens Scout Badge. He then became the first Caboolture lad to become involved with Surf Lifesaving. He achieved this by hitching a ride on weekends and then catching the barge to Bribie Island. He gained his Bronze Medallion in Surf Lifesaving and went on to win the Rotary Youth Leadership award (Caboolture) in 1962. This was to establish a pattern. He was never afraid to attempt anything new; more often than not he would do it alone having little or no assistance. Everything he undertook he worked hard and smart at so as to excel. In his words, he always gave it his best.

After these achievements, he became a little restless and ventured to Christchurch in New Zealand on a working holiday. One wonders whether subconsciously he was searching for a new adventure. Ron tried the surf lifesaving movement but quickly discovered that the water there was too cold for his liking. He then joined a workmate who ran a 50 mile race, intending to run only 10 miles. He ended up running 26 miles for his first equivalent to a marathon. Soon afterwards, he was invited to attend a talk by world renowned coach Arthur Lydiard who was visiting Christchurch. Most runners in NZ followed the Lydiard principles and still do to this day. Lydiard was a great motivator and an extremely inspirational man who advocated the benefits of long

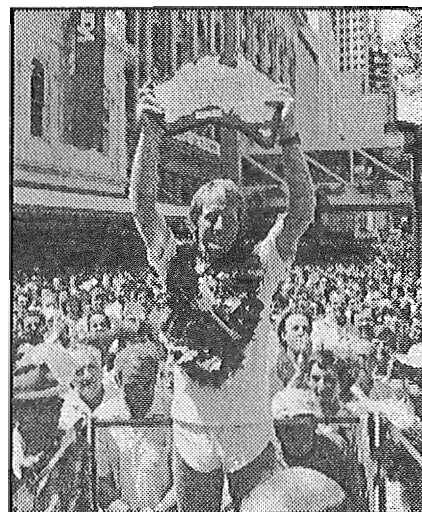
distance training. He followed the same regime first developed by Percy Cerutti (AURA HOF member). Arthur insisted that even his 1500 metre runners should run 100 miles per week in training. Ron was hooked.

In his first real attempt at long distance running, he ran his first standard marathon 15 months after Arthur's talk in a time of 3:05. He followed this up 3 months later with a very creditable 7:05 in the New Brighton 50 miler. Soon afterwards, he returned to Australia.

Ron visited Perth in 1964 to attend the Commonwealth Games. He was extremely inspired by many of the athletes and their achievements. None more so than swimmer Murray Rose, a strict vegetarian. Such was the effect that Ron changed his eating habits for life, realizing that proper nutrition and an adequate intake of vitamins and minerals was essential for sound performance.

In 1969 he ran his best ever marathon of 2:53. In 1970 he ran 10 miles on the road in 57:50 and in 1972 helped form the Caboolture District Amateur Athletics Club and became their first President. In the years 1974 to 1982 he was the organizer of the Queensland Marathon Championships. By 1977 he was running track races where he recorded personal bests of 16:18 and 34:41 for 5000 and 10000 metres respectively.

Then came the big change. His insatiable desire to run further emerged and he ran his first solo ultra. It was from Bundaberg to Caboolture, a distance of 350km. Immediately after this run, Ron decided that he would never again do another long run, concluding that he was just not cut out for it. However,



Ron Grant is given a hero's welcome on his arrival in the Brisbane Queen St City Mall after his record-breaking achievement of 13,383km in 217 days continuous

he soon recovered and in due course embarked on yet another adventure.

This time it was to run from Sydney to Brisbane a distance of 1012 km, attempting to break Tony Rafferty's record, which he did. The year was 1979.

He then ran a series of long runs, including

1980 - Birdsville Track, again breaking Tony Rafferty's record 505 km

1981 - Caboolture to Gympie and return 200 miles

1981- Simpson desert - winter 379 km

1981 - Winton to Longreach Ron -v- horses 112 miles (23:20)

1982 - Cairns to Townsville 350 km

Then came the big one!

In 1983 Ron ran around Australia. This was no ordinary run. This was a continuous run. Ron set the bar at a

"Ron Grant's remarkable feats of endurance along highways and across deserts inspired a nation. The 'adventure runner' demonstrated that success in any field of endeavour required strict discipline, fierce desire and a belief in oneself – backed up with assertive action", Tony Rafferty.

minimum of 20 km every single day. Failure to run as far as 20 km on any day or to take a day off would void the continuous nature of the run. To make matters worse, Ron had a serious problem with his hip and back. Twelve months prior to embarking in this rather ambitious undertaking, he received advice from an orthopaedic surgeon that if he ran more than 5km he would end up in a wheelchair. Undeterred, Ron continued with his preparation and set off with an A frame and special boots in the accompanying caravan. If his back became sore, he would hang from the A frame for 20 - 30 minutes at the end of the day's running. He had to do this many times and also endure many other hardships on this epic adventure; such as lack of funds, unexpected crew departures, vehicle breakdowns, flies in plague proportions, clouds of dust, sometimes heavy traffic and sometimes hundreds of kilometers of isolation. Ron ran with a stress fracture in his leg from Perth onwards. Such was the strength of his mind and the courage of his conviction. Ron was determined to finish at all costs.

Ron's feat in running around Australia, the first person to do so, indelibly etched him into the minds of not only the running fraternity but the whole of Australia. Ron's run was in an anticlockwise direction, starting in Brisbane, then to Townsville, Mt Isa, Darwin, Perth, Adelaide, Melbourne, Sydney back to Brisbane. He had civic appearances in many towns and in all capital cities but, nonetheless, was able to keep up the regime of at least 20 km each and every day. Ron completed the circumnavigation of 113,383 km in 217 days for an overall daily average of 61.67km. For full details of this epic run, see Margaret Carlyon's book "My Life on the Line". Although out of print for some time, copies may be available at second hand book stores. It is well worth reading. In training for this run, Ron would run 300km/week for weeks on end.

Soon after this achievement, he was awarded the Queensland Sportsman of the year Award (1983), Queenslander of the Year (1984) and Order of Australia (1984).

In 1985 he completed the first ever summer crossing of the Simpson Desert on foot (3:20:35). In 1986 he contested a match race against Tony Rafferty across the Simpson Desert, again in Summer. Ron won in a new record time of 3:17:52.

Having conquered all there was to conquer in solo and adventure runs he then turned to more unique events such as those undertaken by the Flying Pieman (AURA HOF member) in the 1840's. He established a new 1,000 hour record. For this he ran 2.5km each and every hour for 1,000 hours. This is an amazing exercise in overcoming sleep deprivation. In 1992 he advanced this to 3km/hour for 1,000 consecutive hours.

Ron then pretty much retired from active running but used his creative talents to stage the 1000 mile track race at Nanango in 1994. This was no ordinary undertaking. First he needed to recruit a minimum of six runners. Then he had to find a suitable venue and have it surveyed and marked out. Then last but by no means least, he needed to organize a team of people to lapscore for six runners for 24 hours per day for 16 days. This was no mean feat for a man without an organisation. However, always the innovator, Ron organised a team of Nanango townspeople to handle the dayshifts from 6:00 am to 6:00 pm and a team from a local army division to handle the nightshifts from 6:00 pm to 6:00 am the following day. The race was a great success with Gary Parsons emerging to break the then world record, held to that point by Tony Rafferty. He then organized a second 1,000 mile race in 1996, with Gary bettering his world record. He was instrumental in recruiting others to take the event over, with it being

conducted again in 1998 and 2000. Although not ongoing, it is a great credit to Ron's extremely inspirational nature and organizational capability for him to have been successful in creating this series of races.

He was also instrumental in establishing other well known Queensland races, in particular the Nanango five day stage race (330 km), the Nanango State Forest race (50km) and the Caboolture Dusk to Dawn 12 hour race. Ron was the first President of the Qld Ultra Runners Club Inc.

In a period of 30 years, Ron ran 147,692 km, averaging 96 km/week. He currently lives in Caboolture with his wife Dell and together they are the main thrust behind the Wy Wurry Walking Club. Ron proved to be a man with dreams who worked extremely hard to fulfill them. He was a quiet achiever, an extremely capable long distance runner and a great inspiration to others.

Compiled by AURA President Ian Cornelius from AURA records and from Ron's book "With Wings Like Eagles".

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*.

Herb Hedemann - contested the Trans America races of 1928 (38th) and 1929 (8th). Famous at Stawell Athletic Club where the mile race is named after him to this day. -

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.

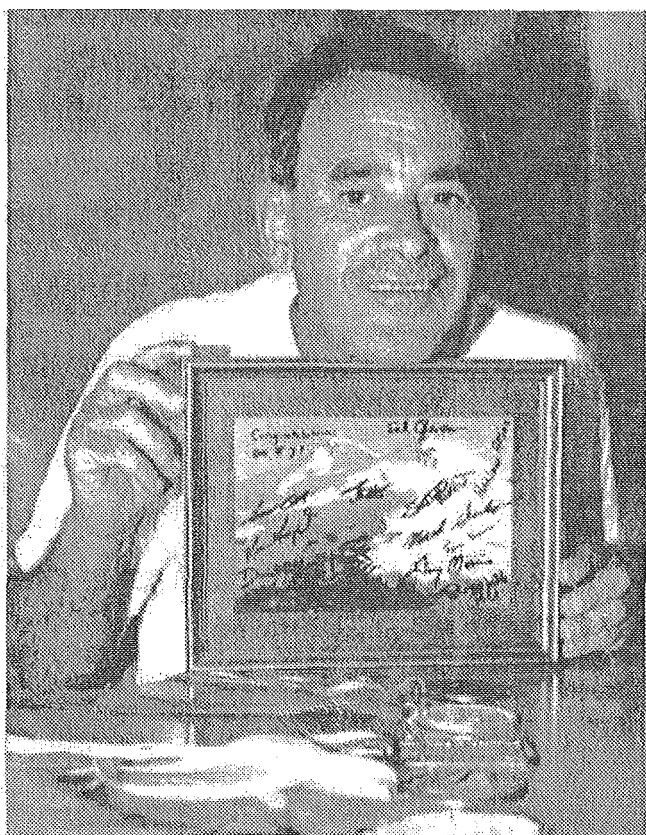
Tony Rafferty - famous for his widely publicized long distance exploits, his duels with George Perdon and his running of Death Valley in summer. One-time world record holder of 1,000 miles track.

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 years. Check your next issue of Ultramag for further details. Ultramag is available only to members of AURA.

Article from: Rodney Times - 27th April 2004



John Gluckman believes he is the first person in the world to climb the highest mountain on every continent and run a marathon on all seven continents.

Marathon man up for a challenge

A Matakana farmer believes he has achieved a world first with his multiple marathon-running and mountain-climbing achievements.

John Gluckman has climbed the highest mountain on every continent, including Mount Everest, and just completed running a marathon on every continent.

He is the only person in official records to do both.

The 53-year-old began the challenge in 1990 when he climbed the Ellsworth Range in Antarctica.

A diagnosis of prostate cancer did not stop him climbing the highest mountains and three months after having his prostate removed in 2003, he climbed Baffin Island in Canada.

Over the years he has run marathons at Everest and in Antarctica, two of the hardest on the globe.

Soon Mr Gluckman decided to carry on and do a marathon on every continent.

"One thing just led to another," he says.

Mr Gluckman says his success is about balancing a determination to succeed with patience.

"It is more important to get back and talk about it than risk your life. The mountain will be there next time."

But he admits he was lucky with injuries and weather to complete most of the mountains on his first attempt.

Having no family commitments has also made it easier financially, he says.

The marathons were much easier than climbing the mountains, he says, but running five since his cancer operation 15 months ago has been hard. Doing the marathons close together is easier than losing fitness and having to train again, however.

"Plus, I'm not getting any younger and after having cancer, you never know what's around the corner."

Now he has achieved his two goals, Mr Gluckman plans to take it easy for a few months, but is sure another challenge will come up.

"Put it this way, I don't have to go looking for challenges, they come looking for me."

- Denise Didsbury

AUSTRIA 12 October 2005: 6 hours of Schewchat

| | | | |
|------|---------------------|-----|----------|
| MEN: | | | |
| 1 | Ewald WEISSENGRUBER | AUT | 78.774km |
| 2 | Alfred NEUMAYR | AUT | 75.383km |
| 3 | Alexander DÖCKEL | AUT | 74.577km |

| | | | |
|--------|-------------------|-----|----------|
| WOMEN: | | | |
| 1 | Anni FROTSCHNIG | AUT | 69.108km |
| 2 | Pauline MOSHAMMER | AUT | 66.653km |
| 3 | Ingrid BANDEL | AUT | 65.178km |

CZECH REPUBLIC 8 October 2005: 100km of Breclav (National Championships)

| | | | |
|------|---------------|-----|---------|
| MEN: | | | |
| 1 | Jiri KRJDI | CZE | 7:28:50 |
| 2 | Daniel ORALER | CZE | 7:30:32 |
| 3 | Jan ONDRUS | CZE | 7:57:23 |

| | | | |
|--------|------------------|-----|----------|
| WOMEN: | | | |
| 1 | Renata BEZDAKOVA | CZE | 12:41:45 |

FRANCE 9 October 2005: 50km trail de Cadoles

| | | | |
|------|-------------------|-----|---------|
| MEN: | | | |
| 1 | Jean Michel JOLY | FRA | 3:54:39 |
| 2 | Felix VON WITSCHE | FRA | 3:58:42 |
| 3 | Burkhard LENNARTZ | FRA | 3:58:49 |

| | | | |
|--------|--------------|-----|---------|
| WOMEN: | | | |
| 1 | Karine HERRY | FRA | 4:28:00 |

6 November 2005 100km de St Esteve

| | | | |
|------|------------------|-----|---------|
| MEN: | | | |
| 1 | Christian FATTON | FRA | 8:08:23 |
| 2 | Florian HENAU | FRA | 8:24:02 |
| 3 | Frederic GENTA | FRA | 8:29:50 |

| | | | |
|--------|----------------|-----|---------|
| WOMEN: | | | |
| 1 | Lorena DI VITO | ITA | 8:38:15 |

GERMANY 2 October 2005: 6 hours & 12 hours of Köln 12 Hours:

| | | | |
|--------|----------------|-----|----------|
| WOMEN: | | | |
| 1 | Ilena SCHLEGEL | GER | 131:59km |

| | | | |
|------|--------------------|-----|-----------|
| MEN: | | | |
| 1 | Roland RIEDEL | GER | 126.909km |
| 2 | Chris DHOOGHE | GER | 125.163km |
| 3 | Christian RUSSELER | GER | 121.276km |

6 Hours:

| | | | |
|------|----------------|-----|----------|
| MEN: | | | |
| 1 | Karl GRAF | GER | 75.607km |
| 2 | Thomas MIRZ | GER | 75.111km |
| 3 | Stefan WEIGELT | GER | 73.607km |

| | | | |
|--------|---------------|-----|----------|
| WOMEN: | | | |
| 1 | Anja SAMSE | GER | 64.344km |
| 2 | Ulrike DOBLER | GER | 63.538km |
| 3 | Petra PFUTSCH | GER | 62.350km |

13 November 6 hours of Troisdorf

| | | | |
|------|-----------------|-----|----------|
| MEN: | | | |
| 1 | Helmut DEHAUT | GER | 85.352km |
| 2 | Manfred SCHENKL | GER | 80.591km |
| 3 | René STROSNY | GER | 79.030km |

| | | | |
|--------|----------------------------|-----|----------|
| WOMEN: | | | |
| 1 | Birgit SCHOENHERR-HOLSCHER | GER | 77.528km |
| 2 | Carmen HILDEBRAND | GER | 74.549km |
| 3 | Marion BRAUN | GER | 74.219km |

GREAT BRITAIN 2 October 2005: London to Brighton

| | | | |
|------|-------------------------|-----|---------|
| MEN: | | | |
| 1 | Johannes OOSTHUIZEN | RSA | 5:50:30 |
| 2 | Brian HENNESSEY | GBR | 6:08:31 |
| 3 | Matthew LYNAS | GBR | 6:08:47 |
| 4 | Massimiliano MONTEFORTE | ITA | 6:29:04 |
| 5 | Ian BAILEY | RSA | 6:30:12 |
| 6 | John PARES | GBR | 6:49:09 |

| | | | |
|--------|-------------------|-----|---------|
| WOMEN: | | | |
| 1 | Vicky SKELTON | GBR | 7:17:10 |
| 2 | Nicola BRENCHLEY | GBR | 7:36:50 |
| 3 | Lorna GARROD | GBR | 8:31:43 |
| 4 | Michaela WALL | GBR | 8:34:33 |
| 5 | Shirley COLQUHOUN | GBR | 9:01:40 |
| 6 | Selina COLDICOTT | GBR | 9:09:40 |

8 Oct 2005 SRI CHINMOY 24 hours

| | | | |
|------|----------------|-----|-----------|
| MEN: | | | |
| 1 | Chris FINILL | GBR | 220.942km |
| 2 | Ken FANCETT | GBR | 205.310km |
| 3 | Rob WOOD | GBR | 205.811km |
| 4 | Tarlit STOTT | GBR | 201.100km |
| 5 | Garth PETERSON | GBR | 196.531km |
| 6 | Paddy JUMELLE | GBR | 187.800km |

| | | | |
|--------|--------------------|-----|-----------|
| WOMEN: | | | |
| 1 | Sandra BROWN | GBR | 199.248km |
| 2 | Liz NEVILLE | GBR | 174.280km |
| 3 | Susan DENHAM-SMITH | GBR | 140.726km |

HUNGARY 5 November 2005: National 100km Championships,

| | | | |
|------|-----------------|-----|---------|
| MEN: | | | |
| 1 | Peter STEIB | HUN | 2:58:49 |
| 2 | Janos ZABARI | HUN | 3:02:08 |
| 3 | Balazs HAJDUSKA | HUN | 3:26:21 |

| | | | |
|--------|---------------|-----|---------|
| WOMEN: | | | |
| 1 | Piroska SZABO | HUN | 4:45:46 |

NETHERLANDS 8 October 2005: 6 hours of Almere

| | | | |
|------|---------------|-----|----------|
| MEN: | | | |
| 1 | Wim DOUW | NED | 75.494km |
| 2 | Carel SCHRAMA | NED | 73.628km |
| 3 | Cees VERHAGEN | NED | 71.649km |

| | | | |
|--------|----------------------|-----|----------|
| WOMEN: | | | |
| 1 | Nelleke VAN DER MADE | NED | 65.480km |
| 2 | Jannet LANGE | NED | 63.308km |
| 3 | Ineke SCHEFFER | NED | 60.576km |

NORWAY 29 October 2005: Troll Run 100km, Bergen

| | | | |
|------|-------------------|-----|---------|
| MEN: | | | |
| 1 | Helge HAFSAS | NOR | 6:57:40 |
| 2 | Per Olav BOYUM | NOR | 7:45:42 |
| 3 | Tero M PAIVARINNE | NOR | 8:33:05 |

| | | | |
|--------|---------------------|-----|---------|
| WOMEN: | | | |
| 1 | Anne Marie HEINBERG | NOR | 9:08:05 |

POLAND 22 October 2005: 100km of Kalisz

| | | | |
|------|-------------------|-----|---------|
| MEN: | | | |
| 1 | Ryszard PLOCHOCKI | POL | 7:32:52 |
| 2 | Dariusz CICHOREK | POL | 7:55:30 |
| 3 | Roman ELWART | POL | 8:20:55 |
| 4 | Zbigniew ZAWADZAK | POL | 8:29:43 |
| 5 | Wlodimir WALUL | POL | 8:30:20 |

| | | | |
|--------|-----------------|-----|---------|
| WOMEN: | | | |
| 1 | Karolina RAKIEL | POL | 9:13:02 |

SOUTH AFRICA 25 September 2005: City to City (Pretoria-Johannesburg)

| | | | |
|------|---------------------|-----|---------|
| MEN: | | | |
| 1 | Oliver KANDIERO | RSA | 2:51:17 |
| 2 | Sipho NCUBE | RSA | 2:54:52 |
| 3 | Albert KOAO | RSA | 2:54:56 |
| 4 | Enny MASHOENE | RSA | 2:55:03 |
| 5 | Johannes MTHIMKHULU | RSA | 2:55:17 |
| 6 | Tshepo MASEBI | RSA | 2:55:32 |
| 7 | Fanie MATSHIPHA | RSA | 2:55:43 |
| 8 | Nicky MASUMBUKA | RSA | 2:55:49 |
| 9 | Isaac Oupa MASILELA | RSA | 2:56:02 |
| 10 | Hatwande NYAMANDE | RSA | 2:56:08 |

| | | | |
|--------|--------------------|-----|---------|
| WOMEN: | | | |
| 1 | Yolande MACLEAN | RSA | 3:37 |
| 2 | Sarah Jane KHUMALO | RSA | 3:42:20 |
| 3 | Paulina PHAHO | RSA | 3:42:20 |
| 4 | Sarah MAHLANGU | RSA | 3:43 |
| 5 | Enice NHLAPO | RSA | 3:43 |
| 6 | Lesley VAN ASWEGAN | RSA | 3:51 |

SPAIN 1 October 2005: The XXVI 100km of Cantabria-Bezana

| | | | |
|---------|------------------|-----|---------|
| MEN: | | | |
| 1 | Gregory MURZIN | RUS | 6:29:48 |
| 2 | Ildar Akhmetshin | RUS | |
| 6:48:44 | | | |
| 3 | Oscar ALARCON | ARG | 6:59:07 |
| 4 | Igor ZAVYALOV | RUS | 7:14:30 |
| 5 | Ricardo VERGEL | ESP | 7:17:50 |

| | | | |
|--------|---------------------------|-----|---------|
| WOMEN: | | | |
| 1 | Lucy CARR | USA | 8:52:31 |
| 2 | Ana Maria FERRADAS | ESP | 9:54:47 |
| 3 | Marla Cristina DOS SANTOS | BRA | 9:57:38 |

22 October 2005: 50km & 100km of Terrassa (track race) 100km:

| | | | |
|------|----------------|-----|---------|
| MEN: | | | |
| 1 | Ricardo BERRAR | ESP | 7:50:12 |
| 2 | Pere ALBERTI | ESP | 8:42:20 |

| | | | |
|-------|---------------|-----|---------|
| 50KM: | | | |
| 1 | Jorge MENDOZA | ESP | 3:32:01 |
| 2 | Jose ALONSO | ESP | 3:55:10 |

USA 12 November 2005 24 hours of San Diego USA National Championships

| | | | |
|------|----------------|-----|-----------|
| MEN: | | | |
| 1 | Steve PETERSEN | USA | 238.487km |
| 2 | Roy PIRRUNG | USA | 228.086km |
| 3 | Alex SWENSON | USA | 227.362km |

| | | | |
|--------|-----------------|-----|-----------|
| WOMEN: | | | |
| 1 | Sumie INAGAKI | JPN | 220.069km |
| 2 | Pam REED | USA | 216.438km |
| 3 | Rebecca JOHNSON | USA | 210.770km |

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European 100km championships

During their meeting in Palermo the Executive Council of the IAU decided to allocate the IAU European Championships 100km to Torhout (BEL) to be incorporated within the "The Night of Flanders".

At the end August Ichtogen (BEL) abandoned the plan to organise the allocated European Championship. It seemed possible that there might not be a European Championship at all, but the "vzw De Nacht", organiser of "The Night of Flanders" contacted the IAU with a request to accept the late candidature.

Only after a screening of the existing organisation, a long conversation with the organisers and a critical discussion within the Executive Council, did the IAU give the organisers the green light to hold the European 100km Championship.

"The Night of Flanders" is one of the major ultrarunning competitions in Europe. Nevertheless, because of its specific night character (start time 20:00) the organisation will be obliged to take extra precautions to guarantee the visibility and the security on the course.

2006

25 - 26 FEBRUARY:
IAU World
24 hr Challenge
Talpet, 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
Korea

15 OCTOBER:
IAU 50km Trophy Final
Palermo, Italy

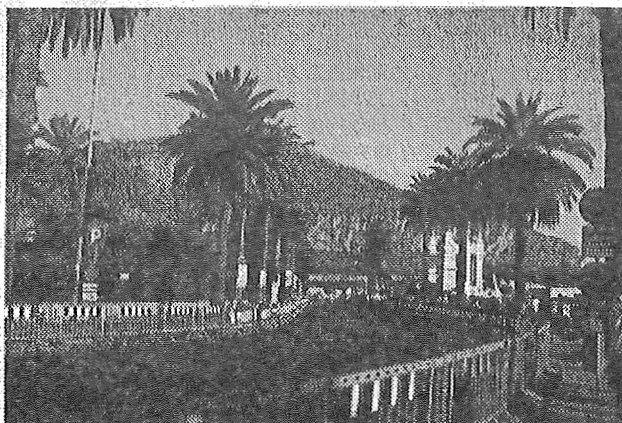
IAU 50km Challenge Trophy Palermo, Italy, 16 October 2005.

The final of this inaugural event was held in conjunction with the annual Palermo Supermarathon 50km, Marathon and Half Marathon (see separate feature, p.). For the Trophy the winners of nine qualifying races, and anyone in those races who bettered the qualifying time, competed against each other face-to-face in Palermo. The winner would be the one with the fastest aggregate time over the two races.

Alexander Boltachev led the men's standings with a time of 2:59:02, but it was Sandor Barcza, with a 3:02:20 time to his credit, who led out and built up a big lead. He was three minutes clear at the end of the half marathon lap through the City of Palermo and at 30km (1:46:13) this lead stretched to nearly 3.5 minutes over a group of four. A marshalling error then put most of the group out of contention, leaving only Oleg Kharitonov to chase Barcza. He did so in earnest from 45km, on the long downhill section towards the finish line at Mondello, Palermo's picturesque beach resort.

As Barcza slowed, Kharitonov sensed his moment and ran hard over the final 2km to pass the Frenchman with only 400m to go. A disappointed Barcza said he knew that Kharitonov would mount a late challenge and he needed a time cushion of four minutes to protect himself from this. "He was just too fast for me at the finish," Barcza still scored an emphatic win in the Challenge Trophy, improving on his other posted time despite the warm conditions (28C), and remaining more than 10 minutes ahead of Kharitonov in the aggregate standings.

In the women's race Britain's Heather Foundling-Hawker came into the race with by far the fastest qualifying time, set in her debut 50km race, and ran the legs off her opposition in Palermo. She finished over three minutes ahead of reigning 100km world champion Monica Casiraghi and her young team-mate Lorena Di Vito. Casiraghi suffered from the after-effects of a bout of flu. She acknowledged Di Vito's support after they crossed the line hand in hand: "If it had not been for her help I might have given up. She showed what comradeship in sport is all about."

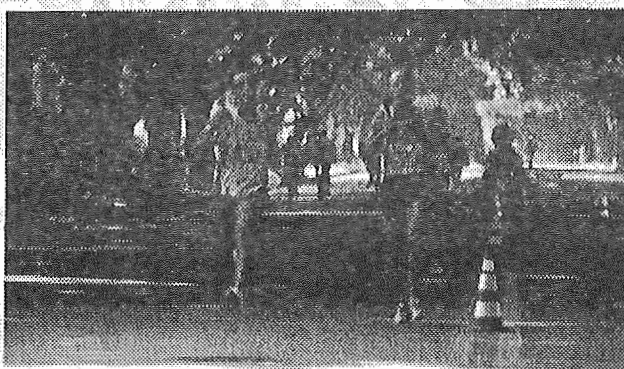


Results

| MEN: | | Selection | Final | IAU50km | |
|------|----------------------|-----------|---------|---------|---------|
| 1 | Sandor BARCZA | FRA | 3:03:12 | 3:02:21 | 6:05:33 |
| 2 | Oleg KHARITONOV | RUS | 3:13:39 | 3:02:01 | 6:15:40 |
| 3 | Alexander BOLTACHEV* | RUS | 2:59:02 | 3:22:54 | 6:21:56 |
| 4 | Igor TYAZKHOROB* | RUS | 3:06:22 | 3:21:06 | 6:27:28 |
| 5 | Stefano SARTORI | ITA | 3:18:36 | 3:12:40 | 6:31:16 |
| 6 | Reima HARTIKAINEN | SWE | 3:19:19 | 3:12:58 | 6:32:17 |
| 7 | Christophe BACHELIER | FRA | 3:19:00 | 3:15:07 | 6:34:07 |
| 8 | Marco BOFFO | ITA | 3:18:46 | 3:16:19 | 6:35:05 |
| 9 | Colin DEASY* | GBR | 3:12:32 | 3:23:21 | 6:35:53 |
| 10 | Michael KOKOREV* | RUS | 3:19:00 | 3:17:17 | 6:36:17 |

* These runners were misdirected and ran approx. minutes longer

| WOMEN: | | | | | |
|--------|--------------------------|-----|---------|---------|---------|
| 1 | Heather FOUNDLING-HAWKER | GBR | 3:35:51 | 3:44:55 | 7:20:46 |
| 2 | Monica CASIRAGHI | ITA | 3:44:37 | 3:48:08 | 7:32:45 |
| 3 | Lorena DI VITO | ITA | 3:47:06 | 3:48:08 | 7:35:14 |
| 4 | Jutta KOLENC | GER | 3:49:09 | 4:12:23 | 8:01:32 |



Vlastik's Race

By Vlastik Skvaril at the Australian Six Day Race

Being the twentieth anniversary of this race, the organizers decided to make it a memorable race. The offering of \$10,000 for the winner was supposed to attract the best ultra runners from all over the world. It certainly did the trick. 36 runners from 12 countries entered the race and when Yiannis Kouros' name appeared amongst others it became clear that we are in for a big race.

I had not done as much training as I would like - something like 15 - 20 km per day, mostly in two sessions. Running most of it with my ageing dog Asta it was at a very comfortable pace - hardly to be called sufficient training for such a race. However, I was not too concerned about it. I told myself that I have fresh legs and optimistically hoped for a place in top ten. That was all I expected.

Arriving in Colac on Saturday - the day before the race - I was hoping for good sleep after spending the previous night on the ship unable to sleep at all. Last year we had a caravan which we did not use much so we decided to do this year with the tent only. This proved to be a disaster. It was so noisy around all night that I spent another sleepless night.

Now here I am on the starting line feeling pretty tired knowing that the next six nights will not offer much sleep - how am I going to survive? How will I perform?

Weather was perfect for running - no excuse. I started slowly. After few hours of running I was in 15th place when something clicked I could pick up the pace and started looking like a runner. My original plan was to have no sleep the first night - after all by midnight we will have done only 12 hours of running. But due to lack of sleep the previous two nights I changed my mind and decided for one hour sleep. Same as the previous two nights I did not get any sleep at all - this was already the third night

without sleep! Strangely enough when I was back on the track I started running really well and when comparing my distance with that of last year I started getting well ahead. Encouraged I kept going and the next night decided for two hours sleep. I dozed off a couple of times but still no solid sleep. But my running still was not affected and by the end of the second day I covered 278 km - 20 km more than last year. It was also about 10 km further than existing World record for age 65 - 69. I just could not believe it. Never in my wildest dreams I hoped for anything like that.

I was cruising and expected to go well past 700 km after six days and breaking another record. But it was not to be. Just like every single runner in the race went through crisis at times, it was my turn too. The track was very dusty and some runners dragging their feet on the ground created huge clouds of dust we had to run through. I developed a bad case of bronchitis and breathing became a problem. Eric Wright from South Africa came to my rescue and offered me a face mask which I had to use most of the time for the next two days. Few drops of Eucalyptus oil regularly into the mask helped to ease the condition, but running was not so easy any more - my breathing was very restricted by the mask.

By the end of day four I was 20 km behind last year's distance for the same time and any chance of another record was completely blown away. So I decided to change my priority and stopped worrying about my result. I was happy with the outcome already anyway. Yannis Kouros was on the track to break the World record for Six days and needed some support. I discovered that I had enough enthusiasm, determination and energy left to provide it. I have to stress that I was well aware that Yiannis had already ran more than 300 km more than I did so I did not

consider myself to be any hero for being able to run with him for the rest of the race. But I enjoyed every minute of it - how often it happens in life to be able to run with the best ultra runner the world has ever seen? I felt extremely privileged to be able to offer my service. Running with Yiannis brought enormous benefits to me. I learnt a lot from him. I also could see that even a superman has to dig in deep sometimes to keep going.

On Friday afternoon I noticed that he started to slow down. I brought it quickly to the attention of his crew so they started to feeding him some quick energy releasing food. He also needed to be re-hydrated quickly. He mentioned to me that his knees and bones were aching. Looking at his shoes - he had about dozen pairs in his tent - they all seemed to be racing shoes with very little cushioning. I had been running in Asics Gel - Nimbus with good cushioning since day one and felt very comfortable. I offered him to try them for a while and was very surprised and pleased when he accepted my offer. He ran in them all afternoon and I would like to believe that it helped him a bit. I will keep these shoes for ever - they have been worn by a real champion!

Friday was also a very hot day. I have some experience in running in hot weather after running through Simpson Desert in temperatures up to 51 degrees C so I was well equipped for it. But perhaps the opportunity to run with him produced so much adrenalin that I could cope with the heat easily so I could offer him my neck sponge which was soaked in icy water and also my cool vest my wife bought for me last Christmas. To my great joy he accepted both of them. I was amazed how well we worked together.

When the storm hit Yiannis disappeared in his caravan and I raced to my tent to get some wet

"I enjoyed every minute of it – how often it happens in life to be able to run with the best ultra runner the world has ever seen? I felt extremely privileged to be able to offer my service."

weather gear on. I wondered if the organizers were going to stop the race but was told that "Kouros would run anyway" so by the time any decision was made the storm was over. Yiannis was already on the track so I joined him again. Rudolf kept us informed about the targets we had to achieve - if Yiannis could reach by 4.17 am on Saturday 1,000 km it would be a new world record. To break his age group world record he needed to have 1000 km completed by 6 am. By 11 pm on Friday we knew that he could not complete 1000 km by 4.17 am and had to settle for his age record. It would be no problem but we had to take into account the world record for 6 days as well. We were both getting very tired, Yiannis made comments that he could hardly see the track so the decision was made to go to sleep. How much time we could afford? The whole 30 minutes!

Back on the track even the short break made a big difference. Rudolf was working closely with Phil Essam and kept us informed about Yiannis' progress towards the world record. At this time he brought up the idea of not only breaking the record for track outdoor- Yiannis' own record of 1023 km about 20 years old - but to run the longest distance ever run on a track - over 1033 km which was run indoor. At that stage even Yiannis did not believe that he could achieve it so the aim was to run 1024 km. It soon became clear that he will achieve that target comfortably.

Breaking the record brought standing ovation from large group of Greeks who arrived for that occasion from Melbourne as well as from all other spectators. But what happened after was almost unbelievable and I can understand even better why he is such an exceptional champion. He started to take off some of his gear and I could feel that we are in for something very special. Yiannis' determination to run the longest distance ever in 6 days which seemed impossible even short time before that brought a new life to the whole

race. While there were many other individual achievements in this race nothing could match the last hour. It was great! It looked like the start of the race, not the finish after six days of running!

The greatest ultra runner has done it again. Yiannis is now again the man who has run the longest distance in six days. I have a great memory of the moment we crossed the line with Yiannis breaking the record. He was so excited that he gave me a huge hug and a kiss on my cheek. We almost fell over! This was the most satisfying moment of my running career. I will treasure it for the rest of my life. How many runners can ever experience such a special moment alongside the greatest ultra runner the world has seen. I was very lucky indeed.

After that I dropped back. I thought that he was entitled to enjoy all the cheering by the crowd on his own. I knew that I have just completed the most rewarding and exciting race of my life. I was very happy.

Yiannis' crew member Rudolf summarized the last two days very well on the Cool Running website. When I read all the discussions on CR I was amazed how did Rudolf managed to look after Yiannis, did all the calculations and statistics, planned the rest of the race, helping other runners as well and still found time to write so many well thought articles.

The final result was very satisfying. Yiannis broke the world record and finished clear winner. I finished in 6th place which was good enough considering my age and the age of all the runners finishing in front of me.

I must not forget to mention one very special runner - Dr Andy Lovy from USA. Not the youngest on the track (70!) Andy had to work hard to meet the daily requirements. Yet it was never trouble for him to assist

countless runners during the race. I was one of them. On the last night after only 30 minute sleep I had a problem to get up - my back was killing me. Andy did not hesitate to send me to his tent and when finished his lap he checked my back. He discovered that my back was a bit out of place as a result of some perhaps 40 year old injury (most certainly while parachuting -no wonder I had sore back for as long as I remember) . Within a couple of minutes of manipulation I was back on track with no pain at all! Amazing man Andy. He warned me to keep going as the injury would need further treatment and stopping would be a bad idea. However several hours later I had no choice but to sit on a toilet and could not get up again! Andy promptly repeated the manipulation again and I was pain free again to run the rest of the race. No wonder that the runners initiated a fund to pay for Andy's next year airfare to make sure that he will be back.

It was expected to be a big race. It was not big - it was GREAT. The number of world records speak for themselves.

I learnt a lot from this race and gained even more confidence for future races.

Cannot wait for Colac 2006 !



Vlastik Skvaril

Training for a 100 km race

By Shawn McDonald

Introduction

Races of 100km are common at both local and international competitions, including the annual World Cup race. In this column, I would like to discuss some aspects of training for and racing in 100km races. Many facets of 100km races are similar to its cousin, the 50 mile race, which is typically one-and-a-half to two hours shorter in duration.

The additional time and distance of the 100km may mean a higher likelihood of trouble, such as dehydration, blisters, cramping, nausea and chafing, issues less problematic at shorter ultra distances. The 100km is short enough that most runners can complete the distance in daylight hours, with the possible exception of winter or challenging trail events. The training commitment in terms of time is really not much greater for a 100km than for a shorter ultra. An increase of 25 percent should suffice, mostly in the form of longer "long" training runs completed weekly for novices and up to two times per week for more experienced competitors

Endurance Focus

Most running [90 to 95 percent] done to prepare for a 100km race should be done at aerobic effort levels. This is "conversational" running, a pace at which you are going easy enough to be able to talk while running. A few percent [by time or mileage] of your running each week can be done at higher anaerobic levels, once you have built up an aerobic base over several weeks. Hill workouts can be added to train for the specific terrain you expect at the 100km race, to incorporate some higher intensity training, provide variety and develop leg strength. Cross training should be included to fill the rest of your training schedule, to build endurance and enhance body strength, as well as to provide for adequate recovery after long training runs.

have most often been set by runners who ran an even or nearly even effort and pace during their races. Their first and second half times have been within a few minutes of each other and their pace per mile has not varied appreciably [10 seconds per kilometre, perhaps]. With practice and patience you can run an evenly paced race and reach your potential for this distance and your level of training.

There are a number of ways to enhance your ability to judge pace and effort levels. One method is to train on routes that are flat or nearly so, and that have accurate kilometre marks. Many 100km races are held on routes that consist of short loops or out-and-backs, so you have regular chances to gauge your progress and pace. Note the time it takes to complete each kilometre during a training run and adjust your pace and effort slightly to maintain a constant pace, within a few seconds per kilometre. Consider that you may slow slightly later in a long training run if you maintain a constant effort.

Another way to judge effort is to wear a heart rate monitor and note your heart rate every minute or two during your long training runs. Try to run at either a constant effort and pace or change your pace every so often and note the change in your heart rate. A third pacing tool would be to include a weekly [or every second week for novices] tempo run into your schedule. During this run, you would start and end with five or six kilometres of easy running as a warm up and cool down. In between, you might attempt to run two kilometres at your recent marathon pace, then four kilometres at marathon pace minus 20 seconds per kilometre to work near your anaerobic threshold and then run two kilometres at marathon pace plus 20 seconds per kilometre. Knowing your pace within a small margin can keep

you from starting out too fast in your 100km, given your goals and recent training.

Trial Race

Running one or a few shorter races leading up to a planned 100km is a good idea. During these races, such as a marathon or 50km, try to run at a pace near your goal 100km pace and to finish strongly the last five or six kilometres of each race. Experienced ultrarunners might want to run a marathon trial race at 20 seconds faster than goal 100km pace, but still slower than at marathon "race" pace. Treat each trial race as a tune up, working on your efficiency in using aid stations, taking care of your feet, making clothing adjustments and fine tuning your plans for food and fluid intake during the planned 100km. Do not appreciably taper prior to each trial race other than taking maybe one or two days off in the lead up. After a trial race, do take a rest in the form of a day off with walking, followed by two days of cross training workouts. At that point, most of the leg soreness you will feel should be fading and you can return to regular training. Space your trial races at least three weeks apart and try to run the last trial race at least three weeks before the 100km so you can taper and rest up for the big race.

Eating And Drinking On The Go

Food and fluid intake is very important during a 100km, much more so than in a 50km or marathon. Most runners can expect to be on the course for eight to 13 hours. Most runners can store enough glycogen to fuel themselves for about a third of a 100km; the remaining energy needed to complete the race comes from burning fat, as well as from food consumed during the race. Being consistent in fuel intake is a key to maintaining your blood sugar level

and being able to constantly burn fat and carbohydrate for energy. An intake of 200 to 300 calories per hour should be sufficient for most runners to keep from bonking during a 100km and is a feasible rate for your stomach to process. Whether you take in the calories from solid food, liquids or a combination of the two is a matter of personal preference. Eating small amounts of food every 20 to 40 minutes is more tolerable for your digestive system than eating a large meal every two or three hours and will give you a more even energy level.

Fluid needs vary from runner to runner depending on weather conditions, altitude, runner size and heat training state. For most runners, a fluid intake of 600 to 800ml per hour should suffice during a 100km. Again, drinking in small amounts every 10 to 15 minutes is easier on the stomach than drinking a litre every 60 to 90 minutes. Eating and drinking in small amounts during a short walking break [30 to 60 seconds] every four to five kilometres during the 100km is a good approach to keep adequately hydrated and fuelled. You can and should practice your eating and hydration approach during your long training runs and trial races. Some [fortunate] runners can eat and drink while running and not experience any digestive distress at all.

To Walk Or Not To Walk

Certain runners will benefit from walking during the 100km race. Those who have trouble eating and drinking while running, either in terms of coordination or stomach issues, will want to take regular short walking breaks [three to five per hour] during which they can consume both fluid and snacks. A hilly 100km route lends itself to mixing in a few walking breaks on the uphill segments to ensure that the effort is kept in the aerobic range. Using walking breaks during a hot 100km race can also help prevent overheating. These issues are more likely to be troublesome for some runners who are not as experienced at running the 100km [or ultras in general]. Keeping the breaks short [five minutes or less] also allows for an easier transition back to running

after walking and sustains body temperature which is an issue in cold weather races. Walking can and should be practiced by most runners during their long training runs and any trial races in terms of frequency, duration and fuel intake.

Shoe Selection

The shoes you wear in a 100km race should be broken in with a few weeks of training prior to the race to ensure they fit properly and will provide enough cushioning and support to go the distance. Normal training shoes should be fine such as those you would use for a road marathon. Most runners will wear only a single pair of shoes during the race. Changing shoes and socks once or twice during the race does not take much time away from running and can save you a lot of grief if you are blister prone. It can also provide a different “feel” for your feet and running mechanics. If you do plan to change shoes during the race, practice the process during your long training runs. Try to use socks that are fairly new [run in a few times, not several months] during the 100km. If you are blister prone, consider carrying some basic foot care supplies. It is also advisable to prevent blisters from occurring by using lube, taping hot spots that have appeared during training runs and keeping adequately hydrated during the race. With good planning, sufficient hydration and use of properly fitting shoes, you can reduce the chances of foot problems and keep your focus on your effort, race plan and nutrition intake.

Goal Setting And Race Plan

The goals you set for the 100km race will depend to a large extent on your prior experience with this distance. Novice runners might aim to finish the race in good shape and to complete the race withing two to three hours longer than any previous 50 mile times. More experienced runners might set goals for halfway and overall times, such as to lower their personal bests by 10 or 20 minutes as well as aiming for a certain finishing place and or age group placing. In general, you can expect to take 2.7 to three times as long to complete a road 100km as compared to a marathon. If you set an overall goal of 10 hours for 100km,

then you can plan on taking about four hours and 50 minutes to complete the first 50km [a pace of about 5:55 per km]. The final 50km would then be completed in five hours and 10 minutes [averaging 6:05 per km]. This runner might complete a marathon in about three hours 40 minutes [5:12 per km]. Thus, the goal paces for 100km should seem “easy” compared with the marathon race and the runner should guard against running at or near marathon pace in the early parts of the 100km race, only to slow badly in the later stages. Other details to consider in drafting your race plan include: Shoe and clothing changes, crew help at aid stations, personal drink and food requirements, split times at various points and the duration and placement of walking breaks.

Sample Training Schedule

A higher level view of a training plan for a 100km race might include endurance building [ten weeks], strengthening [eight weeks], sharpening [four weeks, tapering [two weeks], and a post race recovery period [four to six weeks]. Weekly mileage should increase during the endurance phase until the middle of the strengthening period, and thereafter decrease slightly to moderately until race day. Higher intensity workouts can be included one day per week during the strengthening and sharpening periods. Long training runs should be completed in all weeks except for the weeks after trial races and during the tapering period. The taper involves a cut back in running mileage and volume of intensity work while still including some quality running in the form of short fartlek or tempo runs. Overall mileage should be cut back 40 and 75 percent during the two taper weeks.

What follows is a sample schedule for week 20 [the middle of the sharpening phase] for the above overall plan for a runner with a 10 hour 100km goal and who has run a few 100km races with a personal best of 10 hours and 30 minutes.

Monday: Cross training aerobic session for 45 minutes using activities such as cycling, stair

climbing, swimming or roller blading.

Tuesday: A medium paced practice run on roads of about 100 minutes [18km]. Run the first five kilometres easy [6:00 per km], then do three kilometres at marathon pace [5:10 per km], then three more kilometres at half marathon race pace [4:40 per km], then a cool down of an easy eight or nine kilometres [6:00 per km]. Drink fluids during the run and stretch well afterwards

Wednesday: A short easy run on flat grass or dirt of 45 minutes duration

Thursday: A medium run on rolling roads for 90 to 120 minutes [15 to 20 km]. Start with six to eight kilometres of easy running, then run four to five stride outs of 30 seconds each at 10km race pace followed by six medium hill repeats of about 90 seconds on a moderate gradient at 10km race pace effort with a jog back recovery, ending the run with five to six easy kilometres [6:00 per km]. Drink fluids during and after the run and eat a small snack at the conclusion of the hill repeats prior to the cool down run.

Friday: Rest day. Hydrate generously and get good sleep

Saturday: Long training run on a road route similar to the upcoming 100km race. Four hours duration [approx 40km] at a pace 10 seconds slower per kilometre than the goal 100km pace. Focus on walking breaks and regular food and fluid intake. Try to finish strongly over the last few kilometres. Stretch lightly after the run and then do a short walk later in the day. Keep hydrating to help your recovery.

Sunday: Medium run on trails or grass for 90 minutes [15km]. Start running slowly and finish strongly. Hydrate and eat liberally during the run and mix in some short walking breaks.

This overall 100km training plan focuses on endurance work with a longer first base building phase than for a marathon. The sample weekly schedule features two

runs with intensity on Tuesday and Thursday with a short run included on Wednesday to aid recovery after Tuesday's "speed" run. A short cross training workout can be substituted on Sunday instead of the medium trail run if you are still sore after the Saturday long run. The Tuesday run provides an opportunity to practice running at a variety of paces to help the runner know how each speed feels and to work on developing efficient running form when moving at or slightly faster than the goal 100km pace.

More experienced runners can add in a couple of "back-to-back" long run weekends during the build up and strengthening phases of the plan in which long runs are completed on both Saturday and Sunday. In this case, the athlete rests or does short workouts on the day before and after each back-to-back weekend. The back-to-backs will help the runner learn how to run when tired and sore and also how to hold back on the Saturday run, knowing they will run long again the next day.

Summary

Training for the 100km race can be a rewarding experience that will help you gain confidence in reaching for the longer ultra distances such as 24 hours and beyond. A solid training plan based mainly on endurance with adequate rest and small doses of higher intensity running will help you get to the start of your goal race in a good state of health and in a high fitness level. Long training runs are the cornerstone of training for the 100km during a preparation period lasting four to six months. Be sure to take a rest of three weeks or longer following the 100km race with much lower training volume and no high intensity work during the period. Your body and mind will thank you for resting and preparing for the next challenges you choose

'Crazy' Fryer on the mend after discovering it's a long, long way to the top

By Rebecca Wiasak
Athletics

Canberra endurance runner Martin Fryer returned from a record-breaking effort in a Coast to Kosciusko Ultra Run but instead of celebrating his win the athlete was visiting the doctor.

Two doctors were needed to assess Fryer and, while they labelled the runner "crazy", the recommended medication was for an inflamed foot rather than his psychiatric state. Seven competitors embarked on the two-day journey that started at Boytown Beach, south of Eden on the NSW South Coast, on Friday. Only five finished.

Fryer was the first across the finish line at Charlton's Pass more than 30 hours later. His time, 31hrs 53min, broke the

race record by seven hours and was three hours ahead of his nearest rival Paul Every, a zoologist at Sydney's Taronga Park.

Fryer, 44, said he was sometimes "paranoid" during the 246km journey to the summit of Mt Kosciusko, but crew members Ian Wright and Seb Dunne's "clever tactics" helped him maintain the lead. Wright and Dunne are accomplished ultra-marathon runners and when the gap between Fryer and Every narrowed they chose not to post updates to a public forum updating interested parties on the race progress.

"Some of their tactics allowed me to do better than other teams," Fryer said. "They were a critical part of it." The Weston Etnus orienteering club member decided to enter the gruelling event after completing a

24hr track race in Queensland last year. He said part of the attraction of the event was to go from sea level to the highest point in Australia.

"The thought of it was intimidating but the way to get through it is to break it up in relay chunks to the level you can to the next snow proof them walk to the next pole.

"The worst part for most people was between two and three in the morning. You body wants to shut down at that stage and it ends up being willpower rather than physical that gets you there."

The Coast to Kosciusko race was one in a series of "Fat Ass" events which are gatherings of like-minded athletes following the motto: "No fees, No Awards, No Aid, No Whimps". There are no entry fees, no course

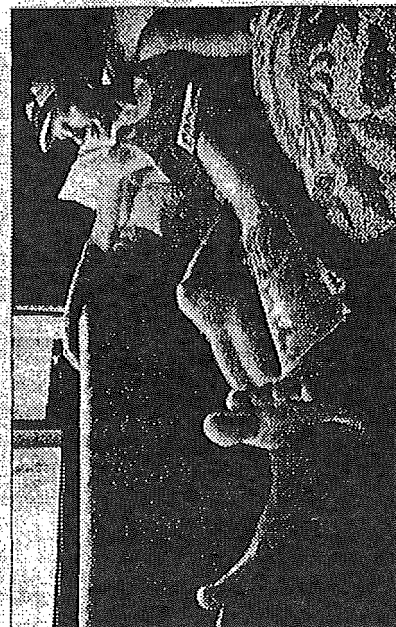
marshals and no help if runners encounter trouble on course making crews of helpers integral to the events.

Fryer hoped the extreme mountain race would attract sponsorship so the event could grow.

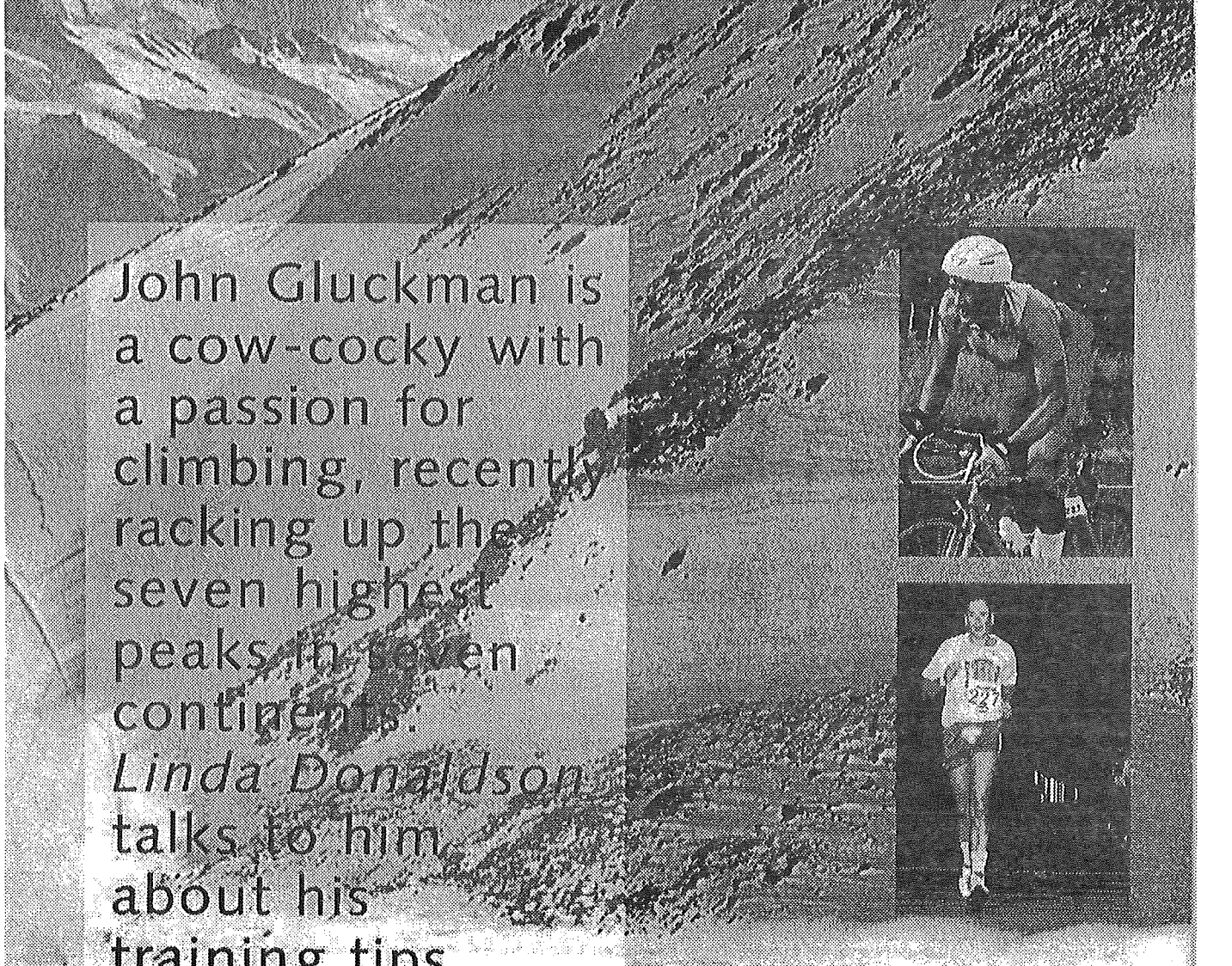
He believed the entry of more competitors would eventually bring the race record to well under 30hrs. "It's basically a purist, experiential running group, sort of like an underground current of getting people and supporting them to get into running longer distances, even though there are no prizes."

AT A GLANCE

1 Martin Fryer 31hrs 53min 2 Paul Every 39:28
3 Kevin Marshall 39:07 4 Jan Hemmings 41:22
5 Brendan Mason 41:47



FEET UP: Canberra's Martin Fryer rests after winning the Coast to Kosciusko run.



John Gluckman is a cow-cocky with a passion for climbing, recently racking up the seven highest peaks in seven continents.

Linda Donaldson talks to him about his training tips.



limits of man



He's dreaming of a white

Christmas, but this year John Gluckman will celebrate under the southern hemisphere sun. The Warkworth dairy farmer will spend this summer at sea level after spending a decade of summers overseascaling the highest mountains in each of the seven continents, including the daddy of them all Mt Everest.

This year, 10 years after his first successful ascent, he scaled his seventh peak, Mt Elbrus in the Caucasus, at 5642 metres, Europe's highest. And just as a diversion Gluckman has climbed the highest peaks on the world's three largest islands and managed 14 first ascents in Northern Greenland.

It all adds up to fairly useful climbing CV for a 49-year-old who hone his mountain climbing skills after a mediocre triathlon career.

"In triathlons I always finished mid-field. I probably didn't have quite the right genes. Mountain climbing was something I thought I could get to the top in."

Gluckman says climbing is time consuming, but the preparation is shorter and easier than his training to ready himself for his three Ironman events. To prepare for a mountain climb, he works out for 10-15 hours a week and includes strength exercises at the gym, indoor rowing and running (see box). For Mt Elbrus he did interval hypoxic training at the Oxygen Centre in Auckland.

The 15-day course that uses an oxygen mask to replicate high altitude training has paid off.

"At sea level I found when doing fast one km interval training my recovery between intervals improved and I felt stronger, especially when running the third and fourth intervals of the workout."

Gluckman was also faster over 6km, slicing 90sec off his time. In his the weekly three-hour run he felt stronger in the last half and his recovery between workouts improved.

And Gluckman found that the altitude on Mt Elbrus seemed to have shrunk by about 1000m.

"I felt at 5000m like I'd normally feel at about 4000m. Part of that improvement would have come

from more efficient adaptation and part of it would have come from fact that I was doing runs a bit faster at the end of three weeks treatment than I was at the beginning - that would also help with altitude."

He also trained smart.

His easy runs were shorter and easier than before and freed up more energy to put into the hard workouts.

"Normally I've put in a lot more mileage on my easier runs. I wanted to see if I could improve the quality of the harder ones. I'd found before that doing every workout hard, they all ended up moderate and I got less benefit."

At the gym, Gluckman favours free weights and workouts using his bodyweight rather than machine exercises.

"On a machine, you don't need any co-ordination. Free weights require more control. When you're using dumbbells, you've also got to use the little muscles to control and stabilise yourself. You don't get that on a machine."

Gluckman sometimes exercises his major muscle groups on the indoor rower. He is unbeaten at his gym on a Concept II ergometer, rowing 15km in an hour, which amounts to 500m every 2min.

Gluckman's hallmark is to work on weaknesses rather than build on strengths. While other climbers may have outstanding fitness, or technical proficiency or altitude adjustment, Gluckman is broadly accomplished: rock climbing, ice climbing, travelling over rough country, mental determination, safety consciousness.

"Most people have strengths way up here and weaknesses down there. They rely on one or two qualities to get them through but often their weaknesses will stop them."

Gluckman had two attempts at South America's Mt Aconcagua, and three at Russia's Mt Elbrus.

When he's beaten, he analyses why. Of course, training and preparation can't eliminate all the

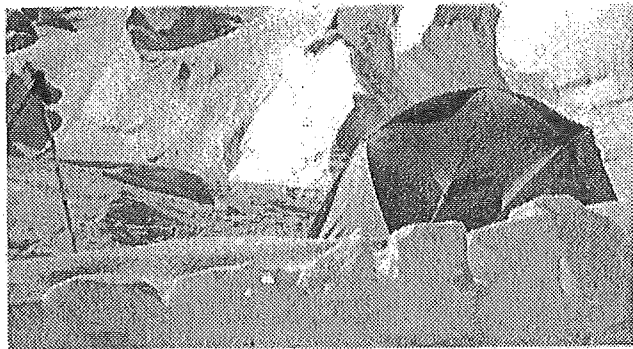


John Gluckman: high achiever.

ACHIEVEMENTS, PEAK TO PEAK

Highest peak on seven continents: Mt Elbrus, Europe; Mt Everest, Asia; Mt McKinley, North America; Mt Aconcagua, South America; Mt Vinson, Antarctica; Mt Kilimanjaro, Africa; Mt Kosciuszko, Australia.
Highest peak on world's three largest islands: Gunung Puncu, Borneo, New Guinea; Kinabalu, Borneo.

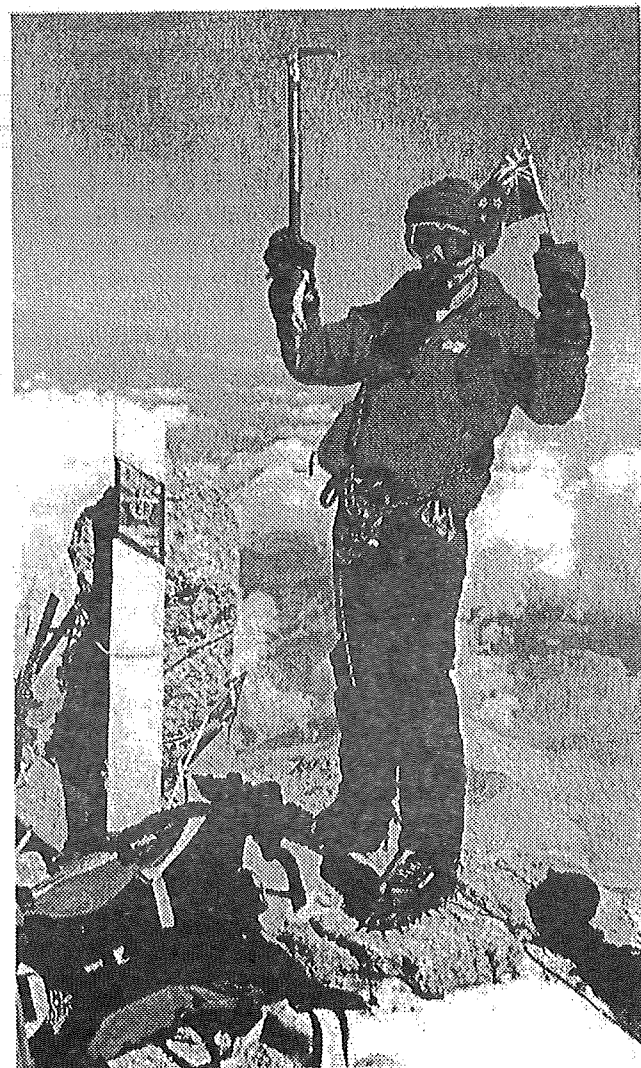
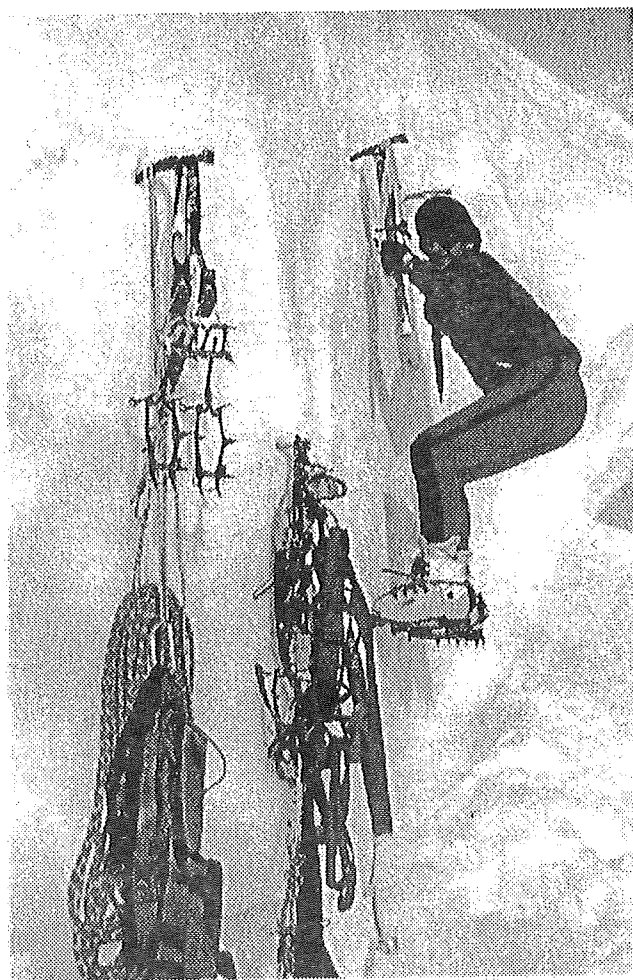
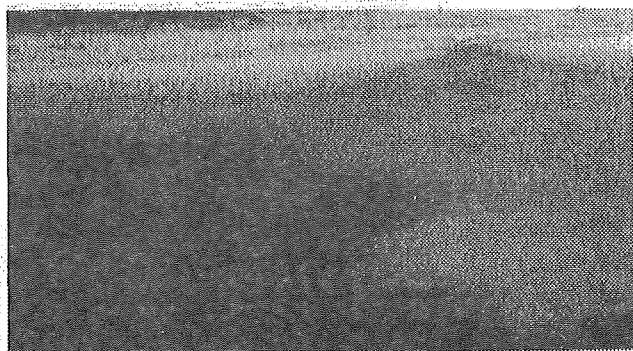
First ascents: Dickens Bjerg, Nunatak Dent, TWMG Peak, Chertov, Cheep, Veld, and Bush, Mallory Field, Hellgoland, all in Dronning Louise Land, Arctic Greenland.



survival reach expedition



limits conquest isolation



variables of battling the extremes. The dangers of altitude include frostbite, windburn and sunburn, dehydration, intestinal bugs, cerebral and pulmonary oedema. Above 17,000 feet (5182m) muscles decrease and are metabolised as readily, if not more so, than fat reserves. Joints take a pounding. A climber can expect to be on the move for as long as 72 hours with only brief rest periods.

Everest challenged Gluckman the most because of its extreme altitude and cold. His diary entry – "I had to push myself close to my physical and mental limits to reach the summit."

At extreme altitudes a climber can burn 7000-9000 calories a day as breathing and movement become laboured. To compensate Gluckman is careful about what he puts into his 74kg frame. He enjoys the sort of dietary balance sports dietitians recommend: muesli, low-fat yoghurt, non-fat milk, brown or multigrain bread, fruit, green vegetables, potatoes, chicken and fish.

But he says he's not perfect "I do buy the odd takeaway," he says. Generally, Gluckman regards supplements as "expensive urine". But he does take multivitamins when he is on a mountain and fruit is limited.

Gluckman showed little childhood sporting promise but when he was 17 he went to an Outward Bound course where his aptitude for endurance sport was kindled. Now he has competed in 15 marathons (including the world's highest, the Everest marathon), one ultra marathon, three Ironman triathlons and cycled toured different countries. Sir Edmond Hillary conquered Everest 40 years before Gluckman, and Rob Hall and Gary Ball did the seven summits in seven months. So what motivates the cow-cocky who has knocked off 40 climbs?

"I do it because I like it. I like the scenery, the achievement, and the people I meet on the way, different cultures. You don't do it to prove anything or to please others. I think if you're doing it for those reasons you won't last very long." ■

TRAIN FOR THE SUMMIT

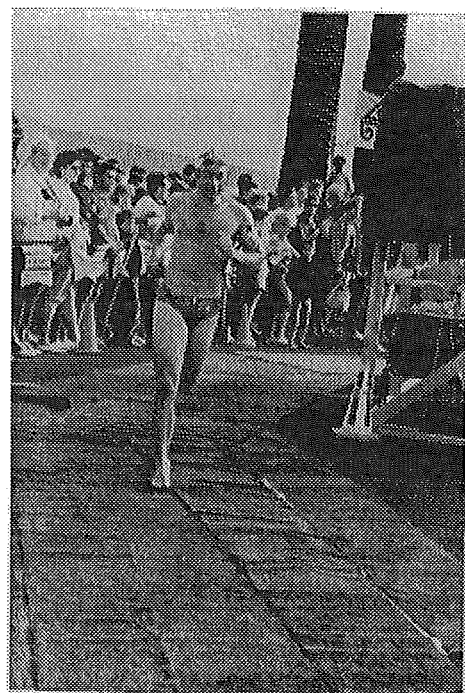
WORKOUT: Gluckman trains 10-15 hours a week.

GYM: Three times a week. Strength work 1/2-3/4hr concentrating on chin-ups, dips and other bodyweight exercises and free-weight exercises such as dumbbell benchpress.

ROWER: Three times a week, 1hr sessions, to work major muscles – legs, arms, back.

RUNNING: Seven days a week. Sunday: Long run, building up to 3-4hr, moderate pace; Monday: Short easy jog; Tuesday: Short easy jog; Wednesday: 2km warm up, near race pace for 6km, 2km warm down; Thursday: easy jog; Friday: 2km warm up, 4 x 1200m sprints with race 600m jog between each, 2km warm down; Saturday easy jog.

ALTITUDE TRAINING: 15 interval hypoxic sessions at the Oxygen Centre on Auckland's North Shore using equipment that simulates high altitude. Each 1hr session had six repetitions of 5min at high altitude and 5min down. The procedure is based on the principle that oxygen insufficiency is the foremost limiting factor in performance and physical or intellectual exertion. It trains the body to adapt to and efficiently perform at low oxygen levels.



SWIM 2 MILES



BIKE 100 MILES

Photography by Kim Studio Ltd Auckland, N.Z.

AURA - BEST PERFORMANCES 2005

6 HOUR

| Surname | First Name | Age | State | Venue | km | Date | Gender | Surface |
|---------------|------------|-----|-------|-----------------|--------|-----------|--------|---------|
| Phillips | Simon | 45 | TAS | Coburg, VIC | 72.638 | 16-Apr-05 | M | T |
| Kouros | Yiannis | 49 | VIC | Coburg, VIC | 72.442 | 16-Apr-05 | M | T |
| Kouros | Yiannis | 50 | VIC | Colac, VIC | 72.000 | 20-Nov-05 | M | T |
| Grimmett | Mal | 40 | VIC | Moe, VIC | 70.041 | 06-Nov-05 | M | T |
| Barron | Adam | | | Caboolture, QLD | 65.055 | 05-Feb-05 | M | T |
| Hooper-Childs | Julie | 33 | VIC | Moe, VIC | 64.421 | 06-Nov-05 | F | T |
| Roberts | Ian | 39 | SA | Coburg, VIC | 63.334 | 16-Apr-05 | M | T |
| Thompson | Michelle | 37 | VIC | Moe, VIC | 62.476 | 06-Nov-05 | F | T |
| Fabian | Theresa | | | Caboolture, QLD | 62.053 | 05-Feb-05 | M | T |
| Hoskinson | Peter | 41 | TAS | Colac, VIC | 61.200 | 20-Nov-05 | M | T |
| McPhee | Jevvan | | VIC | Moe, VIC | 61.013 | 06-Nov-05 | M | T |
| Every | Paul | 41 | NSW | Coburg, VIC | 60.400 | 16-Apr-05 | M | T |
| Kinshofer | Rudolf | 51 | SA | Coburg, VIC | 60.400 | 16-Apr-05 | M | T |
| Marshall | Kelvin | 41 | VIC | Moe, VIC | 60.108 | 06-Nov-05 | M | T |

12 HOUR

| | | | | | | | | |
|------------|----------|----|-----|-----------------|---------|-----------|---|---|
| Kouros | Yiannis | 50 | VIC | Colac, VIC | 140.400 | 20-Nov-05 | M | T |
| Thompson | Kieron | | | Gosford NSW | 120.976 | 08-Jan-05 | M | T |
| Kartsounis | Vivienne | 41 | NSW | Gosford NSW | 116.573 | 08-Jan-05 | F | T |
| Swain | Sean | 38 | QLD | Gold Coast, QLD | 111.200 | 12-Aug-05 | M | T |
| Baird | Carol | 56 | ACT | Gold Coast, QLD | 108.800 | 12-Aug-05 | F | T |
| Marsh | Ken | 50 | VIC | Coburg, VIC | 107.455 | 16-Apr-05 | M | T |
| Melham | Kip | | NSW | Adelaide, SA | 105.600 | 15-Oct-05 | M | T |
| Pearson | John | 33 | QLD | Caboolture, QLD | 105.501 | 05-Feb-05 | M | T |
| Last | Geoffrey | 54 | QLD | Caboolture, QLD | 104.441 | 05-Feb-05 | M | T |
| Collins | Tony | 58 | NSW | Gold Coast, QLD | 104.400 | 12-Aug-05 | M | T |
| Baird | Carol | 57 | ACT | Adelaide, SA | 103.600 | 15-Oct-05 | F | T |
| Every | Paul | 41 | NSW | Coburg, VIC | 102.400 | 16-Apr-05 | M | T |
| Kinshofer | Rudolf | 51 | SA | Coburg, VIC | 102.400 | 16-Apr-05 | M | T |
| Thompson | Michelle | 36 | VIC | Coburg, VIC | 101.856 | 16-Apr-05 | F | T |
| Collins | Tony | 58 | NSW | Gosford NSW | 101.809 | 08-Jan-05 | M | T |
| Hoskinson | Peter | 41 | TAS | Colac, VIC | 101.600 | 20-Nov-05 | M | T |
| Baird | Carol | 56 | ACT | Gosford NSW | 100.437 | 08-Jan-05 | F | T |
| Staples | Alan | 55 | NSW | Gosford NSW | 100.197 | 08-Jan-05 | M | T |
| Collins | Tony | 58 | NSW | Coburg, VIC | 100.000 | 16-Apr-05 | M | T |

24 HOUR

| | | | | | | | | |
|-----------|---------|----|-----|-----------------|---------|-----------|---|---|
| Kouros | Yiannis | 50 | VIC | Colac, VIC | 254.400 | 20-Nov-05 | M | T |
| Melham | Kip | | NSW | Adelaide, SA | 197.779 | 15-Oct-05 | M | T |
| Baird | Carol | 57 | ACT | Adelaide, SA | 194.945 | 15-Oct-05 | F | T |
| Kinshofer | Rudolf | 51 | SA | Coburg, VIC | 192.909 | 16-Apr-05 | M | T |
| Collins | Tony | 58 | NSW | Coburg, VIC | 191.406 | 16-Apr-05 | M | T |
| Collins | Tony | 58 | NSW | Gold Coast, QLD | 183.600 | 12-Aug-05 | M | T |
| Baird | Carol | 56 | ACT | Gold Coast, QLD | 182.800 | 12-Aug-05 | F | T |
| Standeven | David | 53 | SA | Coburg, VIC | 176.360 | 16-Apr-05 | M | T |
| Billett | David | 35 | SA | Adelaide, SA | 172.747 | 15-Oct-05 | M | T |
| Zukowski | Jerry | 53 | SA | Coburg, VIC | 170.217 | 16-Apr-05 | M | T |
| Collins | Tony | 58 | NSW | Adelaide, SA | 168.599 | 15-Oct-05 | M | T |
| Skvaril | Vlastik | 66 | TAS | Colac, VIC | 168.400 | 20-Nov-05 | M | T |
| Wise | Garry | 59 | VIC | Colac, VIC | 167.200 | 20-Nov-05 | M | T |
| Skinner | Deryck | 73 | SA | Adelaide, SA | 166.033 | 15-Oct-05 | M | T |
| Thys | Dirk | 35 | SA | Coburg, VIC | 165.487 | 16-Apr-05 | M | T |
| Mason | Brendan | 43 | VIC | Auckland, NZ | 163.381 | 01-Oct-05 | M | T |

AURA - BEST PERFORMANCES 2005

| 24 HOUR continued | | | | | | | | |
|--------------------------|------------|-----|-------|-----------------|----------|-----------|--------|---------|
| Surname | First Name | Age | State | Venue | km | Date | Gender | Surface |
| Hain | Geoff | 59 | QLD | Coburg, VIC | 163.041 | 16-Apr-05 | M | T |
| Anderson | Peter | 59 | QLD | Coburg, VIC | 162.991 | 16-Apr-05 | M | T |
| Marsh | Trevor | | VIC | Coburg, VIC | 162.800 | 16-Apr-05 | M | T |
| Gibson | Peter | 50 | QLD | Gold Coast, QLD | 162.489 | 13-Aug-05 | M | T |
| Hain | Geoff | 59 | QLD | Auckland, NZ | 162.474 | 01-Oct-05 | M | T |
| Zukowski | Jerry | 53 | SA | Adelaide, SA | 162.116 | 15-Oct-05 | M | T |
| Billett | David | 35 | SA | Coburg, VIC | 161.887 | 16-Apr-05 | M | T |
| Hoskinson | Peter | 41 | TAS | Colac, VIC | 155.200 | 20-Nov-05 | M | T |
| Brooks | Frederick | 71 | VIC | Gold Coast, QLD | 151.600 | 12-Aug-05 | M | T |
| Nicol | Prabuddha | | | Adelaide, SA | 150.529 | 15-Oct-05 | M | T |
| 48 HOUR | | | | | | | | |
| Kouros | Yiannis | 50 | VIC | Colac, VIC | 432.400 | 20-Nov-05 | M | T |
| Collins | Tony | 58 | NSW | Gold Coast, QLD | 314.079 | 12-Aug-05 | M | T |
| Baird | Carol | 56 | ACT | Gold Coast, QLD | 298.089 | 12-Aug-05 | F | T |
| Skvaril | Vlastik | 66 | TAS | Colac, VIC | 278.000 | 20-Nov-05 | M | T |
| Wise | Garry | 59 | VIC | Colac, VIC | 264.000 | 20-Nov-05 | M | T |
| Timms | John | 63 | VIC | Gold Coast, QLD | 251.601 | 12-Aug-05 | M | T |
| Hoskinson | Peter | 41 | TAS | Colac, VIC | 244.800 | 20-Nov-05 | M | T |
| Parris | Dawn | 53 | VIC | Colac, VIC | 240.000 | 20-Nov-05 | F | T |
| Anderson | Peter | 59 | QLD | Gold Coast, QLD | 230.880 | 12-Aug-05 | M | T |
| Jones | David | 64 | VIC | Colac, VIC | 222.400 | 20-Nov-05 | M | T |
| Reidy | John | | NSW | Colac, VIC | 208.800 | 20-Nov-05 | M | T |
| Staples | Alan | 56 | NSW | Gold Coast, QLD | 206.000 | 12-Aug-05 | M | T |
| Barnett | Sarah | | VIC | Colac, VIC | 205.200 | 20-Nov-05 | F | T |
| McKinlay | Brock | | ACT | Colac, VIC | 204.800 | 20-Nov-05 | M | T |
| Scanlon | Shaun | 61 | QLD | Colac, VIC | 204.800 | 20-Nov-05 | M | T |
| Phillips | Lindsay | 40 | QLD | Colac, VIC | 202.000 | 20-Nov-05 | M | T |
| Billett | David | 35 | SA | Colac, VIC | 200.000 | 20-Nov-05 | M | T |
| 6 DAY | | | | | | | | |
| Kouros | Yiannis | 50 | VIC | Colac, VIC | 1036.851 | 20-Nov-05 | M | T |
| Hoskinson | Peter | 41 | TAS | Colac, VIC | 704.250 | 20-Nov-05 | M | T |
| Skvaril | Vlastik | 66 | TAS | Colac, VIC | 648.286 | 20-Nov-05 | M | T |
| Parris | Dawn | 53 | VIC | Colac, VIC | 640.245 | 20-Nov-05 | F | T |
| Billett | David | 35 | SA | Colac, VIC | 602.601 | 20-Nov-05 | M | T |
| Wise | Garry | 59 | VIC | Colac, VIC | 600.640 | 20-Nov-05 | M | T |
| Barnett | Sarah | | VIC | Colac, VIC | 572.677 | 20-Nov-05 | F | T |
| Boulton | Rathin | | ACT | New York, USA | 536.072 | 12-Jun-05 | M | R |
| Phillips | Lindsay | 40 | QLD | Colac, VIC | 509.792 | 20-Nov-05 | M | T |
| Barnett | Sarah | | VIC | New York, USA | 484.413 | 27-Apr-05 | F | R |
| McKinlay | Brock | | ACT | Colac, VIC | 481.317 | 20-Nov-05 | M | T |
| Reidy | John | | NSW | Colac, VIC | 469.681 | 20-Nov-05 | M | T |
| Bloomer | Brian | | VIC | Colac, VIC | 456.951 | 20-Nov-05 | M | T |
| Elliott | Peter | | VIC | New York, USA | 450.616 | 27-Apr-05 | M | R |
| Ward | Karina | | ACT | New York, USA | 447.398 | 27-Apr-05 | F | R |
| Gray | Peter | 41 | VIC | Colac, VIC | 445.069 | 20-Nov-05 | M | T |
| Miskin | Stan | 80 | VIC | Colac, VIC | 429.648 | 20-Nov-05 | M | T |
| Matchett | Ken | 84 | VIC | Colac, VIC | 422.901 | 20-Nov-05 | M | T |
| Clarke | Albert | | VIC | Colac, VIC | 344.800 | 20-Nov-05 | M | T |
| Jones | David | 64 | VIC | Colac, VIC | 325.200 | 20-Nov-05 | M | T |
| Scanlon | Shaun | 61 | QLD | Colac, VIC | 324.400 | 20-Nov-05 | M | T |
| McGregor | Ron | | VIC | Colac, VIC | 306.000 | 20-Nov-05 | M | T |

AURA - BEST PERFORMANCES 2005

| 50 KM | | | | | | | | |
|------------|------------|-----|-------|------------------|----------|-----------|--------|---------|
| Surname | First Name | Age | State | Venue | km | Date | Gender | Surface |
| Blake | Jonathan | 40 | NSW | Canberra, ACT | 03:10:44 | 10-Apr-05 | M | R |
| Jacobs | Trevor | 53 | ACT | Canberra, ACT | 03:18:56 | 10-Apr-05 | M | R |
| Francis | Colin | | | Bunbury, WA | 03:30:15 | 15-May-05 | M | R |
| Benson | Darren | 31 | NSW | Gold Coast, QLD | 03:33:23 | 16-Jul-05 | M | R |
| Phillips | Simon | 45 | TAS | Gold Coast, QLD | 03:34:10 | 16-Jul-05 | M | R |
| Graham | Chris | 33 | NSW | Canberra, ACT | 03:36:54 | 10-Apr-05 | M | R |
| Renwick | Bruce | 57 | NSW | Canberra, ACT | 03:43:08 | 10-Apr-05 | M | R |
| Hills | Chris | 19 | TAS | Gold Coast, QLD | 03:45:12 | 16-Jul-05 | M | R |
| Kelly | Suzanne | | NSW | Canberra, ACT | 03:46:27 | 10-Apr-05 | F | R |
| Phillips | Simon | 45 | TAS | Coburg, VIC | 03:46:31 | 16-Apr-05 | M | T |
| Marshall | Kelvin | 41 | VIC | Gold Coast, QLD | 03:52:01 | 16-Jul-05 | M | R |
| Barker | Steven | | VIC | Canberra, ACT | 03:52:10 | 10-Apr-05 | M | R |
| Baldwin | David | 39 | ACT | Canberra, ACT | 03:54:25 | 10-Apr-05 | M | R |
| Grimmett | Mal | 39 | VIC | Moe, VIC | 03:56:14 | 06-Nov-05 | M | T |
| Worley | Brett | 29 | ACT | Gold Coast, QLD | 03:56:56 | 16-Jul-05 | M | R |
| Bodnar | Stephen | | NSW | Canberra, ACT | 03:59:05 | 10-Apr-05 | M | R |
| Thorne | Warren | | | Bunbury, WA | 03:59:57 | 15-May-05 | M | R |
| 100 KM | | | | | | | | |
| Blake | Jonathan | 40 | NSW | Lake Saroma, ... | 07:08:57 | 30-Jun-05 | M | R |
| Wheatley | Mike | | VIC | Lake Saroma, ... | 07:36:33 | 30-Jun-05 | M | R |
| Benson | Darren | 31 | NSW | Gold Coast, QLD | 07:47:17 | 16-Jul-05 | M | R |
| Phillips | Simon | 45 | TAS | Gold Coast, QLD | 08:12:18 | 16-Jul-05 | M | R |
| Worley | Brett | 29 | ACT | Gold Coast, QLD | 08:42:58 | 16-Jul-05 | M | R |
| Phillips | Simon | 45 | TAS | Canberra, ACT | 08:44:06 | 29-Jan-05 | M | R |
| Marshall | Kelvin | 41 | VIC | Gold Coast, QLD | 08:45:38 | 16-Jul-05 | M | R |
| Kouros | Yiannis | 49 | VIC | Colac, VIC | 09:00:00 | 20-Nov-05 | M | T |
| Hills | Chris | 19 | TAS | Gold Coast, QLD | 09:02:04 | 16-Jul-05 | M | R |
| Hutchinson | Mark | 38 | QLD | Lake Saroma, ... | 09:08:38 | 30-Jun-05 | M | R |
| Carlton | Gary | 48 | WA | Perth, WA | 09:19:51 | 21-Aug-05 | M | R |
| Moloney | Nic | | QLD | Gold Coast, QLD | 09:29:02 | 16-Jul-05 | M | R |
| Murphy | Phillip | 36 | NSW | Gold Coast, QLD | 09:34:20 | 16-Jul-05 | M | R |
| Thompson | Kieron | | | Canberra, ACT | 09:42:14 | 29-Jan-05 | M | R |
| Pearce | Adrian | 37 | QLD | Gold Coast, QLD | 09:48:41 | 16-Jul-05 | M | R |
| Pearson | John | 33 | QLD | Gold Coast, QLD | 09:52:47 | 16-Jul-05 | M | R |
| Guard | Roger | 58 | QLD | Gold Coast, QLD | 09:59:12 | 16-Jul-05 | M | R |
| Greenhill | Sean | 27 | NSW | Gold Coast, QLD | 10:27:03 | 16-Jul-05 | M | R |
| Last | Geoffrey | 54 | QLD | Gold Coast, QLD | 10:45:05 | 16-Jul-05 | M | R |
| Hewat | Andrew | 42 | VIC | Gold Coast, QLD | 10:52:50 | 16-Jul-05 | M | R |
| McKenzie | Peter | | QLD | Gold Coast, QLD | 11:10:21 | 16-Jul-05 | M | R |
| Fairhurst | Trevor | | | Canberra, ACT | 11:11:44 | 29-Jan-05 | M | R |
| Melham | Kip | | NSW | Adelaide, SA | 11:17:39 | 15-Oct-05 | M | T |
| Anderson | Peter | 58 | QLD | Gold Coast, QLD | 11:19:12 | 16-Jul-05 | M | R |
| Collins | Tony | 58 | NSW | Gold Coast, QLD | 11:20:52 | 12-Aug-05 | M | T |
| Raftery | Joe | 43 | QLD | Gold Coast, QLD | 11:21:07 | 16-Jul-05 | M | R |
| Every | Paul | 40 | NSW | Coburg, VIC | 11:25:52 | 16-Apr-05 | M | T |
| Wise | Garry | 59 | VIC | Gold Coast, QLD | 11:27:04 | 16-Jul-05 | M | R |
| Boyce | Robert | 44 | VIC | Gold Coast, QLD | 11:27:04 | 16-Jul-05 | M | R |
| Mason | Brendan | 43 | VIC | Gold Coast, QLD | 11:27:04 | 16-Jul-05 | M | R |
| Baird | Carol | 56 | ACT | Adelaide, SA | 11:29:40 | 15-Oct-05 | F | T |
| Auguszcak | Mignon | 33 | QLD | Gold Coast, QLD | 11:39:09 | 16-Jul-05 | F | R |
| Thompson | Michelle | 36 | VIC | Coburg, VIC | 11:39:44 | 16-Apr-05 | F | T |
| Jones | Dean | 31 | QLD | Gold Coast, QLD | 11:42:28 | 16-Jul-05 | M | R |
| Gardiner | Peter | 51 | QLD | Gold Coast, QLD | 11:49:32 | 16-Jul-05 | M | R |
| Collins | Tony | 57 | NSW | Coburg, VIC | 11:58:00 | 16-Apr-05 | M | T |

Compiled by AURA statistician David Billett

Australian 100 kms road best performances

| | | | | | |
|----|-----------------|-------|---------|------------------------------|-----------|
| 1 | Tim Sloan | Tas | 6:29:26 | Ross-Richmond, Tas * | 23-Apr-95 |
| 2 | Safet Badic | Vic | 6:37:17 | That Dam Run, NZ | 18-Nov-95 |
| 3 | Don Wallace | Qld | 6:39:26 | That Dam Run, NZ | 28-Dec-92 |
| 4 | Tim Sloan | Tas | 6:43:02 | Lake Saroma, Japan * | 26-Jun-94 |
| 5 | Don Wallace | Qld | 6:44:14 | That Dam Run, NZ | 31-Dec-93 |
| 6 | Don Wallace | Qld | 6:44:18 | That Dam Run, NZ | 31-Dec-94 |
| 7 | Yiannis Kouros | Vic | 6:46:46 | Shepparton, Vic | 15-Sep-96 |
| 8 | Tim Sloan | Tas | 6:50:06 | That Dam Run, NZ | 18-Nov-95 |
| 9 | Don Wallace | Qld | 6:51:14 | Lake Saroma, Japan | 26-Jun-94 |
| 10 | Yiannis Kouros | Vic | 6:56:46 | Glengarry, Vic | 5-Apr-98 |
| 11 | Don Wallace | Qld | 6:57:18 | Lake Saroma, Japan * | 25-Jun-95 |
| 12 | Safet Badic | Vic | 7:01:31 | That Dam Run, NZ | 31-Dec-94 |
| 13 | Tim Sloan | Tas | 7:02:57 | Winschoten, Netherlands | 16-Jun-95 |
| 14 | Tim Sloan | Tas | 7:06:55 | Boston, USA | 9-Oct-99 |
| 15 | Trevor Jacobs | ACT | 7:08:55 | Torhout, Belgium | 8-Aug-93 |
| 16 | Jonathan Blake | NSW | 7:08:57 | Lake Saroma, Japan * | 26-Jun-05 |
| 17 | Tim Sloan | Tas | 7:13:08 | River Shimanto, Japan | 18-Oct-98 |
| 18 | Trevor Jacobs | ACT | 7:13:32 | Lake Saroma, Japan * | 26-Jun-94 |
| 19 | Trevor Jacobs | ACT | 7:15:36 | Shepparton, Vic | 17-Sep-95 |
| 20 | Andrew Law | Tas | 7:17:54 | Ross-Richmond, Tas * | 23-Apr-95 |
| 21 | Yiannis Kouros | Vic | 7:18:19 | Torhout, Belgium | 21-Jun-02 |
| 22 | Tim Sloan | Tas | 7:19:16 | Ross-Richmond, Tas * | 24-Apr-94 |
| 23 | Yiannis Kouros | Vic | 7:21:51 | Basle, Switzerland # | 2-May-98 |
| 24 | Trevor Jacobs | ACT | 7:22:12 | Duluth, USA * | 27-Oct-90 |
| 25 | Martin Thompson | NSW | 7:22:38 | Tipton UK | 24-Oct-75 |
| 26 | David Criniti | NSW | 7:23:30 | Winschoten, Netherlands | 11-Sep-04 |
| 27 | Yiannis Kouros | Vic | 7:25:51 | Winschoten, Netherlands | 11-Sep-99 |
| 28 | Trevor Jacobs | ACT | 7:29:45 | Del Passatore, Italy | 25-May-91 |
| 29 | Jonathan Blake | NSW | 7:31:36 | Gold Coast, Qld | 17-Jul-04 |
| 30 | Greg Barton | Qld | 7:32:05 | That Dam Run, NZ | 23-Apr-95 |
| 31 | Mike Wheatley | Vic | 7:32:31 | Winschoten, Netherlands | 09-Sep-00 |
| 32 | Peter Spehr | NSW | 7:36:14 | Shepparton, Vic | 15-Sep-96 |
| 33 | Mike Wheatley | Vic | 7:36:33 | Lake Saroma, Japan * | 26-Jun-05 |
| 34 | Owen Tolliday | Qld | 7:39:48 | Duluth, USA * | 27-Oct-90 |
| 35 | Mark Hutchinson | Qld | 7:41:45 | Gold Coast, Qld | 12-Jul-03 |
| 36 | Martin Thompson | NSW | 7:41:46 | Canberra, ACT | 10-Oct-88 |
| 37 | Warren Holst | Vic | 7:42:11 | Torhout, Belgium | 21-Jun-02 |
| 38 | Don Keyesacker | NSW | 7:42:33 | Port Hills, Christchurch, NZ | 04-Nov-78 |
| 39 | Tom Gillis | NSW | 7:42:36 | Port Hills, Christchurch, NZ | 25-Oct-80 |
| 40 | Mike Wheatley | Vic | 7:43:02 | Canberra, ACT | 20-Feb-00 |
| 41 | Tim Sloan | Tas | 7:45:37 | Cleder, France | 26-Aug-01 |
| 42 | Mike Wheatley | Vic | 7:46:06 | Chavagnes, France | 15-May-99 |
| 43 | Keith Swift | NSW | 7:46:43 | Port Hills, Christchurch, NZ | 24-Oct-81 |
| 44 | Tony Kleiner | Qld | 7:47:00 | That Dam Run, NZ | 31-Dec-94 |
| 45 | David Standeven | SA | 7:47:09 | Adelaide to Victor Harbour * | 09-Oct-88 |
| 46 | Darren Benson | NSW | 7:47:17 | Gold Coast, Qld | 16-Jul-05 |
| 47 | Jonathan Blake | NSW | 7:47:42 | Winschoten, Netherlands | 11-Sep-04 |
| 48 | Greg Barton | Qld | 7:48:23 | Winschoten, Netherlands | 16-Jun-95 |
| 49 | Tim Sloan | Tas | 7:48:42 | Torhout, Belgium | 21-Jun-02 |
| 50 | Bruce Cook | Qld | 7:49:33 | That Dam Run, NZ | 28-Dec-92 |
| 51 | Warren Holst | Vic | 7:50:56 | Gold Coast, Qld | 12-Jul-03 |
| 52 | David Criniti | NSW | 7:51:12 | Gold Coast, Qld | 12-Jul-03 |
| 53 | Mick Francis | WA | 7:52:56 | Shepparton, Vic | 15-Sep-96 |
| 53 | Mike Wheatley | Vic | 7:56:37 | Winschoten, Netherlands | 11-Sep-04 |
| 55 | Asim Mesalic | Qld | 7:57:31 | Shepparton, Vic | 15-Sep-96 |
| 56 | Paul Every | NSW | 7:58:03 | Lake Saroma, Japan * | 26-Jun-94 |
| 57 | Tim Sloan | Tas | 7:58:06 | Winschoten, Netherlands | 13-Jul-97 |
| 58 | Mike Wheatley | Vic | 7:58:17 | Gold Coast, Qld | 17-Jul-04 |
| 59 | Bryan Smith | Vic | 7:58:38 | Shepparton, Vic | 17-Sep-95 |
| WB | Takahiro Sunada | Japan | 6:13:33 | Lake Saroma, Japan * | 21-Jun-98 |

Australian 100 kms road best performances - females

| | | | | | |
|----|----------------------|-------|---------|----------------------|-----------|
| 1 | Linda Meadows | Vic | 7:40:57 | That Dam Run NZ | 18-Nov-95 |
| 2 | Mary Morgan | WA | 7:45:04 | That Dam Run NZ | 31-Dec-94 |
| 3 | Linda Meadows | Vic | 7:46:27 | Moscow, USSR | 04-May-96 |
| 4 | Mary Morgan | WA | 7:48:13 | Victoria, Canada | 31-Aug-94 |
| 5 | Mary Morgan | WA | 7:49:30 | Lake Saroma, Japan * | 25-Jun-95 |
| 6 | Linda Meadows | Vic | 7:51:58 | That Dam Run NZ | 31-Dec-94 |
| 7 | Sandra Timmer-Arends | Vic | 8:19:46 | Chavagnes, France | 15-May-99 |
| 8 | Lavinia Petrie | Vic | 8:22:17 | That Dam Run NZ | 28-Dec-92 |
| 9 | Nicole Carroll | Qld | 8:56:04 | That Dam Run NZ | 28-Dec-92 |
| 10 | Helen Stanger | NSW | 8:56:06 | That Dam Run NZ | 28-Dec-92 |
| WB | Tomoe Abe | Japan | 6:33:11 | Lake Saroma, Japan * | 25-Jun-00 |

* Point to point courses

split time in longer event

Compiled 31-03-2006 courtesy Gold Coast 100 website

Australian 24 hours Best Performances - track

| | | | | | |
|-----------|----------|-----|---------|------------------------|-----------|
| KOUROS | Yiannis | Vic | 303.306 | Adelaide, SA | 4-Oct-97 |
| KOUROS | Yiannis | Vic | 295.030 | Canberra, ACT | 1-Mar-97 |
| KOUROS | Yiannis | Vic | 294.104 | Coburg, Victoria | 13-Apr-96 |
| KOUROS | Yiannis | Vic | 290.221 | Basle, Switzerland | 2-May-98 |
| KOUROS | Yiannis | Vic | 285.362 | Sugeres, France | 6-May-95 |
| KOUROS | Yiannis | Vic | 284.070 | Taipei, Taiwan | 2-Mar-02 |
| KOUROS | Yiannis | Vic | 282.981 | Coburg, Victoria | 8-Apr-95 |
| KOUROS | Yiannis | Vic | 280.469 | Melbourne, Victoria | 4-Aug-90 |
| KOUROS | Yiannis | Vic | 277.415 | Sylvania, NY | 14-Sep-02 |
| KOUROS | Yiannis | Vic | 275.828 | Verona, Italy | 22-Sep-01 |
| KOUROS | Yiannis | Vic | 275.357 | Sugeres, France | 9-May-97 |
| KOUROS | Yiannis | Vic | 270.224 | Sugeres, France | 28-May-04 |
| KOUROS | Yiannis | Vic | 269.474 | Nat champs USA | 16-Sep-99 |
| KOUROS | Yiannis | Vic | 267.510 | Surgeres, France | 2-May-03 |
| KOUROS | Yiannis | Vic | 266.180 | Coburg, Vic | 8-Apr-97 |
| KOUROS | Yiannis | Vic | 265.683 | Lupatoto, Italy | 23-Sep-00 |
| KOUROS | Yiannis | Vic | 262.329 | European champs. Italy | 22-Sep-99 |
| KOUROS | Yiannis | Vic | 261.478 | Surgeres, France | 3-May-02 |
| MARCH | Mike | Tas | 260.099 | Coburg, Vic | 25-Feb-89 |
| KOUROS | Yiannis | Vic | 257.817 | Wyong, NSW | 27-May-91 |
| STANDEVEN | David | SA | 256.157 | Adelaide, SA | 28-Oct-89 |
| SMITH | Bryan | Vic | 254.515 | Olympic Park, Vic | 19-Aug-89 |
| KOUROS | Yiannis | Vic | 254.400 | Colac, Vic * | 21-Nov-05 |
| TOLLIDAY | Owen | Qld | 253.063 | Adelaide, SA | 29-Oct-88 |
| KOUROS | Yiannis | Vic | 251.229 | Coburg, Vic | 9-May-99 |
| SMITH | Bryan | Vic | 250.729 | Coburg, Vic | 24-Feb-91 |
| KOUROS | Yiannis | Vic | 250.000 | Coburg, Vic | 9-Apr-98 |
| STANDEVEN | David | SA | 242.605 | Coburg, Vic | 26-Feb-89 |
| BLOOMER | Brian | Vic | 242.598 | Box Hill, Vic | 15-Feb-86 |
| HEPBURN | Brickley | Vic | 239.320 | Coburg, Vic | 23-Feb-91 |
| BREIT | John | Vic | 238.469 | Olympic Park, Vic | 4-Aug-90 |
| STANDEVEN | David | SA | 237.436 | Adelaide, SA | 29-Sep-91 |
| YOUNG | Cliff | Vic | 235.969 | Adelaide, SA | 9-Nov-85 |
| TOLLIDAY | Owen | Qld | 235.465 | Queensland Uni | 6-Sep-87 |
| PURCELL | Ashley | Qld | 234.959 | Hensley, NSW | 23-Feb-85 |
| STANDEVEN | David | SA | 234.313 | Adelaide, SA | 4-Oct-87 |
| FRYER | Martin | ACT | 233.239 | Taipei, Taiwan | 25-Feb-06 |
| SMITH | Bryan | Vic | 232.960 | Campbelltown, NSW | 9-Oct-88 |
| KINSHOFER | Rudi | SA | 232.431 | Coburg, Vic | 23-Feb-91 |
| MOLLOY | Geoff | Vic | 232.400 | Box Hill, Vic | 2-Feb-85 |
| FISHER | Keith | Vic | 232.207 | Coburg, Vic | 15-Feb-89 |
| SMITH | Bryan | Vic | 231.406 | Kensington, SA | 29-Oct-91 |
| GRAY | Peter | Vic | 230.732 | Coburg, Vic | 23-Feb-91 |
| RECORD | Joe | WA | 230.029 | Crystal Palace. UK | 12-Oct-79 |
| MERCER | Neville | Vic | 229.755 | Coburg, Vic | 27-Feb-93 |
| STANDEVEN | David | SA | 228.556 | Adelaide, SA | 2-Nov-87 |
| BROOKS | Barry | Vic | 227.574 | Box Hill, Vic | 28-Feb-87 |
| SMITH | Bryan | Vic | 227.008 | Sri Chinmoy | 4-Oct-87 |

Australian 24 hours Best Performances - track

| | | | | | |
|--------------|-----------|-----|---------|-------------------|-----------|
| STANDEVEN | David | SA | 225.690 | Canberra, ACT | 3-Mar-97 |
| KELLY | Frank | NSW | 225.275 | Hensley, NSW | 28-May-88 |
| FRANCIS | Mick | WA | 224.521 | Adelaide, SA | 24-Oct-99 |
| SMITH | Bryan | Vic | 222.516 | Campbelltown, NSW | 14-Oct-90 |
| SMITH | Bryan | Vic | 222.294 | Tamworth, NSW | 27-Mar-94 |
| FRANCIS | Mick | WA | 221.323 | Adelaide, SA | 16-Oct-04 |
| KIRKMAN | Geoff | SA | 220.560 | Adelaide, SA | 9-Nov-95 |
| AUDLEY | George | WA | 219.361 | Perth, WA | 18-Oct-86 |
| ROONEY | James | NSW | 218.421 | Liverpool, NSW | 2-Oct-94 |
| COX Jr | Terry | Vic | 217.373 | Coburg, Vic | 10-Mar-90 |
| PARKER | Ross | WA | 217.237 | Perth, WA | 20-May-92 |
| SMITH | Bryan | Vic | 217.100 | Liverpool, NSW | 30-Jan-94 |
| JAVES | Ian | Qld | 217.070 | Box Hill, Vic | 28-Feb-87 |
| STANDEVEN | David | SA | 217.051 | Coburg, Vic | 23-Feb-92 |
| KINSHOFER | Rudi | SA | 216.856 | Adelaide, SA | 25-Oct-92 |
| GRAY | Peter | Vic | 216.836 | Adelaide, SA | 29-Sep-91 |
| WISHART | Greg | Vic | 216.784 | Coburg, Vic | 25-Feb-89 |
| FRANCIS | Mick | WA | 216.298 | Coburg, Vic | 14-Apr-02 |
| YOUNG | Cliff | Vic | 216.095 | Box Hill, Vic | 3-Feb-85 |
| BEAUCHAMP | William | Vic | 213.875 | Box Hill, Vic | 28-Feb-87 |
| LYNN | Charlie | NSW | 213.839 | Adelaide, SA | 9-Nov-85 |
| GRAY | Peter | Vic | 213.522 | Coburg, Vic | 23-Feb-92 |
| HUNTER | Bob | Qld | 213.453 | Qld | 1-Jul-89 |
| SMITH | Bryan | Vic | 213.321 | Adelaide, SA | 23-Oct-99 |
| MELHAM | Anyce Kip | NSW | 213.287 | Adelaide, SA | 28-Oct-89 |
| WOODS | Graeme | Qld | 212.559 | University, Qld | 5-Sep-87 |
| KELLY | Frank | NSW | 212.407 | Hensley, NSW | 31-May-87 |
| STANDEVEN | David | SA | 211.797 | Adelaide, SA | 22-Oct-95 |
| BRUNER | Bob | Vic | 211.584 | Box Hill, Vic | 15-Feb-86 |
| FRANCIS | Mick | WA | 211.459 | Adelaide, SA | 4-Oct-04 |
| HEPBURN | Brickley | Vic | 211.447 | Coburg, Vic | 23-Feb-91 |
| CROXFORD | Alan | WA | 210.934 | Perth, WA | 18-Oct-86 |
| SKROBALAC | Joe | Vic | 210.430 | Coburg, Vic | 9-Apr-95 |
| RILEY | Gerry | Vic | 210.272 | Adelaide, SA | 1-Nov-86 |
| FRANCIS | Mick | WA | 210.213 | Taipei, Taiwan | 25-Feb-06 |
| STANDEVEN | David | SA | 210.037 | Adelaide, SA | 27-Oct-96 |
| OOSTDAM | Bert | WA | 209.539 | Perth, WA | 30-May-92 |
| STANDEVEN | David | SA | 209.218 | Adelaide, SA | 17-Oct-93 |
| CHANNELS | Robert | NSW | 209.146 | Campbelltown, NSW | 28-Oct-89 |
| McKELLAR | Jack | Vic | 208.915 | Box Hill, Vic | 25-Feb-86 |
| READ | Nick | ACT | 208.859 | Coburg, Vic | 13-Feb-88 |
| BEAUCHAMP | Bill | Vic | 208.486 | Box Hill, Vic | 4-Oct-87 |
| BELL | John | Vic | 208.450 | Box Hill, Vic | 15-Feb-86 |
| FICKEL | Bob | NSW | 208.440 | Liverpool, NSW | 2-Oct-94 |
| STANDEVEN | David | SA | 208.245 | Adelaide, SA | 10-Nov-85 |
| COLLINS | Tony | NSW | 208.091 | Campbelltown, NSW | 28-Oct-89 |
| DONNELLY | Bruce | Qld | 207.929 | Campbelltown, NSW | 13-Oct-90 |
| PEACOCK | Alan | Qld | 207.410 | Qld University | 5-Sep-87 |
| BREIT | John | Vic | 207.187 | Adelaide, SA | 29-Sep-91 |
| FORSYTH | Ian | NSW | 207.167 | Liverpool, NSW | 15-Oct-95 |
| GRAY | Peter | Vic | 207.087 | Adelaide, SA | 25-Oct-92 |
| TAGGART | Bob | SA | 206.849 | Adelaide, SA | 29-Oct-88 |
| FRYER | Martin | ACT | 206.817 | Gold Coast, Qld | 20-Aug-04 |
| EVERY | Paul | NSW | 206.588 | Adelaide, SA | 24-Oct-99 |
| GRAY | Peter | Vic | 206.540 | Tamworth, NSW | 27-Mar-94 |
| KINSHOFER | Rudi | SA | 206.400 | Adelaide, SA | 22-Oct-95 |
| WOLSTENCROFT | James | Vic | 205.848 | Coburg, Vic | 25-Feb-89 |
| ROSS | Howard | Vic | 205.634 | Box Hill, Vic | 15-Feb-86 |
| SKROBALAC | Joe | Vic | 205.604 | Coburg, Vic | 17-Apr-94 |
| SHERIDAN | James | SA | 205.462 | Connecticut, USA | 3-Feb-82 |
| MEDILL | Graham | Qld | 205.350 | Caboolture, Qld | 26-Sep-92 |
| BRUNER | Bob | Vic | 205.315 | Adelaide, SA | 5-Nov-83 |
| SMITH | Jeff | Vic | 204.852 | Coburg, Vic | 23-Feb-91 |
| BOYLE | Brad | NSW | 204.717 | Campbelltown, NSW | 28-Oct-89 |
| WILKINSON | Graeme | NSW | 204.716 | Hensley, NSW | 29-Nov-86 |
| NASMYTH | Chilla | NSW | 204.213 | Campbelltown, NSW | 13-Oct-90 |
| YOUNG | Nobby | NSW | 204.083 | NSW | 1-Sep-90 |
| RILEY | Gerry | Vic | 204.051 | Adelaide, SA | 4-Nov-84 |

Australian 24 hours Best Performances - track

| | | | | | |
|-----------------|-----------|-----|---------|---------------------|-----------|
| ROONEY | James | NSW | 203.995 | Tamworth, NSW | 27-Mar-94 |
| PARSONS | Patrick | Vic | 203.812 | Coburg, Vic | 10-Mar-90 |
| FIRKIN | Graham | NSW | 203.608 | NSW | 1-Sep-90 |
| STENNER | Graham | SA | 203.526 | Coburg, Vic | 25-Feb-89 |
| TAYLOR | Maurice | NSW | 203.526 | Hensley, NSW | 1983? |
| TWARTZ | John | SA | 203.522 | Adelaide, SA | 22-Oct-95 |
| YOUNG | Cliff | Vic | 203.200 | Box Hill, Vic | 16-Feb-86 |
| GRAY | Peter | Vic | 203.159 | Coburg, Vic | 17-Apr-94 |
| CHAMPNESS | John | Vic | 202.934 | Hensley, NSW | 28-May-88 |
| MELHAM | Anyce Kip | NSW | 202.862 | Adelaide, SA | 5-Nov-86 |
| GRAY | Peter | Vic | 202.829 | Adelaide, SA | 17-Oct-93 |
| SMITH | Bryan | Vic | 202.765 | Campbelltown, NSW | 13-Oct-91 |
| TAYLOR | Maurice | NSW | 202.666 | Box Hill, Vic | 28-Feb-87 |
| LUCAS | Andrew | Tas | 202.652 | Adelaide, SA | 5-Oct-97 |
| TAYLOR | Maurice | NSW | 202.561 | Adelaide, SA | 4-Oct-87 |
| HOOK | Geoff | Vic | 202.532 | Coburg, Vic | 23-Feb-91 |
| TAYLOR | Maurice | NSW | 202.398 | Hensley, NSW | 31-May-87 |
| DEVINE | Alan | WA | 202.000 | Perth, WA | 17-Oct-87 |
| SKROBALAC | Joe | Vic | 201.856 | Coburg, Vic | 17-Apr-96 |
| QUINN | Peter | Vic | 201.708 | Olympic Park, Vic | 4-Aug-90 |
| JACOBS | Trevor | ACT | 201.238 | Adelaide, SA | 28-Sep-91 |
| THOMPSON | Mike | WA | 201.228 | Perth, WA | 27-May-89 |
| TWARTZ | Peter | SA | 201.200 | Adelaide, SA | 22-Oct-95 |
| AUDLEY | George | WA | 201.000 | Perth, WA | 16-Oct-87 |
| KINSHOFER | Rudi | SA | 200.859 | Schnefeld, GER | ?? 2004 |
| PEARCE | Phil | WA | 200.808 | Perth, WA | 26-May-90 |
| ALLEN | Barry | Vic | 200.776 | Box Hill, Vic | 28-Feb-87 |
| ARMISTEAD | Peter | Vic | 200.612 | Coburg, Vic | 10-Mar-90 |
| EVERY | Paul | NSW | 200.545 | Gold Coast, Qld | 20-Aug-04 |
| STANDEVEN | David | SA | 200.448 | Adelaide, SA | 19-Oct-02 |
| DAVIS | Ivan | Tas | 200.420 | Lota, Qld | 3-Jun-95 |
| EVERY | Paul | NSW | 200.190 | Canberra, ACT | 3-Mar-97 |
| | | | | | |
| STANGER | Helen | NSW | 229.080 | Coburg, Vic | 23-Aug-98 |
| STANGER | Helen | NSW | 219.782 | Wollongong, NSW | 2-Aug-95 |
| STANGER | Helen | NSW | 213.494 | Tamworth, NSW | 8-Mar-93 |
| STANGER | Helen | NSW | 211.130 | Coburg, Vic | 14-Apr-96 |
| STANGER | Helen | NSW | 207.969 | Kensington, S.A. | 29-Sep-91 |
| STANGER | Helen | NSW | 206.860 | Coburg, Vic | 13-Apr-97 |
| PARRIS | Dawn | Vic | 203.650 | Olympic Park, Vic | 19-Aug-89 |
| STANGER | Helen | NSW | 200.865 | Westfields, Sydney | 1-Feb-90 |
| HERBERT | Cynthia | Vic | 200.615 | Adelaide, SA | 1-Nov-86 |
| STANGER | Helen | NSW | 196.213 | Coburg, Vic | 24-Nov-92 |
| McCONNELL | Georgina | NSW | 195.355 | Olympic Park, Vic | 18-Aug-89 |
| SPAIN | Trisha | WA | 191.207 | Perth, WA | 27-May-89 |
| HERBERT-CAMERON | Cynthia | Vic | 191.200 | Melbourne, Victoria | 16-Feb-86 |
| BAIRD | Carol | ACT | 189.692 | Coburg, Vic | 17-Apr-04 |
| BAIRD | Carol | ACT | 188.645 | Gold Coast, Qld | 22-Aug-03 |
| STANGER | Helen | NSW | 188.252 | Campbelltown, NSW | 14-Oct-90 |
| BAIRD | Fiona | SA | 183.805 | Adelaide, SA | 24-Oct-89 |
| BAIRD | Fiona | SA | 183.240 | Adelaide, SA | 21-Oct-00 |
| BAIRD | Carol | ACT | 182.800 | Gold Coast, Qld | 13-Aug-04 |
| BAIRD | Carol | ACT | 182.657 | Coburg, Vic | 14-Apr-02 |
| SPAIN | Trisha | WA | 182.000 | Perth, WA | 29-May-88 |
| McCONNELL | Georgina | NSW | 181.900 | Liverpool, NSW | 30-Jan-94 |
| SPAIN | Trisha | WA | 181.099 | Perth, WA | 9-Jun-91 |
| BAIRD | Carol | ACT | 180.919 | Adelaide, SA | 4-Oct-03 |

For additions or corrections contact Ian Cornelius 07 5537 8872 or email icorneli@bigpond.net.au

Compiled 7 March 2006,

courtesy

http://www.goldcoast100.com/GC24-48t/race_records.html



Kurrawa to D'bah - 11 December 2005



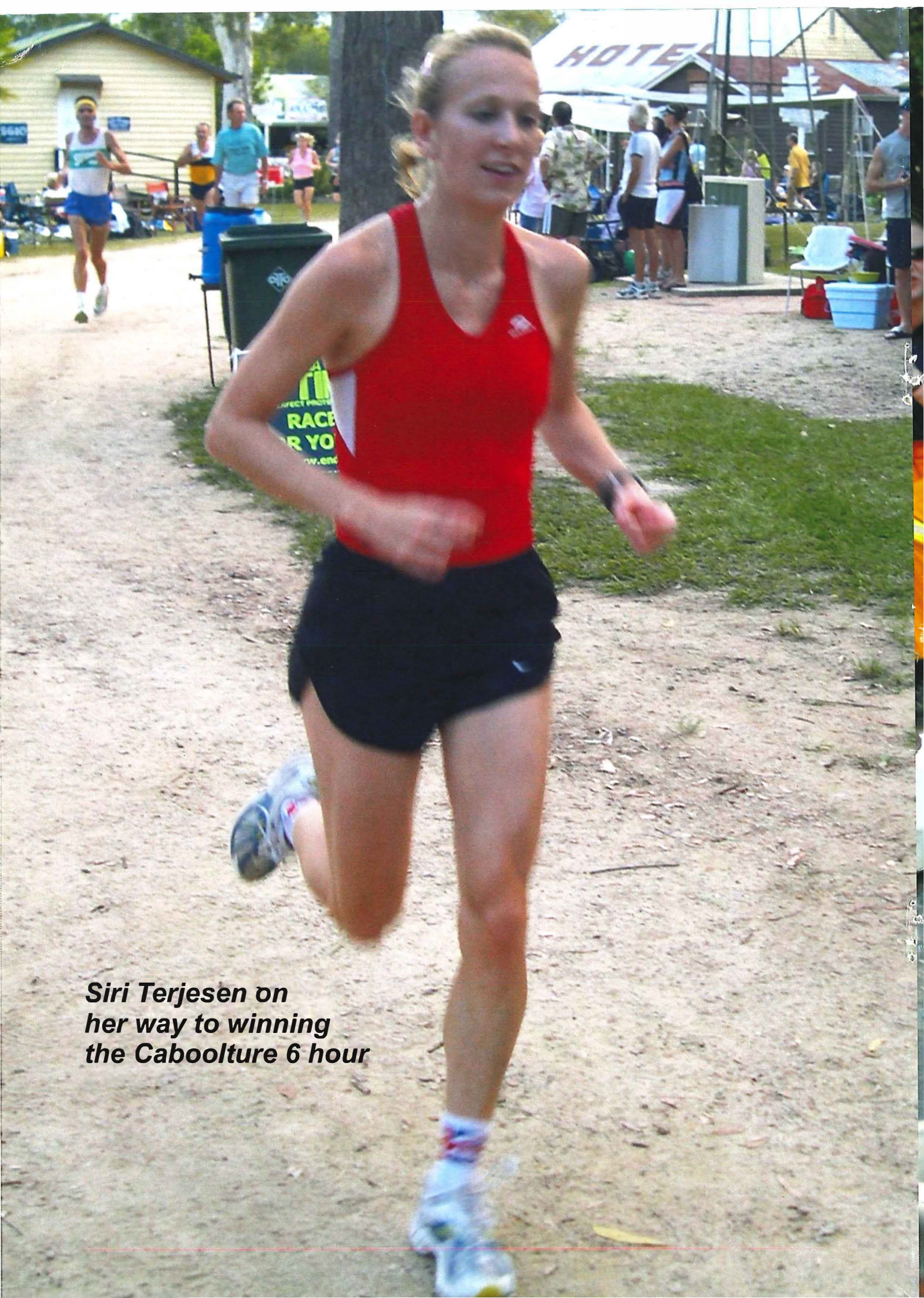
Caboolture Dusk to Dawn – February 2006



Mansfield to Buller 2006



Australians in Taiwan for IAU World 24 hour Challenge



***Siri Terjesen on
her way to winning
the Caboolture 6 hour***